

**YOU
CAN MAKE
A DIFFERENCE**



*Are You Ready To Grow Into
A Better Human Being?*

*Would You Like To Be An
Inspiration To Your Peers While
Helping Those In Need?*

*Are You Ready To Tangibly Impact
The Lives Of People Who Are Less
Fortunate Than You?*

*If YES, Veerayatan has specially
planned a 2-week program for
you in Bihar, India.*

Veerayatan, an NGO that focuses on the holistic betterment of humanity through the three mediums of **Seva (service)**, **Shiksha (education)**, and **Sadhana (inner development)**, has chalked a wholesome summer break for you.

During your stay in Rajgir, you will learn real life lessons imparted by the Sadhvijis of Veerayatan,

get a chance to serve at the local schools, hospitals, and shelters, and teach someone a language, sport, or art form you are most comfortable with. Your group of volunteers will also have ample free time to reflect and discuss the lessons you will learn, and how you can further lend your skills to the cause fruitfully. The possibilities of contributing to this greater good are endless.

What's more? At this life-changing opportunity, you will also get to interact and make friends with young adults like you from Kenya, the US, the UK, and Dubai!

Your accommodation and food during the entire duration will be FREE.

So HURRY and SIGN UP because this summer session has only 40 spots!

To sign up and for full details of the program log on to veerayatan.org

Dates: 29 July to 10 August 2017

Eligibility: Between 15 and 22 years

Total Cost: USD \$200

Kindly note: You will have to arrange for your travel to and from your home country to Patna, Bihar.



VEERAYATAN
compassion in action

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 Sadhvijis' 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										
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 Total indemnity forms to be signed by all; medical history and other specific details to be shared Age group - 15 to 18 and 19 to 22; Over 22 welcome as program coordinators 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. Dress code - Simple smart casual attire through out; nothing skimpy please; Weather will be hot during the day and cool at night													