

# THE Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION

(A PROJECT OF THE NATIONAL COUNCIL OF YMCAs OF INDIA)

A CHRISTIAN MINORITY INSTITUTION, NANDANAM, CHENNAI - 600035

An Autonomous College
Affiliated to Tamil Nadu Physical Education and Sports University
Accredited by NAAC with Grade 'A'
Recognised by National Council for Teacher Education & Government of Tamil Nadu



THE ANNUAL LEADERSHIP TRAINING CAMP 2021-2022

19.04.2022 to 22.04.2022

## (THE GOLDEN RULE, MATT. 7.12)

"So in everything, do to others what you would (wish) have them do to you, for this sums up the law and the prophets."

YMCA Camp Site, Yelagiri Hills Mangalam Post, Vellore District, Phone : 04179-245226

## NATIONAL FLAG



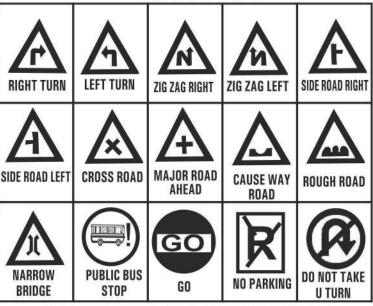
Pingali Venkayya who designed the National Flag of India, was a lecturer and geophysicist in Japan. He died on July 4, 1963 in Machilipatnam, Andhra Pradesh.

In 1906 at Calcutta the first National Flag was hoisted. It was different from the present flag. Different types of flags with different colours came into existence. But finally in 1931 a

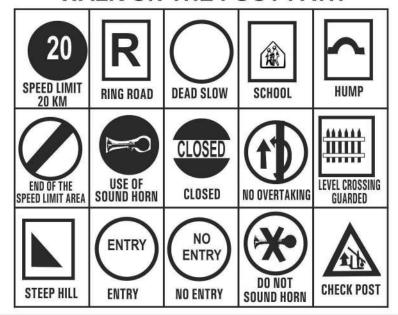
resolution was passed when the AICC met at Karachi. The flag was interpreted as saffron for courage, white for truth and peace, and green for faith and prosperity. The dharma chakra which appears on the abacus of the Samath at the capital of Emperor Ashoka was adopted in the place of spindle and string as the emblem on the National Flag.

Interpreting the colours chosen for the National Flag, Dr.Sarvepalli Radhakrishnan explained that the saffron colour denoted renunciation or disinterestedness of political leaders towards material gains in life. The white depicted enlightenment, lighting the path of truth to guide our conduct. The green symbolised our relation to the soil, to the plant life here on which all other life depends. The Ashoka wheel in the centre of the white strip represented the law of dharma.

## **KEEP LEFT**



## WALK ON THE FOOT-PATH



## 22.04.2022 (Friday)

05.45 A.M.	:	Rising Call
06.00 to 6.15 A.M.	:	Coffee
06.30 to 7.00 A.M.	:	Flag Hoisting, Physical Jerks and Instructions
06.45 to 7.15 A.M.	:	Submission of Equipment & Devotion
07.30 to 8.00 A.M.	:	Competition in Community Singing
08.00 to 08.30 A.M.	:	Breakfast
09.15 to 11.30 A.M.	:	Camp Olympics
12.00 to 12.45 P.M.	:	Lunch
1.00 to 1.30	:	Exhibition
2.00 to 3.00 P.M.	:	Valedictory of Camp
3.00 to 3.30 P.M.	:	Tea & Collection of Food Packets
3.45 P.M.	:	Departure

## **CAMPFIRE CEREMONIES**

## The Departure of Hiawatha

The adaptation from Longfellow's poem is a very suitable drama for first night of a camp in which the Red Indian tribal plan is used. It may well follow the camp fire opening ceremonies and serve as a setting for the election of the Grand Chief which should follow immediately.

The group of players, which may be any number from five to twelve or more, should enter and take their places in a circle around the fire, inside the larger ring of campers and visitors. After a moment's pause, the person taking the part of the Medicine Man (the aged adviser and counsellor) should say:

"Brothers! We are gathered to hear tidings of great sorrow. To every man, soon or late, comes the call of Paugag, the voice that bids him journey to the Spirit land. Happy that man to whom the call cometh when his fame is at its height; for then shall his people mourn for him truly. Our beloved Chief Hiawatha has heard the dreaded summons, even now must he sing his farewell song and depart from us ever".

All show great concern, murmur their protest and point and gaze at Hiawatha. Hiawatha rising says: My work is done. I have made you, who were weak and scattered people into a strong and united nation. I have taught you how to live. Now I go, and in going let me show you how to die"

He then walks to exit and sings to them:

"Mourn ye not, ov'r my departure,
Mourn ye not: Oh mourn ye not, my people,
I, Hiawatha, soon will have departed,
Mourn ye not: My journey is eternal,
I, Hiawatha, soon will have gone forever".

As Hiawatha backs away with one hand uplifted, the actors turn towards him taking various kneeling positions and sing:

Fare thee well, then Hiawatha
Fare thee well, Oh, fare thee well forever
Sinks the sun, our prophet goeth onward
Fare thee well, may stars shine on the journey
Oh! Hiawatha, through shadows everlasting.

