



Maharshi Dayananda Saraswathi
KRIYA YOGA SAMSTHAN



THE MOST-AWAITED

24th All India Residential

INDIA'S BIGGEST SUMMER CAMP 2024

@Bangalore

BGS KNOWLEDGE CITY, BANGALORE

100%
Vegetarian Food

Comfortable
Accommodation

24/7 Doctors
are Available

Experienced
Coaches



- Vedic Culture
- Moral Values
- Patriotism
- Arts and Sports
- Adventure
- Entertainment

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www.summercampindia.in

WHY CHOOSE MAHARSHI DAYANANDA SARASWATI KRIYA YOGA SAMSTHAN?

Started in 1999 as a nonprofit voluntary organization which contributes to the health and well being of citizens holding the ancient heritage, Vedic culture and traditional educational systems intact At Kriya Yoga Samsthan, we firmly believe in giving your child what is best for their life and not what they expect best from us! At the Gurukul, we take care of your child like you do.

6 Reasons Why You Should Send Your Child to the Residential Summer Camp 2024?

It is a Single Destination that gets kids outside having fun while teaching them lifelong skills. It is a wonderful way to keep your children occupied in a way that helps them continue learning during the summer holidays.

UNDERSTANDING OF OUR VEDIC CULTURE

EXPLORING NEW ADVENTURES

NURTURING NEW FRIENDSHIPS

ABLE TO SOCIALIZE WITH OTHERS

DEVELOPING SELF-CONFIDENCE

A VARIETY OF SPORTS ACTIVITIES



WELCOME TO SUMMER CAMP INDIA

RESIDENTIAL SUMMER CAMP

Participants enrolled for this **SUMMER CAMP INDIA**, will experience a Home Away From home, an entirely new world to live for 3 weeks. fearlessly under the guidance of experts getting to learn all that is required for venturing into these places ever in life. We have been conducting summer camps **since 1999**, and as usual our Experienced, Young and dynamic Team will work for this summer camp.

Kriya Yoga Samsthan had successfully conducted various programmes on a large scale where **500 to 5000 participants** from Nationwide gather at one place and comparatively this camp is a small assignment to work out for the management team. When students once get admitted to the camp, we divide them according to age group and initiate training.

Daily routine kick-starts with a wake-up whistle early in the morning at 5:00 am and concludes at 8:30 pm and irrespectively every activity is mandatory to all participants.

INTRODUCTION

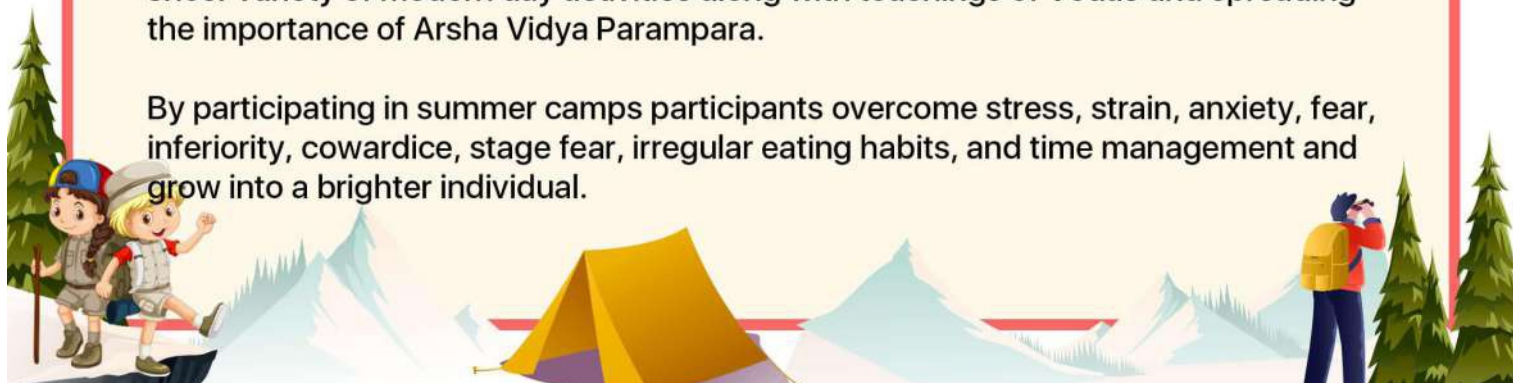
Earlier in olden days the children were put in the Gurukulas to develop a very systematic way of learning in life up to time of adulthood under very able guidance of learned Gurus living close to them or living with them in the same house. Their strong devotion and submission to a beloved guru resulted in-gain of wisdom, spiritual discipline and enlightenment.

This practice of Arsha Vidya Parampara (the knowledge tradition handed down by our sages/seers) developed individuals into healthy and intellectual citizens with timeless knowledge.

Currently the modern day education system does not include the necessary teachings of our Ancient Traditions and the Value System which form the very Foundation of every human being.

To fill the above gap we are organizing summer camps on a grand scale including the sheer variety of modern day activities along with teachings of Vedas and spreading the importance of Arsha Vidya Parampara.

