

VRAJ YOUTH CAMP



CAMPER HANDBOOK



MISSION

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

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Visit VrajYouth.net for additional information



OBJECTIVES

1. Provide familiarity of Pushtimarg through classes and activities.
2. Exposure to philosophy behind vegetarian food, and 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 meetings 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 go beyond camp.
9. Participate in various activities that involve cooperation, public speaking, and team work.

ACTIVITIES

1. Yoga
2. Class – Our Vraj – Pushtimarg slokas, hymns, and understandings of rituals.
3. Class – Gujarati – Recognizing basic writing and conversation.
4. Class – Indian Culture – Indian history, geography, festivals and heritage.
5. Afternoons include the following various activities: Outings, Seva to Vraj, Healthy Habits, Cooking, Arts & Crafts, Bhajan, Open Forum, Vraj Olympics, Garba, etc.
6. Group/Individual activities focusing on preparation of two-minute skits, song, dance, musical performances, etc. for evening 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, softball, etc.



SAMPLE DAY PROGRAM

6:30 a.m.	- Wakeup call
6:55 a.m.	- Morning Stretches
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 – Indian Culture
10:45 – 11:25 a.m.	- Class B – Gujarati
11:30 – 12:10 p.m.	- Class C – Our Vraj
12:15 – 1:15 p.m.	- Lunch
1:15 – 1:55 p.m.	- Free Time
2:00 – 2:40 p.m.	- Activity 1 – Arts and Crafts
2:45 – 3:25 p.m.	- Activity 2 – Open Forum
3:30 – 3:55 p.m.	- Snack
4:00 – 4:45 p.m.	- Activity 3 – Seva to Vraj
4:50 – 5:50 p.m.	- Sports
5:50 – 6:15 p.m.	- Campfire skit preparation
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 return to rooms

*Schedules vary day-to-day



DROP-OFF / PICK-UP

Opening (First day of Camp):

Registration/Luggage Drop off

- Location: Murari Krupa / Dining Hall (Camp Campus)
- Time: 2:00pm – 2:30pm
- Please have all luggage and any necessary forms ready

Orientation for Parents

- Location: First Floor Haveli (Nandalaya)
- Time: 3:00pm – 4:00pm
- We request all parents or guardians to be present for the full orientation.

Closing (Last day of Camp):

Presentation and Camp Highlights

- Location: First Floor Haveli (Nandalaya)
- Time: 10:00am – 11:00am

Camper Sign Out

- Location: Navratna (Camp Campus)
- Time: 12:00pm
- A parent/guardian must be present in order to sign out a camper.
 - If having someone other than parent/guardian picking up camper, must notify and have approval of camp director prior to the start of camp.

Rajbhog Prasad

- Location: Anugrah (Old Haveli)
- Time: 1:00pm – 2:00pm



GUIDELINES FOR PARENTS/GUARDIANS

Be assured that your child is in safe and excellent care of our program leaders and counselors. A lot of planning has gone into making this program learning and fun filled experience. In order to facilitate lasting memories for your child we kindly request that you:

- make sure to speak with your child's counselor about any allergies or medical condition during the camp orientation.
- **do not leave a cell phone with your child**
- do not call your child unless there is an emergency.
- do not call to inquire about the well-being of your child.
- If a camper is ill or not able to adjust, we will give you a 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
 - Although we will do our best to help locate any missing items, Vraj and Vraj Youth will not be responsible to replace any missing items.

DRESS CODE

Campers/Counselors are expected to dress neatly and appropriately. Distracting outfits are not permitted and those unsuitably dressed will be requested to change into 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.
- 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.



CAMPER CODE OF CONDUCT

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

2. CONTRIBUTE to constructive group behavior by:
 - a. Participating in all activities
 - b. Supporting and obeying all those in authority (administrators, volunteers, counselors, etc.)
 - c. Controlling one's own physical actions, which are disturbing to others, i.e., fighting, tripping, shoving, using inappropriate language, etc.
 - d. Exercising self-discipline (e.g. properly eating in a courteous fashion, speaking quietly and disposing of garbage in a neat and orderly manner).
 - e. Playing in a cooperative manner and displaying good sportsmanship.

3. BEHAVE in a manner which will not disrupt the learning process by:
 - a. Refraining from any form of conduct which interferes with or prevents the learning process of oneself and/or others.
 - b. Do not use loud, abusive or profane language.
 - c. Do not use physical force against any camper or take part in any inappropriate behavior.

In addition to the above Campers are expected to:

- Adhering to the program schedule and regulations concerning attendance, tardiness, bedtime, etc.
- Take care of the sports and other equipment, the furnishings, and the building at all times.
- Maintain cleanliness of all areas of the campsite including rooms and bathrooms
- Not to leave the program site at any time.
- To seek out a counselor, volunteer, or director with any issue that they may have without fear of any repercussion.



