SSB Organized International Yoga Day in All Formations Across The Country

New Delhi, 21 Jun 2019- In the true spirit of “Yoga” – SSB, organized yoga events in all of its field formations. SSB has been extensively involved in making the International Yoga Day and corresponding events across all the formations in SSB successful and impactful.

All 6 Frontiers Headquarters, 18 Sectors Headquarters, 73 Battalions and Training Centres of SSB organized various Yoga sessions and demonstrations at their establishments, in which students, local population, dignitaries and family members of Force personnel participated. SSB reaffirmed its pledge to remain Healthy and Fit by making Yoga a regular part of their daily schedule.

Sh. Kumar Rajesh Chandra, DG, SSB alongwith Sh. Jyotirmay Chakravarty, Additional Director General, SSB and all senior officers of Force Headquarters also participated in the yoga session organized at 25th Bn Campus at Ghitorni, New Delhi, to mark the 5th International Yoga day.

Smt Seema Prasad, President SSB Wives’ Welfare Association (SWWA) Sandiksha alongwith other Sandiksha members also participated in the yoga session.

The SSB has continuously been promoting Yoga for fitness, stress management and disease prevention by organizing Yoga Fests at its field formations deployed on Indo-Nepal & Indo-Bhutan Borders.

Sd/-

Public Relation Officer