

20th S A D H A N A

Gurukul Camp (1 to 14 May 2018)

साधना

SADHANA is the annual Intensive Training Gurukul camp organized by MAHAGAMI every summer. The camp offers a multi-dimensional training to the art seekers.

Starting with a health checkup, the day starts with yoga at 6.30 a.m. followed by Dance, Music, Instruments, Sanskrit, Vedic chants Painting, Pottery.

The schedule also includes Audio –Video sessions like films and video recordings of eminent artists and their creations. The camp offers guest lectures on ancient Indian valued topics like ancient history, Ayurveda, Theater, etc. An Ayurvedic diet is provided to all participants specially designed keeping in mind the calorie intake and the

training schedule. This intensive training is being organized every year since 1999 and is open to all art aspirants of age above 5 years.

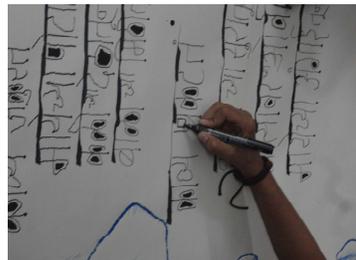
All this & much more involving lot of group activities and innovative fieldwork sensitively blended in the training schedule from 6 a.m. to 7 p.m.

For SADHANA, many eminent artists from all over India are invited to teach, interact and perform.



Features of the camp:

The camp primarily aims at creating a full domain of arts around the sadhaka can essentially feel the artistic element around and within him. The intensive training camp rejuvenates the participants and takes them back to the ancient times where the shishya was given an integrated education for enhancing his vision and understanding. The whole concept of the camp from Ayurvedic diet to the sessions can unfold the participant to rediscover his creative skills. An important aspect of this camp is to include Gurukul seva where sadhakas offer their services to Gurukul voluntarily shedding off their inhibitions and understanding the importance of work as an offering and dignity of labor.



Schedule: 6 am to 7 pm daily (Age 10 to 50 years)

Mini-Camp for Participants of age 5 to 10 years: 3 pm to 6 pm



SADHANA – In Retrospect:

SADHANA was conceptualized in 1999 by Parwati Dutta (Kathak & Odissi performer and Guru & Director of MAHAGAMI). She is the academic head of this training program & teaches both Kathak & Odissi to the SADHAKAs (SADHANA students in the past years, SADHAKAs have had the privilege to receive guidance from prominent artists who contributed to this camp. Gurus like Pt. Birju Maharaj (Kathak, Delhi), Guru Sadanam Balakrishnan (Kathakali, Kerala), Guru Banamali Moharana (Mardal, Orissa), Shri. Shashdhar Acharya (Chhau, Assam), Shri. Uday Bhawalkar (Dhrupad Exponent, Pune), Smt. Sombal Satale (Dhrupad Exponent, Khairagarh). Sessions on Odissi Music conducted by a team of artists from Orissa. Shri. Udayan Indurkar (Scholar & Famous Historian, Pune), Late Shri Ajit Soman (Flute- Flutes from the world, Pune), Late Pt. S.B. Deshpande (Musicologist, Aurangabad), Pt. Vasantrao Ghorpadkar (Pakhawaj, Pune) etc. were held for the students to assimilate the vast scope of arts and the essence for its manifestation along with an idea to inculcate the values and vision of our Indian culture. SADHANA Camps in past years have included sessions on interesting topics like Stargazing, Ancient Indian science, Shadow Puppetry, Krishna Gatha, slide shows and lectures on Ancient Heritage sites of India by the renowned historians, Hasya Yoga, Films and lectures on Environment awareness, Calligraphy, Brain- Teaser games to improve concentration and focus .Music appreciation sessions, sessions on Musicology and Etymology.

Daily Schedule:

The camp is conducted for 13 hrs.daily with 5 breaks during the day.

The sadhakas report at 6 a.m.at the dining cottage (parnakuti) where herbal tea is served.

Tentative schedule –

6 a.m. – Herbal Tea, 6.30 a.m. to 7.30 a.m. Yoga, 8 a.m. – Breakfast, 8.30 a.m. to 10.30a.m. - Dance, 10.30 a.m – Health Drink, 11 a.m. to 12 – music, Sanskrit, chants, etc., 12 to 2 p.m. – lunch & rest, 2 to 4 – visual arts, theatre, Lec-dems, A.V. etc., 4 p.m. – health drink, 4.30 p.m.– 5.30 p.m.- instruments, other events, 5.30 p.m. to 7 p.m. – dance, 7.30 p.m. – dinner.(Only for residents).

SADHAKAs between 7 years to 12 years can opt for shorter training schedule – from 8.30 am to 4 pm.

They can report at 8.20 am and leave at 4 pm.

Vegetarian food is served to the participants. Health check-up is conducted in the beginning of the camp to realize the fitness of the sadhakas. Accommodation is on sharing basis. Geysers, coolers, filtered water, round the clock security is provided. Hospital, Banks, Telephone, medical shops are within campus. Participant with any ailment (physiological / psychological) or undergoing any treatment should report this at the time of registration. Applicant should be prepared for the training schedule and ensure that they have the required stamina and focus in order to benefit from the camp. Visitors can meet the participants only between 8 p.m. to 9 p.m. at the visitor's zone. Mobile phones are strictly prohibited during the camp. Participants can receive calls from their family after dinner at the MAHAGAMI office.

