



# VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

## SUMMER CAMP

Personality Development Camp for Children

**Physical Level :** To develop a healthy physique; physical exercises, asanas, kriyas and breathing exercises.

**Mental level :** For clarity in thinking and improvement of concentration and memory; pranayama and meditation.

**Emotional level :** For brotherhood feeling and development of creative abilities; group living, patriotic songs, Gita chanting, bhajans, Games, happy night - assemblies etc.

**Intellectual level :** For broadening the horizons of knowledge; lectures on Indian culture & heritage, great personalities, moral stories and quiz etc.

Duration : Residential for 10 days

Camp Fee : Rs. 6000/-

Age Group : 10 to 15 Years

From : 1 to 10, 11 to 20, 21 to 30th  
in the month of April

Venue : Prashanti Kutiram

These will help to bring out the inherent  
potentialities in the young ones from an early age.  
So do not miss the opportunity.



## CAMP SCHEDULE

Wake up	- 4.30 am
Yogasana	- 5.30 am - 6.45 am
Gita Chanting	- 6.45 am - 7.15 am
Breakfast	- 7.15 am - 8.00 am
Karma Yoga	- 8.00 am - 8.45 am
Bath & Wash	- 8.45 am - 10.00 am
Lecture	- 10.00 am - 11.00 am
Pranayama	- 11.00 am - 12.00 noon
Lunch	- 12.00 noon - 1.00 pm
DRT / Cartoon / Library	- 1.00 pm - 2.00 pm
Creativity	- 2.00 pm - 3.30 pm
Happy Assembly Preparation	- 3.30 pm - 4.30 pm
Snacks	- 4.30 pm - 5.00 pm
Games	- 5.00 pm - 6.00 pm
Bhajan	- 6.00 pm - 7.00 pm
Dinner	- 7.00 pm - 8.00 pm
Happy Assembly	- 8.00 pm - 9.00 pm
Dairy writing	- 9.00 pm - 9.30 pm
Good night	- 9.30 pm

***To ensure your seat please enroll immediately at :***

**VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA**

# 19, "Ek Nath Bhavan", Gavipuram Circle, Kempegowda Nagar  
Bangalore - 560 019 Tel : 26612669 & 26608645

e-mail : [svyasabr@yahoo.com](mailto:svyasabr@yahoo.com)

Web : [www.svyasa.org](http://www.svyasa.org)



## VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

# 19, Eknath Bhavan, Gavipuram Circle, Kempegowda Nagar  
Bangalore -560 019 Phone : 2661 2669 Fax : 2660 8645  
E-mail : svyasabl@yahoo.com Website : www.svyasa.org

Dear Sir,

With reference to your application, we are happy to inform you that your ward has been selected for the Personality Development Camp.

The Course begins on  1st,  11th,  21st April 20  
At Prashanti Kutiram

### Joining Instructions :

- i) Your ward should reach # 19, Ekanath Bhavan, Gavipuram Circle Office, before .....8-30 a.m..... from where transport arrangements to Prashanti Kutiram are made. In case if you reach late, you will have to make your own arrangements to reach Prashanti Kutiram with your ward.
- ii) On completion of the course on **10th 20th 30th April 20**..... children will be back at # 19, Ekanath Bhavan, Gavipuram Circle at .....**3-30 p.m.**..... Please pick up your ward(s) from that point.
- iii) Parents / Relatives are requested not to visit / phone their wards during the course. However, in case of urgency, please contact our City Office .
- iv) Children are requested to bring the following articles for their use.
  - a) Complete Toilet Kit : (eg. : Tooth brush, Paste, Soap, Bath Towel etc.,)
  - b) Clothing : Besides the daily ware  
A pair of shorts (for boys)  
A pair of Salwar Kameez (for girls)
  - c) General : One bed sheet, One bed cover, Carpet , Pillow  
& Empty water bottle should be brought.
  - d) Plate : Bring Meals Plate & Tumbler

**Caution : Do not bring valuables like Mobile Phones/ Walkman / Camera etc. or Excess Money. Please co operate to maintain discipline in the campus.**

**Wishing You A Happy Stay**

P.T.O.

## GUIDELINES FOR THE PARENTS

Since we are trying to combat the onslaught of fast culture of violence and selfishness with our ancient culture in ashram atmosphere in this campus based on the teachings of great Swami Vivekananda, we request to co-operate with us in making 'OUR' children the foundres of a new India by adhering to the guidelines given below :

- \* Children Should come with simple dresses. No Jeans or Hi-Fi dresses please.
- \* No shoes - only chappals. Because their movements take place within the campus only.
- \* Parents / Others not to phone to their wards.
- \* Children also not to phone to parents during the camp. However, in case of any important matter, the teachers will contact the parents on behalf of the children.
- \* PARENTS / GUARDIANS ARE REQUESTED TO INFORM US BEFORE THE START OF THE COURSE IN CASE THEIR WARDS HAVE ANY PHYSICAL / MENTAL PROBLEMS TO AVOID ANY COMPLICATIONS DURING THE PRACTICAL SESSIONS PARTICULARLY.
- \* Please Do Not send the Cell Phone & Cameras.
- \* Be on time.

**Note : There is no change in batches.  
And in any case amount is not refundable**



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E-mail : svyasabr@yahoo.com Website : www.svyasa.org

Photo

## REGISTRATION FORM FOR PERSONALITY DEVELOPMENT CAMP (PDC)

1. a) Name (in block letters)	
b) Father's Name	
2. a) Address	
b) Phone No. & E-mail	
3. a) Age	
b) Sex	
c) Languages known	
D) Date of Joining	
4. a) Name of the School	
b) Class	
5. Present state of Health	
6. Any other relevant information	

Date : .....

Place : .....

Signature

### FOR OFFICE USE ONLY

Receipt No. & Date :

Regn. No.

Amount Paid

Remarks: