

Summer Camp Jyotirgamaya

-a report

From 15th to 22nd May 2016 a residential Summer Children Camp under the name ' Jyotirgamaya' was conducted under the auspicious of Arsha Vidya Parampara, Somangalam, Chennai. www.avparampara.in. Reports as prepared by the children participated in the camp follows:



Namasthe

Camp participants and faculties

It was a pleasure attending the Kids Camp hosted by Arsha Vidya Parampara at their beautiful campus in Somangalam near Chennai during summer 2016. Swami Sarvananda a disciple of puja swami Dayananda was our mentor ably assisted by caring teachers, Lalitha mami, Srinivas sir and Lavanya aunty.

Our teachers made learning fun for us. Let me take you on a journey on a day in the camp. We woke up early in the morning and went for yoga classes. Our teacher taught us exercises that synchronize the body and the mind such as

Surya namaskara's which we had to do twelve times and breathing exercises.

Our teacher also made sure that we did it properly. After yoga classes we had bath and went for breakfast. Food in the Ashram was satvik and freshly prepared

After a nutritious meal it was time for Puja classes where we learnt how to do a five step puja and chant shlokas. Puja class was followed by spiritual knowledge class where we

learnt why we do certain religious practices. We then had a short break for juice and biscuits. Juice was prepared from fruits growing in the ashram! Afterwards we went to different worlds by flying on the wings of stories. Little did we know that our teacher would also make us story tellers. After a beautiful journey we had lunch.

The afternoon started with Sanskrit class taken by experienced teachers coming from Samskritha Bharathi organization. We had some more snacks and then we rocked the stage to the tunes of Bhangra. Then we had playtime. After a tiring game it was time for dinner followed by happy hour classes, where we played games that improved our concentration. This routine was followed for a week. I learnt many things from the camp to move with others and to be independent and blossom as individuals. I look forward to the next opportunity to be in this uplifting environment.

**Hariom
And
Thank you**



Yoga Classes

The thought of going to a camp has always made me cry out with happiness. But when I found out my parents had enrolled me in a traditional Gurukulam style of camp, I was shocked. I had nightmares and was scared that no one would know English. The thought troubled me for days but I decided not to say anything that would hurt my parents feelings. However I was in for a surprise. The instructors in the camp were so friendly and so understanding that they were more like children with mature mannerisms. The camp was a home away from home. There was this constant feeling of security and safety. There were fights but in this camp we discovered more about ourselves and others. The instructors never directly told us this but they were the unsaid words that we understood. This world is a rat race, everyone is trying to beat someone at something. What if we stopped for a moment and just encouraged each other or tried to understand each other the world would



Story session

have been a better place. So for one whole week we didn't judge each other we just encouraged and understood each other this gave me the courage to face the fact that there are people who are better than me. We even understood the reasons as to why we do certain things like breaking a coconut in a ganapathi temple or saying three shantis after a shloka. But the best were the friends we made both in the instructors and in the other children. I always called the Sanskrit classes boring but little did I know how much I was going to miss it when it got over. The habits created there have stayed with us. Even three weeks after the camp has gotten over I still get up at 6:00 and do my yoga and puja. I still miss getting up and arguing with my roommates about who goes and brushes first. I will definitely come back next year even though just four weeks ago I wouldn't even dream of this. The memory of this camp will stay in my heart.

-Srishti.Bhardwaj



Jyotirgamaya Talk



Spoken Sanskrit

Subrabhatam

I was indeed blessed to participate in the Jyothirgamaya Camp held in Arsha Vidya Parampara (Chennai), in May 2016.

My favorite aspect in the camp was "Story Telling" by Lavanya Mam. She made us speak English very fluently and interestingly too. I realized that, this skill is very important in our life. It was really wonderful.

Another great aspect of the camp was Swamiji's lectures. We asked him a lot of questions on religion and God; he would answer them briefly and beautifully. This helped us to understand many things rightly.

Yoga classes by Srinivasan Sir made our body very flexible. We also had very interesting "Happy Hour" sessions by him. He made us play a lot of games from which we learnt a lot of life lessons.

Lalitha Mami taught us the very important daily routine of doing Puja and also reciting the mantras rightly. This made Puja very easy. We learnt the Mantras in 2/3 days. She was so caring and patient with us.

I loved everything in the camp, including the healthy food! All people were very kind. Thanks a lot to all wonderful teachers and caring volunteers to give me such an awesome experience overall.

Hari Om.

-R.M. Maitreyee



Skit by Camp Participants