

Press release from the 36th Battalion, Sashastra Seema Bal (SSB), GYALSHING

Yoga Programme Organized at 36th Battalion, Sashastra Seema Bal (SSB), Yangtey (Gyalshing).

Gyalshing, June 21: International Yoga Day was observed at the Headquarter of the 36th Battalion, SSB, Gyalshing under the leadership of Shri Sanjeev Kumar, Commandant, 36th Battalion. Yoga programme was organized by the Trained instructors who conducted various yoga asanas, pranayama, and meditation sessions. Participants were made aware of the importance of yoga in strengthening physical, mental, and emotional well-being.

Addressing the gathering, Shri Sanjay Kumar, Commandant, highlighted that yoga is India's ancient and invaluable heritage, which inspires individuals to adopt a healthy, disciplined, and positive lifestyle. He urged all personnel and their family members to make yoga an integral part of their daily routine.

The objective of the programme was to promote health awareness among force personnel and their families and to encourage a healthy and stress-free lifestyle through the practice of yoga. The event concluded successfully in a cordial and enthusiastic atmosphere.

The programme witnessed active participation from Shri Jitendra Joshi, Second-in-Command, Shri Neeraj Kumar, Deputy Commandant, Shri Sanjay Prasad Sharma, Deputy Commandant, Dr. Sandeep, subordinate officers, other force personnel, and their family members