Press Release

SSB celebrates 4th International Yoga Day on 21.06.2018 with mass Yoga events in every unit

New Delhi, 21 Jun 2018- Today on 21.06.2018, on the occasion of International Yoga Day, all units of SSB celebrated it by organizing mass Yoga events. SSB Battalion in Chhattisgarh, amidst their stressful routine fighting against Left Wing Extremism, created a Yoga Sthal with a track made from five elements(Panch Tattva) inspired by Shri Narendra Modi, Hon’ble PM on fitness campaign, through Shramdaan. Another SSB Battalion in similar condition in Jharkhand celebrated International Yoga Day by having a combined mass Yoga session with school children in a remote village afflicted by Left Wing Extremism.

All 6 Frontiers Headquarters, 18 Sectors Headquarters, 73 Battalions and Training Centres of SSB organised various Yoga sessions and demonstrations at their establishments, in which students, local population, dignitaries and family members of Force personnel participated. SSB as a Nodal Force also organized Mass Yoga Demonstrations in following State Capitals in which thousands of CAPFs personnel also participated.

1. Shimla
2. Patna
3. Guwahati
4. Gangtok
Several Yoga events were also organised in close collaboration with other Central Armed Police Forces. Around 2000 CAPFs personnel including 520 SSB personnel participated in the Mega Yoga Session held at Forest Research Institute (FRI) Dehradun (Uttarakhand), where Hon’ble Prime Minister of India Sh. Narendra Modi also participated the Yoga events.

In a Yoga demonstration organized by CRPF at Lucknow, Hon’ble Home Minister of India Sh. Rajnath Singh along with 2000 Central Armed Police Forces personnel, of which 200 were of SSB.

Sh. Rajni Kant Mishra, Director General, SSB currently on tour to Srinagar (J&K) led the Yoga session with SSB troops deployed in Srinagar(J&K), this morning.

Sh. Jyotirmay Chakravarty, Additional Director General, SSB and all senior officers of Force Headquarters, SSB also participated in Yoga events in the premises of 25th Battalion, Ghitorni, New Delhi.

110 SSB personnel participated in YOGA Demonstration at Raj path organized by NDMC and 150 women personnel of SSB participated in YOGA Demonstration at Red Fort, New Delhi today.

To increase awareness on benefits of Yoga, Yoga Fests, Seminars, Workshops, Musical and Cultural programmes were also organized by SSB today at its field formations deployed on Indo-Nepal & Indo-Bhutan Borders. SSB reaffirmed its pledge to remain Healthy & Fit by making Yoga a regular part of their daily schedule.

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Public Relation Officer