

# BHARAT SCOUTS & GUIDES – NORTHERN REGION

NEW ASHOK NAGAR, NEW DELHI - 96



Regional Level

“Yoga Fest” Northern Region

SPECIAL NEWS LETTER



Venue : State Training Center UP Bharat Scouts & Guide, Prayagraj

Date : 20 to 22 June 2019



“ Regional Level Yoga Fest of Northern Region was held at State Training Center, Prayagraj, Uttar Pradesh from 20<sup>th</sup> to 22<sup>nd</sup> June 2019. In this fest 124 Scouts/Guides, Rovers/Rangers and Unit Leaders from 08 States i.e. Delhi, Himachal Pradesh, Kendriya Vidhyalaya Sangathan, Northern Railway, North Central Rly. Punjab, Uttarakhand, and Uttar Pradesh were participated.

## Objectives of “Yoga Fest”

To Have the knowledge of yoga and good health.

To know the process of emotional stability and integrate moral value.

To know how to attain higher level of consciousness and to achieve control over speech, collection, sensory organs, behavior, character, and tongue.

To Provide the platform for talented youth to express their feelings and to develop confidence.

Maintaining and promoting the different Indian Yoga Traditions through Scouting Guiding.

To develop self-discipline and Self-control in the life of Scout/Guide, Rover/Ranger etc.

To practice mental hygiene and bring the awareness in society through Camp/Event to propagate information and knowledge of Yoga and its various techniques.

To enhance all the activities of the students, be it academic or sport or social through Yoga.







# Regional Level "Yoga Fest" Northern Region



## EVENT LEADARS



**MR. SUNIL MEHRA**



**MR. MAHINDER SHARMA**  
ASSISTANT DIRECTOR (I.C.), NR



**DR. JAGDEEP**



**MRS. VANDANA TIWARI**



**MR. PRADEEP GUPTA**  
ASOC (S)



**MR. ADNAN HASHMI**  
ASOC (IT)

## MESSAGE



**MRS. KAMINI SHRIVASTAVA**  
SOC (G) UP

भारत स्काउट और गाइड उत्तरी क्षेत्र के तत्वाधान में दिनांक 20 से 22 जून 2019 में आयोजित रीजनल लेवल योगा उत्सव में सभी प्रतिभागियों ने बहुत ही उत्साह पूर्वक प्रतिभाग किया। योग मनुष्य के लिए बहुत ही महत्वपूर्ण है इसको नियमित करने के लिए हम सब लोग मिलकर जन मानस को जागरूक करने का प्रयास करेंगे।



**MR. RAJENDRA SINGH HANSPAL**  
SOC (S) UP

## REGISTRATION



## 1<sup>ST</sup> DAY'S ACTIVITIES







# Regional Level "Yoga Fest" Northern Region



## INAUGURATION SESSION



## YOGA PRECTICE







# Regional Level "Yoga Fest" Northern Region 2<sup>nd</sup> DAY ACTIVITIES



## COMMON YOGA PROTOCOL







# Regional Level "Yoga Fest" Northern Region 2<sup>nd</sup> DAY'S ACTIVITIES



## YOGA & HEALTH



## POSTER PAINTING & SLOGAN WRITING COMPETITION



## AWARENESS RALLY ON "YOGA & SWACHH BHARAT"







# Regional Level "Yoga Fest" Northern Region



## CAMP FIRE



## 3rd DAY'S ACTIVITIES

### ALL FAITH PREYAR



## Participant's Views on Regional Level Yoga Fest

Globetrotters, live their lives exploring this beautiful planet Earth . Earth is further divided into two parts land and water. Land furtherly into countries, countries from which one can identify oneself. I belong to India , which has 29 states . My state 'Uttarakhand', ('a land of gods'), gave us opportunity to travel to Allahabad through Rangers/Rovers Unit , we four were selected( 2 Rangers and 2 Rovers) to attend the Regional Level Yoga Fest 2019 hosted by UP Bharat Scouts and Guides at STC, Prayag Raj (Uttar Pradesh). Prayagraj is known for Sangam of three Rivers named Yamuna, Ganga, Saraswati. The Awareness rally was mesmerizing and the people here serving all the scouts/guides/rangers/rovers and unit leaders put in their best efforts to make us feel very much comfortable in this campus. We practiced Yoga on International Yoga day 21-06-2019, which smoothened our physical and mental health. The campus organised different activities as poster making competition, group discussion, camp fire and many more... It was really a blessed opportunity which we four enjoyed and in my opinion everyone had a very memorable camp here .. I look forward to more camps from this state



## CLOSING CEROMONY



## MEDIA COVERAGE

### हेन्द्री दैनिक चर्चा आज की भारत के उत्तरी क्षेत्र के 12 प्रदेशों का योगा उत्सव

संवाददाता

प्रयागराज। भारत स्काउट और गाइड राष्ट्रीय मुख्यालय नई दिल्ली के तत्वाधान में उत्तरी क्षेत्र के 12 प्रदेशों का योगा उत्सव दिनांक 20 से 22 जून

2019 की अवधि में प्ादेश का प्रशिक्षण केन्द्र ममफोर्डगंज प्रयागराज में आयोजित किया जा रहा है। उत्सव के उद्घाटन सत्र के मुख्य

अतिथि डा० आशुतोष दुबे प्राचार्य राजकीय शिक्षा संस्थान प्रयागराज ने विभिन्न प्रदेशों से आये हुए स्काउट / गाइड को चरित्र निर्माण और व्यक्तित्व विकास की चर्चा की शिविर के संचालक महेन्द्र शर्मा ने प्रदेश के निदेशक उत्तरी क्षेत्र ने सभी

से सम्बन्धित दिशा निर्देश प्रदान किया और कहा कि इन तीन दिन में योग से सम्बन्धित बारिकियों और विभिन्न आसनों की जानकारी दी जायेगी। जिसका संस्था के विज्ञान आयुक्त ( स्काउट ) श्री एमएम० शंकर सिंह संगम नगरी में विभिन्न प्रदेशों से आ



हृष्ट प्रतिभागियों का स्वागत किया इसके प्रशिक्षक सुश्री वंदना तिवारी सुनील मेहरा और तकनीकी सहयोग के लिए अद्वाना हाशमी उपस्थित रहे इस अवसर पर प्रदीप गुप्ता निदेशक उत्तरी क्षेत्र ने सभी को अभिनंदन किया।



# Regional Level "Yoga Fest" Northern Region

## Group Photo



### THE BHARAT SCOUTS AND GUIDES – NORTHERN REGION

#### "REGIONAL LEVEL YOGA FEST"

VENUE : STATE TRAINING CENTER, ALLAHABAD

DATE : 20 to 22 JUNE 2019



### BHARAT SCOUT AND GUIDE : WEBSITE

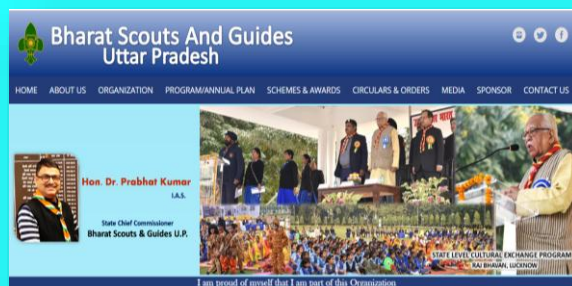


[www.bsgindia.org](http://www.bsgindia.org)



### BHARAT SCOUT AND GUIDE UTTAR PRADESH WEBSITE

[www.bsgup.org](http://www.bsgup.org)



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Website

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[adnr@bsgindia.org](mailto:adnr@bsgindia.org)

