



The Way to Establish Permanent Peace

Akal International Youth Camp-2012

Akal Academy, Baru Sahib, HP, India

UK PROGRAM AND GENERAL INFORMATION

LOCATION: The camp will be held at Akal Academy, Baru Sahib, located in the lap of the majestic sylvan Himalayan Hills, ensconced in the valley surrounded by beautiful mountains from all sides, 135 km from Chandigarh, near Solan in Himachal Pradesh, India

REPORTING AT BARU SAHIB: July 26, 2011

AGE LIMIT: 8 to 25 (In-depth experience for Senior Campers) CAMP CAPACITY: 100

EDUCATION EXCHANGE DONATION: while you gain your education, please support Baru Sahib to sponsor an underprivileged child in exchange. A donation of £315 provides a year's student fees for one child.

Most of the young children in rural North India have to stay at home due to poverty and lack of educational opportunities around their villages. They indulge in household work or child labor. Your sponsorship could change that. Sponsor the value based education of a rural child in North India. Your sponsorship will make a difference to their life and the panth, enabling them to develop into a responsible, honest and hard working citizens helping in the creation of an ideal society

PROGRAM AND ACTIVITIES: The campers will learn *Gurmukhi, Naam Simran, Nitnem, Gurbani Santhya* (correct pronunciation of *Gurbani*), *Kirtan, Gurmat*, Sikh philosophy, Sikh history and practical way of Sikh living. Classes for learning musical instruments will also be provided. To sharpen the mind and body, *Yoga* exercises, *Gatka* (Sikh martial arts), Sports, hiking in the hills, picnics and many other fun activities will take place. Interested campers can also avail the opportunity for *Amrit Sanchar* at the camp.

MUSIC INSTRUMENT CLASSES: Campers can choose to learn to play any of the following music instruments: Harmonium, *Tabla, Sitar, Violin, Rabab, Saranda, Touse, Sarangi* etc.

CAMP FACILITIES: The camp will be housed in a new building with modern, sanitary facilities for boarding, lodging and classrooms. Campers will be provided with distilled water for drinking. Separate facility will be available for campers' parents.

MEALS: Delicious and highly nutritious vegetarian meals will be provided. Pizzas, veggie burgers, French fries, milk shakes and other western dishes will also be served.

MEDICAL: Baru Sahib has a fully equipped 280-bed Akal Charitable Hospital with competent medical staff of 50.

COMMUNICATION: Students may receive mail; phone communication may take place on the designated days; and e-mail messages may be sent to pro@barusahib.org, which will be printed and given to the student. Authorized visits are allowed on August 6 and August 7, 2012.

TRANSPORTATION: Air-conditioned Buses will leave Delhi office at F-3, Rajouri Garden, New Delhi at 9:00 AM for Baru Sahib on July 26, 2012. Campers will also be provided with transportation on trip to historic Gurdwaras and back to New Delhi on August 21, 2012. Arrangements will be made to pick up unaccompanied minors from the airport on July 25 and July 26, 2012.

IMPORTANT DATES:

Reporting at Baru Sahib	July 26, 2012
Registration of the campers	July 27, 2012
Inauguration of the camp	July 28, 2012
Mid-camp ceremony	Aug 14, 2012
Closing of the camp	Aug 21, 2012
Trip to historic Gurdwaras	Aug 22, 2012
Return flights	Aug 22 night or 23 early morning

Suggestions for Airline Travel: Try to adjust your flight to Delhi to arrive on July 25 or 26.

Download Registration and other Forms: <http://barusahib.org/pdf/Forms-2011.pdf>

Registration Coordinators:

USA and other countries: Bhupinder Singh, 860-233-6458, bsingh1699@gmail.com

UK and Europe: Charanbir Singh Anand, 07926355041

R.S. Atwal, 07711382621

Sukhdev Singh Rai, 07774 160006, sukhdev@cleversocks.co.uk

Tejinder Singh, 07738857524

Onkar Singh Rehal, 07515155762

Canada: Avtar Singh Gill, 604-780-7200, info@akalacademy.ca

Japan: Sarabjit Singh, 81669412179, abnash_bhatia@yahoo.com

Mandeep Singh, 81782416344, mschadha@recosoft.com

Registration Forms may be mailed to:

USA and other countries: 192 Mohawk Drive West Hartford, CT 06117

UK and Europe: Baru Sahib UK camp (SS Rai, c/o Cleversocks Ltd., 101 Charles Henry Street, Highgate, Birmingham, B12 0SJ

Canada: Akal Academy Surrey, #204-12639-80 ave, Surrey BC Canada, Fax: 1800-518-0740

Japan: Osaka-Shi, Chuo-ku, 1-1-8 nonibashi Tanimachi green heights 802 5400011

(Parents desirous of getting their wards admitted in Akal Academy, Baru Sahib, may request the Akal Academy authorities for the entrance test.)

