



The Bharat Scouts and Guides

National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

Website: www.bsgindia.org Email Id: info@bsgindia.org Phones: +91-11-23370126, 23378667

To
All the State Secretaries,
State Associations of
The Bharat Scouts and Guides,
INDIAN UNION



Circular No.: 62/2021
Date : 21th Jan, 2021

SUB: “YOGA WITH BSG – Immunity booster to community – Online Yoga Show”

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters.

Yoga with BSG is an online platform to showcase YOGA, which will help to create awareness among the community through virtual world. Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body. Yoga lowers stress and strengthens the nervous system while also stimulating the lymphatic system, which removes toxins from the body.

While a regular yoga practice, combined with a 20–30-minute meditation, can result in increased our immunity and improve our health. It is important to learn and practice yoga postures under the supervision of a trained teacher. In the case of a medical condition, practice yoga postures after consulting a doctor.

Keeping this view, the Bharat Scouts and Guides, National Headquarters is going to Telecast live yoga show known as “**YOGA with BSG**” – Immunity booster to community for the members of the Scouting Guiding fraternity as well as for non-scouting guiding members. This programme will keep the mission of Govt. of India - Fit India.

During this nationwide lockdown, this programme will help to enhance the peace of mind and immunity of body to all the viewers. It also helps them to develop self-esteem and confidence.

The programme Yoga with BSG will be live on **BSG YouTube Channel at 07:00 AM** and re-telecast on **BSG Facebook at 07:00 PM** from **24 May 2021 onwards, Monday to Saturday** on regular basis.

We are requested to promote the event and encourage our youth to watch the programme on BSG YouTube Channel and on BSG Facebook regularly.

Thanking You,

Yours in Scouting,

For **DIRECTOR**

Copy to:-

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Areas, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Novadaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida, Uttar Pradesh – 201309.
5. All the District Secretaries, District Association of Dammam, Riyadh, Muscat and Jamiat Youth Club.
6. All the Assistant Director, BSG for necessary follow-up please.