



Vivekananda Rock Memorial & Vivekananda Kendra

- Camps @ KanyaKumari
- Yoga Certificate Course Kanyakumari
- Yoga Shiksha Shibir Kanyakumari
- Spiritual Retreat Kanyakumari
- Yoga Shiksha Shibir at Kashmir
- Camps at other places

Name of the Shibir	Dates	Age years	Camp Contribution	Remarks
Yoga Shiksha Shibir (Eng & Hindi)	22-Nov to 6-Dec 2018	18 to 60	.3,000/-	Online Registration
Yoga Certificate Course (Eng & Hindi)	22-Nov to 21-Dec 2018 (course duration 6months)	18 to 60	.6,000/-	Online Registration
Spiritual Retreat (Eng & Hindi)	16-22 February 2019	18 to 65	.2,500/-	Online Registration
Yoga Shiksha Shibir (Eng & Hindi)	1-15 May 2019	18 to 60	.3,000/-	Online Registration
Yoga Certificate Course (Eng & Hindi)	1-30 May 2019 (course duration 6months)	18 to 60	.6,000/-	Online Registration
Spiritual Retreat (Eng & Hindi)	8-14 Aug 2019	18 to 65	.2,500/-	Online Registration
Yoga Shiksha Shibir (Eng & Hindi)	22-Nov to 6-Dec 2019	18 to 60	.3,000/-	Online Registration

Yoga Certificate Course (Eng & Hindi)	22-Nov to 21-Dec 2019 (course duration 6months)	18 to 60	.6,000/-	Online Registration
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*** Camp Contribution is non-refundable**

Related Information : Spiritual Retreat & Yoga Shiksha Shibir

Medium : English & 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 strotras, bhajans and songs for emotional culture.
- Visits to Vivekananda Rock Memorial, Kanyakumari Temple
- Visit/trekking to Marutmalai Mountain (in Yoga Shibir only)

Accommodation

The Camps are fully residential. Simple dormitory accommodation is provided for Ladies and Gents separately.

Food

We provide simple vegetarian food.

Weather

Kanyakumari has an excellent weather throughout the year.

The summer is pleasant with just sufficient warmth and the winter is never cold.

Winter clothing are generally not needed at Kanyakumari.

How to Reach?

- Vivekanandapuram is Just 1 Km. from the Kanyakumari Railway Station.
- Taxis and autos ply regularly between Kanyakumari and the campus.
- Thiruvananthapuram is the nearest airport (just 90 kms. away).
- Vivekanandapuram is a request bus stop for all the buses entering Kanyakumari.

General Instructions:

- Participants should bring their necessary bedding with mosquito-net, a torch light, writing materials, toiletry articles needed for entire duration of the Shibir.
- 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.
- Please avoid bringing tape recorders, i pods and other valuable articles.
- Use of Mobile phones is not allowed during the camp.
- Participation in all the sessions in time is compulsory for all the participants.
- **Participants should report at Shibir office one day before the camp starts latest by 5.00 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.
- Going out of the campus venue, smoking, chewing of Paan / Paan-Masala, consumption of tobacco / alcohol or any other intoxicants are strictly prohibited.
- The participants are required to walk daily about two kilometers and climb stairs upto two floors daily, within the campus for various sessions.

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

Correspondence Address

Shibir Office In-charge

Vivekananda Kendra,
Vivekanadapuram,
Kanyakumari – 629702

+91 - 4652 – 247012
camps [at] vkendra.org
www.vkendra.org

All India Camps at Kanyakumari - 2018

Camp	Language	Duration	Age	Donation
Yoga Certificate Course	English	22 Nov - 21 Dec 2018 *	18 to 60 Years	Rs.6,000/-

Medium : English and Hindi

Camp Donations are non-refundable.

Place : Vivekananda Kendra, Kanyakumari

Camp Donation : Rs.6,000/- [For online : Rs.6,200/- (Rs.6,000/- + Rs.200/- payment gateway charge)]

Any Physically and Mentally fit person in the age group of 18-60 years. The participant should be able to perform various Yogasanas and exercises. And partake enthusiastically in Camp

Schedule : morning 5am to night 10pm.

