



Enrolment Instruction with Form

Yoga Shiksha Shibir / Spiritual Retreat

Vivekananda Kendra - Ramakrishana Mahasammelan Ashram,
Nagdandi, Achabal, Anantnag,
Kashmir- 192201 (J&K)

Age group 18-50 years; Camp Contribution : Rs.3,000/-.

Note – Please read the instruction carefully and then apply.

1.Syllabus

Medium : Hindi

- 👤 Study and Practice of Yogasanas, Pranayama & Kriyas
- 👤 Yogic relaxation methods, japa and techniques of meditation
- 👤 Study of Yoga Darshana
- 👤 Bhagavad Gita
- 👤 Indian Culture
- 👤 Life and message of great men and women of our country
- 👤 Chanting of stotras, bhajans and songs for emotional culture.
- 👤 Visit to places around Achabal, Anantnag town, Martand and Pahalgam.

2. Accommodation:

- 👤 The Camp is fully residential.
- 👤 Simple dormitory accommodation is provided separately for Ladies and Gents.
- 👤 Sufficient bedding is provided on nicely furnished and warm wooden /cemented floors. NO COTS ARE PROVIDED.
- 👤 COMMON toilets and bath rooms are available and NO rooms with attached bath/toilets are available.
- 👤 IT IS A PERFECTLY ENJOYABLE CAMP LIFE AMIDIST JUNGLES IN THE VALLEY.
- 👤 The shibir is like a stay in a “Gurukul” and the participants get a chance of living with and knowing people of different states of India and different walks of life.

3. Food: We provide simple but tasty and rich Kashmiri Hindu / North Indian vegetarian food.

4. Weather:

Kashmir valley as such has a very pleasant atmosphere during mid August. Anantnag is located at [33°44'N 75°09'E](#) [33°44'N 75.15°E](#), [7] at an elevation of 5,300 feet (1,600 m) above sea level, at a distance of 33 miles (53 km) from the main state-headquarters [Srinagar](#). Location of Vivekananda Kendra, Nagdandi, Achabal at the foot hill of jungle makes the campus area very salubrious, away from summer heat in the cool and fragrant jungle breeze. Abundance of fruits makes it a very healthy season. The average Max. and Min. Temp. during the Shibir period at Nagdandi can range between **24 deg. C and 28 deg. C. +/- 1 deg. C.**

5. How to Reach?

- 👤 V.K. Nagdandi is about 12 Kms. from Khanabal, which is located 244 Kms. from Jammu, the nearest rail head, on Jammu –Srinagar, National Highway. (NH-1A). Various modes of transport like comfortable 2x2 Super Deluxe and Semi Deluxe 18seater buses of the State owned Road Transport Corporation, privately run Taxis on sharing/passenger basis or full booking run regularly between Jammu & Srinagar. One can travel in these upto Khanabal but fare will be chargeable up to Srinagar.
- 👤 Limited number of buses and Taxis run between Jammu and Anantnag as well.
- 👤 Taxis and autos ply regularly between Khanabal and the main road near the campus.
- 👤 Srinagar is the nearest airport (just 70 kms. away from the campus).
- 👤 The campus is 09 Kms. from Anantnag town, which is also the District Head Quarter.
- 👤 Presently there is no direct rail link between Jammu & Srinagar.

6. Who can participate?

- 👤 Any Physically and Mentally fit person in the age group of 18-50 years.
- 👤 The participant should be able to perform various Yogasanas and exercises.
- 👤 Participants are expected to be interested in knowing about Indian Cultural & Spiritual History and contributing to the Service of Mankind for Nation Building.

7. Indemnity:

The Vivekananda Kendra, Teachers and others connected with the shibir shall remain indemnified against any problem which a participant may encounter on account of his physical and/or mental health during his/her journey to/from VK Nagdandi, Achabal, Anantnag, Kashmir and /or during the shibir period.

