

Bharat Rakshak
04 May, 2016

DRDO and Ayush Join Hands to Impart Yoga Training to Defence Wing Staff

Defence Institute of Physiology and Allied Sciences (DIPAS) a Delhi based premier laboratory of DRDO in collaboration with Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) organised a training program on Yoga for the Defence Wing Staff during 25th to 30th April 2016. The training programme was in collaboration with HQ of Integrated Defence Services, DCIDS (Medical), Ministry of Defence and Central Council for Research in Yoga & Naturopathy (CCRYN) under AYUSH. The training program was inaugurated by the Chief Guest, Deputy Chief Integrated Defence Staff (Medical) & Col Commandant Lt Gen (Dr) Velu Nair, who delivered an opening lecture on the benefit of regular yoga practice and its therapeutic effects. Director, CCRYN Dr. IN Acharya who was the Guest of Honour, spoke about the basic concepts of yoga. Director, DIPAS Dr Shashi Bala Singh, in her welcome address highlighted the achievements of DIPAS in the field of yoga. Thirty-three participants from IHQ MoD (Army), Defence Wing Staff, IHQ MoD (Navy) and Air Headquarters participated in the training program. They were trained by professional yoga trainers on various aspects of asanas, breathing exercise and meditation for improving physical, physiological and mental well-being. DIPAS has already imparted training to about 8000 Army and Paramilitary personnel deployed at various locations.

DIPAS has also designed customized yoga packages for Air Force, Navy, high altitude, hot deserts, and Low Intensity Conflicts (LIC) environments. Regular yogic practice has been found to enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, help to reduce stress, anxiety, depression and chronic pain, improve sleep patterns, bring mind and body coordination and improve overall quality of life even under extremes of environment.

Punekar News
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