

## **A Day of Unity and Sportsmanship**

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With the blessings of Satguru Mata Ji, the saints of SNM Greater San Francisco branch participated in an unforgettable Sports Camp on June 28, 2025 at Tracy Bhawan. This vibrant event brought together over 100 saints from various age groups, all eager to participate in a day filled with sports and celebration at the Sant Nirankari Oneness Center in Tracy. The center was adorned with colorful banners and balloons, setting an uplifting atmosphere that invigorated the spirits of players and spectators alike. The primary goal of the camp was to promote physical growth while fostering teamwork and sportsmanship among participants of all ages.



The day began with a rejuvenating Yoga session led by Poonam Sagar Ji from 9am to 9:45 am. Participants engaged in yoga poses, pranayama breathing exercises, and meditation, setting a harmonious tone for the activities ahead. After this refreshing start, a brief overview of the day's schedule was presented in a PowerPoint format. Participants learned about their assigned sports coordinators, the locations of various games, and essential ground rules to ensure a smooth experience for everyone involved.





Following the overview, a healthy breakfast was served, energizing all attendees for the exciting day ahead. Sports coordinators took charge, organizing a variety of activities that catered to different interests. Outdoor sports included soccer, badminton, volleyball, basketball, and cricket, while indoor games featured ludo, snake ladder, chess, musical chairs, and table tennis. Most sports and games were divided into junior and senior teams, allowing participants to compete at their appropriate skill levels. The outdoor and indoor activities occurred simultaneously, keeping the energy high throughout the venue.







As the audience sat in the shade, they enjoyed watching the thrilling performances of participants across various sports. After an engaging round of competitive sports, everyone gathered for a delicious lunch and dessert, refueling for the fun still to come. The musical chairs event followed, where members of different age groups joined in on the laughter and excitement.





The highlight of the day was the award ceremony, where each participant received a certificate of participation. Winning teams from each sport and game were honored with individual and team trophies, creating an atmosphere of celebration and positivity. Players cheered for one another, embodying the spirit of community and sportsmanship.



The day concluded with heartfelt discourse from Rev. Dr. Rai, who expressed gratitude to Satguru for the opportunity to organize such a successful event. To mark the end of this memorable day, a cake-cutting ceremony took place, symbolizing the joy and unity fostered throughout the camp.



Everyone left with cherished memories, having enjoyed a day where kids and adults mingled and celebrated their shared love for sports, while giving thanks to our Lord Master. This Sports Camp not only nurtured physical health but also strengthened the bonds of friendship and community among the participants, embodying the true essence of togetherness.

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