

PRESS RELEASE

SWASTH BHARATH ABHIYAN- YOGA TRAINING BY DRDO

DRDO's a two week Yoga Training programme for employees to promote Hon'ble Prime Minister, **Shri Narendra Modi's** initiative on 'SWASTH BHARATH ABHIYAN' was inaugurated today at Electronics & Radar Development Establishment (LRDE), one of the prestigious organizations of DRDO. On the initiative of Dr. S Christopher, Director General of DRDO and Secretary Defence R&D, a yoga health capsule has been developed by Defence Institute of Physiology & Allied Science (DIPAS), New Delhi. LRDE with the coordination of DIPAS started a two week programme for training DRDO employees at LRDE today.

Dr.(Mrs) Shashibala Singh, Outstanding Scientist & Director of DIPAS inaugurating the programme, explained the importance of yoga in day to day life and how it helps to improve the physical and physiological performance of an individual which leads to a healthy society and finally the nation. Dr. BN Gangadhar, Professor, NIMHANS delivered the key note address. He briefly explained the principles of Yoga and its relations to neuro-science and its advantages in reducing the stress and depression in humans. Sri. SS Nagaraj, Outstanding Scientist & Director of LRDE presided over the programme. Participants from Bangalore based laboratories of DRDO will be trained in the practice of yoga as Trainers for the employees in their respective organizations. Similar yoga training has been successfully carried out in Delhi for North zone employees.