Yoga class conducted for IPS probationers

They also underwent training in jungle warfare

Staff Reporter

COIMBATORE: As many as 81 Indian Police Service (IPS) probationers of the 60RR batch – 2008 from the National Police Academy (NPA) visited the Isha Yoga Centre, Dhyanalingam Temple and underwent basic training in yoga at the centre.

A release from Isha Yoga Centre said the IPS probationers had come to Tamil Nadu for a training programme with the Special Task Force (STF) at Sathyamangalam. There they underwent training in jungle warfare and combat training programme largely in Sathyamangalam, Mayar and Siruvani areas.

The probationers also had an interaction with Sadhguru Jaggi Vasudev where he stressed the need for inner engineering as the only way to maintain inner balance irrespective of the situations faced in the outer.

The release added that Inspector-General of Police C. Shylendra Babu was instrumental in providing the training.

The team was assisted by Ajay Kumanathan, Assistant Director (Out-Door) from the NPA, S.V. Karuppasamy, SP of STF and R. Thirunavukkarasu, Additional SP.

Useful

The team expressed the opinion that the visit to yoga centre and exposure gave a good break after the rigorous training and the yoga learnt at the centre was going to be extremely useful in performing better in future.