



Special issue  
July 2025

# National Youth Project (NYP)

## “BHARAT KI SANTAN”

Masters Training Camp

Thrissur - Chalakkudy, Kerala

Day 03 Report- 24 July 2025

### UNITY THROUGH NATURE, SPIRITUALITY AND CULTURE



#### **Morning Session: Discipline, Reflection & Inner Peace**

The third day of the Bharat Ki Santhan Masters Training Camp began with the calm and disciplined rhythm of the daily morning routine, which included morning prayers, yoga and meditation. Participants gathered at dawn in silence, creating a sacred space for self-reflection, physical awareness and mental clarity.

The session was designed to harmonize body and mind before entering into the day's activities. As yoga postures were practiced under the guidance of NYP trainers, participants were reminded of Mahatma Gandhi's emphasis on holistic health—a balance of physical fitness, spiritual grounding and emotional well-being.





## National Youth Project (NYP)

### “BHARAT KI SANTAN”

#### Masters Training Camp

Chalakkudy, Kerala

#### Field Visit and Sightseeing:

##### A Journey to Athirappilly Waterfalls

Following the morning routine, participants were taken on an enriching field visit to the iconic Athirappilly Waterfalls, one of Kerala's most celebrated natural landmarks.

Before the journey began, Shri Karayil Sukumaran ji and NYP Kerala team members Sajeer Babu VS, Dilik Divakaran, Sachin KG, Jithin Poul and Anil Lal CK addressed the group and highlighted the educational purpose of field visits during the Bharat Ki Santhan camps. They explained that engaging directly with nature, history and local communities helps youth understand the diverse cultural and ecological identity of India. Such experiences, they emphasized, foster a deeper sense of national belonging and responsibility.

At Athirappilly, participants were mesmerised by the majestic falls cascading down the Sholayar forests. Often referred to as the

“Niagara of India”, Athirappilly is surrounded by lush greenery, rare flora and fauna and the tranquil rhythm of flowing water.

The trainers used this visit to conduct discussions on environmental preservation, explaining how Athirappilly is not just a tourist attraction, but a biodiversity hotspot. The region is home to endangered species like the Great Hornbill and Lion-tailed Macaque. They stressed the importance of preserving such ecosystems in the face of modern development pressures.

However, the beauty of Athirappilly has not been free from political and environmental controversy. Participants were briefed about the protests against hydroelectric dam projects that could threaten the region's ecological balance. The session offered insights into how youth activism and ecological awareness can protect such heritage sites, ensuring they remain intact for future generations.

#### Evening Session:

##### Sarva Dharma Prarthana & Cultural Practice

The evening began with a soul-stirring Sarva Dharma Prarthana (All Faiths Prayer)—a signature practice of NYP camps. Madhu Bhayi, Sukumaran ji, Ran Singh ji, Yadav Raju, Sivanand Bhaji, Dr. V. Prasantha and Karunakaran led the interfaith prayer. Shi. Shibu Valappan - Municipal Chairman were the chief guest.

In this powerful session, prayers from various religions—Hindu, Muslim, Christian, Sikh and others—were chanted, emphasizing the universal message of love, peace and unity. The leaders shared their insights on how prayer transforms the human heart, bringing calmness, clarity and compassion. They encouraged youth to embrace spiritual diversity as strength, not division.

The session was both meditative and unifying, leaving a lasting emotional impact on the participants.







# National Youth Project (NYP) “BHARAT KI SANTAN”

## Masters Training Camp

Chalakkudy, Kerala

### Cultural Rehearsal & National Songs Practice

A camp recap was conducted to consolidate learnings and experiences so far. Participants reflected on their personal growth, their interactions with fellow campers and the values absorbed through the sessions.

Later, a formal demonstration and rehearsal of the first ten dance forms used in Bharat Ki Santan cultural segments was conducted. Bhargav Kumar and Neeraj Kumar led this vibrant session, helping participants master the movements, meanings and messages behind each dance. These dance forms symbolize India's cultural unity in diversity, drawn from different states and traditions.

The day concluded with the collective practice of patriotic songs composed and sung by Bhai Ji (Dr. S. N. Subbarao). These songs, filled with messages of unity, selfless service and national pride, echoed across the campgrounds—rekindling the spirit of Bharat Ki Santan.

Day Three of the Bharat Ki Santan Masters Training Camp blended natural beauty, spiritual harmony, environmental awareness, cultural heritage and patriotic learning. It brought participants closer to the ideals of service, unity and love for the motherland, nurturing them as leaders of tomorrow.



### Published By:

National Youth Project (NYP),  
Mahatma Gandhi Seva Ashram  
Joura. PO, Morena, Madhya Pradesh, India

Phone: +91 9993592425 / +91 9447482816  
Email: [Info@nypindia.org](mailto:Info@nypindia.org)  
Website: [www.nypindia.org](http://www.nypindia.org)

### Chief Editor

: Karayil Sukumaran

### Associate Editor

: Ren Singh Parmar

### Research

: Sunilji

Sheethal Jain

### Design

: Ji Media, Trivandrum