By participating in summer camps participants overcome stress, strain, anxiety, fear, inferiority, cowardice, stage fear, irregular eating habits, and time management and grow into a brighter individual.



We believe Parents might have been to summer camp or other camps in their life and are not surprised to hear about the benefits of summer camp. Experiencing life at summer camp, you know the profound positive effects that still matter to you as an adult, and you also know that you want something just as great for your own kids.

But if you haven't experienced a summer camp, you may not realize just how good the experience is for your children. You may not know why so many parents are committed to sending their kids to summer camp. The following are the most important reasons to send your kids to summer camp.



WELCOME TO THE **ADVENTURE CAMP**

Welcome to the **Adventure camp!** We have designed this program to include a variety of activities in a safe supervised environment. Most activities will be held at Shimla & Manali with the exception of field trips throughout the duration of adventure camp. Our dedicated and well trained **Adventure Camp** staff members encourage and promote physical activities that will help boost self-image and self-confidence. We provide an adventurous environment for youth to socialize and create new friendships. This informational guide will provide general adventure camp information.

SUMMER CAMP ACTIVITIES

Participants enrolled for this **SUMMER CAMP INDIA**, will experience a home away from home, an entirely new world to live for 3 weeks. Hill stations, etc. fearlessly under the guidance of experts getting to learn all that is required for venturing into these places ever in life. We have been conducting summer camps **since 1999**, and as usual our Experienced, Young and dynamic Team will work for this summer camp. Kriya Yoga Samsthan had successfully conducted various programmes on a large scale where **500 to 5000 participants** from Nationwide gather at one place and comparatively this camp is a small assignment to work out for the management team. When students once get admitted to the camp, we divide them according to age group and initiate training.

Daily routine kick-starts with a wake-up whistle early in the morning at 5:00 am and concludes at 8:30 pm and irrespectively every activity is mandatory to all participants.



Rope Mallakhambh

MALLAKHAMBHA or Mallakhamb is a traditional sport, originating from the Indian subcontinent, in which a gymnast performs aerial yoga or gymnastic postures using wrestling grips rope. Mallakhamb training may be recommended to improve speed of movement and vital capacity. The peak expiratory flow rate may contribute to enhance concentration and voluntary control of breathing. Our main aim is to take mallakhambh to the international platform and spread knowledge about it and teach its advantages and importance to everyone. (Note: Do Not practice Without Expert Supervision)



Pole Mallakhamb

'**Malla**' means wrestling and 'khamb' translates to pole. Put-Together, Mallakhamb means wrestling on a pole. Mallakhamb is an ancient martial arts form intended as a training aid for wrestlers and ancient warriors. The practice of Mallakhamb incorporates anti-gravity fundamentals, laws of motion, and other vectors like force, balance, bounce, spring etc.and it demonstrates fundamental principals from high-intensity training to high-intensity interval training. (Note : Do Not practice Without Expert Supervision)

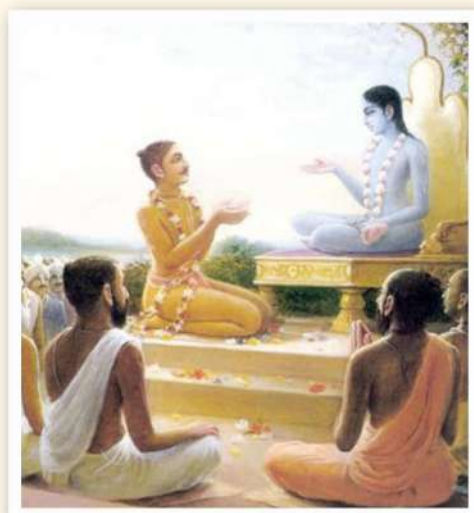
Stick Fighting

The Stick fighting intervention led to significant differences in our body ($P < 0.05$) contributing to a 6.6% decrease in body composition, a 28.6% rise in cardiovascular fitness and a 24.8% increase in flexibility. When used precisely, a stick can act as an effective self-defense weapon. Stick fighting has been predominantly used in our ancient indian history. Rich farmers and other prominent people hired lathial for security and to showcase their power. (Note : Do Not practice Without Expert Supervision)



Mugdar Exercises

In the ancient times, the Gada/ Mace was used by the strongest and most skilful commanders of the army. It was believed that the opponent must be killed with a single blow of Gada. The Mugdar training is an effective aerobic exercise and the primary advantage is shoulder strength and flexibility. This practice resulted in building up the soldiers strength by keeping their muscles under tension for longer periods of time. How to Calculate the right weight of the Mugdar for a practitioner? You have to start with a basic equation — your weight divided by 8, and then divided further by 2. For example, If your weight is 65 kg, you can calculate using this equation — $65/8 = 8.125/2 = 4.06$ kg. Hence, a person weighing 65 kgs should first opt for a mugdar weighing 4 kgs. Befor you begin your practice, make sure to carefully follow these instructions: 1. Always inspect your equipment before you train. 2. Check for a 360 degree space around you before you begin your workout, as clubs can hit things nearby or fly out of your grip. 3. Focus and train within your capacities, pay attention to your body, and use common sense. (Note: Do not practice Without Expert Supervision)