By this time Hiawatha is out of sight and some distance away. He sings "Mourn ye not" again and the group who have moved to the edge of the ring answer with "Fare thee well" Hiawatha again sings "Mourn ye not" and his voice is only faintly heard. During this verse, the group follows out, straining to catch the last sound of Hiawatha's words and the scene closes here.

The Medicine man enters the ring again and conducts the election of the New Grand Chief.

## 1. FIRE LIGHTING CERMONY, "Y.M.C.A. IDEAL"

Alter all the campers are seated in the Ring, the Ceremony shall begin. A lighted torch fixed on a long handle is brought in by a person dressed in a robe. He stands near the centre with the torch lifted up. Now the three speakers enter and form a circle. Each one carries a torch not lighted.

SPEAKER No. 1 (dressed suitably, exposing the muscles)

I am the BODY. I carry the strength and mobility to climb mountains and to swim across the stream of water. I am physical personality when the MIND and SPIRIT are separated from me. I need them for simulation and guidance.

SPEAKER No.2 (dressed in normal attire) I am the MIND. I am the intellect and the message centre of all the activities of the BODY. I create the ideas and solve the problems that my BODY is constantly with. I am the voice which speaks, the ear to hear, sense to feel and the eye to see. But I am not complete without the BODY also, my intellect needs the guidance of the SPIRIT.

SPEAKER No.3 (dressed in white) I am the SPIRIT. I am the most difficult to understand or to be seen, yet if I am not present there is not real meaning in outward appearances and ideas, hate and love. At the same time, I am incomplete without the MIND and BODY.

SPEAKER No.2 If then we are not WHOLE, COMPLETE when separated from one another, let us join together in unity so that we are THREE IN ONE and completely whole.

At this point, the three speakers light torches from the flame upheld by the Torch Bearer.

## 21.04.2022 (Thursday)

05.45 A.M. : Rising Call

06.00 to 6.30 A.M. : Coffee

06.30 to 6.45 A.M. : Flag Hoisting, Physical Jerks

and Instructions

07.00 to 7.45 A.M. : Devotion

07.45 to 8.15 A.M. : Cleaning

08.30 to 09.00 A.M. : Breakfast

09.00 to 09.30 A.M. : Community Singing &

Kit Inspection

09.30 to 10.00 A.M. : Issue of Prevision

10.00 A.M. to 12.30 P.M. : Cook-out

1.00 to 1.45 P.M. : Lunch

2.00 to 6.00 P.M. : Hiking

7.00 to 7.30 P.M. : Dinner

7.30 to 9.00 P.M. : Friends in Council

9.00 P.M. : Ginger Tea

9.30 P.M. : Lights off

## 20.04.2022 (Wednesday)

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05.45 A.M.	:	Rising Call		
06.00 to 6.30 A.M.	;	Coffee		
06.30 to 6.45 A.M.	:	Flag Hoisting, Physical Jerks and Instructions		
06.45 to 7.15 A.M.	:	Devotion		
07.15 to 8.30 A.M.	:	Cleaning		
08.30 to 09.00 A.M.	:	Breakfast		
09.30 to 10.15 A.M.	:	Community Singing & Kit Inspection		
11.00 to 11.30 A.M.	:	I Shift		
11.35 to 12.05 P.M.	:	II Shift	Morning Activities	
	:	III Shift _		
12.10 to 12.40 P.M.	:	Leisure Tir	me Activities	
1.00 to 1.45 P.M.	:	Lunch		
2.00 to 3.15 P.M.	;	Rest		
3.30 to 3.45 P.M.	:	Assembly		
4.00 to 4.30 P.M.	:	I Shift		
4.35 to 5.15 P.M.	:	II Shift	Evening Activities	
5.10 to 5.40 P.M.	:	III Shift _		
5.45 to 6.15 P.M.	:	Preparatio Programm	n for Camp Fire e	
6.30 to 7.15 P.M.	i	Dinner		
7.15 to 8.15 P.M.	:	Camp Fire Programme		
8.15 to 9.15 P.M.	:	Ginger Tea		
9.30 P.M.	:	Lights off		
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SPEAKER No.2. As symbols of our unity, let us jointly light the camp fire.

The three speakers light the fire and have their torches along with the burning firewood.

TORCH BEARER: The triangle of the Y.M.C.A. is an ideal of human unity. May this great thought spread still further to inspire mankind in far away lands.

The Torch Bearer leaves the Ring (to his next destination) with the lighted torch and the BODY, MIND and SPIRIT follow in the same order. The flame of the Bearer's torch is put out soon after the party comes outside the Ring.

#### II. FIRE LIGHTING CEREMONY "CAMP SPIRIT":

The following six objectives of camping are personified and they enter the Council Ring one by one with an unlighted torch and go round the heap of wood with slow steps. Finally they stand around and as they say their parts, they light their torch and raise it overhead. After each one has said his part and lighted the torch, they set fire to the pile of wood and call upon the fire spirit and the supreme being to sanctify the campfire activities.

#### 1. SPIRIT OF CHARACTER:

"I am the Spirit of character which is spotless, with my presence in this camp, there shall be purity, unselfishness, sportmanship and respect for all in thought, word and deed of all the campers. Their character shall be as pure as the flame of my torch."

#### 2. SPIRIT OF HEALTH:

"I am the spirit of health. I shall give strength to the body, mind and spirit of the campers. I shall keep them free from all sickness, moral, mental and physical. They shall be as powerful as the flame in my torch."

