

VRAJ YOUTH CAMP



www.vrajyouth.org

PLEASE VISIT OUR WEBSITE FOR
CAMP SCHEDULE AND OTHER
PERTINENT INFORMATION

VRAJ YOUTH PROGRAM

MISSION:

1. To provide knowledge and familiarity of the Hindu religion particularly of the Pushtimarg.
2. To provide knowledge and familiarity of Indian cultural heritage.
3. To develop camaraderie, responsibility, spirit of volunteerism and participation in cultural activities.

OBJECTIVES:

1. Provide familiarity of the Pushtimarg through classes and activities.
2. Expose to philosophy behind vegetarian food, values of good health via Yoga and exercise.
3. Expose campers to basic knowledge of Indian music, arts, dances, feasts, festivals, and languages - Sanskrit and Gujarati.
4. Provide experience of sharing, free and open communication and articulation of opinions, to enhance self-esteem and promote individual growth.
5. Develop sensitivity of respect, rights, and responsibility towards others; develop an outlook towards meeting and handling challenges.
6. Provide opportunities for the development of skills in leadership, self-presentation, and interpersonal relationships.
7. Provide models for volunteerism and civic duties.
8. Develop friendships and networks that goes beyond camp.
9. Participate in various activities to involving cooperation, public speaking and team work.

ACTIVITIES:

1. Yoga
2. Class - Vraj - Pushtimarg sloakas, hymns, and understanding of rituals
3. Class - Gujarati - recognizing basic writing and conversation
4. Class - Indian Culture – Indian history, geography, festivals and heritage.
5. Afternoons include among the following various activities: Outings, Seva to Vraj, Healthy Habits, cooking, Arts and crafts, cooking, bhajan, Open forum, Vraj Olympic, etc.
6. Group / Individual activities focusing on preparation of two-minute skits, song, dance, musical instruments etc for the campfire.
7. Small group discussions on topics such as knowledge, winning, anger and aggression.
8. Free time sports and other self-initiated activities: Soccer, Basketball, Frisbee, Volleyball, and Softball etc



Sample day program for Campers

| | |
|--------------------|---|
| 6.30 a.m. | - Wakeup call |
| 6.55 a.m. | - Meet in front of Krishna-krupa |
| 7:00 - 7:35 a.m. | - Yoga |
| 7:35 – 7:55 a.m. | - Mangala Darshan |
| 8:00- 8:30 a.m. | - Morning Walk, Parikrama |
| 8:30 - 9:55 a.m. | - Breakfast and get ready |
| 10:00- 10:40 a.m. | - Class A |
| 10:45- 11:25 a.m. | - Class B |
| 11:30 - 12:10 p.m. | - Class C |
| 12:15- 1:15 p.m. | - Lunch |
| 1:15- 1:55 p.m. | - Free time |
| 2:00- 2:40 p.m. | - Activity 1 |
| 2:45- 3:25 p.m. | - Activity 2 |
| 3:30- 3:55 p.m. | - Snack |
| 4:00 - 4:45 p.m. | - Activity 3 |
| 4:50 - 5:50 p.m. | - Sports |
| 5:50 - 6:15 p.m. | - Skit preparation (<i>Counselors with their group</i>) |
| 6:15- 6:30 p.m. | - Free Time |
| 6:30 - 7:30 p.m. | - Dinner |
| 7:45- 8:55 p.m. | - Camp Fire |
| 9:00 - 9:15 p.m. | - Snack |
| 9:30 p.m. | - Campers Retire |
| 9:30 - 9:45p.m. | - <i>Counselors + Volunteers group meeting</i> |
| 9:45- 10:45 p.m. | - <i>Adult volunteer meeting/Counselor meeting/freetime</i> |
| 11.00 p.m. | - <u>Lights Out for All</u> |



Sample day program for Counselors

| | |
|--------------------|---|
| 6.30 a.m. | - Wakeup call |
| 6.55 a.m. | - Meet in front of Krishna-krupa (<i>with your Group</i>) |
| 7:00 - 7:35 a.m. | - Yoga |
| 7:35 – 7:55 a.m. | - Mangala Darshan |
| 8:00- 8:30 a.m. | - Morning Walk, Parikrama |
| 8:30 - 9:00 a.m. | - <i>serve</i> Breakfast for campers |
| 9:00 – 9:30 a.m. | - Breakfast |
| 9:30 - 10:00 a.m. | - Free time and getting ready |
| 10:00 – 12:00 a.m. | - camper class help, afternoon activity prep |
| 12:15- 12:50 p.m. | - <i>serve</i> Lunch for campers |
| 12:50 – 1:15 p.m. | - Lunch |
| 1:15- 1:55 p.m. | - Free time |
| 2:00 – 4:45 p.m. | - camper activity help |
| 4:50 - 5:50 p.m. | - Sports |
| 5:50 - 6:15 p.m. | - Skit preparation (<i>Counselors with their group</i>) |
| 6:15- 6:30 p.m. | - Free Time |
| 6:30 - 7:00 p.m. | - <i>serve</i> Dinner for campers |
| 7:00 – 7:30 p.m. | - Dinner |
| 7:45- 8:55 p.m. | - Camp Fire |
| 9:00 - 9:15 p.m. | - Snack |
| 9:15 p.m. | - Take Campers to Room |
| 9:30 - 9:45p.m. | - Counselors + Volunteers group meeting |
| 9:45- 10:45 p.m. | - Adult volunteer meeting/Counselor meeting/freetime |
| 11.00 p.m. | - <u>Lights Out for All</u> |



PROGRAM

Opening (First day of Camp):

Registration / Luggage Drop off (Murari Krupa): - 2 p.m. - 2:30 p.m.

Orientation for Parents (New Haveli): - 3 p.m. - 4 p.m.

Closing (Last day of the Camp):

Presentation and Camp Highlights (New Haveli): - 10 am - 11:00 a.m.

Sign Out (Navratna): - Noon

Rajbhog (Old Haveli): - 1:00 p.m. - 2 p.m.

Suggested List of Items to Bring:

Please visit the following link for the latest recommendations

<http://www.vrajyouth.org/Docs/Camp/General/whattobringlist.pdf>

Noteworthy Guidelines to Parents and/or Guardians:

To inform you, your child is in good and safe care of our program leaders and counselors. A lot of planning has gone into making this program a learning and fun filled experience. We would like to request that you:

- Do not call your child or us unless there is an emergency.
- Do not call to inquire about the well-being of your child.
- **Do not leave a cell phone with your child.**
- Please make sure to speak with your child's counselor about any allergies or medical condition during the camp orientation.
- If a camper is ill or not able to adjust, we will give you call and take the situation from there. *If needed, please be prepared to come to Vraj to take your child back with you.*
- Please mark or label all personal items and clothing so that one can keep track of one's belongings.

Rules and Regulations for ALL Participants

DRESS CODE

Campers/Counselors are expected to dress neatly and appropriately. Dress or appearance that distracts is not permitted and unsuitably dressed will be requested to change to appropriate clothing.

Clothing with inappropriate language or messages (implied or stated) is not acceptable. Only mid-thigh walking-type shorts are permissible. No spandex, boxer-type, running or short-shorts are allowed. Micro-miniskirts and tight short skirts are not permitted. Pants must be worn at waist level. No ripped or tattered clothing is permitted. Clothing should cover the shoulders. Sundresses, tank tops, halter tops, see-through shirts, bare midriffs are not allowed. Campers will be asked to change any dress deemed inappropriate for Vraj campus.

Sneakers **MUST** be worn during morning walks, field trips and sports.

STUDENT CONDUCT AND DISCIPLINE

Vraj Youth committee members have developed policies, rules and regulations concerning conduct and discipline which govern the behavior of the participants. While we recognize our responsibilities to maintain proper behavior at Vraj, we also urge you as parents to support our efforts by discussing these rules with your child.

Each camper has the responsibility to:

1. RESPECT the rights of others by:

- Recognizing the value of personal and private property, i.e., avoiding defacing or otherwise damaging personal, private and public property.
- To allow other campers to take part in all camp activities without fear of harm or harassment.
- Pranks are not allowed
- Boys are NOT allowed to enter girls' rooms and vice versa.
- Campers are NOT allowed to leave camp designated.

2. CONTRIBUTE to constructive group behavior by:

- Supporting and obeying all those in authority (administrators, volunteers, counselors etc.).
- Controlling one's own physical actions, which are disturbing to others, i.e., fighting, tripping, shoving, etc.
- Exercising self-discipline (e.g. properly eating in a courteous fashion, speaking quietly and disposing of garbage in a neat and orderly manner).
- Playing in a cooperative manner and displaying good sportsmanship.