Vedic Science

In this Modern era of science and technology, growing children must be definitely exposed to good values and taught of a good lifestyle inorder to make their future better and even better. We are trying to mould the student coming to summer camp through vedic science which is very useful for their future life. Reading the Vedic Science is essential and also the right of every human being. World Vedic Health Sciences Private Limited is entirely committed to achieve this mission by digitizing the Vedic philosophies and Vedic syllabus being developed for the welfare of the students in the summer camp

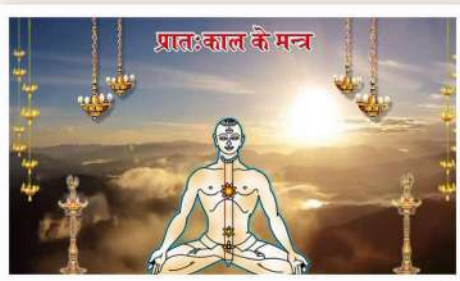
Medical Science

Every student must be given the knowledge about medical science from their childhood since now-a-days children are suffering from many chronic health issues as a result of Today's trendy lifestyle. During the Summer Camp, we provide them with basic knowledge on how to cope up with this scenario by offering them a detailed PPT Crash Course which will be greatly beneficial to their future life. At WVHSPL (World Vedic Health Sciences Private Limited), we have well-trained Doctors and support staff who are committed in mentoring students at the ages of 08 and 80 years to nurture good values and practices through Vedic Science, Yogic Science and Medical Sciences.



MORNING WAKE UP

Yoga teachers, Physical Education Teachers (PETs), dormitory wardens and other volunteers wake up the participants and line them up height wise in the Main Assembly hall. Balance your children's mental health- Research has proven that those who wake up early have shown better mental health symptoms. They are optimistic, satisfied and feel positive about situations. It also lowers the chance of mental illnesses which is usually found in those who go to sleep late and wake up late.

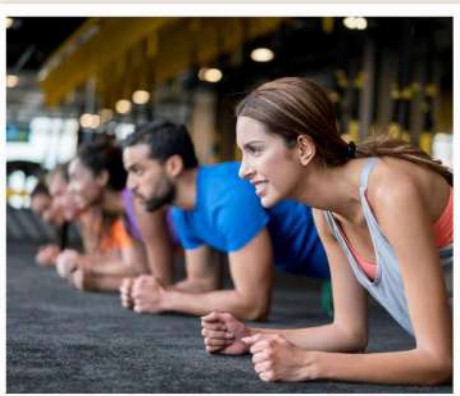


PRATAHKAL MANTRAS

Yoga teachers, Physical Education Teachers (PETs), dormitory wardens and other volunteers wake up the participants and line them up height wise in the Main Assembly hall. Students Learn 8 Important mantras From "Nitya Dina Charya" Vedic Syllabus

NATURE CALL

Students are made to consume warm/plane water by dormitory in-charges and PETs and made to walk for 5 minutes before attending nature calls. If they're eating and not pooping, the colon can become dangerously distended, a condition called "megacolon." The feces can become hard and impacted, and the bowel can actually rupture. We train them to go for proper Stools in time regularly.



YOGA FITNESS TRAINING

Participants are divided into groups and the training commences with warm up exercises and specifically this training is very important for everyone in the camp. yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle.



VEDIC SANDHYA & VEDIC HAVAN

Kriya Yoga Samsthan conducts various programs under the footsteps of Maharshi Dayananda Saraswathi, Founder of Arya Samaj. The purpose of Havan is to enhance the energy of the human body and make it healthy and progressive. The therapeutic value of Havan is based on the ingredients used (Table 1). One of the main ingredients used is cow "Ghee" or "Clarified Butter" which has enormous beneficial properties.



VEDIC CHANTING - SLOKAS AND MANTRAS

It's very important for grooming Participants. Age group of 7-16 years is the right time to learn and chanting of these slokas and mantras will be remembered for lifetime. Chanting also helps in releasing beneficial endorphins, which act as a pain reliever in the body, and boosts the natural metabolic process of the body. Chanting shlokas everyday lowers blood pressure, normalizes heart beat rate, brain wave pattern, adrenalin levels, and even reduces high cholesterol levels.

RIFLE SHOOTING

20 participants are restricted to one group and the group is divided according to Height-Wise. Air guns are used for small game hunting, pest control, recreational shooting (commonly known as plinking) and competitive sports such as the Olympic 10 m Air Rifle and 10 m Air Pistol events



HORSE RIDING

Horseback riding training is another favorite discipline in Summer Camp Riders can develop better reflexes and a sense of balance and coordination as they use their entire body to guide and propel the horse forward. Riding also offers cardio benefits. Riding, lifting saddles onto the back of a horse, mucking stalls, moving hay bales, etc., builds muscles and physical strength.



