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SRI AUROBINDO ASHRAM - DELHI BRANCH

SUMMER YOUTH CAMP 2022 AT VAN NIWAS, NAINITAL

| CAMP NO | DATES | NAME OF SCHOOLS | NAME OF LEADER, MOBILE NO & EMAIL | BOOKING POSITION |
|---------|--------------------------|--|---|------------------|
| YC 654 | 07.04.2022 13.04.2022 | Available | | |
| YC 655 | 14.04.2022 20.04.2022 | Available | | |
| YC 656 | 21.04.2022 27.04.2022 | Sri Aurobindo School , Hyderabad (ADITI GURUKUL, HYDERABAD | Challamayi Reddy, 0989194661, chhala@gmail.com ,09396696186, saishyd@gmail.com Seetha didi | 100 conformed |
| YC 657 | 28.04.2022 04.05.2022 | Bhagta Bharat | Vivek Bhushan,9810038649, Puneet , 9990435302 | 70 |
| | | Prakriti School | Vineet Swaroop - 9953943396 Email: vineet.swaroop@prakriti.org.in | 40 |
| YC 658 | 05.05.2022 11.05.2022 | Iskcon Temple | Sundar Krishna Das Vice President ISKCON PUNJABI BAGH 8800516363 sundarakrishnadas@gmail.com | 30(Dorms) |
| | | | | |
| YC 659 | 12.05.2022 18.05.2022 | Shri Ratanlal Foundation | Deepa and Riya | 30 |
| | | Available | | |
| YC 660 | 19.05.2022 25.05.2022 | Available | | |
| YC 661 | 26.05.2022 01.06.2022 | Mathura Girls | Anil vajpe ji | 35 |
| | | Available | | |
| YC 662 | 02.06.2022 08.06.2022 | Auro School, Ratlam | Manindra Tiwari, 9826087653 | 30 |
| | | Auro School, Ratlam | Veenita Ojha | 40 |
| YC 663 | 09.06.2022 15.06.2022 | Udayan Care | Kiran Modi | 70 |
| YC 664 | 16.06.2022 22.06.2022 | SAIVT | Arvind Bhaiya,9818565988, arvindkumar15@gmail.com , Jyoti Patankar, 8920130939, | 70 |

| | | | | |
|--------|--------------------------|--|---|----|
| | | | aurocamps@aurobindoonline.in | |
| YC 665 | 23.06.2022 29.06.2022 | Ramanlal Shorawala Public School, Mathura. | Lata Goyal, Mathura, Piyush Dwivedi Ramanlal Shorawala Public School 7060264869 | 40 |
| | | Available | | |
| YC 666 | 30.06.2022 06.07.2022 | *Hyderabad Children's Aid Society(RK HOMES)* | Jenny Gupta | 70 |

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 Sri Aurobindo Peak, Snow View and the lofty Naina Peak.
- Games, community singing and cultural programs.
- Yoga-based keep-fit exercises. Shramdan (selfless work offering) to inculcate dignity of labor.
- 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. The Campsite can be arrived by first reaching, "Bara Pathar" and then following the road to Van-Niwas. Google location of Van Niwas is <https://goo.gl/maps/ePwqVKuB1FijDj6v8>.

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.

Indemnity Form: All school/participating organizations are to submit an indemnity form to the Ashram prior to commencement of the journey.

How and Where to Apply:

Since we have a great rush for our Camps, please identify your participation 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.

For Offering

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.
- 5.

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

Website: www.sriaurobindoashram.net

Email: aurocamps@aurobindoonline.in

Dussehra:

Diwali:



Phones; Delhi: (011) 2652-4810

Nainital: 05942 - 235737

SRI AUROBINDO ASHRAM-DELHI BRANCH

AUTUMN YOUTH CAMP 2022 AT VAN NIWAS, NAINITAL

| Camp No | DATES | NAME OF SCHOOLS | NAME OF LEADER, MOBILE NO & EMAIL | BOOKING POSITION |
|---------|--------------------------|-----------------|-----------------------------------|------------------|
| AC | 26.08.2022 01.09.2022 | | | |
| AC | 02.09.2022 08.09.2022 | | | |
| AC | 02.09.2022 08.09.2022 | | | |
| AC | 16.09.2022 22.09.2022 | | | |
| AC | 23.09.2022 29.09.2022 | | | |
| AC | 30.09.2022 06.10.2022 | | | |
| AC | 07.10.2022 13.10.2022 | | | |
| AC | 14.10.2022 20.10.2022 | | | |
| AC | 21.10.2022 27.10.2022 | | | |
| AC | 28.10.2022 03.11.2022 | | | |
| AC | 04.11.2022 10.11.2022 | | | |
| AC | 11.11.2022 17.11.2022 | | | |