



Vivekananda Yoga Anusandhana Samsthana

'Prashanti Kutiram,' Jigani
Bengaluru – 560 105

A day out at the Camp

PDC Personality
Development Camp

Residential Summer Camp *for Children*

Wake up	-	4.30 am
Yogasana	-	5.30 am - 6.45 am
Gita Chanting	-	6.45 am - 7.15 am
Breakfast	-	7.15 am - 8.00 am
Karma Yoga	-	8.00 am - 8.45 am
Bath & Wash	-	8.45 am - 10.00 am
Lecture	-	10.00 am - 11.00 am
Pranayama	-	11.00 am - 12.00 noon
Lunch	-	12.00 noon - 1.00 pm
DRT/ Cartoon/ Library	-	1.00 pm - 2.00 pm
Creativity	-	2.00 pm - 3.30 pm
Happy Assembly Preparation	-	3.30 pm - 4.30 pm
Snacks	-	4.30 pm - 5.00 pm
Games	-	5.00 pm - 6.00 pm
Bhajan	-	6.00 pm - 7.00 pm
Dinner	-	7.00 pm - 8.00 pm
Happy Assembly	-	8.00 pm - 9.00 pm
Diary Writing	-	9.00 pm - 9.30 pm
Good night	-	9.30 pm

**To ensure your seat please enroll immediately at
Vivekananda Yoga Anusandhana Samsthana**
19, 'Eknath Bhavan', Gavipuram Circle, Kempegowda Nagar
Bengaluru - 560 019 | **Contact: 080-2661 2669, 97422 06004**
Email: svyasablr@yahoo.com | www.svyasa.edu.in