Illuminating Roads to Introspection

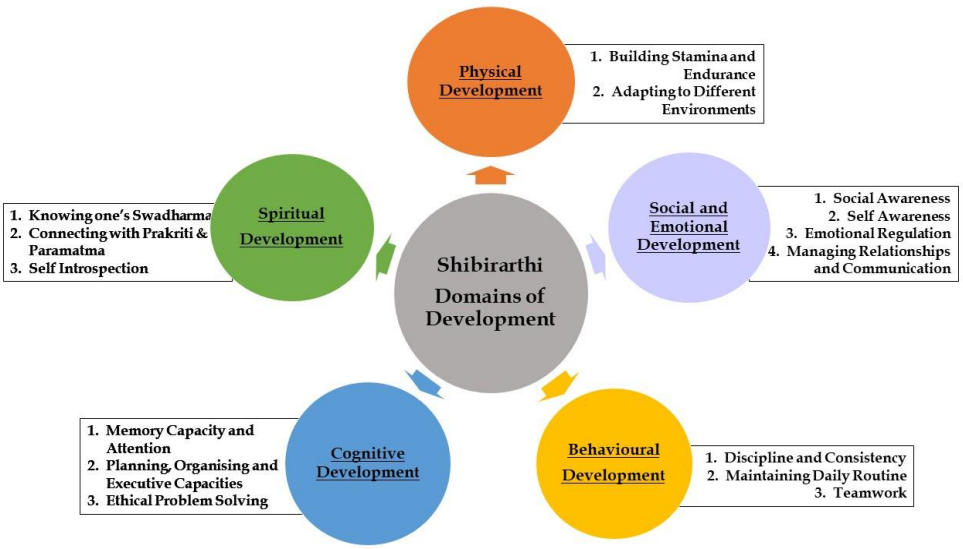
CHIRANTANA
Institute of Introspective Studies

उद्धरेदात्मनात्मानम् Shibira 2026

Inviting all Shibirarthis to
A Residential Summer Camp - From April 19th - April 26th

Venue - Dharithree Trust, Narasipura Village, Koratagere Road, Nelamangala Taluk,

Developmental Framework - Integrating Vedic Perspective into Values & Skills for All



- Inspired by the Vedic concept, **सह वीर्यङ्करवावहै**, elders and children of all ages reside and learn together, share enthusiasm and ideas. Hence Shibia offers an unique environment where learning happens more by inspiration & less by instructions.
- One of the primary goals is to give a learning experience for shibirarthis to understand the power of self-discipline, self-reflection and self-restraint.

Shibira Samaya Sarini - Highlights of the Routine @ Shibira

1. All the shibirathis wake up before dawn and begin their day with fitness and end with a talent show.
2. They learn personal management skills like combing hair, washing their clothes, living away from the comforts of home etc.
3. They work not just as a team member but understanding one's role through the lens of SwaDharma -
   - Swacchata - Cleaning the area they reside & use
   - Bhojana - Serve others & contribute in the kitchen
   - Learn & Grow Together - All the shibirarthis learn shlokas, concepts, songs together and offer feedback to each other through Avalokanam reflection session forgetting the generation gap
4. They experience the moments of silence in dhyana, japa and the pathways to connect to the Supreme power within oneself in various sessions
   - Gita Loka & MamaBharata Mahabharata - Learning about our ancestral values, contemporary issues and application to personal and social life
   - Chintan & Manthan - Debating on various facts which directly concern our growth, discussing our opinions & debunking the myths
5. Our shibirarthis get to take back ever cherishable moments from activities like serving Go-Maata, eating under moonlight, getting fed by our maata-bhaginis etc

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