

Family Retreat at Swami Dayananda Ashram, Rishikesh

The Family Retreat held in Swami Dayananda Ashram, Rishikesh was a transformative experience for families, bringing together participants from around the world to delve into ancient teachings and practices. The camp, spanning from May 5th to May 12th, 2024, was guided by Chief Acharya Swami Sakshatkrtananda Saraswati ji and executed by coordinator & Acharya Sri Pulluri Srinivas. This event aimed to create an awareness about the 'Treasure of Bharat' and the importance of family bonds and personal growth and finally for society development with Bharatiya Culture.

A diverse group of 58 individuals attended the camp:

- 28 children, 24 parent and 6 grandparents

The camp's curriculum was

For Children

- Breath awareness exercises, Surya-Namaskaras, Yogasanas & Pranayama.
- Bhagawad-Gita Chapter-15 Chanting
- Classes on Value of Values.
- Activity-Based Sessions: Hands-on activities that reinforced the day's teachings and promoted active learning. Also to create an awareness of surroundings; to improve the concentration & memory; and culturing the emotions.
- Yogic Games: Both indoor and outdoor games designed to be fun while fostering team spirit and physical fitness.

For Parents & Guardians

- Meditation; Bhagawad-Gita Chapter-12 Chanting & Explanation;
- Talks on Sanatana Dharma: Informative talks on the eternal principles of Hinduism, imparting ethical values and spiritual knowledge.
- Classes on 'Samskriti & Sampradayas' and 'Introduction to Vedanta'.

Combined Classes and activities for Children & Parents

- First two days Chief Acharya Swami Sakshatkrtananda Saraswati ji given the special classes on the importance of 'Prayatna and Prarthana for the successful life'; in which Swamiji highlighted the topics of 'Who is Ishwara?' & 'How to get the blessings of Ishwara'; 'What are the ingredients for Success?'
- Seva (service) for the maintain the cleanliness of the Lecture-Hall, Yoga-Hall, Art Gallery and Adhistanam area in and out.
- Krida-yoga, Talent shows with a blend of Bharatiya Samskriti; that encouraged sharing, joy, and a sense of community.

Volunteers of the Camp

- Swamini Satyavratana Saraswati Ji from Chennai
- Swamini Chidekarasana Saraswati Ji from UK
- Pulluri Kumuda from Hyderabad
- Abhijeet Bisht from Almora, Himalayas.
- Sakshee Sharma from Dehradun

The camp concluded with a sense of fulfilment and spiritual enrichment. Participants left with cherished memories, a deeper bond with their expanded family members. The natural beauty and tranquillity of the Himalayas and the sacred River Ganga provided the perfect backdrop for this profound experience. - *Report by Pulluri Srinivas*



Swami Dayananda Ashram, Rishikesh requires a supervisor on voluntary basis for house keeping who is middle aged, well versed in Hindi and connected & devoted to Arsha Parampara. Accommodation, food and a nominal payment will be made. Interested persons may contact through email at sakshat1949@gmail.com sending detailed resume.