



# THE BHARAT SCOUTS & GUIDES, EASTERN REGION HEADQUARTER

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Ref No BSG/ER/379/2015-16

Date: 02.10.2015

To  
The State Secretaries,  
State Associations of BSG  
Eastern Region.

## Sub: - Regional Level Yoga Instructor Training Course.

Dear Sir/Madam,

We are glad to inform you that the postponed Regional Level Yoga Instructor Training Course will be conducted for Unit Leader at Tribal Culture Society, Tata Steel, Jhubri Bastee, Near Ashiana Garden and Sai Temple, Sonari Jamshedpur, Jharkhand from 03<sup>rd</sup> to 07<sup>th</sup> November 2015.

Aim of the course is to train the scouters/ Guiders in different Yoga techniques by they can live a stress free and balanced life Yoga and Meditation help to strengthen physical, mental and spiritual aspects of body and build high moral stands.

### Details are as follows:

|                             |   |
|-----------------------------|---|
| <b>Event</b>                | : <b>Regional Level Yoga Instructor Training Course</b>   |
| <b>Dates</b>                | : 03 <sup>rd</sup> to 07 <sup>th</sup> November 2015  |
| <b>Venue</b>                | : at Tribal Culture Society, Tata Steel, Jhubri Bastee, Near Ashiana Garden and Sai Temple, Sonari Jamshedpur, Jharkhand  |
| <b>Date of Arrival</b>      | : 03 <sup>rd</sup> November before lunch  |
| <b>Date of Departure</b>    | : 07 <sup>th</sup> November after lunch   |
| <b>How to Reach</b>         | : Tribal Culture Society, Tata Steel is situated at Sonari, Jamshedpur. From Jamshedpur Railway Station / Bus Stand share Auto are available for Tribal Culture Society, Tata Steel/ Ashiana Garden / Sai Temple. For travelling assistance please contact- Mr. Bipin Kumar, State Secretary- 09162869756 Mr. Naresh Kumar, Jt. SOC(S)- 9835340045, 9471750261.   |
| <b>Who can participate</b>  | : Basic trained Unit Leaders of any section attached with the Units.  |
| <b>Quota</b>                | : <b>Scout Wing : 05 Guide Wing : 04 Total : 09</b>   |
| <b>Fee</b>                  | : Rs 200/- Dev. Fee & Rs 80/- Spl. Fee, Total Rs 280/- per head from Unit Leaders to be paid at the time of Registration.   |
| <b>What to Bring</b>        | : <b>Individual Kit</b> - Usual camp kits, 2 Sets of Correct & Complete Uniform as per APRO Part-II & III and comfortable dress for Yoga.<br><b>General Camp Kit:</b> Mosquito net, personal medicines, bedding (as per weather), torch, odomos tube, notebook, pen, Pencil, etc are required.<br><b>Books:</b> Books on Yoga & Meditation.   |
| <b>Financial Assistance</b> | : Only free Boarding & Lodging will be provided during the camping days. <b>National Headquarters will not reimburse any Travelling Expenses for Participants.</b>  |
| <b>Last Date</b>            | : The name list of the selected candidates should reach BSG Eastern Regional Headquarters, Ganganagar, Kolkata <b>on or before 20<sup>th</sup> October 2015</b> along with the details of arrival and departure itinerary of the participating contingent. If your State is not utilizing the allotted quota, please inform us at the earliest ( <b>before 15<sup>th</sup> October 2015</b> ) so that additional quota may be allotted to other States. |

I am sure State Associations will utilize the full quota as allotted. Please select the right and eligible candidates to make the camp a grand success and achieve its purpose.

Your Co-operation is highly solicited.

Thanking you,

Yours Sincerely,

  
(S. S. Ray) 210

**ASSISTANT DIRECTOR  
EASTERN REGION**

Copy to: -

01. Director, BSG, NHQ, New Delhi for information.
02. Joint Directors, BSG, NHQ, New Delhi for information.
03. National Headquarter Commissioner, Eastern Region.
03. Account Officer, BSG, NHQ, New Delhi for information.