#### 3. SPIRIT OF DEMOCRACY:

"I am the spirit of democracy. I shall prevail over the privileges and duties of the campers. I shall enable them to establish self government, self-discipline and self-sacrifice. My torch is the symbol of equality of all human beings like the flames of all kinds of fire."

#### 4. SPIRIT OF FRIENDSHIP:

"I am the spirit of friendship. I shall establish understanding, loyalty, cooperation and love amongst all the campers. Their love shall be as bright as the brightness of my torch."

#### 5. SPIRIT OF CITIZENSHIP:

"I am the spirit of citizenship. I shall make the campers a happy community. They shall develop patriotism, leadership, followership and consideration for others and above all the love of God and service to mankind irrespective of race, caste, colour or creed. They shall feel as free as the flame of my torch."

## 6. SPIRIT OF FUN AND HAPPINESS:

"I am the spirit of fund and happiness. I shall be in the camp through rain or sunshine. I shall replace the hardship and difficulties of camp life. The flame of my torch is like cheerfulness which overcomes all troubles."

#### 7. ALL THE SPIRITS:

"We put our torches to light your camp fire (fire one leads and all present repeat after him). Let this fire purify our thoughts and make us a community united in love for the glory of God, Country and Mankind."

#### III. FIRE LIGHTING CEREMONY OF OMAHA

This ceremony is taken from the Omaha tribe of North American Red Indians, may be used to secure a scene of remembrance in the camp fire opening programme. Some such ceremony has the important value of securing from the very outset an orderly response from group. There is a distinct advantage in having all the campers seated in a circle so that they will face each other and the Presiding Chief. This formation enables everyone to see all that is going on, encourages all to take part and assist in the maintenance of good order.

The ceremony is best performed by eight campers but, if necessary it may be by one person. When there are eight, one of them (the smallest) may act as torch bearer and of the other seven, each takes one of speaking parts numbered 1 to 7. The torch-bearer will carry the torch from one to the other as they rise in turn to carry out their parts. After each "Noonway" all the campers will answer with a long intonation

## DAILY CAMP SCHEDULE 19.04.2022 (Tuesday)

07.00 A.M.	:	Worship		
07.45 A.M.	:	Flag Hoisting & Camp Inauguration		
08.30 A.M.	:	Distribution of personal equipment, Selection of the Unit Directors, Unit Leaders and Naming the units.		
09.00 A.M.	:	Cleaning		
09.15 A.M.	:	Breakfast		
10.15 A.M.	:	Community Singing		
11.00 to 11.30 A.M.	:	I Shift		
11.35 to 12.15 PM	:	II Shift Morning Activities		
12.20 to 1.00 P.M.	:	III Shift_		
1.00 to 1.45 P.M.	÷	Lunch		
2.00 to 3.15 P.M.	:	Rest		
3.30 to 3.45 P.M.	:	Assembley		
4.00 to 4.30 P.M.	:	I Shift		
4.35 to 5.05 P.M.	:	II Shift Evening Activities		
5.10 to 5.45 P.M.	:	III Shift_		
5.45 to 6.30 P.M.:	*	Preparation for Camp Fire Programme		
6.30 to 7.15 P.M.	:	Dinner		
7.15 to 9.15 P.M.	:	Camp Fire Programme		

Ginger Tea

9.15 to 9.30 P.M.

Evening)	0,1
Morning &	22.04.2022
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	22.04.2022 Friday	Morning		18 2	COMMUNITY SINGING & CAMP OLYMPICS						
	.2022 sday	Evening		HIKING							
Thursday  Thursday  OK-OUT  IKING  Morning Evenin				OK	OO						
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	20.04.2022 Wednesday	Evening	II	В	O	D	ш	щ	A		
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	19.04.2022 Tuesday	Ш	Ι	Q	ш	Щ	V	B	C		
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"Noonaway" (Amen or this is our prayer). After all the campers are seated in the council ring, the selected campers, dressed in some appropriate costume, will enter with slow steps, take their seats around the fire, wait until all are silent and they say their parts as follows:

- 1. Hear ye my friends, we are gathered for a council of fellowship and friendly contest. We shall first light the fire to cheer and brighten our activities. (Calls to Torch Bearer) "Oh! Torch Bearer, bring the torch." (Lights fire with torch) "Let the light of this fire purify our thoughts and its warmth kindle within us the noble feeling-Hay Oon Kee YaNoonway (All reply Noonway).
- 2. (Raising the torch high overhead) "To Wakkonda, the one great spirit that his wisdom be upon us. Hay OonKee Ya-Noonway (All reply Noonway).
- 3. (Pointing Torch to the Ground): To Maka the Mother Earth, that she sends us food. HayOonKee Ya-Noonway (All reply Noonway).
- 4. (Pointing Torch to West) "To Weeyo-Peevata the sunset wind that he comes not in his strength upon us. Hay Oon Kee Ya-Noonway (All reply Noonway).
- 5. (Point Torch to North) "To Wazi- Yata, the North Wind that he comes not in his strength upon us. Hay Oon Kee Ya-Noonway (All reply Noonway).
- 6. (Pointing Torch to East) "To Weeyo-hin-pata, the sunrise wind that he comes with his rains to bless our crops. Hay Oon Kee Ya-Noonway (All reply Noonway)
- 7. (Pointing Torch to South) "To Okaga, the Hot Wind that he strikes us not with his fierce heat. Hay OonKee Ya-Noonway (All reply Noonway).
- 8. (Rising Torch high overhead) "Wakonda, makes this Torch and fire symbol of light land life. We ask thee to be with us and make our council a family united in love with thee as the father of all. Hay Oon Kee Ya Noonway (All reply Noonway).

