

THE BHARAT SCOUTS AND GUIDES

GOVT COLLEGE SANJAULI, SHIMLA



Yoga Day Celebration on 21st June 2025

The Bharat Scouts and Guides Unit of Sanjauli, in collaboration with NSS volunteers, celebrated International Yoga Day with great enthusiasm and dedication on 21st June 2025. The event commenced with a brief introduction about the significance of Yoga in maintaining physical, mental and spiritual well-being by Rangers Leader Dr. Poonam Chandel. After this all the participants performed asanas and pranayamas. The celebration aimed to spread awareness about the Importance of incorporating Yoga into daily life for a healthier lifestyle. The active participation of Rovers, Rangers and NSS volunteers reflected their commitment to promoting health and discipline. The celebration concluded with a pledge to practice Yoga regularly and inspire others to adopt this ancient Indian practice.



