

KUTCHI VISHA OSWAL SEVA SAMAJ

NAINITAL CAMP
PHONE : 23771687

APPLICATION FORM

Rs. 2/-

(Please fill the form in-CAPITAL Letters)

NAME : _____
(First Name) (Middle Name) (Surname)

ADDRESS : _____

PIN CODE : _____ TELEPHONE/S : _____

AGE : _____ DATE BIRTH : _____ SEX : Male / Female
(Date) (Month) (Year)

BLOOD GROUP : _____ VILLAGE (IN KUTCH) : _____ EDUCATION : _____

HOBBIES : _____

FATHER'S/HUSBAND'S OCCUPATION : _____

BROTHERS/SISTERS :

NAME	AGE	EDUCATION	OCCUPATION

WHICH BATCH YOU WILL LIKE TO ATTEND : (Please give TWO preferences)

1. FROM _____ TO _____
2. FROM _____ TO _____

WILL YOU LIKE TO APPLY FOR THE SUBSIDY ? Yes/No _____

IF Yes :

AMOUNT THAT WILL BE BARED BY YOU : RS. _____

BALANCE AMOUNT : RS. _____

TOTAL AMOUNT : RS. _____

Applicant's Signature _____ Parent's Signature _____

FOR SUBSIDIZED APPLICANT

I, Mr./Ms. _____ would like to get subsidy offered by K. V. O. Seva Samaj for attending the Nainital Camp organised by K. V. O. SEVA SAMAJ. I am enclosing the letter of reference from Mr./Ms. _____
Yours Truly,

Signature of the Applicant

Date : _____

PHYSICAL FITNESS CERTIFICATE

I, Dr. Mr. / Ms. _____, hereby certify that Mr. / Ms. _____ is physically fit to attend the above mentioned camp and that he/she is free from any contagious disease.

Signature of Doctor

Rubber Stamp & Reg. No. _____

Date : _____

FOR OFFICE USE ONLY

AMOUNT PAID : _____ ON DATE : _____ RECEIPT NO. : _____

SHRI K V O SEVA SAMAJ

NAINITAL YOUTH CAMP

GUIDELINES

General objectives: (It is a camp, not a picnic)

- Adventure activities to build courage, stamina and self-confidence
- Channelize the energies of the youth towards more healthy & fruitful activities.
- National Integration and harmony through community living.
- Self development & spiritual upliftment through meditation & through lectures on health, character building, yoga & on teachings of Sri Aurobindo & the Mother.

Activities

- Five day Rock Climbing Courses : Covers basic training in Rock Scrambling, Bouldering, tying of knots, Rock climbing, Rappelling, River Crossing.
- Treks : to build gradual stamina. Treks start with mere 3 km. And by the end of the camp almost all campers are able to complete the enchanting 20km. Trek to Kainchi. Treks to other magnificent scenic points include lands End, Tiffin Top, Jungle trek to Sri Aurobindo Peak, Saria Tal, Snow View & Naina Peak.
- Community Singing : Several evenings during the camp. A cultural programme is presented by the campers on the last evening of the camp.
- Yoga or Keep Fit exercises : Games
- Meditation and talks on healthy living, self-development, national problems & role of youth.

Discipline: Since the camps are held in the Ashram campus, a strict discipline is maintained throughout and all participants are required to follow the rules and regulations of the Ashram and uphold the sanctity of the sacred place.

Lodging: Dormitory style with coir matting, separate for men and women. Married people cannot be accommodated together. DO NOT bring children otherwise you may be denied permission to join camp.

Food: Nutritious and entirely vegetarian. Sorry, we cannot cater to specific tastes. It is important that the group leaders inform us of the date and time of arrival at Nainital, so that we can prepare food for them accordingly. We do not encourage the waste of food.

Medical Expenses: Organizers will not be responsible for any accident or illness. All medical expenses will have to be paid by the participants themselves.

Camp fee Receipts: The Group leaders must carry the photocopies of the Receipts with them on arrival at Nainital.

Cancellations: In case of cancellation, Rs. 2000/- are non-refundable. The balance should be claimed within two months of the completion of the camp. Original receipt(s) must be returned for refund. No refund if cancellation is done in the last 15 days before the starting date of camp. Only written cancellations by post, email will be accepted. Substitute(s) for the same camp only will, however, be permitted at no additional contribution on production of original receipt(s) and Acceptance Letter of the substituted candidate

Luggage: Please pack 2-3 small bags of your belongings rather than one big one.

Suggested Kit List:

The kit should be restricted to the minimum. Bedding will be provided.

1. Sleeping bag (optional).
2. Daily wear and pullover, jacket. (Very warm pullover or jacket for autumn.)
3. Sports wear is a must as significant amount of the time will be spent in physical activities.
Track suits, salwar kameez or moderately loose trousers will do.
4. **Strong P.T. shoes** (shoes should have been used for some time to avoid discomfort).
5. Washing soap for clothes and toilet articles.
6. One torch, one lock and key.
7. Band Aid or sticking plaster, and personal medicines.
8. Raincoat or umbrella, and water bottle.
9. **Utensils (Tumbler, Plate, Mug, Spoon, Bowl).**
10. Since we often have water shortage at Nainital, it is wise to bring some extra paper plates and paper cups.
11. One note book and writing material.
12. Enthusiasm and the right attitude.

