

# NATIONAL INTEGRATION YOUTH CAMP

Nalanda, Bihar

Organized by:

National Youth Project

From 19<sup>th</sup> September to 24<sup>th</sup> September 2022

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## CAMP SCHEDULE

Date	Period	Activities	Remarks
19/9/2022	6.00 am to 11.00 am	Confirmation of Registration & Group Formation	
	11.00 am to 12.00 noon	Introduction	
	12.00 pm to 1.00 pm	Lunch	
	1.00 pm to 2.00 pm	Rest	
	2.00 pm to 4.00 pm	Formal Inaugural function of camp	
	4.00 pm 4.30 pm	Tea & Snacks	
	4.30 pm to 6.00 pm	Sadbhavna Rally	
	6.00 pm to 6.30 pm	All Religion Prayer	
	6.30 pm to 8.00 pm	Cultural Programme	
	8.00 pm to 9.00 pm	Dinner	
	9.00 pm to 9.30 pm	Group Meeting	
	9.30 pm to 10.00 pm	Personal work / Diary writing	
	10.00 pm	<b>LIGHTS OUT</b>	
20/9/2022	4.55 am to 5.00 am	Youth Song	
	5.00 am to 5.45 am	Wash up / personal work	
	5.45 am to 6.00 am	Morning Tea	
	6.00 am to 7.00 am	Physical exercise / Yoga / Meditation	
	7.00 am to 8.00 am	Social services / shram sanskar	
	8.00 am to 8.45 am	Break Fast	
	8.45 am to 9.30 am	Bath / personal work	
	9.30 am to 10.00 am	Flag Salutation	
	10.00 am to 11.00 am	Discussion on hot topics i.e. drugs issue, climate change, unemployment, etc	
	11.00 am to 12.00 pm	Language class / Learn each other's language	
	12.00 pm to 1.00 pm	Lunch	
	1.00 pm to 2.00 pm	Rest	
	2.00 pm to 3.00 pm	Workshop on important issues	
	3.00 pm to 4.00 pm	Talent Exchange Programme	
	4.00 pm to 4.30 pm	Tea Break	
	4.30 pm to 5.30 pm	Games & Sports	
	5.30 pm to 6.00 pm	Wash up / dress up / practice for cultural programme	
	6.00 pm to 6.30 pm	All Religion Prayer	
	6.30 pm to 8.00 pm	Cultural Programme	
	8.00 pm to 9.00 pm	Dinner	
	9.00 pm to 9.30 pm	Group Meeting	
	9.30 pm to 10.00 pm	Personal work / Diary writing	
	10.00 pm	<b>LIGHTS OUT</b>	

21/9/2022	4.55 am to 5.00 am	Youth Song	
	5.00 am to 5.45 am	Wash up / personal work	
	5.45 am to 6.00 am	Morning Tea	
	6.00 am to 7.00 am	Physical exercise / Yoga / Meditation	
	7.00 am to 8.00 am	Social services / shram sanskar	
	8.00 am to 8.45 am	Break Fast	
	8.45 am to 9.30 am	Bath / personal work	
	9.30 am to 10.00 am	Flag Salutation	
	10.00 am to 11.00 am	Discussion on hot topics i.e. drugs issue, climate change, unemployment, etc	
	11.00 am to 12.00 pm	Language class / Learn each other's language	
	12.00 pm to 1.00 pm	Lunch	
	1.00 pm to 2.00 pm	Rest	
	2.00 pm to 3.00 pm	Workshop on important issues	
	3.00 pm to 4.00 pm	Talent Exchange Programme	
	4.00 pm to 4.30 pm	Tea Break	
	4.30 pm to 5.30 pm	Games & Sports	
	5.30 pm to 6.00 pm	Wash up / dress up / practice	
	6.00 pm to 6.30 pm	All Religion Prayer	
	6.30 pm to 8.00 pm	Cultural Programme	
	8.00 pm to 9.00 pm	Dinner	
	9.00 pm to 9.30 pm	Group Meeting	
	9.30 pm to 10.00 pm	Personal work / Diary writing	
	10.00 pm	<b>LIGHTS OUT</b>	
22/9/2022	4.55 am to 5.00 am	Youth Song	
	5.00 am to 5.45 am	Wash up / personal work	
	5.45 am to 6.00 am	Morning Tea	
	6.00 am to 7.00 am	Physical exercise / Yoga / Meditation	
	7.00 am to 8.00 am	Social services / shram sanskar	
	8.00 am to 8.45 am	Break Fast	
	8.45 am to 9.30 am	Bath / personal work	
	9.30 am to 10.00 am	Flag Salutation	
	10.00 am to 11.00 am	Discussion on hot topics i.e. drugs issue, climate change, unemployment, etc	
	11.00 am to 12.00 pm	Language class / Learn each other's language	
	12.00 pm to 1.00 pm	Lunch	
	1.00 pm to 2.00 pm	Rest	
	2.00 pm to 3.00 pm	Workshop on important issues	
	3.00 pm to 4.00 pm	Talent Exchange Programme	
	4.00 pm to 4.30 pm	Tea Break	
	4.30 pm to 5.30 pm	Games & Sports	
	5.30 pm to 6.00 pm	Wash up / dress up / practice	
	6.00 pm to 6.30 pm	All Religion Prayer	
	6.30 pm to 8.00 pm	Cultural Programme	
	8.00 pm to 9.00 pm	Dinner	
	9.00 pm to 9.30 pm	Group Meeting	
	9.30 pm to 10.00 pm	Personal work / Diary writing	
	10.00 pm	<b>LIGHTS OUT</b>	

23/9/2022	4.55 am to 5.00 am	Youth Song	
	5.00 am to 5.45 am	Wash up / personal work	
	5.45 am to 6.00 am	Morning Tea	
	6.00 am to 7.00 am	Physical exercise / Yoga / Meditation	
	7.00 am to 8.00 am	Social services / shram sanskar	
	8.00 am to 8.45 am	Break Fast	
	8.45 am to 9.30 am	Bath / personal work	
	9.30 am to 10.00 am	Flag Salutation	
	10.00 am to 5.30 pm	Site Seeing and village visit / visit to important & historical locations / Lunch in between visit	
	5.30 pm to 6.00 pm	Wash up / dress up / practice	
	6.00 pm to 6.30 pm	All Religion Prayer	
	6.30 pm to 8.00 pm	Cultural Programme	
	8.00 pm to 9.00 pm	Dinner	
	9.00 pm to 9.30 pm	Group Meeting	
	9.30 pm to 10.00 pm	Personal work / Diary writing	
	10.00 pm	<b>LIGHTS OUT</b>	
24/9/2022	4.55 am to 5.00 am	Youth Song	
	5.00 am to 5.45 am	Wash up / personal work	
	5.45 am to 6.00 am	Morning Tea	
	6.00 am to 7.00 am	Physical exercise / Yoga / Meditation	
	7.00 am to 8.00 am	Social services / shram sanskar	
	8.00 am to 8.45 am	Break Fast	
	8.45 am to 9.30 am	Bath / personal work	
	9.30 am to 10.00 am	Flag Salutation	
	10.00 am to 12.00 pm	Valedictory Function	
	12.00 pm to 1.00 pm	Lunch & Camp concludes	
	1.00 pm onwards	Departure	