ARCHERY (DHANURVIDYA)

It is a very important activity for students to improve their concentration levels in this training period. Improves your upper strength The arms, core, chest, and shoulders are all used when practicing a proper draw. Similar to lifting weights, an archer usually holds their draw for a couple seconds, which allows for tension in the muscles. Repetition of this action leads to muscle development



VEDIC MATHEMATICS / ABACUS

Now a day's schools in every corner are teaching Vedic mathematics and abacus. It helps a person to solve mathematical problems many times faster. It helps in making intelligent decisions to both simple and complex problems. It reduces the burden of memorizing difficult concepts. It increases the concentration of a child and his determination to learn and develop his/her skills.

SWIMMING

it is a general training for every student separate batches for boys and girls each batch 20 to 40 Students. Swimming is a good all-round activity because it: keeps your heart rate up but takes some of the impact stress off your body. builds endurance, muscle strength and cardiovascular fitness. helps you maintain a healthy weight, healthy heart and lungs



DRAWING AND PAINTING

Experienced and expert Fine arts teachers are engaged to polish participants' drawing and painting skills. By having the opportunity to put them out on a piece of paper, it gives us the chance to see clearly, to improve what we envision and to a point, be more creative. By practicing drawing and painting, we are given the chance to be in touch with our emotions very uniquely compared to any other human activities.



GOLF Golf Keeps Your Weight Down:

A round of golf walking burns 1500 calories and keeps your weight down. So no matter how badly you play you win! Golf Reduces Stress, (or so they say) and increases your mental capacity, creativity and problem solving ability, all of which are positives



SPORTS

Every day evening 2.45pm to 6.45pm students can enjoy playing games like cricket, basketball, volleyball, sports are **support emotional, behavioral and intellectual development**. Studies have shown that students who learn outdoors develop: a sense of self, independence, confidence, creativity, decision-making and problem-solving skills, empathy towards others, motor skills, self-discipline and initiative

INDOOR GAMES

Badminton, billiards, bowling, table tennis, chess, caroms and other sports activities according to their interest. Playing indoor games regularly **helps children improve their physical fitness**. This is because these activities incorporate a myriad of body movements. Researchers also believe that children who engage in indoor physical activities more develop fast-twitch muscles, which ultimately improves their reflexes.



AUDITORIUM-PATRATIC MOVIES FOR STUDENTS

Teaching patriotism in summer camp will help students build up a sense of identity. It will help them feel like they belong in their country. The students get the chance to understand that they have a purpose in society. It helps builds the students' character development.



TWO DAY ADVENTURE CAMP ACTIVITIES

This will be an outing to Nearby Adventure resort At RAMANAGARA Adventure Retreats spread in a span of 100 acres surrounded by hills. This includes trekking uphill for 3km. Yearlong Lotus pond and Shiva temple are the major attractions along the trek. Rock Climbing, Rappelling, River Crossing, Tent pitching, mud games Commando Net, Zip lining and other team spirit creating activities are the other attractions of the Adventure Camp. The day ends with a Bonfire activity. Thus participants enjoy this adventure and it will be an experience to remember for the lifetime.

NIGHT LIGHT WALKING

Towards the middle of the summer camp we take them for night walking between 8:00 pm to 9.30 pm. Participants will enjoy this activity with torch lights and sticks. We will give security along with our staff. It will be a different enjoyable experience for kids.

CAMP FIRE

We will arrange a campfire before the concluding day at the 2 Day Adventure tour Camp premises for the participants to enjoy by singing, dancing, playing games etc



SCHEDULED ITINERARY OF ADVENTURE CAMP

DAY-1 DELHI - KURUKSHETRA - MANALI

Our Adventure Team Associates will welcome and receive you at the Delhi Airport and Help You To Check-In To A Pre Booked Hotel In AeroCity Palace, Delhi. (Within 5km Distance From Airport)

Introduction And Meeting For 20 Min Followed By Breakfast / Lunch Around 01 PM -02 Noon.

Started Journey From Delhi To Kurukshetra (Local Site Visit At Kurukshetra Around 150 KM At Least 3 Hours Journey From Delhi.

By Evening Start The Journey From Kurukshetra To Manali (Overnight Journey), Reach Early Morning At Manali.



DAY 2 MANALI - SOLANG VALLEY

Zorbing Joy Ride, Long Zip Liner, Enjoy Atv Bike Ride, Bungy Jump Thrill, Paragliding Short Ride, Evening Back To Manali After Breakfast Campers Start Off For A Hike To Solang Valley For Acclimatization.

After Breakfast Campers Start Off For A Hike To Solang Valley For Acclimatization. Dinner And Overnight Halt At Adventure Camp/Hotel/Cottage.



DAY 3 - JOGINI WATERFALLS

Jogini Waterfall, Hot Spring Bath, Hot Air /Balloon Mall Road Visit (Night), Mall Road Visit (Night)

After Breakfast Campers Go By Trekking And Enjoy Jogini Water Falls Which Will Be A Real Experience In Trekking.

Return To Vashisht temple visit And Local Shopping.

Dinner And Overnight At The Adventure Camp/Hotel /Cottage.



DAY 4 - MANALI - ROHTANG PASS

Atal Tunnel, Atal Tunnel, Snow Point, Skiing, Snow Games Etc

After A Very Early Breakfast Campers Depart To Rohtang Pass And Snow Point. At Snow Point, Campers Will Have A Crash Course On Skiing.

