



Gyan Yog Shivir

Bharatiya Sabhyata Ke Adhaar Stambh

May 17-23, 2024



**Van Niwas, Sri Aurobindo Ashram(Delhi Branch)
Nanital**

Introduction



A group of 51 participants came to experience Gyan Yog Shivr, organised by Sri Aurobindo Ashram (Delhi Branch) at the Van Niwas, Nanital campus. Dr. Alok Pandey was the facilitator of the camp and Amit Arora was the camp coordinator.

The group arrived on the 17th of May by afternoon, and was allotted respective rooms and had lunch and retired for rest.

In the evening of the first day of their shivr, 17th May, the group had an Orientation of Van Niwas and Introductions of the theme - (Bharatiya Sabhyata ke adhar stambh). Dr. Alok Pandey gave introduction on the topic. The group was then given a guided tour of Van Niwas.

DAILY ACTIVITIES

Date	From	To	Schedule	Venue
17th May 2024	5:00pm	6:30pm	Orientation of Van Niwas and Introductions (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	7:00pm	7:30pm	Meditation	Shrine Area
	7:30pm	8:00pm	Dinner	Dining Hall
18th May 2024	6.15am	7:15am	Yoga	
	9:00am	10:30am	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	10:30am	10:45am	Tea Break	Dining Hall
	10:45am	12:15pm	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	12:30pm	1:30pm	Lunch	Dining Hall
	5:30pm	6:30pm	Nature Walk in mountains	
	7:00pm	7:30pm	Meditation	Shrine Area
	7:30pm	8:00pm	Dinner	Dining Hall
	8:15pm	9:30pm	Discussion / Q&A (Bharatiya Sabhyata ke adhar stambh)	Study Hall
19th May 2024	6.15am	7:15am	Yoga	
	9:00am	10:30am	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	10:30am	10:45am	Tea Break	Dining Hall
	10:45am	12:15pm	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	12:30pm	1:30pm	Lunch	Dining Hall
	5:30pm	6:30pm	Trek To Nearby mountains	
	7:00pm	7:30pm	Meditation	Shrine Area
	7:30pm	8:00pm	Dinner	Dining Hall
	8:15pm	9:30pm	Discussion / Q&A (Bharatiya Sabhyata ke adhar stambh)	Study Hall

DAILY ACTIVITIES

Date	From	To	Schedule	Venue
20th May 2024	6.15am	7:15am	Yoga	
	9:00am	10:30am	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	10:30am	10:45am	Tea Break	Dining Hall
	10:45am	12:15pm	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	12:30pm	1:30pm	Lunch	Dining Hall
	5:30pm	6:30pm	Trekking	
	7:00pm	7:30pm	Meditation	Shrine Area
	7:30pm	8:00pm	Dinner	Dining Hall
	8:15pm	9:30pm	Discussion / Q&A (Bharatiya Sabhyata ke adhar stambh)	Study Hall
21st May 2024	6.15am	7:15am	Yoga	
	9:00am	10:30am	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	10:30am	10:45am	Tea Break	Dining Hall
	10:45am	12:15pm	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	12:30pm	1:30pm	Lunch	Dining Hall
	5:30pm	6:30pm	Nature Walk	
	7:00pm	7:30pm	Meditation	Shrine Area
	7:30pm	8:00pm	Dinner	Dining Hall
	8:15pm	9:30pm	Discussion / Q&A (Bharatiya Sabhyata ke adhar stambh)	Study Hall
22nd May 2024	6.15am	7:15am	Fun Activity For The Group	
	9:00am	10:30am	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	10:30am	10:45am	Tea Break	Dining Hall
	10:45am	12:15pm	Session (Bharatiya Sabhyata ke adhar stambh)	Study Hall
	5:30pm	6:30pm	Tiffin Top Trek	
	7:00pm	7:30pm	Meditation	Shrine Area
	8:15pm	9:30pm	Discussion / Q&A (Bharatiya Sabhyata ke adhar stambh)	Study Hall
23rd May 2024	7:15am	8:00am	Breakfast	Dining Hall
	9:00am	10:30am	Everyone Departs	

Morning Yoga

Resource Person: Trinath, Indu Singh, Devashish, Amit Arora



Every morning, many participants of the shivir would come to do group yoga. The exercises done were such that person of any age could easily do them and get the body started for the day. With slow breeze and cool environment, everyone enjoyed these yoga sessions and would come back every day.

Morning and Afternoon Sessions

Facilitator: Dr. Alok Pandey



Every day during the Shivr, Dr. Alok Pandey took all the participants on a journey to experience the Bharatiya Sabhyata from the eyes of The Mother and Sri Aurobindo. Alok Ji also read the poem 'Baji Prabhou'. Baji Prabhou is inspired by the well-known historical event when Baji Prabhou Deshpande, to cover Shivaji Maharaj's retreat, held the fort of Rangana for over two hours with a small company of men against twelve thousand Mughal soldiers. The poem also seizes us with the warrior's faith in Bhavani and the conviction that the Divine Mother will make them Her instruments in the war.