- **Total Course duration: 6 Months**
- **Skill Training :** First one month In-house training (theory & Practical) at sprawling Vivekanandapuram campus in Kanyakumari. Bring your all personal usage items like, toiletries, writing materials and medicines (if any).
- **Practical Training :** After attending this one month residential programme the participants would be organizing and conducting three Yoga Satras (10/15 days duration) at their home town in coordination with the local branch center of Vivekananda Kendra with minimum of 15 participants.
- **Team Dynamics :** After attending Practical Training, participants would be part of the organizing team for Yoga Shiksha Shibir at Kanyakumari, Nashik or Nagdandi (J&K) where in participants from all over the nation participate.
- **After successful completion of Team Dynamics, conducting of the Yoga Shiksha Shibir, and passing in the written the examinations based on syllabus, certificate would be awarded.**

The Camp is fully residential. Simple dormitory accommodation is provided separately for Ladies and Gents. We provide simple vegetarian food. Participants should report at Shibir office one day before the camp starts i.e. 21st Nov latest by 5.00 pm and can leave only after concluding day i.e. 21st Dec afternoon. Late reporting and/or leaving before the camp concludes are strictly not allowed.

Online form : Yoga Certificate Course at Kanyaumari

All India Camps at Kanyakumari - 2018

Camp	Language	Duration	Age	Donation
Yoga Shiksha Shibir	English	22 Nov - 6 Dec 2018	18 to 60 Years	Rs.3,000/-

Medium : English and Hindi

Camp Donations : Rs.3,000/- [Camp Donations are non-refundable]

Place : Vivekananda Kendra, Kanyakumari

Any Physically and Mentally fit person in the age group of 18-60 years. The participant should be able to perform various Yogasanas and exercises and partake enthusiastically in Camp Schedule : morning 5am to night 10pm.

Participants should report at Shibir office one day before the camp starts i.e. 21st Nov latest by 5pm and can leave only after 2pm of concluding day i.e. 6th Dec afternoon. Late reporting and/or leaving before the camp concludes are strictly not allowed.

The Syllabus : Yoga Shiksha Shibir

- Study and Practice of Yogasanas & Pranayama
- 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 strotas, bhajans and songs for emotional culture.
- Visits to Vivekananda Rock Memorial, Kanyakumari Temple, Marut-Malay Tracking

Accommodation

The Camps are fully residential. Simple dormitory accommodation is provided for Ladies and Gents separately.

Food

We provide simple vegetarian food.

Weather

Kanyakumari has an excellent weather throughout the year. The summer is pleasant with just sufficient warmth and the winter is never cold. Winter clothing are generally not needed at Kanyakumari.

How to Reach?

- Vivekanandapuram is Just 1 Km. from the Kanyakumari Railway Station.
- Taxis and autos ply regularly between Kanyakumari and the campus.
- Thiruvananthapuram is the nearest airport (just 90 kms. away).

- Vivekanandapuram is a request bus stop for all the buses entering Kanyakumari.

General Instructions:

- Participants should bring their necessary bedding with mosquito-net, a torch light, writing materials, toiletry articles needed for entire duration of the Shibir.
- Prescribed dress for Yogasana Sessions:
For Men: Any light colour loose T-Shirts and Track suits/Shorts
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Vivekanadapuram,
Kanyakumari – 629702

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camps [at] vkendra.org
www.vkendra.org

Online form : Yoga Shiksha Shibir at Kanyaumari

Fill online form for camp enrollment. Don't miss the such opportunity. Limited seats !!

Camp Donations are non-refundable.