3. BEHAVE in a manner which will not disrupt the learning process by:

- Refraining from any form of conduct which interferes with or prevents the learning process of oneself and/or others.
- Do not use loud, abusive or profane language.
- Do not use physical force against any camper or take part in any inappropriate behavior.
- It is expected that boys and girls remain within their assigned buildings. They should not enter other buildings after 9:30 pm.

- No one is allowed to leave their room/building after 9.30 pm.
- Alcohol, drugs or tobacco will not be tolerated at camp. Possession or use of these substances during camp will constitute immediate grounds for dismissal.
- Adhering to the program schedule and regulations concerning attendance, tardiness, bedtime, etc. For those campers who fail to meet their responsibilities a Director / parent (and camper, if appropriate) conference may be held to resolve the problem. Disciplinary action would be at the discretion of Vraj Youth Committee.

A Camper can incur the following penalties for misconduct:

1. The following privileges can be taken away for a specified period of time:
 - Free time
 - field trips with arrangements for detained camper to work with another volunteer or temple staff during that period of time.
 - Attendance / participation in sports events.
 - participation in other camp activities
2. A camper can be required to attend a detention supervised by an appropriate staff member.
3. *The parent may be requested take camper home*

Youth's Responsibilities

- Participate in all the activities.
- Take care of the sports and other equipment, the furnishings, and the building at all times.
- Act with respect towards all the members of the program: other youths, counselors, and adult volunteers.
- Each group should take responsibility of clean up and organization as assigned.
- Do not leave the program site at any time.
- All campers should be in bed by 9.30 p.m. Do not leave your assigned building at any time at night.
- *No changing rooms or buildings after they are assigned.*
- Try and maintain cleanliness while using the bathrooms.
- Place shoes neatly on racks or orderly in a line.
- Any discipline problem will be first handled by the counselor-in-charge. If it is unresolved then the Head Counselor and/or Camp director will take charge.
- Hazing and Bullying is not permitted. If you are victim or witness of such event, please notify to camp director immediately or earliest possible time to take action.
- Victim or witnesses both are equally liable and punishable.
- Possession of illegal drugs, Cigarettes, e-cigarettes or tobacco will cause immediate dismissal from camp.
- *Children are **NOT** allowed to bring the following: cellphone, boombox, Video Games, any electronics, food, candies, gum or money.*

Youth Program Application Guideline

Camper age:

Age group- 9-12 yrs. and 13-16 yrs. (as of first day of the first camp of current year)

Counselor Selection Guideline – (17 years and above)

- Previous counselor-in-training or counselor experience
- Should be entering 12th grade or be in college OR should be experienced and entering 11th grade.
- Older Camper's counselors should be at least high school graduates.
- All counselors are required to submit statement of interest (why they would like to attend Vraj camp as counselors) and references along with their registration forms. Registration may not be considered without statement of interest and references (non-family adults with phone numbers).
- Interview with an organizing member
- Please contact *Counselor Coordinators* (counselorreg@vrajyouth.org) for additional information.

Adult Volunteer Guideline (Between 25 and 68)

- Availability to volunteer for the entire camp week.
- Available to participate and render help in all aspects of the program
- Can contribute towards the program in some form (teaching, kitchen help, shopping, cleaning, guidance etc)
- Communicates well and team-work.

!!Attention Parents!!

We need your help! Volunteers are needed to continually enhance and plan for various activities during and outside of the camp. By taking time out for entire week, you can help make Vraj Youth Camp a great success as it has been in past years. Please email our Volunteer Coordinator (volunteerreg@vrajyouth.org) for additional information.

CONTACT INFORMATION

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|---------------------------|--|
| Registration | OnlineReg@vrajyouth.org |
| Counselors | CounselorReg@vrajyouth.org |
| Volunteers | VolunteerReg@vrajyouth.org |
| General Inquiries | Info@vrajyouth.org |
| Campus Development | SupportVYC@vrajyouth.org |
| Volunteer at Vraj | vrajSeva@vrajyouth.org |

Important: Registration is on First-come-first-serve basis ONLY until camps are full!

Please keep in mind that we will try our best to accommodate to what you have selected however we cannot guarantee that everyone will get what they have chosen.