

PRESS NOTE

Yoga is the best gift of India to the world. It is a natural remedy for many psychological problems CP Mahesh Bhagwat IPS

In view of the International Yoga Day Rachakonda CP Sri Mahesh Bhagwat, IPS has participated in a one hour yoga program along with the AR teams of Rachakonda Police Commissionerate at CAR Amberpet on Tuesday.

Speaking on the occasion, CP has expressed his happiness for participating in the Yoga program. He elaborated the significance of Yoga in the history of India and stated that Yoga is the best gift of India to the world. He mentioned that international Yoga Day has been celebrated across the world since June 21st, 2014.

He opined that psychological fitness plays a vital role along with physical fitness in delivering impeccable services to the citizens. He opined that police personnel faces multiple kinds of health issues due to the round the clock work and tireless services to the citizens and uttered that Yoga acts as a natural remedy and it cures numerous kinds of Psychological problems that everyone face.

He mentioned that Yoga has been included in the curriculum of Medicine and wished that Yoga may be included in the syllabus of all educational streams in the country.

He iterated that Yoga day will be celebrated at CAR Amberpet every year. CP elaborated the significance of having physical fitness and instructed the staff to make time for physical workouts and include Yoga in it.

CP thanked HDFC Bank for supporting the celebration of International Yoga Day at CAR Amberpet and commended the team participated. CP specially appreciated Yoga instructor Miss. Jayasree Jain for assisting Rachakonda Police on Yoga day.

DCP Women safety Venkateshwarlu, Addl. DCP CAR Shameer, Addl. DCP Lakshminarayana, ACP Harinath Cyber Crime and other officers and AR police personnel of Rachakonda Police Commissionerate have participated in the Yoga day



