

Updated on: 06/02/2019

E-mail:-[aurocamps@aurobindoonline.in](mailto:aurocamps@aurobindoonline.in)

Website:-[www.sriurobindoashram.net](http://www.sriurobindoashram.net)

HOLI: 21st March 2019



Phones: 011-2652-4810, 2656 -7863

Fax: 011-2685-7449

## Sri Aurobindo Ashram-Delhi Branch

### SUMMER YOUTH CAMP 2019 AT VAN NIWAS, NAINITAL

CAMP NO	DATES	NAME OF SCHOOLS	NAME OF LEADER, MOBILE NO & EMAIL	BOOKING POSITION
	21.03.2019 28.03.2019	ODISHA SCHOOLS* (B.M.S.)	Baren Raul, <a href="mailto:barenmbk@gmail.com">barenmbk@gmail.com</a> , 8383983425, 9958619822	100 BOOKED
	29.03.2019 01.04.2019			
	02.04.2019 08.04.2019	B.M.S.		100
	09.04.2019 15.04.2019	AUOUNIVERSITY, SURAT,	Debi Prasad , 9711453014, <a href="mailto:debiprasad.pramanik@auouniversity.edu.in">debiprasad.pramanik@auouniversity.edu.in</a>	100 BOOKED
	16.04.2019 20.04.2019	MATRI KIRAN VIDYALAYA, GURUGRAM SRI RAM ASHRAM, HARIDWAR	Divya Bhalla,9971114442 <a href="mailto:divyabhalla@vatikagroup.com">divyabhalla@vatikagroup.com</a> Rashmi Cole, Resident Manager 9927050525, 9837777323, <a href="mailto:rashmisra@gmail.com">rashmisra@gmail.com</a>	40 BOOKED 40 BOOKED
	23.04.2019 29.04.2019	SHIKSHANTAR SCHOOL, HARYANA	Shruti Jain, <a href="mailto:shruti.jain@shikshantarschool.org">shruti.jain@shikshantarschool.org</a> Mr. Prantan Das, 8700453120, <a href="mailto:pratan.das@shikshantarschool.org">pratan.das@shikshantarschool.org</a>	100 BOOKED
	24.04.2019 25.04.2019	SPIRITUAL RETREAT (JEEVAN VIDYA)	Vinod Bhai Mandaviya, Pratik Thakor <a href="mailto:pratikthakore@gmail.com">pratikthakore@gmail.com</a> .07779009911, 09427809911	19 BOOKED
	30.04.2019 06.05.2019	Sri Aurobindo International School, Hyderabad UDAVI SCHOOL* , AUROVILLE(B.M.S.)	Mrs.V.Jayashree , Head Mistress , 9963905923, 9849659075 <a href="mailto:saishyd@gmail.com">saishyd@gmail.com</a> Sudhir Pradhan, <a href="mailto:sudhir@auroville.org.in">sudhir@auroville.org.in</a>	50 BOOKED 20 BOOKED
				30

07.05.2019 13.05.2019	KVO SEVA SAMAJ, MUMBAI	<a href="mailto:ksevasamaj@gmail.com">ksevasamaj@gmail.com</a> Hitendra Vira-9819041005, <a href="mailto:virahiten07@gmail.com">virahiten07@gmail.com</a> Suresh Gala-9892297221, <a href="mailto:sgala305@gmail.com">sgala305@gmail.com</a>	30 BOOKED
			70
14.05.2019 20.05.2019	MOTHER'S INTERNATIONAL SCHOOL, NEW DELHI	Nisha , <a href="mailto:phy_nis@yahoo.com">phy_nis@yahoo.com</a>	100 BOOKED
21.05.2019 27.05.2019	AURO YOUTH RATLAM	manindra Tiwari, 9826087563, <a href="mailto:hymanindra@gmail.com">hymanindra@gmail.com</a>	50 Booked
			50
28.05.2019 03.06.2019	ORIYA CMP		100
03.06.2019 08.06.2019	YOUTH CAMP (B.M.S.)	Baren Raul, <a href="mailto:barenmbk@gmail.com">barenmbk@gmail.com</a> , 8383983425, 9958619822	100 BOOKED
08.06.2019 11.06.2019	CREATIVE WRITING WORKSHOP	Dr. Kamala Menon, <a href="mailto:kamalamenon@gmail.com">kamalamenon@gmail.com</a> Dr. Anju Khanna , <a href="mailto:anju60khanna@gmail.com">anju60khanna@gmail.com</a>	100 BOOKED
11.06.2019 17.06.2019	CLEAN MIND PROGRAM (B.M.S.)	Dr. Surinder Katoch ,98111199167 <a href="mailto:docskatoch@gmail.com">docskatoch@gmail.com</a> Baren Raul, <a href="mailto:barenmbk@gmail.com">barenmbk@gmail.com</a> ,8383983425, 9958619822 Hira Das, <a href="mailto:hiradas2@gmail.com">hiradas2@gmail.com</a>	100 BOOKED
18.06.2019 24.06.2019			100
25.06.2019 01.07.2019			100

Updated on: 06/02/2019

E-mail:-[aurocamps@aurobindoonline.in](mailto:aurocamps@aurobindoonline.in)

Website:-[www.sriaurobindoashram.net](http://www.sriaurobindoashram.net)



Phones: 011-2652-4810, 2656 -7863

Fax: 011-2685-7449

**Sri Aurobindo Ashram-Delhi Branch**  
**AUTUMN YOUTH CAMP 2019 AT VAN NIWAS, NAINITAL**

Dusshera: 8th October

Diwali: 27th October

Camp	DATES	NAME OF SCHOOLS	NAME OF LEADER, MOBILE NO &	BOOKING
------	-------	-----------------	-----------------------------	---------

