

**GOVERNMENT OF INDIA
HOME AFFAIRS
LOK SABHA**

UNSTARRED QUESTION NO:189

ANSWERED ON:21.07.2015

Yoga for CAPF Personnel

Chavan Shri Ashok Shankarrao;Mani Shri Jose K.

Will the Minister of HOME AFFAIRS be pleased to state:

(a) whether the Government has recently made yoga compulsory for the Central Armed Police Forces (CAPF) personnel including those posted in border and left wing extremism affected areas as part of their "daily physical exercise";

(b) if so, whether the Government has also sought a compliance report in this regard;

(c) if so, the details thereof; and

(d) the extent to which it is likely to reduce stress, improve the mental health and arrest suicides among CAPF personnel including CRPF?

Answer

MINISTER OF STATE IN THE MINISTRY OF HOME AFFAIRS
(SHRI KIREN RIJJU)

(a) & (b) Yes, Instructions have been issued to CAPFs vide UO No. MHA/Yoga/Pers-Coord/2015/1253-69 dated 26.05.2015 to incorporate Yoga as part of daily physical exercise in various field establishments and submit compliance accordingly.

(c) CAPFs have submitted compliance to this effect.

(d) Yes, it would be appropriate to incorporate Yoga as a part of daily routine of para-military personnel. This will also help the para-military personnel to beat their stress, if any, and keep them physically as well as mentally better off.