The Torch-bearer shall then take the torch and follow around the Council Ring and each of them rise as he comes to him and thus in single file wind

## KIT INSPECTION

Campers are required to follow the instruction given below:

- 1. All wet clothing and towels must be hung behind the tents of the unit.
- 2. All dry clothing should be folded neatly or hung up in an orderly fashion.
- 3. Beds should be rolled and arranged.
- 4. Suit cases, boxes and bags should be placed on racks.
- 5. Shoes, plates etc. should be placed on racks.
- 6. Paper bits, match sticks and such things should be removed.
- 7. The floor should be swept neatly.
- 8. The area outside the unit also should be cleaned up well.

## SUGGESTIONS:

- 1. Make and use sufficient number of shoe racks, plate stands, etc.
- Use flowers and leaves for natural decoration. Do not make the decoration artificial.
- 3. Make an emblem or floral design in front of the unit.
- 4. Try to introduce novelty.

## "TEN COMMANDMENTS" FOR CAMP GAME LEADERSHIP

(Taken from River Road Camp Bulletin)

- 1. Know your game. No matter how simple or how often you have played the game, review it mentally before using it.
- 2. Plan the games so that a series may be conducted from one formation. Don't spend unnecessary time moving from a circle to a line back to a circle again.

## CAMP LEADERS & RESPONSIBILITIES Dates: 19.04.2022 to 22.04.2022

Dr. George Abraham (Dr. GA) - Camp cruiser

Dr. K.Jothi Dayanandan (Dr. KJD) - Camp Director

Dr. S. Glady Kirubakar (Dr. SGK) - Programme Director,

Community singing

Dr. S. Abraham Davidson (Dr. ADS) - Unit Director, Community singing,

Camp craft / Citizenship Training,

Tactile games

Mr. Felix Arokiaraj (Mr. MFA) - Unit Director, Community singing,

Drawing and Painting & Camp

Fire.

Dr. Merlin Thanga Daniel (Dr. MTD) - Housing Director, Unit Director,

Community singing, Social Games & Stunt and contests

Dr. Pon. Anbarasu (Dr. PA) - Mess Director, Unit Director,

Community singing, Progressive Games Hiking & Citizenship

Training.

Dr.G.Bobby (Dr. GB) - Unit Director, Community singing,

Nature Collection, Treasure hunt.

Dr. D. Veda Ganam (Dr. DTV) - Unit Director, Community singing,

Camp Exhibition & Visitor's day,

Plastic Needle work &

Party Games

Mr. Mughil (Mr. KM) - First Aid

Mr. George - Marker

Mr. Ravi - Marker

## CAMP ACTIVITIES MORNING ACTIVITIES

A – Stunts and Contest – Dr. MTD
B – Plastic and Needle Work – Dr. DTV
C – Natural Collection – Dr. GB

D - Camp Craft / Citizenship Training - Dr. ADS, Dr. PA

E – Drawing and Painting – Mr. MFA F – First Aid – Mr. KM

## **EVENING ACTIVITIES**

A - Progressive Games - Dr. PA
B - Tactile games - Dr. ADS
C - Social Games - Dr. MTD
D - Party Games - Dr. DTV
E - Treasure Hunt - Dr. GB
F - Camp Fire - Dr. MFA

★ There will be THREE shifts in the morning and evening activities.

## SPECIAL ACTIVITIES

Equipment Incharge - Dr. GB

Cook – out – Dr. PA and Dr. DTV & all Staff

Hiking – Dr. ADS and all Staff Camp Olympics – Dr. MTD and all Staff

Camp Exhibition - Mr.MFA, Dr. DTV, Dr. GB and

All Staff

Community singing - All Staff

Bus Arrangement – Dr. SGK and Dr. KJD

Housing Director - Dr. MTD

- 3. Needed equipment should be checked and placed conveniently before you start.
- 4. Change to another game before there are signs of weariness or boredom.
- Don't be 'whistle crazy' Soon the group will not listen to the whistle at all.
- 6. Get into the game yourself. Don't only look as though you are having fun; be sure you enjoy the game too.
- 7. You must have sense of humour; be enthusiastic and lenient. This is not the place for 'iron clad' discipline, although orderliness and attention are essential.
- Use as wide a variety of games as possible. Variety makes for increased skills in running, dodging and handling of balls and other equipments.
- See that everyone plays. Never have more than one game per session. Do not choose games, where the less skilled or less fortunate has to be dropped out because of a penalty.
- 10. Choose alternate slower games which are less strenuous in nature.

## **CAMP WORSHIP**

#### CALL TO WORSHIP

## MORNING PRAYER

O worship the Lord in the beauty of holiness.

Stand in awe of him, all the earth. For God is spirit and they that worship him must worship in spirit and in truth.

Let the words of my mouth and the meditation of my heart be acceptable in thy sight. O Lord, my strength and my redeemer. Our Father,

This morning I saw some birds in some of the larger trees. They seemed to be able to get along so well with each other. Many times while I am working and playing with others, I could be more friendly and get along better with them. Help me never to be a trouble maker and to be friendly with my friends.