All India Camps at Kanyakumari - 2018

Camp	Language	Duration	Age	Donation
Spiritual Retreat	English	16 - 22 February 2019	18 to 65 Years	Rs.2,500/-
		-		./-

Medium : English and Hindi

Camp Donations : Rs.2,500/- [Camp Donations are non-refundable]

Place : Vivekananda Kendra, Kanyakumari

Any Physically and Mentally fit person in the age group of 18-60 years. The participant should be able to perform various Yogasanas and exercises and partake enthusiastically in Camp Schedule : morning 5am to night 10pm.

Participants should report at Shibir office one day before the camp starts i.e. 21st Nov latest by 5pm and can leave only after 2pm of concluding day i.e. 6th Dec afternoon. Late reporting and/or leaving before the camp concludes are strictly not allowed.

The Syllabus : Yoga Shiksha Shibir

- Study and Practice of Yogasanas & Pranayama
- 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
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www.vkendra.org

Online form : Spiritual Retreat at Kanyaumari

Don't miss the such opportunity. Limited seats !!

Medium : Hindi

Date : 21 to 30 June, 2019

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

Camp Contribution : Rs.4,000/- [Camp Donations are non-refundable]

Any Physically and Mentally fit person in the age group of 18-60 years. The participant should be able to perform various Yogasanas and exercises. And partake enthusiastically in Camp Schedule : **morning 5am to night 10pm.**

The Camp is fully residential. Simple dormitory accommodation is provided separately for Ladies and Gents. We provide simple vegetarian food.

Participants should report at Shibir office one day before the camp starts i.e. 20th June 2019 latest by 6pm and can leave only next morning of the concluding day i.e. 1st July 2019. **Late reporting and/or leaving before the camp concludes are strictly not allowed.**

For more details...

Contact:

Webmaster Vivekananda Kendra
94180-15995
nagdandi@vkendra.org

Online form : Yoga Shiksha Shibir at Kashmir

Name of the Shibir	Dates	Age years	Camp Contribution	Remarks
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Yoga Shiksha Shibir (Hindi) @Nagdandi, Kashmir	21-30 June 2019	18 to 60	.4,000/-	nagdandi@vkendra.org
Yoga Shiksha Shibir (Marathi) @Pimplad (MH)	16-30 May 2019	18 to 65	.2,000/-	nasik@vkendra.org

Free-Cochlear-Implant-Assessment-Camp-nov-2018

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Free Assessment Camp for Cochlear Implant 04 December 18

On 10th November evening, one CME was arranged and Doctors from Dibrugarh were invited to attend the CME. The objective was to create awareness for Cochlear Implant. Dr. Sanjay Sachdeva gave a power point presentation on Cochlear Implant and had some lively interaction with the Doctors of Dibrugarh. 15 Doctors participated in the programme.

free-operation-camp-arunjyoti-sept-2018

Image not found or type unknown

Free Operation Camp by Vivekananda Kendra Arun Jyoti 01 November 18

The mobile medical team of Vivekananda Kendra Arun Jyoti conducted three screening camps to identify patients for operations. 52 patients were examined during the screening camps and 25 patients were selected for surgeries. Out of them 20 were operated and rest 5 were medically treated.

personality-development-camp-oct-2018

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01 November 18

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one-day-camp-madurai-oct-2018

Image not found or type unknown

One Day Camp at Madurai 01 November 18

Vivekananda Kendra Kanyakumari, Madurai branch organised a Non-Residential Personality Development Camp at Vistar level in TVS Nagar Karyalaya from 11.00 am to 04.30 pm on 30-09-2018. The aim of the camp is to channelize the energy of sanskaravarga children for productive

Nation building work.

Vibhag KPS 2018 Assam Prant, Barak Vibhag

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Vibhag KPS 2018 Assam Prant, Barak Vibhag

15 August 18

The Vibhag KPS was from 11th July to 16th July 2018 at VKV Ramnagar Silchar. A total of 49 karyakartas (27 sisters and 22 brothers) attended as participants from 5 Prakalpa stans, 3 Nagar sthans, 2 Karya sthans and 2 Samparka stans. 18 Karyakartas were in the organising team.

Read More

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