



The Bharat Scouts and Guides

National Headquarters

Lakshmi Mazumdar Bhawan, 16, Mahatma Gandhi Marg, Indraprastha Estate, New Delhi-110 002.

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



Circular No. : 75 / 2016
Dated : 06th June, 2016

SUB.: NATIONAL LEVEL YOGA INSTRUCTORS TRAINING COURSE – REG.

Dear Sir/Madam,

We are pleased to inform you that to promote and popularize Yoga amongst the Youth, Bharat Scouts & Guides, National Headquarters is going to organize National Level Yoga Instructors Training Course for the Unit Leaders scheduled to be held at R.M. College of Education, Chowadhi, Jammu, Jammu & Kashmir State from 26th to 30th August, 2016.

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.

Details are as follows:

Event	:	National Level Yoga Instructors Training Course
Dates	:	26 th to 30 th August, 2016 (05 days)
Venue	:	R.M. College of Education, Chowadhi, Jammu. (Participants are requested to report to BS&G, J & K State Headquarters, Apsara Road, Near G.P.O., Gandhi Nagar, Jammu)
Date of Arrival	:	26 th August, 2016 before lunch
Date of Departure	:	30 th August, 2016 after lunch
How to Reach	:	Trains are available up to Jammu Railway Station. From Jammu Railway Station shared Autos are available to reach State Headquarters which is about 6 K.M. distance from Railway Station. Address of SHQ: J & K State Bharat Scouts & Guides, State Headquarters, Apsara Road, Near General Post Office, Gandhi Nagar, Jammu. For further assistance Contact (1) Mr. Sehaj Singh, STC(S) Mobile No. 09796216767, SHQ Telephone – 0191-2454336. (2) Mr. Arup Sarkar, Assistant Director, Northern Region Mobile No.09958940504



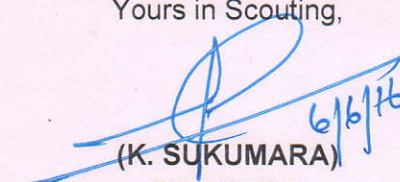
Who can participate		Warranted Unit Leaders of any section running unit effectively duly recommended by the State Association.
Quota	:	Scout Wing: 02 Guide Wing: 02 Total: 04 (No additional participant will be accepted.
Fee	:	Rs 200/- Development Fee & Rs 80/- Special Fee, Total Rs 280/ per head to be paid at the time of Registration.
What to Bring	:	02 (two) Sets of Correct & Complete Uniform as per APRO Part-II & III., warm bedding/Sleeping bag, Sleeping Mat, Bed Sheet, warm clothing's, eating utensils, toilet requisites, Mosquito net, personal medicines, torch, odomos tube, notebook, pen, Pencil, Track Suit / Comfortable dress for practising Yoga, etc. Books on Yoga & Meditation, if any.
Financial Assistance	:	Travelling Expenses are to be borne by the participants themselves or their sponsoring authority. NHQ will provide free hospitality.
Last Date	:	The list of selected candidates should reach at the Bharat Scouts & Guides, Regional Headquarters, Northern Region at adnr@bsgindia.org on or before 15th July, 2016 with a copy to State Secretary, BS&G Jammu & Kashmir State Headquarters at ikbharatscouts@gmail.com , jkbsg_kashmir@yahoo.com and nakhan_scout@hotmail.com . If your State is not utilizing the allotted quota, please inform us at the earliest 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 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.

We solicit your cooperation for the success of the Course.

Thanking you and with regards,

Yours in Scouting,


(K. SUKUMARA)
DIRECTOR

Copy to: -

01. All the Office Bearers of the Bharat Scouts & Guides.
02. Chairman/ Secretary, Railway Scout & Guide Board, Rail Bhawan, New Delhi.
03. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Sahid Jeet Singh Marg, New Delhi-110016
04. The Commissioner, Navodaya Vidyalaya Samiti, Institutional Area, B-15, Sector-62, Noida, Uttar Pradesh-201309.
05. All the Officers of the Bharat Scouts & Guides.