

**Training course on “Yoga for Health Promotion” for residents of DRDO complex, Timarpur, Delhi from June 06 - 10, 2016**

Regular Yogic practices enhance muscular strength and body flexibility, reduce stress, anxiety, depression, chronic pain, improve sleep patterns, bring mind and body coordination and improve overall quality of life. DIPAS has customized yoga packages for Army personnel, paramilitary forces posted at different locations (high altitude, hot deserts, air force, navy, LIC), cadets, scientists, residents of DRDO to cater different needs. In this series of event, a five days yoga training course on “Yoga for Health Promotion” is being organised for the residents of DRDO complex Timarpur, Delhi from June 6-10, 2016. All the residents are cordially invited.