Packed Lunch Will Be Served At A Comfortable Location. Full Instructions In The First Half And The Rest Of The Time Enjoy Activities.

Evening Back To Manali. Dinner And Overnight Stay At The Adventure Camp/Hotel/ Cottage.



DAY 5- MANALI - RAFTING - NAGGAR

Water Rafting, Beas River Dam Visit, Kullu Market Visit, Manikaran Visit
According To Climate Condition (Optional).
After Breakfast Campers Depart To Rafting Camp
At Rafting Camp Introduction S Given About River Etiquette And Safety Gear's
Involved.
Full 7-10 Km White Water Rafting Trip. Lunch At The End Point (At Kullu). Local
Sightseeing At Kullu, Beas Dam Etc.
(Manali To Delhi (Overnight Journey).



DAY -6 : HELICOPTER JOY RIDE / HOT SPRINGS / HOT AIR BALLOON

Helicopter Joy Ride (Separate Charge According To Climate Condition),
ICE WATER REVER CROSSIG



DAY -7 MANALI LOCAL SITESEEING

After breakfast we cover all the places 9 am to 6 pm best visiting places at
Hadimbadevi Mandir, Maharshi Manu Temple, Mall Road Etc



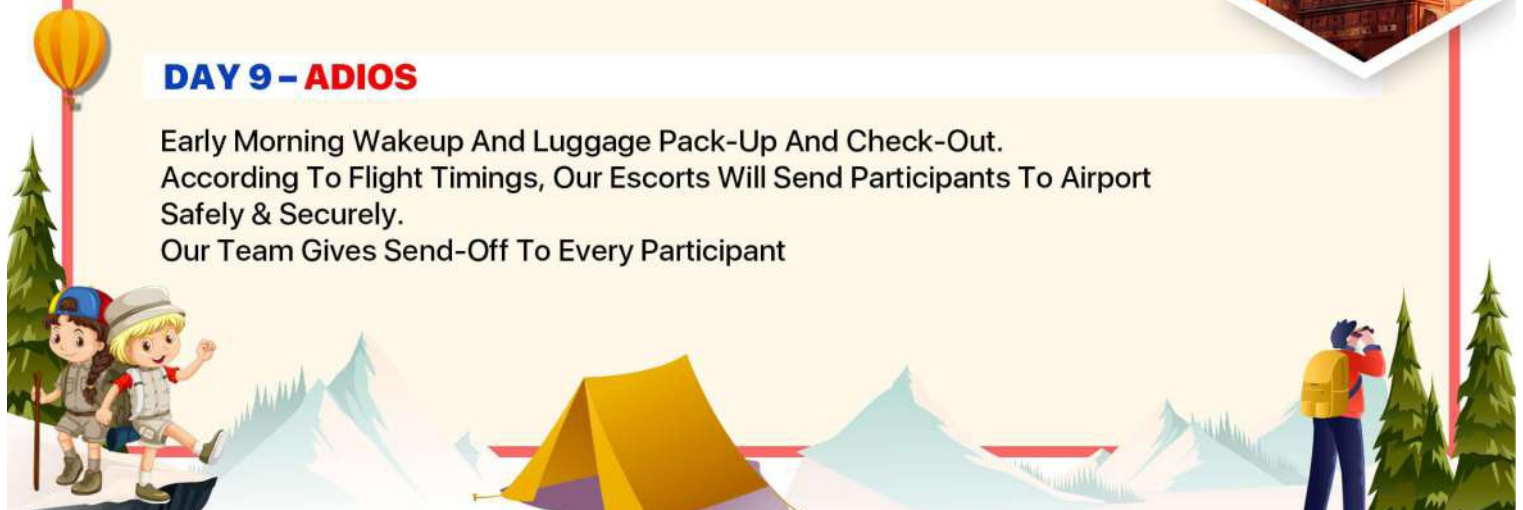
DAY 8 -DELHI LOCAL SIGHTSEEING

Maximum We Cover All The Places 12 Noon To 10 Pm (By Metro Journey)
Akshardham, Qutub Minar
India Gate, Red Fort
Parliament Bhavan (From OutSide)
Lotus Temple
Khan Market /Palika bazaar (Shopping



DAY 9 - ADIOS

Early Morning Wakeup And Luggage Pack-Up And Check-Out.
According To Flight Timings, Our Escorts Will Send Participants To Airport
Safely & Securely.
Our Team Gives Send-Off To Every Participant



RESIDENTIAL SUMMER CAMP LOCATION

The school is located in a lush green environment of 100 acres surrounded by beautiful valleys and hills. It is absolutely pollution free and merges with nature. BGSIRS is an integral part of one of the finest centers of learning in India, especially in the south. It offers its students all the advantages of a modern educational system with an enriching curriculum without the distractions of modern city life and the campus is in harmony with nature, surrounded by evergreen land and a valley.



We have a cricket ground with pitches of international standards, A 9 Hole Golf Course A Swimming Pool, and a Horse Riding Ring The School equestrian consists of 8 Horses with much room for expansion spacious rooms for yoga indoor games and a gymnasium are built in the basement of the school. BGSIRS has partnered with teach next that provides enhanced smart learning experience by digitizing classroom teaching through multimedia has proven a better grasping power among students of all grades.

