



ARSHA VIDYA PITHAM

Swami Dayananda Ashram

Rishikesh



Family Retreat

Children Camp along with Parents

Arsha Vidya Pitham is organizing a 'Family Retreat' at Swami Dayananda Ashram, Rishikesh, India. This is a Children retreat but compulsorily accompanied by parents / guardians, and sessions will be conducted separately for Children as well as for Adults simultaneously.

The Team

Assisted by volunteers of Arsha Vidya Parampara, have immense experience and knowledge in organizing, managing and conducting residential camps at different places of Bharat.



Main Acharya

Swami Sakshatkrtananda
Saraswati Ji



Arsha Vidya Gurukulam



Arsha Vidya Gurukulam



Camp Coordinator

Pulluri Srinivas

Aim of the Retreat

To inculcate **Life-skills** (good samskaras) through which the desired tendencies are strengthened in the right direction. To provide an opportunity to develop physical, mental, intellectual, emotional and spiritual dimensions i.e., the five-fold personality development to build a harmonious life.

The core set of skills which promotes the health and well-being of young minds include:

1. Communication and interpersonal relationships
2. Self-awareness and empathy
3. Decision-making and problem-solving
4. Coping with stress and emotion
5. Creative thinking



Residential
Children
Camp
May 2023

*Gurukula System of learning
& living together*

Syllabus for Children

- Life skills taught in Bhavad Gita
- Stories from Traditional Indian Texts
- Chanting of selected slokas from Bhagavad Gita
- Suryanamaskaras, breathing exercises, Yogasanas, Pranayama & Meditation
- Devotional songs and Bhajans
- Yogic Games (Enhances Focus & Concentration of mind, Balance of body & mind; Flexibility & Strength; Courage & Boldness)

Medium- English

Eligibility- 12 to 15 years child

Syllabus for Adults

- Life skills from Ancient Scriptures
- To know the Inner Power
- Chanting of selected slokas from Bhagavad Gita
- Temple Poojas and Bhajans

Medium- English

Duration

6th May to 12th May, 2024

On 5th May, 2024 orientation of camp

Note: The participants will arrive on 5th May and leave on 13th May, 2024

Minimum Contribution

Rs. 3000/- per child & Rs. 5000/- per Adult

For further details and registrations: Please visit the below given website

dayananda.org/family-retreat/

Note: After registration account details will be shared

All the contributions are considered as a donation to ashram, hence there is no refund

Food

Prepared with love and care according to yogic vegetarian diet, one breakfast, two meals, milk and tea served daily.

For further details

visit us @ dayananda.org/family-retreat/

Limited Seats only

Contact: Pulluri Srinivas

Phone: +91-9486819637