AMEN

AMEN

## **CAMP WORSHIP**

## GENERAL PRAYER

## 1.

In whose name we both pray and play. We ask thee of strength and courage to be fearless in the tasks that face us. We ask for the opportunities to do right and for tasks that will challenge our best.

## 2.

For the gift of strength and health And for Friendship's boundless wealth

For the power to think a right And for religion's guiding light, We give thee thanks.

**AMEN** 

## BENEDICTION

May the silence of the hills,
The joy of the winds,
The peace of the fields,
The strength of the trees,
And the faith of a little child,
In all of which is God be in
Your heart.

**AMEN** 

## CAMP SONGS

## 1. ARE YOU SLEEPING?

Are you sleeping(2) brother John (2) Morning bells are ringing ding, ding, dong (2)

## 2. OLD MAC DONALD

Old Mac Donald Had a farm EIEIO and on his farm he had some chicks EIEIO with a chick chick here And a chick chick there here a chick, there a chick everywhere a chick chick old Mac...and on his farm he had some ducks EIEIO with a quack quack here And a quack quack there here a Quack there a Quack everywhere a quack quack old Mac...some And on his farm he had a turkey EIEIO with a Gobble Gobble here.... and on his farm he had some pigs Onik-Onik......

## 3. CAMP FIRE'S BURNING

Camp fire's burning (2)
Draw nearer, Draw nearer
In the gloaming, in the
gloaming
Come sing and be Merry

#### 4. ALOU ETTE

Alou ette, gecetile, A-lou-et-te A-lou-et-tee, jet lumera je te plumerai ta tete je te plumerai ta tete je te plumerial ta tete Ela tete Oh! Alouette Ela bac

7. Unit Director	:	Responsible for unit activities: eg. attendance of unit for activities setting up-devotion, housing facilities, discipline in unit-individual and group problems - supervision of group projects - help to meet the needs of campers.
8. Activity Supervisor	:	(Works with the programme Director and Campers) Selection and preparation for the activity. Instruction and supervision of activity, equipment for the activity.
9. Counsellors	:	(Works with the unit director and

- : (Works with the unit director and group leaders) As a big brother to the unit members look after the needs, health and welfare of campers, enforcing punctuality on the campers.
- 10. Specialists

  : (Works with the Programme Director) Instruction on the particular activity helps the camper in selecting and carrying out projects.
- 11. Housing Director : Accommodation and other facilities for the campers and leaders.

## **CAMP LEADERS' RESPONSIBILITIES**

1. Camp Cruiser : Principal-Over all in charge of the Administration of the Camp.

2. Camp Director : Head of the Camp (Co-ordinates all

camp activities through the Camp Council). Allots responsibilities discipline, looking after the needs

of campers and leaders -

orientation and training -records and reports-council meeting - budget -business administration.

3. Deputy Camp Director : Assisting the camp director in all

camp activities and looking after the job of camp director in the

absence of camp director.

4. Programme Director : (Works with activity supervisors

and campers) Responsible for the Camp Programme. Plan and co-ordinate activities, Projects & evaluation of the programme

rosters.

5. Health Director : (Works with Doctor) prevention of

diseases and injuries, sanitation - health inspection- first aid etc.

6. Mess Director : Purchase and supply of food,

food service etc.

## CAMP SONGS

## 5. GING GONG GOOLI

Ging Gong Gooli Gooli Gooli gooli watch, her ging Gang go, ging gang go Hay la heyla chela, hey La chela hey al ho shallawy shallawy. Shallawy, shallawy umba. Umba, Umba

## 6. VIVE LA MOUR

Come all good fellows now join in a song Vive-la-com-pagni Success to each other and Pass it along.

Viva la-com pagni

## Chorus

A friend on your left and a friend on your right, Vive la-com pagni

#### Chorus

Now wider and wider our circle expands
Vive la-com pagni

## Chorus:

Viva la, viva la viva Ia'mour Viva la. viva la. vive la'mour Vive la vive la vivilla mour Viva I'am our, Vivilla mour Viva la com-pagni.

## 7. Row row row your boat

Row row row your boat Gently down the stream Merrily Merrily (4) Life is but a dream

## 8. SHE'LL BE COMING ROUND

I. She'll be coming round the mountain (when she comes) (2) She'll be coming round the mountain She'll be coming round the mountain (3) when she comes (2)

#### Chorus:

Signing Ai, Ai, Yippy Yippy Ai (2) Singing AiAi Yippy Yippy Ai Ai Yippy Yippi

2. She'll be riding six white horses (when she comes) (2)

## 9. Bit of Paper

Bits of Paper (2) Lying on the ground (2) Makes the place Untidy (2) Pick them up (2)

## 10. ONE FINGER ONE THUMP

- 1. One finger one thumb, one hand, One arm, keep moving (Repeat 3 times)
- 2. One finger, one thumb, one hand.
- 3. Add one leg, two legs stand up sit down,
- 4. And stand up, turn around sit down.

## 11. ENGLISH & HINDI

We shall overcome-3
Someday
O, Oh! deep in my heart
I do believe,
We shall overcome some day
We shall walk in hand- 3
Some day
O,Oh! deep.....