VEG FOOD

Pure Vegetarian Food Will Be Served. Vegetarian food - Highly Nutritious Pure-Vegetarian Food accompanied with a variety of Juices/Fruits/Salads each day (North Indian & South Indian items will be included). Swadeshi Cow Ghee will be provided. *Carbonated drinks, Unhygienic food will not be provided.



ACCOMMODATION

Good and Comfort Accommodation will be provided to each Student individual Cot and Bed with Luggage commode with locker. Secure Accommodation at BGS campus which includes Well-Maintained Corporate Standard Dormitories for Boys (North Wing - Five Floors) & Girls (South Wing - Three Floors), Dining Halls (3 - Separately for Boys/Girls), Fully Mechanized Kitchen with cold storage, Fully Mechanized Bakery, Fully Mechanized Laundry, Well-Maintained Bathroom/ Lavatories and 24/7 Housekeeping people will be available.





LAUNDRY:

We have well equipped and expensive equipment. We take care of the dresses and underwear wash with hot water and cold water washing mission (or equipment).



MEDICAL:

Our doctors' team will be attending 24*7 services at summer camp premises.

SECURITY:



We have day and night security for students' safety and also we have also planned that for every 15 students one volunteer is under the control from morning 5 am tonight 8pm until students go to sleep. Entrance and exit gate pass should be a must and we provide identity cards for every student and we give gate passes to parents. So that any unknown persons cannot entire the campus

CLEANING AND MAINTENANCE:



We hire well-cleaning staff for all the campus along with activities rooms and dining hall and ground etc

PARENTS AND GUEST SERVICES:



We are providing food accordingly 30th of April and 20th May (Two days food will be served to parents as guests)

PHONE CALLS :



We ar Strictly Avoid Phone Calls Per a period Of 7 Days .8 Day and 16th Day and any emergency we provide phone to students.

And those who are coming for Summer Adventure Camp Bring Your Mobile Phones and Camars should Submit Joining Day Deposit At Clock Room.

We provide while Going To Delhi Manali Trip

Any Emergency and update send Whatsapp 9052285666 Management Desk



TOPICS OF DISCUSSION - INTERACTIVE SESSIONS

- ✓ Vedic science
.....
- ✓ Yogic science
.....
- ✓ Medical science
.....
- ✓ Three Eternal Entities
.....
- ✓ Proof of God's Existence
.....
- ✓ Who is the Protector and Creator and all (scientific proofs)
.....
- ✓ Food and Values
.....
- ✓ Students Do's and Don'ts
.....
- ✓ Sandhya Havan Brief Explanation
.....
- ✓ Scientific Reasons of Daily Routine (Dinacharya)
.....
- ✓ Nature's Attributes
.....
- ✓ Which is the Common Human Scripture?
.....
- ✓ Effect of Bad Habits Mind Body Mind and Soul.
.....
- ✓ Cow and All Milking Animals are very Valuable Gifts. Why Should We
Protect Them?
.....
- ✓ Your duties As Children and Students (yourself –Family –Society)
.....
- ✓ Truth- benefits? And harm?
.....
- ✓ Brahmacharya What Is It?
.....
- ✓ Difference between Animals and Us?
.....
- ✓ Gurukul VS Modern Education System
.....
- ✓ Ancient Parampara
.....
- ✓ Better Health With Ayurveda,yoga and Naturopathy





TIME TABLE AND DIET MENU

5:00AM	Wake Up Call (Morning Prayer)
5:15AM To 5:45 AM	Fresh Up(Drinking Luke Warm Water Attending The Nature Calls
5:45AM To 6:00 AM	Jogging Time
6:00 AM To 7.30AM	Yoga/Archery/Rifle Shooting
7:30 AM To 8.00AM	Bathing/Freshup
8:00AM To 8:45 AM	Havan And Sandhya
8:45AM To 9:15AM	Breakfast
9:15 AM To 9.45AM	Rest And Dress Changing
9:45AM To 01.00 PM	Arts And Crafts /Dancing/Vedic Mathematics/Chanting Slokas
01:00PM To 2.00PM	Lunch Break
02:00PM To 3.00PM	Rest
03:00PM To 5.00PM	Indoor Games (Chess/Caroms/ Billiards / Bowling Etc
05:00PM To 7:00PM	Outdoor Activities Swimming, Cricket, All Other Outdoor Sports
07:30 PM To 8.00PM	Vedic Sandhya
08.00PM To 8:30PM	Dinner Break
08:30PM To 9:00PM	Bramanam (Walking)
09:00pm To 5:00 Am	Sleeping / Resting Period

