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HOLI: 2nd March 2018



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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
	02.04.2019 08.04.2019			100
	09.04.2019 15.04.2019			100
	16.04.2019 22.04.2019			100
	23.04.2019 29.04.2019			100
	30.04.2019 06.05.2019			100
	07.05.2019 13.05.2019			100
	14.05.2019 20.05.2019			100
	21.05.2019 27.05.2019			100
	28.05.2019 03.06.2019			100
	04.06.2019 10.06.2019			100
	11.06.2019 17.06.2019			100

	18.06.2019 24.06.2019			100
	25.06.2019 01.07.2019			100

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

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.

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

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 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

