

## Typical Camp Day

Time / Activity	Description
<b>6:45 – 7:35</b> <b>Wake Up</b>	All cabins brush, wash their face, etc. <i>Shower Rotation 1:</i> 1 Boy and 1 Girl cabin takes showers
<b>7:40 – 8:25</b> <b>Morning Rotation</b>	Participate in one of the following activities. Each day they change rotations. <ul style="list-style-type: none"> <li>• <i>Yoga:</i> Certified yoga instructors walk campers through a yoga class geared to the age group.</li> <li>• <i>Bhangraerobics:</i> Counselors/Staff teach campers simple Bhangra moves and practice them in a repetitive fashion to get some aerobic exercise</li> <li>• <i>Peaceful Journey / Risible Adventures:</i> Counselors/Staff do fun activities with the campers such as silent walks, trust exercises, team building events, and others.</li> </ul>
<b>8:30 – 8:40</b> <b>Rise and Shine</b>	Campers sing a fun song called 'Rise and Shine' to energize everyone.
<b>8:45 – 9:25</b> <b>Breakfast</b>	Includes milk, cereal, orange juice, oatmeal and one of the following: toast, bagels, muffins, or waffles.
<b>9:30 – 10:10</b> <b>Morning Puja</b>	Campers typically do Puja to two gods/goddesses and sing a few Bhajans. For each Puja, a different set of campers comes to the altar to do the physical offerings (rice, water, kum kum, etc.). Everyone at camp learns how to do Puja.
<b>10:15 – 11:00</b> <b>Chanting</b>	Counselor teach campers how to chant the different Pujas, Slokas, and Bhajans. Campers are divided based on experience and age.
<b>11:15 – 12:00</b> <b>Philosophy</b>	Staff teaches campers about Hindu philosophy using interactive methods like skits, small discussions, connections to pop culture and current events. Campers are divided by age.
<b>12:00 – 1:00</b> <b>Lunch</b>	Typically, American cuisine that includes salad, a side and one of the following: Tacos, Spaghetti, Grilled Cheese Sandwiches, Baked Ziti, or Mac & Cheese.
<b>1:00 – 1:55</b> <b>Cabin Clean-up / Free Time / Shower Rotation 2</b>	<i>Cabin Clean-up:</i> Campers put away their clothes, make their beds, and throw out any trash in the cabin. <i>Free Time:</i> Campers spend this time relaxing, playing sports or games. <i>Shower Rotation 2:</i> 1 Boy and 1 Girl cabin takes showers
<b>2:00 – 2:55</b> <b>Club 1</b>	Campers participate in one of the following clubs of their choosing: <ul style="list-style-type: none"> <li>• Arts and Crafts</li> <li>• Dance</li> <li>• Festivals of India</li> <li>• Drama</li> </ul>
<b>3:00 – 3:25</b> <b>Afternoon Snack</b>	Typically includes one of the following snacks: crackers, cookies, pop tarts, biscuits, etc.
<b>3:30 – 4:25</b> <b>Club 2</b>	Campers participate in one of the following clubs of their choosing: <ul style="list-style-type: none"> <li>• Arts and Crafts</li> <li>• Dance</li> <li>• Festivals of India</li> <li>• Drama</li> </ul>
<b>4:30 – 6:05</b> <b>Sports and Games / Shower Rotation 3</b>	Campers participate in sports like Frisbee, soccer, basketball, tag, four square and others <i>Shower Rotation 3:</i> 1 Boy and 1 Girl cabin takes showers.
<b>6:15 – 7:15</b> <b>Dinner</b>	Typically, international cuisine (Mexican, Italian, Thai) or Indian cuisine that includes rice, chapati, 1-2 vegetable curries, and daal
<b>7:20 – 8:50</b> <b>Evening Program</b>	These vary each year but programs include campfires, special pujas, India trivia night, dance party, classical musician concerts and others.
<b>8:50 – 9:00</b> <b>Evening Snack</b>	Typically includes milk and fruit along with one of the following snacks: crackers, cookies, pop tarts, biscuits, etc.
<b>9:00 – 9:30</b> <b>Sleep Preparation</b>	Younger campers (8-12) go down to the cabins to prepare for bed. Lights out at 9:30 pm
<b>9:00 – 10:00</b> <b>Group Sharing</b>	Older campers (13-16) participate in group sharing where they discuss older topics regarding what it means to be Hindu and/or Indian in America. These discussions are facilitated by staff.
<b>10:00 – 10:30</b> <b>Sleep Preparation</b>	Older campers (13-16) go down to the cabins to prepare for bed. Lights out at 10:30 pm