ஹோங்கே காபியா ஹம், ஹோங்கே காபியாப் ஏக் தீன் ஒஹே! மன்மே ஹை விஸ்வாஸ் பூரா ஹை விஸ்வாஸ் ஹாம் ஹோங்கே காபியா ஏக் தீன் ஹம் சலோங்கே காபியா ஏக் தீன் ஹம் சலோங்கே காபியா ஏக் தீன் ஹம் சலோங்கே ஸாத்ஸாத் டால் ஹாதோங்மே ஹாத் ஹம் சலோங்கே ஸாத் ஸாத் ஏக் தீன் ஒஹோ மன்மே ஹைங் விஸ்வாஸ் பூரா ஜஹ விஸ்வாஸ் ஹம் சலோங்கே ஸாத் ஸாத் ஏக்

## 12. MY NAME IS LITTLE JOHNI

My name is Little Johni நான் வாங்குவதெல்லாம் சாணி I Put it in a கோணி And, send it to பவானி ஹா...ஹா..

Then I went to கீண்டி There I saw a வண்டி வண்டி had a தொண்டி வண்டிக்காரன் நொண்டி ஹா... ஹா...

மேலே பார்த்தால் வானம் கீழே பார்த்தால் பூமி விட்டேன் ஒரு பாணம் மீன்கள் எல்லாம் காணோம் ஹா... ஹா...

## 13. THAVALAI KUNJUKAL

Thavalai kunjukal (2) enna Vinotham Padi padi adikondu vodum vitham par Criek crack crick crack (5) Y.M.C.A. annan thangaigal Elorumkoodi campsite vandu Padi Kuthium veedam par Lalla Lalla Lalla (4)

## 14.ANNANUN CYCELLE

Bell ilIai seat ilIai Mudguard ilIai ilIai (2) Pump illai pedal illai Annan un cycle le bell illai Seat illai mudguard illai illai Annan un illai illai Annan illai cycle illai....

## 15. MALAYALAM BOAT

Thai thai thaka thaka thai thom Olangaliadette, otam kail yattettee Onakkaliyativaran Thengukal mavukait thin glyakavkul Euguminangiya theerathil

## 16. BOOMDA

Boomda boomda Seres Bonda (3) Ret set set (2) Adorai oh! Adhorai Boomde - oh! Ah doral boomde ret set set Awsee pase ho

## 17. LAST POST

Day is done
Gone the sun
From the sea
From the hills
From the sky
All is well safely rest
God is nigh

## Unit IX (Men) **Group Leaders** Unit Director Counsellor 2 ORGANISATION OF LEADERSHIP CAMP Y.M.C.A. COLLEGE Unit VIII (Men) **Group Leaders** Unit Director Counsellor 1 2 Unit VII (Men) **Group Leaders** Unit Director Counsellor 2 19.04.2022 to 22.04.2022 **Group Leaders** CRUISER Jnit VI (Men) Housing Director Unit Director Counsellor 2 **Group Leaders** Unit V (Men) Unit Director Counsellor 1 2 CAMP **Group Leaders** Unit IV (Men) **Unit Director** Health Director Counsellor 2 Unit II (Women) Unit III (Women) **Group Leaders** Unit Director Counsellor 7 Programme Director **Group Leaders** Unit Director Counsellor 2 Unit I (Women) **3roup Leaders** Unit Director Counsellor

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- Rest is an important one in camp as activities. Have plenty of relaxation and enough sleep. Afternoon rest period and the time between 10 p.m. and 5 a.m is meant for this purpose. Abstain from any activity during this period and observe complete silence.
- Punctuality and whole hearted participation bring success to the programme. Report on time and enjoy activities till the period is over.
- 10. Co-operation and group effort produce better results. Share responsibility and do your best. Make friends with others and work for the welfare and success of the group.
- 11. Do your duty and enjoy your privileges.
- 12. Be happy and make others happy.
- 13. Remember, this is your camp; its success is in your hands.

## **CAMP ACTIVITIES**

1. Flag Hoisting	12. Nature Collection
2. Devotion	13. Exhibition
3. Progressive Games	14. First Aid
4. Camp Games	15. Folk Dance
5. Social Games	16. Camp Fire
6. Community Singing	17. Target Games
7. Camp Craft / Road Safety	18. Tactile Games
8. Plastic and Needle Work	19. Treasure Hunt
9. Stunts and Contest	20. Camp Olympics
10. Camp Relays	21. Hiking
11. Citizenship Training	22. Clay modelling

## 18. GORIANO SINGAROH

Hama Mayuluma Hama Goluma (2) Horiya Raj Deshparayo Jabu Tobayo (2) Nungu Nungaya Nangu Nungaya (2)

## 19. THUNIGHALAI THUVAIPOM

Nangal (2)
Thunihalai Thuvaipom
Nangal than (2)
(I) Chetti thuni than cho
Pattu thuni than cho!
Ella thunium onnay
Semuthu
Kaluthai malae mootai
kati (thuni)

(2) Pettipotu than cho Mottai kati than cho Ayya salam, amma salam Endur soli kasai yangi (Thuni)

## **20. CHECK CHECK KORAE**

Check Oh! Risha
Risha Risha Mangna
Shasa Sa Mangna
Oh! my chickae
Chick chick hurae
Chick oh! same
Chicku chiku sangna
Chera sangna
Chera sangna
Oh! my chickae

