



Email: aurocamps@aurobindoonline.in

Website: www.sri aurobindoashram.net

Updated on 27.02.2024

Phones: Delhi: 8595249481; (011) 2652-4810; Nainital: 78198 89243, 05942 - 235737

Sri Aurobindo Ashram-Delhi Branch

Sri Aurobindo Lane, Sri Aurobindo Marg, New Delhi - 110016

Yog Gyan Shivir # 386 (2024) at Van Niwas, Nainital

SHIVIR NO.	DATES	SUBJECT	FACILITATOR (S)	LANG.	CAMP ORGANIZER;	No.of Persons (Max.66)
GYS-386	17.05.2024 23.05.2024	Bhartiya sanskriti ke adhar stambh	Dr. Alok Pandey	Hindi/Eng	Sri Aurobindo Ashram- Delhi Branch, aurocamps@aurobindoonline.in	66

About the Shivir location:

- *Van Niwas is an idyllic hilltop retreat at 7,400 ft in a picturesque sylvan setting amid the lush verdure of the Holy Himalaya, far above the pollution and din of the town life.
- * Relics hall, Meditation hall, Library, reading room facilities

This particular Shivir will be conducted by Dr. Alok Pandey:

Dr Alok Pandey is a medical doctor specialising in Psychiatry, practising at Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects, in India and abroad. He has contributed various articles on diverse subjects, in various Indian & International journals. He has authored 3 books, and edits All India Magazine, a monthly journal of Sri Aurobindo Society. He is also Founder-Editor of NAMAHA, The Journal of Integral Health.

Content of this Shivir:

One of the five dreams of Sri Aurobindo was to see India become the Guru of the world. But to do so India must first discover its own soul and its deep foundations, gather the lost pearls of Wisdom from its glorious past, apply it in the present and take the lead towards the future. This camp will focus on these aspects based on Sri Aurobindo's Writings.

Activities:

- * Grow spiritually by opening to the *mantric* power of the works of the Master and The Mother and the powerful vibrations of Sri Aurobindo's relics enshrined in 1989 and benefit from the spellbinding discourses of renowned savants.
- * Daily Meditation and Yoga, Pranayam, and 'keep-fit' sessions.
- * Join the guided walks and treks through magnificent mountain forests and enchanting scenic splendor.

For bookings and information about this particular Shivir, please contact the Shivir organizer:

aurocamps@aurobindoonline.in; Oindrila: 9811774751; Jyoti: 85952 49481

Stay at Delhi: Participants will themselves bear their expenses for their stay in Delhi.

Arrangements can be made at Sri Aurobindo Ashram - Delhi Branch, ONLY THROUGH —

WEBSITE: www.sri aurobindoashram.net/visitors



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IMPORTANT (Please note carefully):

For this particular camp:

Limited seats: (age group - below 50 yrs): Enrolment on “First Come, First Serve” basis

- * Book IMMEDIATELY to avoid disappointment due to heavy rush and limited seats; **if vacancies are still there after 31st March, we may accept participants above 50 yrs of age.**
- * Please apply only if you are looking for a serious Yog and Gyan Shivar
- * People with high blood pressure and other diseases, who have problems with high altitude and/or living on the first and second floors, and also those needing special facilities, food or care, should not apply. Any medical expenses will have to be borne by the participants themselves.
- * Kindly help in circulating this leaflet widely among genuinely interested people.
- * **Please note:** Smoking and consumption of *gutka* are not permitted on the Ashram campus. The use of alcoholic drinks and drugs is forbidden.

OTHER SHIVIRS: We also have youth adventure *Shivirs* running simultaneously on the same dates for children 12 years and above. They are provided with separate dormitory accommodation. We also have *Shivirs* at the Ashram’s other Himalayan Centre ‘**Madhuban**’ at Talla-Ramgarh (40 km from Nainital and 60 km from Kathgodam). You may look up for more details on our **Website: <https://sriurobindoashram.net/camps/>**

Please note: Nowadays it is possible to get a One Way taxi with cheap fares directly from Sri Aurobindo Ashram- Delhi Branch (Gate no.6) to our destination in Nainital or Ramgarh.

For Nainital (approx fares-ONE WAY):

Small taxi: Rs. 5000/-

Bigger taxi: Rs. 7000-7500/-

Tinku: 8368523717;7703949536

Rakesh: 9568350000

The taxi can also be booked through the Sri Aurobindo Ashram-Delhi Branch reception on request (8595262559)

HOW TO APPLY:

Please fill in the form given below attach your donation and forward it to the *Shivar* convenor at Sri Aurobindo Ashram – Delhi Branch, Sri Aurobindo Marg, New Delhi, 110016. Please mention the ***Shivar* number** when you send your donation with details. On acceptance, we shall send further details and a kit list. You are requested **not to start your journey without** receiving a **proper acceptance letter** from us.



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TO WHOM IT MAY CONCERN

I hereby certify that a sum of Rs..... (Rupees) was paid to Sri Aurobindo Ashram – Delhi Branch. Sri Aurobindo Marg, New Delhi – 110016 by cash / e-transfer / cheque no Dated on Bank, on account of donation. I further state that I am assessed to income tax and my permanent account no. (PAN)

is.....Name.....

Address.....

.....PINE-mail IdTel/Mobile

.....

Signature

Date

Receipt No. Date

SRI AUROBINDO ASHRAM - DELHI BRANCH

BANK ACCOUNTS DETAILS FOR MONEY TRANSFER IN INDIA

Sri Aurobindo Ashram-Delhi Branch
Sri Aurobindo Marg
New Delhi – 110016
Email: contact@aurobindoonline.in

SB-Account No. 90030110002667

Name of Bank

UCO Bank
Hauz Khas
New Delhi – 110016

Branch Code – 9003
IFSC Code – UCBA0009003
MICR Code – 110028006

IMPORTANT NOTE:

- If you are making a direct deposit in our above bank accounts, kindly send an email positively to aurocamps@aurobindoonline.in giving us the details of the amount — Cash/Cheque No., Amount, Bank, Date of deposit for contribution.
- This will help us reconcile your amount with our bank account and issue official receipts if not already issued.
- Sri Aurobindo Ashram – Delhi Branch is exempt from Income Tax u/s 80 G.