

37th Bn, SSB Mangaldai observes International Yoga Day



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UDALGURI : Along with the rest of the world the 4th International Yoga Day was observed by the 37th Bn Shashastra Seema Bal(SSB), Mangaldai at its Bn HQ and across all its Border outposts in Indo-Bhutan border. A total of 150 personnels including Officers, Sub-ordinate Officers, Jawans and the childrens of nearby village of Karmipara in Darrang at its new location of Bn Hqrs took active part in the event. The event witnessed various 'asanas and pranayama' which

were practiced by the participants. Speaking on the occasion, Rohitashwa, Officer, Commandant of the battalion highlighted that Yoga is not just the ancient science which keeps us healthy, but, it is the science of radiating enlightenment; the ability to manifest whatever we want. "It is not all about making us a better man, but about making us a superman.", He said. Yoga is a powerful alchemy system that gives result as [soon](#) as we [start](#). It should give results on day one and by one month, we should be manifesting powers. He requested the participants to cultivate the habit of practicing Yoga and wished for healthy life for all.

Shajid Khan

Recipient of The Annual Colosseum Awards 2014 & 2015 (by The Assam Tribune group), Shajid Khan is an Independent journalist based in Assam. He has contributed numerous political, socio-political stories for bountiful national, international as well as Assam based publications including The New York Times, Firstpost, The Telegraph. He also pens down analytic commentary on print and web based publications.

BY SHAJID KHAN

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