



# The Bharat Scouts and Guides

## National Headquarters

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

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



Circular No.: 107 /2020

Date : 05<sup>th</sup> August, 2020

**SUB: "YOGA WITH BSG"** unleashing the power of spiritual connection – **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. It also helps to promote fit India Movement. "Yoga enhances our quest for a healthier planet. It does not discriminate, goes beyond colour, race, faith and nations. Anyone can embrace yoga - all you need is some time and space," Honorable Prime Minister Shri Narendra Modi said.

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, man and nature. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation'.

Keeping this view, the Bharat Scouts and Guides, National Headquarters is going to telecast live yoga show known as "YOGA with BSG" for the members of the Scouting/Guiding fraternity as well as for non-scouting guiding members. This programme will keep the mission of Fit India. As we are in nationwide lockdown, this programme will also enhance the peace of mind and immunity of the body of 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 live at 07:00 AM from 27<sup>th</sup> August 2020 thrice in a week- Tuesday, Thursday and Saturday on regular basis with different Yoga, Pranayam, Meditation and Asanas.

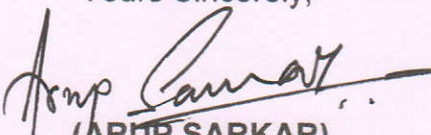
<b>Name of the programme</b>	:	<b>"Yoga with BSG"- Online Yoga Show</b>
<b>Tagline</b>	:	Unleashing the power of spiritual connection
<b>Date</b>	:	Started from 27 <sup>th</sup> August 2020
<b>Time</b>	:	Every Tuesday, Thursday and Saturday at 07:00 AM
<b>Telecast</b>	:	BSG YouTube Channel- <a href="https://www.youtube.com/c/BSGIndia">https://www.youtube.com/c/BSGIndia</a>
<b>You may ask</b>	:	For the more information you may Contact- Shri Bablu Goswami, Assistant Director, I/C, Eastern Region – 8447469051 and Shri Arup Sarkar, I/C Deputy Director - 9958940504.



You have the will power to make the dream come true of Healthy Life with Healthy Community. We request to State Associations please motivate youth of your state to participate in the programme on BSG YouTube Live and creates awareness in the community for Healthy India.

Thanking You,

Yours Sincerely,

  
(ARUP SARKAR)  
I/C DEPUTY 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 Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Novadaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida-201309, Uttar Pradesh.
5. All the District Secretaries, District Association of Dammam, Riyadh, Muscat and Jamiat Youth Club with a request to take necessary action.
6. To all the Assistant Director, Regional Headquarters for promoting the event in your Regional States.