Daily Evening Q/A Sessions

Facilitator: Dr. Alok Pandey



Every day in evenings, we had Q/A sessions where any participant could ask any question(s) they had. Also, a special arrangement was made to keep a pen and paper everyday so that anyone having questions(s) but not comfortable to ask could write down their questions on the paper without writing their name. To answer the questions, Alok Ji shared various examples and various instances indicating how The Mother and Sri Aurobindo would help the sadhaks and Sadhikas progress in their journey.

Discussions and Connect

Facilitator: Dr. Alok Pandey



Tea sessions became an important platform to discuss about nuances of Bharatiya Sabhyata. Dr. Alok Pandey would share about various incidents that took place in India that shaped India's destiny. Young people were also very interested in knowing more about Bharat and would take keen interest even during tea breaks.

Trekking

Resource Personnel: Subhash, Trinath, Devashish



Most of the evenings, there was some or other kind of trekking that the group engaged in to explore the nearby areas and to immerse in nature and physical activity. The first day started with light trek, to observe the river, the flora and fauna and communities that are living around the river area. One 4th day, many people went to Tifin Top Trek and everyone enjoyed it.

Trekking

Resource Personnel: Subhash, Trinath, Devashish



Evening Treks, helped everyone to explore their own physical capabilities and it also turned into a team activity. Everyone was willing to help each other to progress together on the trek. As the group had people with different age, the energy of every trek was amazing and even the adults enjoyed becoming kids and experience the discussions.

Nature Walk

Resource Personnel: Subhash, Amit Arora



Each day of the shivir, there was some or other kind of nature walk or trekking. For nature walks, the group would take routes that could help them spend some time with the nature.

Nature walk also became a very important activity that helped many people bond while walking. As many participants bonded while walking, it also gave them opportunity to discuss the sessions and discuss the vastness and richness of Indian Culture.

Nature Walk

Resource Personnel: Subhash, Trinath, Amit Arora



One of the most beautiful part in this shivr was the curocity of the young people. They were very interested to know more about Bharat and Bharatiya Sabhyata. The interest to know about our culture is helping young people to realize the gifts that Mother India has given to her children.

Participants Offering Service

Resource Personnel: Parag Shah, Amit Arora



During the whole shivr, participants would come forward in helping in any way they could. Each day of the shivr, there was some or other kind of service being offered by the participants. This included serving food during breakfast, lunch and dinner. Some participants would also go to kitchen and offer help in vegetable cutting, chapati making.

Some participants would take clean cloth to clean the meditation hall and the shrine and some also offered their help by watering the plants.

Boating

Resource Personnel: Parag Shah



On the 5th Day of the camp, some participants went to Nanital to do boating and to the explore the city.

Boating allow you to unplug. In this digital age, we are always either sending a text message or checking our email inbox. When you head out for a boat ride, it's the perfect excuse to unplug, even if it's just for a few hours.

Boating establishes a feeling of community on the water. Fellow boaters were one another and offering words of advice.

Meditation



Every evening from 7 to 7.30 pm, the group sat in the Relics hall and silently meditated in their own individual ways. Meditation sessions help the energies to calm down and support an inward look, so that we can look at ourselves and employ discrimination in our day to day attitude.

Cultural and Fun Activities

Resource Personnel: Trinath, Amit Arora

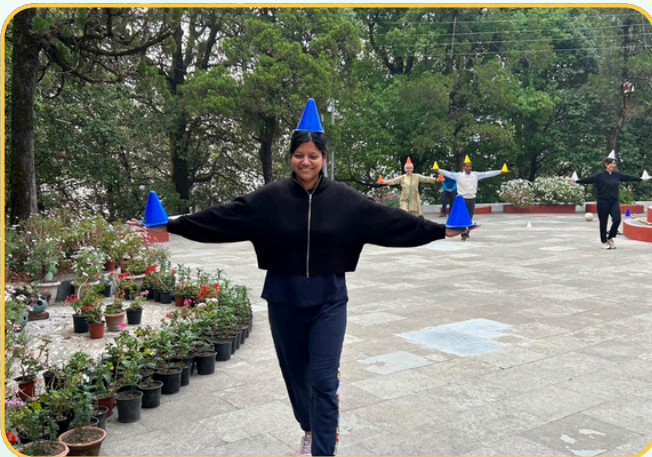


On 6th day of the shivir, we had some fun games. These activities were not only fun but also helped everyone experience the importance of team work.

From young to elders, everyone enjoyed participating together in these activities. These activities also helped everyone get good exercise while smiling, laughing and trying to concentrate on every task.

Cultural and Fun Activities

Resource Personnel: Trinath, Amit Arora



A very interesting things that was noticed during these fun activities and games was that young children were coming forward to help the elder. Everyone felt like a family playing together.

Supreme Bondings



The shivr concluded on the 23rd May with happy and light hearted participants, ready to look at life in a new way, full of energy, confidence and faith. On the 23rd May the participants left Van Niwas for their respective destinations.