## 21.

எட்டு நாளா மாவிடுச்சேன் – சாமி எட்டு நாளா மாவிடுச்சேன் மாவிடுச்சேன் எட்டு ரெட்டி சுட்டுப் போட்டேன் – என் சாமி எட்டு ரெட்டி சுட்டுப் போட்டேன் சுட்டுப் போட்டேன் அதைத் தின்னக்கூட நேரமில்லை – என் சாமி தின்னக்கூட நேரமில்லை நேரமில்லை ஒன்னு ரெண்டாய் புட்டு போட்டேன் – என்சாமி ஒன்னு ரெண்டாய் புட்டு போட்டேன்

அது தொண்டையில் தான் சிக்கிச்சே—என் சாமி அது தொண்டையில் தான் சிக்கிச்சே சிக்கிச்சே நான் டாக்டரிடம் ஒடிப்போனேன் ஒடிப்போனேன்

அவர் கத்தியைத்தான் கொண்டு வந்கார்–என் சாமி

கத்தியைத்தான் கொண்டு வந்தார் கொண்டு வந்தார்

நான் கத்திக்கிட்டே ஒடிப்போனேன் சாமி கத்திக்கிட்டே ஓடிப்போனேன் ஓடிப்போனேன்

## 22. CLEMENTINE

In a cavern, in a Canyon, Excavating for a mine, Lived a miner forty-niner And his daughter Clementine O my darling, O my darling O my darling, O Clementine Your are lost and gone for ever, Dreadful sorrow, Clementine

**22.** Zoom gali gali gali com gali gali

## 23.

John Brown's baby had a cold upon his chest (3) and they rubbed in with Kuruthailam oil (2)

## 25.

முட்டைக்குள்ளே கோழிக்குஞ்சு (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு(2) நான் உலகத்தை பார்க்கபோறேன் (2) என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு வெளியே வரும்பொழுது (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு அருமையான உலகமிது (2) என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு இறக்கைகளை பிடுங்கும்போகு (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு ஹோக்ட் பண்ணிக்கிறேன் (2) என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு மஞ்சளைத் தடவும் போது (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு மேக்அப்பு போட்டுக்கிறேன் (2) என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு துண்டு துண்டாய் வெட்டும் போது (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு ஆப்பரேசன் பண்ணிக்கிறேன் (2) என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு எண்ணெயிலே போடும்போது (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு ஆயில்பாத் எடுத்துக்கிறேன் (2) என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு வாயிக்குள்ளே போகும்போது (2) என்னதான் சொல்லுச்சாம் கோழிக்குஞ்சு அட மோசமான உலகமடா ஆளையே விழுங்குதடா என்றுதான் சொல்லுச்சாம் கோழிக்குஞ்சு

#### 26.

தம்பியே தங்கைய்யா என்படகு ஐலசா தங்குமாம் தண்ணீரில் என்படகு ஐலசா தங்குமாம் தண்ணீரில் என்படகு ஐலசா தங்குமாம் தண்ணீரில் என்படகு ஐலசா பாக்கு மரத்தாலே என்படகு ஐலசா பாங்காக செய்தேனே என்படகு ஐலசா தேக்கு மரத்தாலே என்படகு ஐலசா தேர்ந்தவன் செய்தானே என்படகு ஐலசா கடலலை மீதினில் என்படகு ஐலசா தூரமாய் ஒட்டியே திருப்பு தம்பி ஐலசா தூரமாய் ஒட்டியே திருப்பு தம்பி ஐலசா

#### 27.

காய்கறிகள் கூட்டத்திற்கு கத்திரிக்கா ராஜா — அந்த கத்தரிக்கா ராஜாவுக்கு கல்யாணம்தர பேஷா பொருத்தமான பொண்ண தேடி ராஜா போனார் (2 அடுத்த கடை மார்க்கட்டிலே வந்து நின்னாராம் — ராஜா வந்து நின்னாராம் சொகுசா வந்து நின்னாராம்

பச்சை மிளகா பொண்ண அங்கே பாத்து புட்டராம்—அது பார்க்க நல்ல அழகுனு நெனச்சுபுட்டராம் கிட்ட வந்து தொட்டு பார்த்து ஆஹா என்றாராம்—2 வாயில் விரலை வைத்து – ஹா ஹா வாயில் விரலை வைத்து காரத்தாலே துடிச்சுபுட்டாராம் ராஜா துடிச்சுபுட்டாராம் பாவம் துடிச்சுபுட்டாராம்.

அடுத்த கடையில் வெண்டைக்காய் பொண்ண பார்த்தாராம் அது வளவளன்னு சும்மாபேசும் பேச்சை கேட்டாராம் வாபாடி பொண்ணு வம்பிழுக்கும் பொண்ணு–2 இந்த பொண்ணு வேண்டானு சொல்லிப்புட்டாராம் ராஜா சொல்லிப்புட்டாராம் முடிவா சொல்லிப்புட்டாராம்

அடுத்த கடையில் சுண்டைக்காய் கூட்டம் கூட்டமாய் அது குவுஞ்சு கிடக்கு அழகை பார்த்து சொக்கிப்புட்டாராம் அதுல ஒரு சுண்டைக்காய் அணைச்சுக்கிட்டாராம்—2 ஆவடியில் கல்யாணத்தை முடிச்சுக்கிட்டாராம்—ராஜா முடிச்சுக்கிட்டாராம் ஜோரா முடிச்சுக்கிட்டாராம் பிப்பீப்ப பிப்பி பீப்பிப்ப பிப்பி பிப்ரப்பி பிப்ரபிப்பி டுடம் டுடம் A camp must not be permitted to degenerate into a place of loafing or time wasting. To make each day worthwhile in the life of the campers:

Look to this day;
For it is life; the very life of little;
In its brief course lies all the victories;
All the realities of your existence;
The bliss of thought;
The glory of action;
The splendour of beauty;
For yesterday but a dream;
And tomorrow is only a vision;
Every yesterday a dream of happiness;
And every tomorrow a vision of hope.

