

DIRECTORATE GENERAL, NATIONAL SECURITY GUARD



PRESS RELEASE

National Security Guard (NSG) conducted a mass Yoga program at the historic Lal Quila, New Delhi on 15th June, as a precursor to mark the 9th International Yoga Day on 21st June 2023. The theme for 9th International Yoga Day is "Yoga for Vasudhaiva Kutumbakam," which aims at showcasing the transformative power of Yoga in fostering global unity and harmonious coexistence.

The serene surroundings of the Red Fort were the perfect setting for celebrating Yoga, an ancient practice that promotes well-being and a sense of community. The program included variety of activities, such as guided Yoga sessions and expert discussions on the benefits of Yoga for the Force Personnel. The motivational speeches highlighted the importance of Yoga in promoting harmony, peace, and unity in society. Participants had the opportunity to learn and practice Yoga techniques from renowned Yoga instructors from Morarji Desai National Institute of Yoga.

The objective of the program was to inspire and encourage individuals to embrace Yoga as a way of life for mental and physical wellbeing, and embrace the message of harmony and togetherness that Yoga promotes. Total 500 NSG Commandoes including Senior Officers attended the program.

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