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HOLI: 8TH MARCH



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Auro Camp No.8595249481, 9627460934

SRI AUROBINDO ASHRAM - DELHI BRANCH
SRI AUROBINDO LANE, SRI AUROBINDO MARG
SUMMER YOGAROHAN ADVENTURE SHIVIR 2023
AT VAN NIWAS, NAINITAL

CAMP NO.	DATES	NAME OF SCHOOLS	NAME OF LEADER, MOBILE NO.& EMAIL	BOOKING POSITION
YC	01.03.2023 19.03.2023	CLAW	Arun, 9500183706, REVELATION FOREST (AUROVILLE) amby@claw.global	18
YC	20.03.2023 24.03.2023	CLAW	Arun, 9500183706, REVELATION FOREST (AUROVILLE) amby@claw.global	18
YC	25.03.2023 28.03.2023	CLAW	Arun, 9500183706, REVELATION FOREST (AUROVILLE) amby@claw.global	90
YC	29.03.2023 06.04.2023	CLAW	Arun, 9500183706, REVELATION FOREST (AUROVILLE) amby@claw.global	60
YC	07.04.2023 13.04.2023	CLAW	-do-	60
YC	14.04.2023 20.04.2023	CLAW	-do-	60
YC	21.04.2023 27.04.2023	CLAW	-do-	60
YC 645	28.04.2023 04.05.2023	Sri Aurobindo International School Hyderabad	Seethadidi, 9396696186, saishyd@gmail.com , challa@gmail.com , K. Praveen Kumar, Tour Co-ordinator 9849659075	50 BOOKED
		AIKIYAM SCHOOL, AUROVILLE	Radhakrishnan, 9786211534 aikiyamschool@auroville.org.in Manish Kumar, 8586934944, manishk.usrn@gmail.com	25 BOOKED
				25
YC 646	05.05.2023 11.05.2023	KVO SEVA SAMAJ,MUMBAI	Hiten Vira, Sheela Gala, ksevasami@gmail.com 022- 2371 4674 / 2377 3032	20 BOOKED
		VKV, RISHABHDEV, HURDA, RAJASTHAN	D.P. GUPTA, 8233327996, vkv.rishabhdev@gmail.com Manish Kumar, 8586934944, manishk.usrn@gmail.com	38+4 BOOKED

YC 647	12.05.2023 17.05.2023	MOTHER'S INTERNATIONAL SCHOOL, NEW DELHI	Lalita Sharma, 9454996800 Manish Kumar, 8586934944,	96 BOOKED
YC 648	18.05.2023 23.05.2023	MOTHER'S INTERNATIONAL SCHOOL, NEW DELHI	SWATI BHARDWAJ 9873021300 Manish Kumar, 8586934944, manishk.usrn@gmail.com	100 BOOKED
YC 649	24.05.2023 30.05.2023	B.M.S. SHIVIR * (a)	Kaustubh Mittal, 9818112965, kaustubhmittal86@gmail.com ,	41 BOOKED
		B.M.S. SHIVIR*(b)	Chandra Sekhar, 9120068171, Chanduss098@gmail.com	41 BOOKED
		B.M.S. SHIVIR* ©	Jyoti Patankar, 8595249481, somharsh@gmail.com	20 BOOKED
YC 650	03.06.2023 09.06.2023	B.M.S. SHIVIR*	Hira Das, Hira Das , 8920113838 hiradas2@gmail.com	85 BOOKED
		Sijumakhna Vivekananda Shikshalaya		
YC	09.06.2023 15.06.2023			
YC	16.06.2023 22.06.2023			
YC	23.06.2023 29.06.2023			

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 SriAurobindo 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

HauzKhas

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