:: General Instructions ::

- ✚ Participants should bring a mosquito-net, a torch light, writing materials, toiletry articles needed for entire duration of the Shibir. THERE IS NO NEED OF GETTING ANY BEDDING.
- ✚ Prescribed dress for Yogasana Sessions:
 - **For Men :** Any light colour loose T-Shirts and Track suits/Shorts.
 - **For Ladies :** Any light colour Salwar and Kameez i.e. Punjabi dress. Tight dress or Jeans are not allowed.
- ✚ Apart from Yogasana and Shramanubhava sessions shorts are not allowed for the other sessions.
- ✚ A woolen sweater/pullover or a woolen shawl will be required in case of rain during late evenings/early mornings. A woolen cap will also be required during mornings/evenings.
- ✚ Use of Mobile phones is not allowed during the teaching, Prayer, yoga sessions and other camp activities in the camp.
- ✚ Participation in all the sessions in time is compulsory for all the participants. The participants shall report 5 minutes earlier for all the sessions.
- ✚ Participants should report at Shibir office one day before the camp starts latest by 6.00 p.m. and can leave only after lunch on the concluding day. Late reporting and/or leaving before the camp concludes are strictly not allowed. ANY PARTICIPANT WHO MAY LIKE TO TOUR SRINAGAR CITY AND/OR KASHMIR CAN DO SO BEFORE/AFTER THE SHIBIR PERIOD AND WILL NOT BE ALLOWED TO LEAVE THE CAMPUS DURING THE SHIBIR PERIOD FOR THIS PURPOSE UNDER ANY CIRCUMSTANCES.
- ✚ Going out of the campus venue, smoking, chewing of Paan / Paan-Masala, consumption of tobacco / alcohol or any other intoxicants are strictly prohibited.

For successful completion of the Shibir, adherence to above instructions is necessary

Correspondence Address**Shibir In-charge**

Vivekananda Kendra,
Nagdandi, P.O. Achabal
Anantnag. Kashmir 192201
Phone: +91-94180-15995

E-mail: nagdandi@vkendra.org Web: <http://www.vkendra.org>



Dainik Samay Sarinee

Spiritual Retreat / Yoga Shiksha Shibir , Nagdandi (Kashmir)

05.00	Jagran	_____
06.00	Pratahsmaran & Gita Pathan followed by Yogasanas & Pranayam	_____
07.30	Pratahrashan (Break Fast)	_____
08.30	Shramanubhava	_____
10.00	Boudhik Satra (Lecture)-I	_____
11.00	Manthan	_____
13.00	Mandhyan Bhojan (Lunch)	_____
14.30	Geet	_____
15.00	Chaaha Viram	_____
15.30	Boudhik Satra -II	_____
16.30	Yoga Abhyas	_____
17.30	Prakriti kai Saath	_____
18.30	Bhajan Sandhya	_____
19.30	Ratri Bhojan	_____
20.15	Anand-mela	_____
22.00	Deep Nimilan	_____



11. Are you associated with any spiritual/cultural/service organization? (Give details if any):-

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12. If you are suffering from any of the following ailments, please give details:-

Heart ailments: -

Diabetes: -

Spondylitis: -

Any other (specify) :-

13. Have you undergone any major surgeries? If yes, please give details:-

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14. Blood pressure (latest record):-

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15. Please specify your purpose in attending this Shibir:-

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I declare that the information furnished above is correct and complete. I have read all the instructions regarding the Shibir and I undertake to abide by the discipline of the Shibir.

Date :

Place :

Signature of the Applicant

Remittance Details:-

MO/DD No. :- Dated :-

For Rupees (in words)



Bank Details :

A/c Name: **Vivekananda Kendra Kanyakumari Branch Nagdandi**

Account No: **4575000100046877**

Name of Bank: **Punjab National Bank, Durga Nagar, Jammu.**

Jammu & Kashmir – 181123

IFSCI Code : **PUNB0457500**

How to Enroll?

- 👤 Online filling form & Camp Donation at Vivekananda Kendra website :
<http://www.vivekanandakendra.org>
- 👤 Fill up the above form (giving full and correct details) and send to :
nagdandi@vkendra.org along with Camp Donation Details.
- 👤 Camp Donation ([Tax Exemption under Section 80-G of Income Tax Act.](#)) can be sent through Money Order, Demand Draft, Online Transfer in favor of Vivekananda Kendra, Payable at PNB, Jammu.
- 👤 Enroll will be on first come first serve basis and Registration will end on reaching maximum intake number i.e. 50 or a week before camp starts, whichever is earlier.
- 👤 ***Applications shall be considered only after the camp donations received.***

For any further information please contact

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