DIET MENU



- 6.00am : Lime Juice With Honey / Amla Juice With Honey
 - 7.00am : Desi Cow Milk With Bournvita / Boost / Horlicks / Cornflakes Etc.
 - 8.45am : Break Fast (2 Varieties Every Day (South And North Style According Students Choice .
 - 11.00am; Fresh Fruit Juice / (All Types Of Fruit Juices)
 - 01.00pm: Delicious Vegetarian Meal South And North India Style All Verities (Students Choice)
 - 3:30pm: Fruit Juices Or Sharbat Of Chandan / Amla / Bel (According Climate Condition
 - 4:30pm: Snacks Like /Veg Salad/ Chat Items /Veg Sandwich/ Veg Cutlets, Etc
 - 8:30pm : Delicious Vegetarian Meal -Students Choice Served With Swadeshi Cow Ghee
 - 8:45pm : Milk (For Interested Students)
- Sunday Sunday's All Special Food North And South Dishes



LIST OF ITEM TO BE CARRIED BY EACH PARTICIPANT

SUMMER CAMP

- ✓ 3 Pairs of White Dress in Salwar Kameez Or white Top and white leggings (for Girls)
- ✓ 3 white Kurta Pajama / Or White T-shirt and white Track (For Boys)
- ✓ 7-9 pairs of Civil Dresses (preferably Cotton Dresses)
- ✓ 4 pairs of Sports Dresses (Tracks and T-shirts)
- ✓ Required Number of Under Garments (At Least 20)
- ✓ 2 Swimming Costumes (Full Size Costume For Girls / Short For Boys)
- ✓ 4 Light Weight Bed Sheets
- ✓ Sport shoes / Canvas shoes / 12 pairs of Socks / Slippers
- ✓ Toilet kits (brush/paste Tongue Cleaner soap and Ayurvedic Shampoo Etc.)
- ✓ 1Hot Water Flask /One Water Bottle / 1 Torch Light (Carry Extra Batteries)
- ✓ Drawing Kit / Long Note Books/ Colors /Crayons (8th & 10th Standard Not Required)
- ✓ Small Backpack for Picnic / 1 Day Outing
- ✓ Laundry Bag (For Washing)

ADVENTURE CAMP –DELHI MANALI

- Sports Shoes
- Water Bottle (thermoflask)
- Goggles
- Torch
- Small Backpack
- Sufficient Warm Clothes
- Track Suit 6 pairs
- Night Dresses
- Civil Dresses 3 Pairs
- Face Cream
- Toilet kit (Tooth brush, Paste Towel/Napkin Etc.)
- Monkey cap
- Lip cream
- Woolen gloves
- Sufficient socks



Note: Please mark all the belongings of the kids (three digit admission number) with a permanent marker to avoid confusion with other kids' belongings. Please send a list of all the things brought by the kid while coming for the camp).



RESIDENTIAL SUMMER CAMP RULES AND REGULATIONS

- Parents / Participants must make sure the applications are filled up completely and the payments are made in advance well in time.
- The application forms duly filled in must be submitted along with 3 pass post size photographs
- The belongings need to be listed in the Annexure provided in the Application forms
- All the participant's belongings will be identified with permanent markings of their Unique Identification Number provided after admission into the summer camp.
- It is Parents / Guardians responsibility to mark all the belongings of the participant with Permanent marker to overcome misplace / unidentifiable / theft ETC. And also to identify the sole owner
- Jewelry (Gold, Silver (or) imitation) is strictly not allowed.
- Participants may deposit their pocket money in their Kids bank and obtain receipts for the same
- The same may be verified and taken back on the last day of the CAMP
- Interested students can carry cameras and mobile phones at their own responsibility and Risk.
- Participants should strictly follow the instructions of the management staff and trainers.
- During the entire period of CAMP, the children will not be permitted to go out for short or long breaks for reasons such as functions at home etc.,
- The children may also be encouraged to be a part of the CAMP without feeling home sick or bored
- Safeguarding the Baggage in safe lockers is participant's responsibility
- outside food including long shelf life items or any others are strictly prohibited
- Birthdays etc., will be celebrated within the Campus among the participants only. Outside food including Birthday Cake, Candles etc., are strictly prohibited
- Parents / Guardians are sincerely requested not to call the CAMP office every now and then to check the welfare of their children. Frequent calls will Hinder / interfere with the running session and deviate the concentration of participants. However every Dormitory in-charge may be contacted at certain timings specified to speak to their children.

Note: Parents please check that your kid follows all instructions given above.

TERMS & CONDITIONS

Admission into the Camp is considered only after payment of entire FEE

No refund will be given after registering the admission. Cancellation of admission is entirely at the discretion of Parents / Guardian.

Fee is non-refundable In case of cancellation. TOTAL FEE Cost will not be affected if there is any variation in total number of Participants



FEE DETIALS

1. RESIDENTIAL SUMMER CMAP

1. SUMMER CAMP INDIA

Camp Duration: 1st May to 20th May (20 Days)

Age Group: 8-16 Years (Boys and Girls)

Venue: BGS International Residential School, Bangalore

Fee Details: Camp Fee 35000/- (Including Food, Accommodation, Laundry & Medical Security),

2 Day Adventure Camp: Rs. 5000/- (A Special 2-Day Adventure Trip: Outing for 2 Days which includes awe-inspiring Adventure Activities with Hygienic food, Accommodation, High-tech security along with transportation and RTA Permissions.

