ASHWA RESIDENTIAL YOUTH DEVELOPMENT PROGRAM

ASHWA GURUKUL
TRUTH * LOVE * PEACE

ASHWA UNILIFE

FOR BOYS & YOUTH | AGES 12–25 YEARS

WELLNESS | EDUCATION | LEADERSHIP
NURTURING YOUTH

FORMATS: 1 MONTH - 3 MONTHS - 6 MONTHS - 9 MONTHS MENTORING PROGRAM

WEEKEND - 2 DAYS | 3 DAYS | 5 DAYS | 7 DAYS PROGRAM

APPROACH: MIND – BODY – EMOTION – CHARACTER – DISCIPLINE

FOR GIRLS DAY PROGRAMS ONLY
|AGES 12–25 YEARS

TRUST & SAFETY ASSURANCE

“CHILDREN RETURN MORE CONFIDENT, DISCIPLINED, AND EMOTIONALLY BALANCED.”

CONTACT

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PROGRAM OBJECTIVES

- DEVELOP MENTAL FOCUS AND EMOTIONAL BALANCE
- CULTIVATE DISCIPLINE, RESPONSIBILITY, AND VALUES
- ENHANCE CONFIDENCE AND COMMUNICATION SKILLS
- ESTABLISH HEALTHY DAILY ROUTINES
- DEVELOP LEADERSHIP MINDSET AND SELF-BELIEF
- GAIN CLARITY IN GOALS AND LIFE DIRECTION

WHY THIS PROGRAM IS NEEDED

CURRENT CHALLENGES FACED BY YOUTH

- EXCESSIVE SCREEN & MOBILE ADDICTION
- EMOTIONAL CONFUSION
- ANGER, ANXIETY, LOW SELF-ESTEEM
- LACK OF FOCUS, DISCIPLINE, AND CLARITY OF GOALS
- PHYSICAL WEAKNESS, POOR POSTURE, LOW STAMINA
- WEAK COMMUNICATION & SOCIAL SKILLS
- LACK OF ROLE MODELS AND MENTORSHIP
- ACADEMIC PRESSURE & CAREER CONFUSION

BENEFITS

COMMUNICATION AND CONFIDENCE ACTIVITIES
CORE DAILY MODULES (COMMON TO ALL DURATIONS)

1.MORNING DISCIPLINE & PHYSICAL FITNESS
YOGA AND FUNCTIONAL FITNESS
BREATHWORK AND ENERGY BALANCING
2.MIND & EMOTIONAL STRENGTH
MINDFULNESS PRACTICES
UNDERSTANDING EMOTIONS (ANGER, FEAR, STRESS)
SELF-REGULATION TOOLS.
3.LIFE SKILLS & CHARACTER BUILDING
RESPONSIBILITY AND SELF-CONTROL
RESPECT, BOUNDARIES, AND VALUES
4. SILENCE HOUR (NO MOBILE, NO TALKING)
OBSERVATION AND REFLECTION
5.EVENING REFLECTION & MENTORING
MENTOR GUIDANCE SESSIONS.