



## Vivekananda Yoga Anusandhana Samsthana

'Prashanti Kutiram', Jigani, Bengaluru – 560 105

### **PDC** Personality Development Camp

Residential Summer Camp *for Children*

*Enrol your child to bring out  
the inherent potentialities  
at Physical, Mental, Emotional  
& Intellectual Levels,  
in the young ones from an early age.*



- **10 Days Camp**  
in the serene atmosphere  
of 'Prashanti'
- For Boys & Girls of 10 – 15 yrs
- In 3 Batches
- **1<sup>st</sup> Batch:** 1<sup>st</sup> – 10<sup>th</sup> April 2023
- **2<sup>nd</sup> Batch:** 11<sup>th</sup> – 20<sup>th</sup> April 2023
- **3<sup>rd</sup> Batch:** 21<sup>st</sup> – 30<sup>th</sup> April 2023
- Camp Fee: ₹ 10,000

**Limited Seats**

**Hurry up!**

Join your child now!

**Contact: 080-2661 2669, 97422 06004**



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Bengaluru – 560 105

### A day out at the Camp

**PDC** Personality  
Development Camp

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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
Dairy 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

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