



# The Bharat Scouts and Guides

Creating Better India

## 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:+91-11-23378702,23378667

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



**Circular No.: 125 / 2023**

**Date 20<sup>th</sup> July 2023**

### **SUB: NATIONAL LEVEL YOGA TRAINING COURSE**

Dear Sir/Madam,

We are pleased to inform you that to promote and popularize Yoga amongst the Youth, The Bharat Scouts and Guides, National Headquarters is going to organize National Level Yoga Training Course for the Unit Leaders, at Leela Berry State Training Centre, Northern Railway, Raiwala, Haridwar, Uttarakhand from 26<sup>th</sup> to 30<sup>th</sup> September 2023.

The aim of this course is to train our Scouters & Guiders in different Yoga techniques by which they can live a stress free and balanced life. Yoga and Meditation help to strengthen physical, mental & spiritual aspects of body and builds high moral stands. They will also spread the same amongst our young people i.e. Cubs & Bulbuls, Scouts & Guides, Rovers & Rangers in Units in their respective areas.

The details of the event are as follows:

<b>Name of the Event</b>	:	<b>National Level Yoga Training Course</b>
<b>Dates</b>	:	26 <sup>th</sup> to 30 <sup>th</sup> September 2023
<b>Venue</b>	:	<b>Leela Berry State Training Centre, Northern Railway, Raiwala, Haridwar, Uttarakhand</b>
<b>Date of Reporting</b>	:	26 <sup>th</sup> September 2023 before lunch
<b>Date of Departure</b>	:	30 <sup>th</sup> September 2023 after lunch
<b>How to reach</b>	:	Leelaberi STC, Railwala is situated near Rly. Station Raiwala. Trains/Buses are available up to Haridwar. From Haridwar Railway Station/Bus Stand, share autos are available up to Leelaberi STC, Railwala. <b>For Assistance, Please Contact:</b> 1. <b>Mr. Mahinder Sharma</b> , I/C Assistant Director, Northern Region, BSG Mob. No. 85709-75289
<b>Who can attend</b>	:	Warranted Unit Leaders of any section running unit effectively duly recommended by the State Association may apply.

<b>Quota Allocation</b>	<p>: <b>Scout Wing -04, Guide Wing 04 Total 08.</b> If you are not able to avail your quota may kindly Inform at <a href="mailto:adnr@bsgindia.org">adnr@bsgindia.org</a> by <b>15<sup>th</sup> August 2023</b>, So that additional quota may be allotted to other needy State.</p>
<b>Contribution for Scout Guide Welfare Fund</b>	<p>: Rs. 2500/- (Two Thousand Five Hundred Only) may please be remitted in the following Bank Account of the Bharat Scouts and Guides, Northern Regional Headquarters:</p> <p><b>Name of the account Holder: - THE BHARAT SCOUTS AND GUIDES, NORTHERN REGION</b>  <b>BANK: - CENTRAL BANK OF INDIA</b>  <b>BRANCH: - DDA BUILDING VIKAS MINAR, NEW DELHI</b>  <b>ACCOUNT NO. - 3442528720</b>  <b>IFSC CODE: - CBIN0281467</b>  <b>ACCOUNT TYPE - Saving Account</b></p>
<b>Financial Assistance</b>	<p>: Food subsidy @ Rs. 70/- per head per day for five days i.e. Rs. 350/- &amp; traveling subsidy maximum Rs. 550/- or actual whichever is less on production of Train/Bus ticket will be reimbursed by the National Headquarters.</p>
<b>What to Bring</b>	<p>: Two sets of correct and complete uniforms as per APRO-II &amp; III Light Bedding/Sleeping Bag, Sleeping Mat, Bed Sheet, eating utensils, Toilet requisites, Mosquito Net, Personal Medicines, torch odomos tube, Notebook, Pen, Pencil, Track Suit/Comfortable dress for practicing Yoga etc. Books on Yoga &amp; Meditation, if any.</p>
<b>Registration</b>	<p>: Candidates nominated by the State Association should register in the given link  <a href="https://forms.gle/Go3CT3nV5t8j16hP8">https://forms.gle/Go3CT3nV5t8j16hP8</a>  by remitting Rs. 2500/- on or before <b>15<sup>th</sup> August 2023</b></p>
<b>Last Date of Application</b>	<p>: List of the selected candidate should reach the Bharat Scouts and Guides, Northern Regional Headquarters, New Delhi at <a href="mailto:adnr@bsgindia.org">adnr@bsgindia.org</a> with a copy to State Secretary, BSG, Northern Railway at <a href="mailto:nrbsng.shq@gmail.com">nrbsng.shq@gmail.com</a> on or before <b>15<sup>th</sup> August 2023</b> along with the details of arrival and departure itinerary of the participants.</p>

We are sure, the State Associations will utilize the full quota as allotted. Please select the right and deserving candidates who are interested and able to promote Yoga activities amongst the youth in his /her Unit as well as in the District & State Association after completion of the course.

Thanking you,

Yours in Scouting,



**(Amar B. Chettri)**

**Jt. Director of Scouts (Prog. & Trg.)**

**Encl.: Application Form & Medical Certificate**

**Copy to:-**

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.  
Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
2. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid JeetSingh Marg, New Delhi - 110016.
3. The Commissioner, Novadaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida- 201309, Uttar Pradesh.
4. The Director, DAV
5. All the District Secretaries, District Association of Dammam, Riyadh, Muscat, Jamiat Youth Club and Sea Scout/Guide Auxiliary Unit with a request to take necessary action.