CAMPER CODE OF CONDUCT (cont.)

- All campers should be in bed by 9:30 PM. Do not leave your assigned building at any time of the night.
- CELLPHONES and other electronics are NOT allowed and will be confiscated if found in the possession of the camper.
- Hazing and Bullying will not be tolerated. If you are a victim of or witness to such events, please notify the camp director immediately.
- No food from home of any kind (including gum, candy, etc.) is permitted. Furthermore, no food from the dining hall or snack time is permitted in the cabins at any point.
- Alcohol, vapes, tobacco, or drugs of any kind will not be tolerated at camp. Possession or use of these substances during camp will constitute immediate grounds for dismissal.

DISCIPLINE

Any violations of the code of conduct (but not limited to) will be evaluated by the counselor, head counselor, and directors of the camp. The appropriate penalties will be decided upon and adhered to without question.

A Camper can incur the following penalties for misconduct:

1. The following privileges can be taken away for a specific period of time:
 - a. Free Time
 - b. Field trips with arrangements for misbehaving camper to work with another volunteer or temple staff during that period of time.
 - c. Attendance/Participation in sports events.
 - d. Participation in other camp activities.
2. A camper can be required to attend a time-out supervised by an appropriate staff member.
3. The parent may be requested to take camper home.
4. Any other form of penalty, within reason, that the camp director decides upon.

OUTINGS / SPECIAL EVENTS

Campers are taken off of Vraj grounds during the week for field trips to Bowling and/or Ozzy's Family Fun Center

- Campers are provided with one Vraj Camp T-Shirt to be worn during these trips.
- Campers are expected to behave in accordance with the Code of Conduct, even though they are not on Vraj grounds.
- Campers are expected to respect all staff, property, and transportation buses at all times.

In addition, one night of the week will be devoted to a Garba/Raas night to be held at Bal Bodh on Vraj Grounds



CAMPER PACKING LIST

The following is a suggested list of items that campers should bring to camp. You can use this handy check-list as you are packing for camp. You may add any additional items you bring to the bottom of this list.

CLOTHING

- 8 Pairs Underwear
- 8 T-Shirts (1 plain white, no Tank Tops)
- 10 Pairs Socks
- 2 Long-sleeved sweatshirts or sweaters
- 2 Warm Up Pants or Sweatpants
- 2 Warm Shirts
- 7 Pair Pants/Capris/Shorts (appropriate length)
- 1 Lightweight Jacket
- 1 Pair Sandals or Flip Flops
- 1 Pair Sneakers
- 1 Raincoat/jacket with hood
- Pajamas
- BOYS: 2 dhoti or kurta/pajama for temple and Garba
- GIRLS: 1-2 Saris or Salwar Kameez for temple, 1 Chania Choli for Garba

TOILETRIES

- Soap (Bar w/ Soap Dish, Bodywash, etc.)
- Toothbrush and Toothpaste
- Hair Brush and/or Comb
- Deodorant (if necessary)
- Insect Repellant – Spray or Lotion
- Sunscreen
- Feminine Hygiene Supplies (if necessary)

GENERAL ITEMS

- 1 Large Suitcase
- 1 Pillow
- 2 Pillow Cases
- 1 Set TWIN Bedsheets
- 1 Warm Blanket
- 1 Notebook
- Pens and Pencils
- Laundry Bag w/ Labeled Name
- 2 Large Bath Towels
- 1 Wash Cloth
- 1 Hand Towel
- Reusable Water Bottle Labeled with **permanent marker**

Additional Items (optional)

- Musical Instruments
- Any items for campfire
- Clothing, Specialty Items, Music
- Baseball glove, balls, sports items

**DO NOT BRING
CELLPHONES, ELECTRONICS, FOOD
ITEMS, GUM, or ANY CASH**

IMPORTANT: Only bring prescribed medications, any other medical needs will be provided for.

Please only pack clothing items that abide by the Dress Code provided in this Handbook

Clothing should be packed to last at least **7 days** as we do not provide laundry facilities. All personal belongings must be confined to ONE suitcase. No closet space is available.



VRAJ is not responsible for lost items

CONTACT INFORMATION

Visit VrajYouth.net for additional information

Registration	OnlineReg@vrajyouth.net
Counselors	CounselorReg@vrajyouth.net
Volunteers	VolunteerReg@vrajyouth.net
General Inquiries	Info@vrajyouth.net

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 the 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.net) for additional information.

Important: Registration is processed in order of application submission as well as accuracy and validity of the information provided with the application and until camps are full!

Please keep in mind that we will try our best to accommodate you in your selected camp. However, we cannot guarantee that everyone will get their chosen camp.