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REGISTRATION FORM for Akal International Youth Camp, Akal Academy, Baru Sahib

It is important that you PRINT CLEARLY and fill the form COMPLETELY

Name of Parent or Guardian _____

Address _____ City & State _____ Zip: _____

Telephone (Residence) _____ (Business) _____ E mail: _____

Emergency Contact Information (Name and Telephone Number) _____

Legal Full Name of Child	Sex (M/F)	Date of Birth	Current Grade Level	Is your child currently under treatment for a medical condition?
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Enclosed please find check number: _____ for US\$ _____ to

cover _____ registrations.
Payable to The Kalgidhar Trust

Number of youth

We authorize The Kalgidhar Trust to provide any medical or surgical treatment required during the camp. Kalgidhar Trust will not be held responsible for any accident or untoward incident during the camp.

SIGNATURE OF PARENT OR GUARDIAN: _____ DATE: _____

NOTE: We do not encourage young children with medical problems/conditions to attend the camp unless they are fully responsible with and trained in the use of their medical equipment and medication.

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Akal Academy, Baru Sahib, HP, India

The Kalgidhar Trust, Sant Attar Singh Hari Sadhu Ashram, Baru Sahib, H.P.- 173 101 (India)
camps@barusahib.org Ph.# 91-1799-276031/91, 09816033303/4

ARTICLES REQUIRED

- Several Pagris/Patkas/Chunnis (minimum 2 each)
- Several Kurta and Pajamas/ Salwar Kameezs for day trips (minimum 2 each)
- A pair of pants/jeans (no shorts or crop pants) and t-shirt for the picnic.
- 2-3 night suits
- Light jacket
- Sneakers (minimum 2 pairs)
- Bath /shower rubber soled shoes (flip flops)
- Easy to slip on and off, sturdy, comfortable day shoes / sandals.
- Toiletries / personal hygiene items (soap, shampoo, toothpaste etc).
- Insect repellent
- Prescribed medication with a completed medication form.
- Labeled Laundry bag
- Four day supply of undergarments, socks, cloth hankies etc.
- 2 Bath towels and 2 hand towels
- 1 refillable water bottle
- 1 backpack with a pocket for a water bottle

NOTE:

1. All personal items and articles of clothing must be labeled with the attendee's name using a permanent marker.
2. Avoid bringing clothing where the colors run during washing. Laundry will be done at least twice a week.
3. Bring clothes that are appropriate to wear at this location.
4. Campers will be responsible for their own belongings and are discouraged from bringing jewelry etc.
5. Campers will be provided camp uniforms.

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CHECKLIST FOR APPLICATION PART II

Please check off each item as you complete it and place it in the envelope before mailing:

- GETTING TO KNOW YOU**
- WAIVER OF LIABILITY CERTIFICATE**
- CAMP RULES FOR CAMPERS**
- MEDICAL CERTIFICATE (two sheets)**
- ONE PASSPORT SIZE PHOTO OF CAMPER**
- PHOTOGRAPHS OF PARENTS AND VISITORS**
- TRAVEL INFORMATION FORM**
- A COPY OF PASSPORT**

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GETTING TO KNOW YOU

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Can you: Read Punjabi (yes/no), Write Punjabi (yes/no), Speak Punjabi (yes/no)?

Do you know Kirtan (yes/no)? If yes, how many shabads? _____

Do you know Gurbani (yes/no)? If yes, encircle your choice: **JAPJI SAHIB, JAAP SAHIB, NITNEM**

Do you know Gatka (yes/no)? If yes, how much? _____

Encircle the musical instruments, you can play: Harmonium Tabla Others _____

Encircle the area you would like to learn more? Kirtan, Punjabi, Gurbani, Sikh History, Sikh Philosophy

Name the Sikh youth camps you have attended and the number of times you attended each in parentheses.

What sports do you most enjoy playing? _____

What is the longest amount of time you have spent away from your parents? _____

What are your expectations for this Gurmat camp? _____

Please provide the following information for the uniform:

Height: ____ ft. ____ in. **Weight:** ____ lb. **Pants:** Waist: ____ in. Inside leg: ____ in.

Encircle your T-shirt size: **Children's size** M L **Adult's size** S M L XL

Write a short paragraph in the space provided telling us anything we should know about you.

Did you attend any Akal Camp at Baru Sahib? Yes / No. If yes, specify years _____

Signature of Student _____ Signature of Parent _____

Signature of Student _____ Signature of Parent _____

HEALTH EXAMINATION AND CONSENT FORM

(To be completed by parent and camper)

It is required that all students complete a History and Physical examination prior to attending the camp. The exam is at the expense of the student. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions.