2. ADVENTURE CAMP – DELHI-MANALI

Camp Starts From :

21st May to 28th may

(for summer camp students)

10th june 19th june

(individual and group Booking For Students)

DETAILS: - Location Delhi-Manali Deluxe And Corporate Cottages, (Hotel Himalayan Cottages Group Of Hotels View) Total amount Cost To Cost Package 30,000/- Per Person 8Nights /9 Days Cost (No Hidden Charges).

COST EXCLUDES: Excluding Helicopter Joy Ride and To And Fro Flight Charges

PERSONAL EXPENSES : laundry, shopping, tip. Monument entrance fee / Camera fees etc.

SEPARATE CHARGES : Rotang pass Rental Dress/ glosses / Shoe/Socks Monkey Cap Etc. Approximate 300/--500/- Daily routine kick-start with a wake-up whistle early in the morning at 5:00 am and concludes at 8:30 pm and irrespectively every activity is mandatory to all participants.

MEAL PLAN : Breakfast, Lunch, and Dinner Pure Vegetarian Meal only.

NOTE: Non-Vegetarian strictly not allowed for students and staff During The Camp (Reason:We Have to Run the Adventure Camp Without any Health issues For Students and Staff)

Inclusive of all the Taxes (Parking, Toll Tax, Luxury Tax, Green Tax, Fuel Exp. and Driver Exp. etc.).



3. RESIDENTIAL SUMMER CAMP-ADVENTURE TOUR –FEE DETAILS

SUMMER ADVENTURE CAMP - (25 Days)

Grab the Golden Opportunity Available for Students Now!!!

Camp Starts From: 1st May to 25th May (25 Days)

Age Group : Above 11 Years to 18 years (Boys and Girls)

Campuses: BGS International Residential School Bangalore & KULLU MANALI

Fee details: Rs. 70,000/- (Including Summer Camp, Adventure Tour and
Excluding Flight To & Fro Charges)

20 Days Summer Camp @ BGS International Residential School BANGALORE

08 Days Adventure Camp @ Delhi Kullu Manali –HIMACHAL PRADESH

**PAY ONLINE PAYMENT : <https://summercampindia.in/#/register>
(click here and go to online payment follow the instructions.**

IMPORTANT DECLARATION:

As ever, this Year Camp is also going to generate a lot of Funds received in the form of enrollment of tens and dozens of children from within India and also abroad; Most of this amount is spent for various expenses like Accommodation, food and several other services provided in-house or outsourced, without compromising on the quality or quantity of course content. Balance left over, if any, will be utilized towards our continued charity initiative under various heads like:

Gou Samrakshana Education for Poor and Needy ***Training & Employment of Youth** ***Ayurveda Herbal Expo** ***Awareness on Indian Culture & Vedic Gurukul ~ Arsha Vidya Parampara System*** Awareness programs on Madyapanam, Dhoomapana, & Jeeva Himsa (Adverse effects of smoking and alcohol and ways to keep them away thereby protecting ourselves and our Mother Nature) Yoga Vignan, **Shishu Samskara maha Yagna** . And Several other activities for **VISHWA KALYANAM**.

In case any of you have similar interests, our organization sincerely urges and encourages them to join hands with us for make our initiative bigger and stronger, enabling us to reach out to the needy faster and better. You may contribute cash or kind or any kind of kind ideas to be of better help to the society within our reach





REIDENTIAL SUMMER CAMP

DROP : Wherever in India parents should drop your kids at camps on 30th April By 12 Noon to 8pm (Followed by breakfast lunch and dinner For Summer Camp students and Parents)

PICK UP : 20th May 10 Am to 2pm followed by breakfast and lunch for summer camp students and parents

AIRPORT PICK-UP SERVICES:

Send your Children to Kempegowda International Airport, Bangalore.
Our Staff will be available to pick up your child from the airport (Transport charges are charged extra)

SUMMER ADVENTURE CAMP -DELHI -KULLU-MANALI-DELHI

Pick UP Points: BGS International School / KEMPOGOUA International Airport / DELHI Airport

Pick Up timings: According Flight Timings on 21st May

DROP :

SUMMER ADVENTURE CAMP DROP DETAILS (Delhi Airport)

After Concluding the Summer adventure Camp, we make sure to send your child We send up at Delhi international airport Return journey Ticket according their destination

Return Journey On 29th May From Delhi International Airport (For Summer Adventure Camp Students)



HYDERABAD

15-143, New Mirjalaguda, Malkajgiri, Hyderabad 500047

BANGLORE

Shashank Avas Apt #21, VidyaRanyapura, Bangalore City,
Bangalore-560097

MUMBAI

D-3 Flat #3, Mulund Kalash, CHS Back Of Eastern Express
Highway, Mulund East, Mumbai-400081

CONTACT US

FOR ENQUIRY: 9052284666, 9966137199

FOR ADMISSIONS: 9052285666, 9392033555

WHATS APP CHART: 9052285666, 9392033555

FOR ADMISSIONS

www.summercampindia.in

www.summercampindia.net



All India Residential SUMMER CAMP



RESIDENTIAL SUMMER CAMP

Venue: BGS International Residential school, Bangalore

PHOTO GALLERY

