

Program for A Journey of Introspection at Rajgir - 29th July to 10th August 2017													
Day	Date	07:00a.m. - 08:30a.m.	08:15a.m. - 10:00a.m.	10:00a.m. - 11:00a.m.	11:30a.m. - 01:00p.m.	01:00p.m. - 2:30p.m.	2:30p.m. - 04:30p.m.	4:30p.m. - 5:30p.m.	05:30p.m. - 07:00p.m.	07:00p.m. - 08:30p.m.	8:30p.m. - 10:00p.m.	10.00pm	
Saturday	29th July	Depart and Arrive into Mumbai, connect for flight to patna; Drive to Veerayatan Rajgir (3 hours) Dinner at Veerayatan Rajgir											
Sunday	30th July	Tour of Veerayatan Rajgir, facilities and key locations; Pandu Pokhar Gardens; Introduction to all the Sadhviji's and an evening of introductions, prayers and fellowship;											
Monday	31st July	Yoga, meditation, Prayers and short lecture	Trekking to Vaibhavgiri	Breakfast and freshening up	Tour of Museum and Eye Hospital		Lunch and break	Classes on various topics and/or Seva Activities	Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Tuesday	1st Aug	Yoga, meditation, Prayers and short lecture	Breakfast and freshening up	Trekking to Shantistupa	Trekking Sonmar	Trekking Manyar Math	Lunch and break	Classes on various topics and/or Seva Activities	Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Wednesday	2nd Aug	Breakfast and freshening up	Trip to Bodhgaya, Munni Surat Temple, Mushar Village						Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Thursday	3rd Aug	Breakfast and freshening up	Breakfast and freshening up	Discourse by Sadhviji on different topics	Seva Activities		Lunch and break	Preparation for skits and presentations	Dinner and free time	Presentation of skits by various groups		Lights out	
Friday	4th Aug	Breakfast and freshening up	Trip to Lichwad and Veerayatan schools; activities with children there						Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Saturday	5th Aug	Yoga, meditation, Prayers and short lecture	Breakfast and freshening up	Discourse by Sadhviji on different topics	Seva Activities		Lunch and break	Classes on various topics and/or Seva Activities	Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Sunday	6th Aug	Breakfast and freshening up	Inter Country Sports day with various competitions - kabaddi, Cricket, Rounders, Kho				Lunch and break	Classes on various topics and/or Seva Activities	Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Monday	7th Aug	Yoga, meditation, Prayers and short lecture	Breakfast and freshening up	Discourse by Sadhviji on different topics	Seva Activities		Lunch and break	Preparation for singing competition	Dinner and free time	Singing competition		Lights out	
Tuesday	8th Aug	Yoga, meditation, Prayers and short lecture	Trip to Pawa Puri; activities with children there						Dinner and free time	Group discussion on various topics	Fellowship and Fun	Lights out	
Wednesday	9th Aug	Yoga, meditation, Prayers and short lecture	Breakfast and freshening up	Final visits to all seva locations and wrapping up; Final summary discourses;			Lunch and break	PREPARATION FOR GRAND MANORANJAN	Dinner and free time	GRAND MANORANJAN (Presentations, dances, skits, speeches, singing, PARTY); Final Goodbyes		Lights out	
Thursday	10th Aug	Breakfast and freshening up	Depart Rajgir for Patna and onward plans										
<p>Veerayatan will provide all the accomodation and meals free of cost, Costs for the day trips will be \$200.00 per person for all road trips. Air/rail costs to and from Patna to be paid by volunteer</p> <p>Total indemnity forms to be signed by all; medical history and other specific details to be shared</p> <p>Age group - 15 to 18 and 19 to 22; Over 22 welcome as program coordinators</p> <p>Volunteers to arrive into Patna on the 29th. Veerayatan will organise transport from and to Patna; Departure will be from Patna on the 12th of August.</p> <p>Dress code - Simple smart casual attire through out; nothing skimpy please; Weather will be hot during the day and cool at night</p>													

Time	Activity	Remarks
07:00a.m. - 08:15a.m.	<ul style="list-style-type: none"> Yoga (30mins.) Meditation (10mins.) Prayer (10mins.) 	
08:15a.m. - 10:00a.m. Breakfast and Bathe, etc.		
10:00a.m. - 11:00a.m.	<p>Talk by Sadhviji :Topics related to Children (for example):</p> <ul style="list-style-type: none"> Why pray? Why religion? Benefits of Meditation Forgiveness Giving Basic Principles of religion Behavior, Attitude, Expression of emotion 	
11:30a.m. - 01:00p.m.	<p>Seva Activities</p> <ul style="list-style-type: none"> Hospital Educational - Teach @ Pawapuri (day long) Gardening Plant Trees Clean gardens Water plants <p>Assist in Administration Office / Kitchen</p> <ul style="list-style-type: none"> Kitchen - Roti / Veggies cut/ Hygiene in the kitchen <p>Teach</p> <ul style="list-style-type: none"> Computers English Games - Sport (Basket Ball, Football, Netball) Craft / Art Public Speaking <p>Learn</p> <ul style="list-style-type: none"> Music Indian games 	- Exchange plan between varied cultures; wherein the volunteers teach the Veerayatan school students and in turn learn certain local games and arts too.
01:00p.m. - 03:00p.m. Lunch Break		
03:00p.m. - 04:30p.m. (2 sessions of 45mins.)	<p>Art Classes</p> <ul style="list-style-type: none"> Pottery Stitching - bags / pouches Wood work Painting - paper / pot Rangoli Mehendi Cooking 	Could consider giving the participants a choice such that at the end of the camp they learn a couple of arts and have a completed product/project.
04:30p.m. - 07:00p.m. Free-time and Dinner		
07:00p.m. - 08:30p.m.	<ul style="list-style-type: none"> Group Discussion What did we learn today? Question and Answer session Essay writing – Choose from the List of Subjects Debate Competition Bhajan 	Best liked essay – Print in Newsflash (or print all as an example of what was achieved in this trip)
<p>Ideas for intercountry debates</p> <p>Are the principles of Jainism still valid in today's world</p> <p>Morality and ethical dilemmas</p> <p>Does being a vegetarian work in today's society</p> <p>Business ethics - application of Jain values</p> <p>Stress in every day life- is it self made or caused by others</p> <p>Does God exist</p>		