Name _____ Home Address _____
 Phone _____ Grade _____ Date of Birth _____ Sex _____
 Personal Physician _____ Physician's phone number _____

HISTORY FORM

*Fill in details of "YES" answers in space below:

	YES	NO		YES	NO
1. Are you presently taking any medication or pills?	___	___	4. Do you have any skin problems? (Itching, rash, acne)	___	___
2. Do you have any allergies (medicine, bees, other stinging insects)?	___	___	5. A. Have you ever had a head injury?	___	___
3. A. Have you ever passed out during or after exercise?	___	___	B. Have you ever been knocked out or unconscious?	___	___
B. Have you ever been dizzy during or after exercise?	___	___	C. Have you ever had a seizure?	___	___
C. Have you ever had chest pain during or after exercise?	___	___	6. Do you have trouble breathing or cough during or after exercise?	___	___
D. Do you tire more quickly than your friends during exercise?	___	___	7. Do you use special equipment, pads, braces, mouth or eye guards?	___	___
E. Have you ever had high blood pressure?	___	___	8. A. Have you had problems with your eyes or vision?	___	___
F. Have you ever been told you have a heart murmur?	___	___	B. Do you wear glasses, contacts or protective eyewear?	___	___
9. Have you ever had any other medical problems such as:					
_____ Mononucleosis _____ Diabetes _____ Asthma _____ Hepatitis _____ Headaches (frequent) _____ Tuberculosis _____ Eye injuries _____ Stomach ulcer _____ Other (explain) _____					
10. When was your last tetanus shot? _____					
11. When was your last measles immunization? _____					
*Explain all "YES" answers here: _____					

CONSENT FORM

(Parent or Guardian and Student Permission and Approval)

I hereby consent to the above named student participating in the camp. This consent includes travel to and from the location to the airport and day trips. I further consent to treatment deemed necessary by physicians designated by camp authorities for any illness or injury resulting from his/her participation. I also consent to the release of any information contained in this form to carry out treatment and health care operations for the above named student.

PARENT OR GUARDIAN SIGNATURE _____ DATE: _____

This application to compete in the camp is entirely voluntary on my part.

SIGNATURE OF STUDENT _____

DATE: _____

PHYSICAL EXAMINATION FORM

(Please leave this form blank if the child is healthy. Otherwise, give all details so that appropriate medical arrangements can be made at Akal Hospital before the arrival of your ward at Baru Sahib.)

(To be completed by the appropriate medical personnel)

Height _____ Weight _____ BP _____ / _____ T _____ Pulse R _____

Visual acuity: R 20 / _____ L 20 / _____ Corrected: Y N

	Normal	Abnormal
Ears, Nose, Throat	_____	_____
Cardiopulmonary		
Pulses	_____	_____
Heart	_____	_____
Lungs	_____	_____
Skin	_____	
Abdominal	_____	_____
Genitalia	_____	_____
Musculoskeletal		
Neck	_____	_____
Shoulder	_____	_____
Elbow	_____	_____
Wrist	_____	_____
Hand	_____	_____
Back	_____	_____
Knee	_____	_____
Ankle	_____	_____
Foot	_____	_____

CLEARANCE / RECOMMENDATIONS

Check and complete A or B

_____ A. Cleared for all camp-sponsored activities.

Recommendation: _____

_____ B. Not cleared for all camp activities

Restrictions:

Examiner's Signature: _____

Examiner's printed name: _____ **Date:** _____

(This Physical form must be signed by a licensed physician, physician's assistant or nurse practitioner)

Address: _____ **Phone:** _____

INDEMNIFICATION / WAIVER OF LIABILITY

1. The attendee of the camp (hereinafter referred to as "Attendee") held at Baru Sahib agrees that he/she alone is responsible for his/her safety and well-being and that of any visitor or guest of his/hers while on the property of The Kalgidhar Trust. The Attendee, his/her next of kin, heirs, executors, personal representatives, successors and assigns, specifically RELEASES and DISCHARGES, in advance, The Kalgidhar Trust and any of their officials, agents, representatives, officers, directors, employees, trustees, members, affiliates, or lessees (herein after referred to as "Releases") from any and all liability whether known or unknown, EVEN THOUGH that liability may arise out of negligence or carelessness on the part of the Releases.
2. The Attendee, on behalf of himself/herself, his/her next of kin, heirs, executors, personal representatives, successors and assigns, hereby agrees to WAIVE, RELEASE and DISCHARGE any and all claims for damages for death, personal injury or property damage which may hereafter accrue to him/her as a result of his/her attending the camp at Baru Sahib, whether such death, injury, or damage, was reasonably foreseeable by either party, or by any of the Releasees.
3. The Attendee, on behalf of himself/herself, his/her next of kin, heirs, executors, personal representatives, successors and assigns, hereby agrees to forever HOLD HARMLESS AND INDEMNIFY all Releasees from any and all liability for death, personal injury or property damage resulting to anyone in any way from the Attendee's attendance in the camp at Baru Sahib, including any such injury, damage, or liability which may accrue on account of any visitor or guest of the Attendee while at Baru Sahib.
4. The Attendee, on behalf of himself/herself, his/her next of kin, heirs, executors, personal representatives, successors and assigns, expressly agrees that the foregoing RELEASES, WAIVERS, DISCHARGES AND INDEMNIFICATION'S are intended by him/her and the RELEASEES to be as broad and inclusive as is permitted by the laws of United States of America/Canada/Himachal Pradesh, India and/or the law of any other state, province or jurisdiction whose laws are deemed to apply.
5. In addition to the foregoing paragraphs, numbered 1 through 4, in no way shall The Kalgidhar Trust be responsible for any costs or legal fees associated in any way with any death, personal injury or property damage, out of any action allowed or required by this Waiver Agreement.

