

Participants of Viksit Bharat Vibrant Villages Programme Attend Yoga Session, Medical Check-up and World Environment Day Activities at ITBP Base Camp Leh

Leh, 05 June 2026: The participants of the Viksit Bharat Vibrant Villages Programme (VBVP), currently undergoing acclimatization at ITBP Base Camp, Leh, continued to engage in a series of informative, health-oriented and nation-building activities on Friday.

The day commenced with an invigorating Yoga and Physical Exercise Session conducted at the Base Camp. All participants enthusiastically took part in the session, which aimed to promote physical fitness, mental well-being and healthy living. The activity also underscored the importance of maintaining physical endurance and discipline, particularly in the high-altitude conditions of Ladakh.

Subsequently, a comprehensive medical examination of all participants was conducted by a team of doctors from the Indo-Tibetan Border Police (ITBP) and the Civil Health Department. The health screening was undertaken as part of the acclimatization process to ensure the well-being and fitness of participants before their deployment to the vibrant villages located in remote border areas of Ladakh. The medical team assessed various health parameters and provided necessary guidance to the participants regarding health and safety in high-altitude regions.

As part of the programme's preparatory activities, expectation forms were collected from all participants. The exercise provided an opportunity for participants to express their expectations, learning objectives and aspirations from their participation in the Viksit Bharat Vibrant Villages Programme. The inputs received will help organizers better understand participant perspectives and further enrich the learning and exposure opportunities offered during the programme.

An interactive session with ITBP officials was also organized during the day. The officials shared valuable insights regarding life and service in border areas, the strategic importance of frontier villages, and the role played by security forces in safeguarding the nation's borders. Participants actively engaged in discussions and gained a deeper understanding of the challenges and opportunities associated with India's border regions.

Marking World Environment Day, participants also undertook cleanliness and environmental awareness activities within the Base Camp premises. The cleanliness drive witnessed enthusiastic participation from all attendees, reflecting their commitment towards environmental conservation and the principles of sustainable development. The activity reinforced the message of maintaining clean surroundings and protecting natural ecosystems, particularly in ecologically sensitive regions such as Ladakh.

The Viksit Bharat Vibrant Villages Programme aims to provide youth with firsthand exposure to the cultural, social, economic and strategic significance of India's border villages. Through a series of interactive sessions, field visits and community engagement activities, the programme seeks to inspire young citizens to contribute towards the vision of a developed and self-reliant India while strengthening their understanding of border development and national integration.

The participants will continue their acclimatization and orientation activities at ITBP Base Camp Leh before proceeding to their allotted vibrant villages across Ladakh in the coming days.