#### **DIRECTION TO CAMPERS**

- Camping is education. Every experience at camp, adds to the learning of an individual. Adjust to the camp life with the intention of gaining new experiences for personal development.
- 2. Observe the rules and regulations, which are for the good of all and are expected to be followed.
- 3. Decorum and dignity must be observed by campers in their relationship with each other.
- 4. Selfishness has no place in the camp. Use every facility in consideration of others.
- 5. Bath, toilet and other personal needs should be attended at the time allotted.
- Cleanliness, hygiene and sanitation of camp site are absolute necessity. Throw rubbish, food-remains etc. in the garbage pits allotted for this purpose.
- Good health is necessary to enjoy camp life. Take care of injuries and report sickness immediately.

## CAMPING

#### THE NEED:

A boy / girl, in the process of growing, needs outdoor life experience. He / she needs room and range. He / She needs the tonic of the hills, the woods and streams. He / She needs to walk under the great sky and commune with stars. He / She needs to place himself / herself where nature can speak to him /her. He / She ought to get close to the soil. He / She ought to be toughened by sun and wind, rain and cold. Nothing can take the place of the boy / girl of tough physique, robust health, good blood, firm muscles, and sound nerves; for these are the conditions of character efficiency. The early teens are the most important years of the boy / girl physically. Through the ages twelve to fifteen the more he / she can be in the open and free from continuous labour or study, the better it will be. He / she should swim, row and sail, roam the woods and waters, get plenty of vigourous action and have interesting healthy things to think about.

It is great fun to live in the glorious open air. It is fun to swim and fish and hike over the hills. It is fun to lie in the open and watch the stars and the moon but the greatest fun of all is to win the love and confidence of some body who has been a trouble to himself and everybody else, and help him to become a man.

## THE PURPOSE:

Camping in education prepares boys and girls to face life better and for easier adjustment. Something to think about, something to do, something to enjoy in the open with a view always to character building. This is the real purpose of camping - Character Building. What a great objective! It challenges the best that is in man or a boy. Camping is an experience, not an institution. It is an experience which every youth longs for, and happy will be the day of this realisation.

A worthwhile camp will have definite objectives and ideals. These objectives should include wholesome fun, social adjustments, self reliance, joy of achievement, leadership training, fellowship training, nature acquaintance and character training. Every phase of camp life should be directed towards these objectives and everything contributing to the attainment of these objectives should be included in the camp programme.

## KINDS OF KNOTS

- 1. The 'REEF KNOT': also called 'Square Knot' on account of its shape, is used largely in tying up bandages. As it is a very good and easy knot, it is handy for bundling, and for tying together the ends of two ropes of about equal size (to make a longer rope.)
- 2. The 'SHEET BEND': a name derived from shipping of old, is used generally, for tying together the ends of two ropes of unequal thickness. In this knot which is started similarly to the reef knot, the thinner rope is passed through a bend or loop of the thicker one, taken round the loop of the thicker rope, passed then under the thinner rope itself and pulled tightly over the larger end of the thicker rope as in the illustration, so as to close the knot, Also useful to tie ropes to sail or cloth.
- 3. The 'BOW LINE': a firm and trustworthy knot used for its dependability, for instance in the fire services in rescue work or for life-saving in water in which a firm loop is required at the end of a rope for dragging people or property. The knot can also be used as a seat for lowering people from a height as from buildings on fire, the knot being passed over the head and under the shoulders of the person concerned.
- 4. The 'HALF-HITCH' (Hitch Knot): this is used to tie the end of a rope so as to make it firm and to prevent it from slipping through a loop. It is the start of many knots like the 'Timer Hitch" the Magnus Hitch', the 'Clove-Hitch', etc.
- 5. The 'TIMBER HITCH': a loose half hitch in which the short end of the rope is twisted round the loop of the half hitch. As it is easily united, it is used to tie up timber or fuel, and for pulling down trees which are cut and for such other uses.
- The 'FISHERMAN's KNOT': to tie ropes of unequal thickness together
  or to tie two wet ropes together to prevent them from slipping, and
  to shorten a rope without cutting it. One end of a rope is taken and a
  half knot (loop) put-around the other (second is similarly knotted
  over the first.)
- 7. The 'SHEEP SHANK': In this knot, somewhat similar to the Fisherman's Knot in method, the rope is folded thrice over at some part and with the nearer part of either of the free and a half hitch is put around the end of the two folds and tightened (half hitch similar to the one with which a Clove Hitch is started). Both ends of the fold are thus looped over-tightened then to hold their place without slipping. This knot is used to shorten a rope without cutting it-and to strengthen a rope at a weak point.