Signed: _____ Date: _____

Name: _____

Name of Attendee: _____

Relationship to Attendee: _____

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CAMP RULES

The Camp Directors reserve the right to keep or remove any camper for any reason. All campers are expected to abide by the following rules and policies:

1. All campers will be expected to maintain exemplary levels of behavior.
2. Appropriate levels of physical and verbal interactions are expected at all times. Any violation will be dealt with appropriately and on a discretionary basis.
3. No camper shall be unaccounted for at any time.
4. ID tags must be worn at all times.
5. Willful damage of personal or camp property by campers will not be tolerated.
6. Campers will not be allowed to leave the property at any time or for any reason without the permission of the camp director.
7. No camper will be allowed in *restricted areas*.
8. Appropriate levels of personal hygiene shall be maintained.
9. Appropriate respect must be given to all staff, guests, and campers.
10. Any practice contrary to the Sikh code of ethics shall not be tolerated.
11. Parents/ contact person will be notified of any major injury or illnesses.
12. Physical relationships between male and female campers will not be allowed during camp.
13. YOU MAY NOT BRING: CD's, cell phones, etc.
14. Campers will be responsible for their own belongings and are discouraged from bringing jewelry etc.
15. Boys are expected to wear a Dastaar, Patka or Pagri at all times. Girls are expected to neatly braid their hair and wear a Chunni or Dastaar at all times.

Signature of Attendee _____ Date _____

Signature of Parent/Guardian: _____ Date _____

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RULES FOR PARENTS

The camp management understands that you are leaving your child at Baru Sahib for 2012 Youth Camp and that you will want to *make* sure that your child is happy and satisfied. First let us assure you that during summer of 2011, Gurmat Youth Camp for North American campers was held at Baru Sahib and at present 181 foreign students from USA, Canada and other countries are enrolled at Akal Academy Baru Sahib. Our staff and faculty at the Baru Sahib complex are familiar with the special needs of foreign students. All campers will receive loving tender care, attention and discipline. However we have a few suggestions for you that will keep you happy, your children safe, sound and pleased and will help us out a great deal. We apologize early on for any inconveniences that these suggestions may cause, but we would appreciate your understanding and cooperation on these matters.

The rules for visiting the camp are as follows:

If you wish to stay at Baru Sahib during the duration of the camp, boarding and lodging will be provided for a camp donation of \$500 per person. During the duration of the camp, campers must stay with their assigned class at all times. The parents can also accompany their children for the whole duration of the camp by paying camp donation of \$500 per person. They will also be given Gurbani knowledge as per their level and can also enjoy all the camp facilities.

Out of camp, parents or identified others may visit the camper on **midterm function and Closing ceremony ONLY**. On the visitor days, your children must sit with their class in the Darbar Sahib. While visiting, we know you will respect the sanctity of the location, adhering to the established rules about shoes and head covering in the appropriate location.

Baru Sahib keeps the genders separate and we will adhere to that policy during the duration of this camp.

We do not encourage, and will **NOT ACCEPT ANY FOOD** via visits, mail, etc. Please do not leave any candy or food with your children.

Please leave any money that you would like your child to have while he/she stays at Baru Sahib, with the assigned adult staff member upon arrival. We suggest no more than \$50 for the entire duration.

Due to our size and per scheduling, *your child will ONLY be able to call you if there is an emergency or during the assigned days*. Please do not encourage your child to contact you. Should there be an emergency or problem, you or the emergency contact in India will be contacted. However, you may send an e-mail message, which will be printed and handed over to your child. While sending the message by e-mail, please type child's **full name and registration** number on the "Subject line". E-mail address is: pro@barusahib.org

We will be having a closing ceremony, which will include award ceremony, Kirtan and other performances by the campers on closing ceremony day. We invite parents to attend this ceremony to encourage the participants.