

**TRAINING COURSE ‘YOGA FOR SAINIK SCHOOL CADETS’, AT SAINIK  
SCHOOL KUNJPURA, KARNAL (HARYANA), FROM MAY 23 – 28, 2016,  
ORGANIZED BY DIPAS**

Defence Institute of Physiology and Allied Sciences (DIPAS) has conducted a training course on yoga for Sainik School Cadets from 23<sup>th</sup> to 28<sup>th</sup> May 2016. This training is an extension of DIPAS efforts to impart yoga training to armed forces. Yoga training at early stage of life will be advantageous for overall development of cadets. A lecture on nutrition was also delivered by Dr Som Nath Singh scientist ‘F’ from DIPAS. He gave an overview of nutritional requirements, healthy and balanced diet for cadets of different age groups. Dr Mrinalini scientist ‘E’ talked about DIPAS contribution in yoga research and benefits of regular yoga practice in prevention of disease and promotion of health. A total of 660 cadets and 50 staff member attended the 06 days yoga training course. Cadets and staff were trained by professional yoga trainers from DIPAS. A yoga competition was also organized during the course, certificate and prizes were distributed to cadets, on May 28, 2016 by Dr Mantu Saha scientist ‘F’ Head Of Exercise Physiology and Yoga Division, DIPAS. The cadets found this course very useful, interesting and were willing to continue in their daily curriculum. The course received tremendous response and appreciation from Col Y S Parmar, Principal, teachers, and cadets.



Yoga training to cadets at Sainik School Kunjpura, Karnal in progress