

Yoga Program

Bihar School of Yoga is proud to present a yoga program for police personnel that will enable them to attain work-life balance, happiness and well-being during their challenging day-to-day duties for the safety, security and service of society. This program aims to promote physical health, mental clarity and emotional balance of police personnel.

The complete Yoga for Police Personnel program is available in the “Yoga for Community” section of our website: www.biharyoga.net and Satyam Yoga Prasad.

By the orders of ADGP(Admin), M.S.