No			EMAIL	POSITION
YC	03.11.2019 12.11.2019	SOURCING OUR ONENESS	Jaya Jorrel Bergreen,0091-413-2623576, <a href="mailto:jaya@auroville.org.in">jaya@auroville.org.in</a>	BOOKED

Several Adventure Youth Camps at Nainital in Uttarakhand are planned during Summer and autumn 2018. **We have 100 seats in dormitories for each camp** inclusive of teachers and leaders. One teacher or group leader is free on every 25 participants. **Note: You can also apply for camps in autumn from mid September to mid November.**

### General Objectives

- Adventure activities to build courage, stamina and self-confidence.
- Channelize energies of the youth towards healthy and value-added activities.
- National integration and harmony through community living. No restrictions due to religion, caste or creed.
- Self development and spiritual upliftment through meditation, and through lectures on health, nutrition, character building, yoga, and on the teachings of Sri Aurobindo and the Mother.

### Activities

- *Basic Rock Climbing:* Covers training in rock-scrambling, bouldering, tying of knots & hitches, rock-climbing with safety provided by belay, rappelling, and river crossing. Certificates are awarded to participants on successful completion of the camp.
- *Treks:* A gradual build-up of stamina is one of the objectives of treks. Treks start with a mere 4 km, and by the end of the camp almost all campers are able to complete the enchanting 16 km trek to Kainchi. Treks to other magnificent scenic points include Land's End, Hanuman Mandir scenic spot on Ayarpatta Hill, Dorothy Seat / Tiffin Top, Jungle Trek to SriAurobindoPeak, Snow View and the lofty NainaPeak.
- Games, community singing and cultural programs.
- Yoga-based keep-fit exercises. Shramdan (selfless work offering) to inculcate dignity of labour.
- Meditation, and talks on healthy living, character building, national problems & role of youth.

**Age 12 years and above.** Nature of activities requires participants to be **physically fit**. In particular, persons with asthma, **heart or joint problems** are advised **not to enroll**.

**Campsite:** Camps are held at "Van Niwas" (Himalayan Centre of Sri Aurobindo Ashram–Delhi Branch), Bara Pathar, Nainital - 263 001 in the **Kumaon Himalayas** of Uttarakhand. Van Niwas is picturesquely situated at a height of 7400 ft. on the very top of a hill in a serene retreat, nestling among the Himalayan peaks, surrounded by trees and forests, away from the hustle and bustle of the town, in a place of contemplation, peace and quiet.

**Discipline:** Strict discipline is maintained throughout and all participants are required to follow the rules and regulations of the camp and to uphold the sanctity of the place. Smoking, *Gutkha* and tobacco are strictly prohibited on the Campus, and drinking and use of drugs are forbidden during the entire period of the camp.

**Lodging:** Dormitory style beds with coir or foam matting and two blankets. Separate for men and women.

**Food:** Nutritious & entirely vegetarian. We seek your cooperation in matters of food. Since people participate from many states and family backgrounds, it is *not possible for us to satisfy everybody's taste*.

**Stay at Delhi:** Participants will themselves bear their expenses for stay in Delhi. Arrangements can be made at Sri Aurobindo Ashram, Delhi Branch **ONLY THROUGH THE WEBSITE:** [www.sriurobindoashram.net/visitors](http://www.sriurobindoashram.net/visitors)

**Medical:** Organizers will not be responsible for any accident or illness. All medical expenses will have to be borne by the participants themselves.

### How and Where to Apply:

**Group Bookings** should preferably be of 25, 50 or 100 participants including teachers and leaders. There should be one teacher/leader on every 25 participants to maintain discipline and order.

Since we have a great rush for our Camps, please identify your Camp number and dates and block your seats as early as possible.

1. Enrolment on "*First Come First Served*" basis.
2. On acceptance we shall send further details, and kit list. You are requested **not to start your journey without** receiving a **proper acceptance letter** from us.
3. Fastest way to correspond with us is via e-mail to [aurocamps@aurobindoonline.in](mailto:aurocamps@aurobindoonline.in).

**SRI AUROBINDO ASHRAM - DELHI BRANCH**

## **BANK ACCOUNTS DETAILS FOR MONEY TRANSFER IN INDIA**

---

**Sri Aurobindo Ashram-Delhi Branch**

**SB-Account No. 90030110002667**

Sri Aurobindo Marg

New Delhi – 110016

Email: [contact@aurobindoonline.in](mailto:contact@aurobindoonline.in)

### **Name of Bank**

UCO Bank

Branch Code – 9003

Hauz Khas

IFSC Code – UCBA0009003

New Delhi – 110016

MICR Code – 110028006

### **IMPORTANT NOTE**

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

## **Daily timetable for youth programs:**

6.30 A.M - YOGIC KEEP FIT

7.30 A.M - BREAKFAST

8.30 A.M - 5 DAYS ROCK CLIMBING COURSE \*1

12.30 P.M -LUNCH

2.30 P.M - 5 DAYS TREKKING \*2

4.30 P.M -TIFFIN

5.30 P.M - GAMES

7.00 P.M - MEDITATION / SELF GROWTH TALKS

7.30 P.M DINNER

8.30 P.M COMMUNITY SINGING /CULTURAL

### **PROGRAM**

\*1. - 2 DAYS LONG TREKKING

\*2 - 2 DAYS VISIT TO THE TOWN

