


SPIC MACAY
1st INTERNATIONAL SCHOOL CONVENTION
24-30 December 2017 at DPS NORTH, BENGALURU
Guidelines for participants

We are trying to create an ashram-like environment where absorbing the intense experience of interacting with great Masters and following a tight schedule will become easier by following these suggested practices. Room sharing, shramdaan, cleaning the campus, maintaining discipline help.

1. Things to be carried by each person-
 - a) 1 Bed sheet and pillow cover
 - b) 1 thick bedsheet/ light quilt for covering
 - c) 1 thick bedsheet/ mat for yog
 - d) Suitable loose-fitting clothes for yog
 - e) Comfortable Indian traditional clothes for a week – avoid tight jeans/ clothes
 - f) Light sweater/ jacket/ shawl, socks, earmuffs or a muffler**
 - g) 1 set of school uniform
 - h) 1 traditional dress of your region
 - i) Bathroom slippers
 - j) Toiletries – Toothbrush, Toothpaste, Soap, Shampoo, Comb, Lotion, Washing powder
 - k) Mosquito repellent cream
 - l) Lock and key for suitcase
 - m) Water bottle
 - n) Small torch
 - o) 1 Umbrella
 - p) 1 notebook & pen
 - q) 1 passport size photograph
 - r) ID card issued by the institution
 - s) If there is any specific medicine you take, please carry it alongwith the **prescription**.

2. **NOT ALLOWED** -
 - electric gadgets, iPods, iPads, mobile phone, camera, laptop, expensive jewellery, etc
 - home-cooked food, privately brought food, junk food, alcohol, drugs, tobacco, etc.
 - moving in and out during an event.
 - going out to meet friends and relatives or asking them to visit you during the Convention.

3. **PARTICIPANTS MUST** -
 - attend all the events (students as well as teachers).
 - attend the SAME yog and intensive/ workshop everyday for all 5 days.
 - ensure ZERO WASTAGE of electricity/ water/ food
 - arrive in Bengaluru before 9 a.m. on 24 Dec 2017 and leave Bengaluru after attending selected heritage tour on 30 Dec 2017. Book tickets accordingly. Once confirmed registration form with travel details is sent, we will send a vehicle to pick up from railway station/ bus stand/ airport.

4. Every school teacher to –
 - bring name & contact details of every student’s parents, medical kit, sewing kit.
 - ensure students read ISC schedule; make ONE collage of any art form & connected artist from the schedule. This will be displayed during ISC and the best ones uploaded on SPIC MACAY’s website.

“There is a simple way of going through life following the rules, and there is a risky path that could give high returns or high losses. This is the day and age of the second route. It is difficult to work in a set framework like our forefathers. However, with direct experience, it becomes easier to sift truth from untruth.”

–Prof. Kiran Seth, Founder SPIC MACAY