Join the camp:

Any art enthusiast above 5 years of age can join the camp. The last date for the registration is 20th APRIL 2018.

Participants will be required to furnish names of referees who can approve regarding the ability and conduct of the participant. MAHAGAMI office can be contacted between 9 a.m. to 6 p.m. on any working day for availability of registration forms. Or the forms could be downloaded from the official website of MAHAGAMI

www.mahagami.org For any assistance, please call 8237021054 (ext 31, 33) or 9372093189 or send email to **mahagami.outreach@gmail.com**

Google Location of MAHAGAMI -

<https://www.google.co.in/maps/place/MAHAGAMI+DANCE+GURUKUL/@19.879071,75.355955,15z/data=!4m2!3m1!1s0x0:0x1e22d7b70a306ee5>

RULES & REGULATIONS

All participants should report on 1ST May 2018, 5.30 p.m. at MAHAGAMI office with all the necessities for the camp.

1. The participant is required to fill the registration form duly filled in and deposit the registration fee as mentioned in the form. Also, a declaration by parent / guardian should be filled for those **below 25 years age** and sent at time of registration. Participants should bring receipt of registration or email acknowledgment issued by MAHAGAMI while reporting on **1 May 2018, 5.30 p.m.** The form with 2 stamp size photos should be submitted with form or scanned copy be emailed.
2. An identity card and information kit will be given to each participant (SADHAKA).
3. An orientation, AV presentation and live performance will be arranged for the SADHAKAs and their parents / guardians on 1 May. Local SADHAKAs can disperse at 7.30 p.m. on 1 May after reporting and orientation.
4. Resident SADHAKAs will be allotted their rooms on 1 May evening. Dinner will be served at 7.30 p.m. daily only to residents.
5. Daily training from 2 May will be from 6 a.m. to 7.30 p.m. SADHAKAs below 12 years can attend sessions from 8.30 a.m. to 4 p.m. They should have breakfast before coming to MAHAGAMI as those opting for short duration will not be served breakfast at 8 am or evening snack at 4 pm
6. All SADHAKAs should assemble at 6 a.m. everyday for the morning herbal tea.
7. SADHAKAs will not be allowed to leave the campus in between without prior permission. For any assistance, contact office.
8. SADHAKAs should wear cotton / Khadi clothes (Indian attire – kurta, pajama, etc.) during the camp days. Western outfits will not be allowed. Indian outfits can be purchased from MAHAGAMI if required.

A. Following necessities should be brought.

- a. Ghungroo (for students with previous dance background)
- b. Dance music (if possible, for students of any classical dance)
- c. Notebook, pen
- d. Pencil, rubber, scale, brushes, etc. for drawing and painting
- e. Steel plates, 2 spoons, 2 bowls, 2 glasses - **COMPULSARY**
- f. Glucose, honey, biscuits (optional) – can be used during breaks if desired
- g. Hand towel, liquid soap
- h. Cotton cap / hat, (optional)
- i. Audio cd of choice (Indian classical music) – to listen during breaks. Please give cd to office with name. It will be returned on last day of the camp.
- j. Medicines (if required) – with directions from doctor-Please inform MAHAGAMI office at the time of Joining about this.
- k. Water bottle (optional)
- l. Bed sheet / Chataai for yoga

B. Residents should bring the following, in addition to above:

- a. Clothes (cotton / Khadi) – comfortable wear for yoga, dance, etc
- b. Personal necessities, toilet kit
- c. Alarm clock, torch
- d. Bed-sheets – 2, Pillow & Pillow cover (if required); (Mattress will be provided.)
- e. Mosquito repellent (additional, if needed) – it will be arranged in each room

9. Parents / Guardians of SADHAKAs can meet from 8.30 p.m. to 9 p.m. at visitor zone of front office. No visitors will be allowed between 6 a.m. to 8 p.m so as to give a complete experience exclusively to the SADHAKAs. Main entrance gate will be closed at 9.30 p.m. hence visitors may disperse by that time.

10. SADHAKAS of the age below 12 years or with health problems can leave at 4.00 p.m. This Should be informed at the time of Registration or during the camp to the office

11. **SADHAKAs are not allowed to use their personal mobile phones.** In case of query or request or any problem they can speak to our Gurukul team and get it sorted. Parents can call MAHAGAMI office to leave messages for respective SADHAKAS if needed.

12. MAHAGAMI is located in MGM campus that has a hospital. In case of a medical emergency, SADHAKA can report to the office or any coordinator so that immediate medical relief is provided. For those undergoing any treatment, in order to understand the medical history in special cases, it is advised to keep prescription of the doctor with details about frequency of administering the medication.

13. The camp will close on 14th May morning. An AV presentation, live performance and valedictory function will be arranged for the family members and guests, which will conclude at 11.30 a.m. Parents, family, friends of SADHAKAs are invited to attend this. All SADHAKAs can disperse after that.

14. Video DVD of the camp will be given to the interested SADHAKAs as per booking.

15. Participation & Training of a SADHAKA will be discontinued in case of misbehavior & disobedience.

16. Participants should bring **white kurta-pyjama or salwar-kurta** with **Red dupatta** for valedictory function program on 14th May.

