

# GORUS NATURE CAMP 2024 (Basic Level) 29 Nov – 02 Dec, 2024

*The chaotic pace of urban life is making us forget that we are a part of nature. The concrete jungle has become so dense that we are no longer able to see the rising moon, or the setting sun, or feel the rustle of the leaves as the wind blows..*

**WOULD YOU LIKE TO SPEND A FEW DAYS WITH NATURE, WITHOUT YOUR CELLPHONES?**

## Introducing Gorus Nature Camp ...

*A transformative experience in a natural forest setting just 40 km from Pune!*

*Our experienced guides will introduce you to the art of outdoor living at our simple, eco-friendly campsite, where you can rediscover forgotten skills and reconnect with nature, and with yourself.*

### Camping Basics

*Selecting a camp-site, pitching tents, lighting a fire, cooking food on woodfire, learn good practices for camping & outdoors, sustainable living practices ...*

### Contact

*For more details, write to us:*

**8380003154** (WhatsApp)

[gorusforestfarm@gmail.com](mailto:gorusforestfarm@gmail.com)

### Camp Fees

**Rs. 18,500/-**

*(15% student discount available)*

### Dates

**29 Nov to 02 Dec, 2024**

*(3 nights/4 days)*

### Participants

**Max. 16 people**

*(Age group 25-40 years)*

### Connect with yourself through nature

*Mindfulness in nature, feeling and understanding your energy in natural surroundings, learning how to handle silence, how to listen to nature and yourself. Can nature inspire you to be a better human being?*

**Last Date for Registration 12 Nov 2024**

[Register Now!](#)

### Location

**Gorus Forest Farm**

*Nanegaon village,  
Mulshi, Pune 412 108*



Photo Credit: Gayatri Juvekar

### Guides



Vikram Gupchup



Gaytri Bhatia



Shantanu Pandit

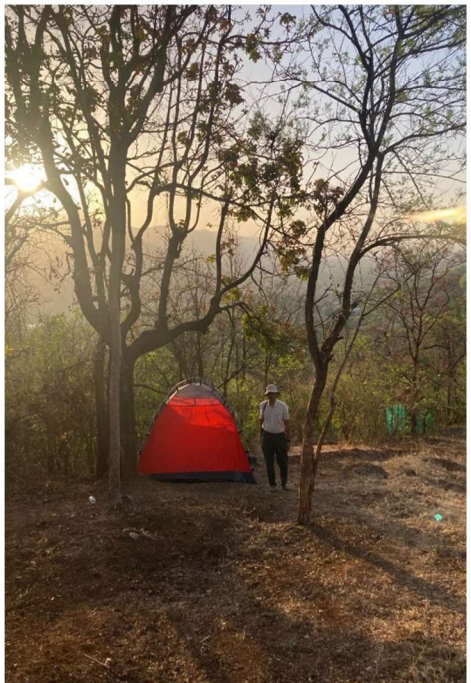


Asavari Gupchup



Ashwin Paranjpe





## How is this Camp different from other Camps?

- This camp is a deep immersion in nature where participants **do not use cellphones** or any other electronic gadgets for 4 days.
- The camping facilities and activities are designed after a lot of thinking. This is a **'no frills'** camp where your basic living needs are fully addressed, without the unnecessary clutter. **Nature is at the core of all activities and thought processes:** be it taking a bath, cooking food or going to the toilet.
- We **use organic or local produce and cold-pressed oil, plus all meals are cooked on wood fire.** The food will be simple, fresh, and local – because we cannot expect our body and mind to connect with nature if we are putting greasy carb-rich food in our body.
- **Participants will cook dinner and wash their dishes** after every meal. (Staff will make the morning chai, breakfast and lunch).
- **This camp will re-introduce you to simple outdoor skills** which we may have forgotten but are part of every human's basic survival instinct.
- **This camp is not designed for getting likes on Instagram** – it is created to bring out your true nature, enable you to understand yourself from a very different perspective, and open your mind to the immense energy of natural elements that help you become a more grounded, calm and consciousness human being.

- Camp Organizer:** **Gorus Forest Farm**
- Camp In-charge:** **Ashwin Paranjpe**
- Camp Fees:** **Rs. 18,500/-** per participant (including Rs. 1000 rent for foam mattress & sleeping bag)  
Note:  
Student discount of 15% is available on a case by case basis. Student fees are Rs. 15,725/-
- Deposit:** **Rs. 1,200/-** per participant  
Note:  
Deposit amount will be refunded at the end of the camp once the participants return the foam mattress and sleeping bag in good condition without any damage.
- Payment Mode:** Short-listed participants can pay the Camp Fees & Deposit amount by UPI or NEFT:



**gorusforestfarm@ybl**

Bank Details for NEFT:

Name of Account: Gorus Forest Farm  
Bank Name: RBL Bank (Baner, Pune)  
Current Ac No. 409002110081  
IFSC: RATN0000512

Contact



Ashwin Paranjpe  
GORUS FOREST FARM

Address: H.No. 178, Nanegaon village, Taluka Mulshi, Dist. Pune 412 108

Mob: 8380003154 (WhatsApp only)

Email: gorusforestfarm@gmail.com



## CAMPSITE DETAILS

### Location:

The campsite is located within the Northern Western Ghats (Sahayadris). Perched at an elevation of about **2100 ft** above sea level, the campsite overlooks the Kolvan valley and Walki river (towards the north) and has the Khuperi devi mountain (towards the south). The campsite is spread across approximately one acre area and is largely characterized by grass and scrub vegetation interspersed with trees and shrubs. It is surrounded by a moderately dense semi-deciduous forest. The campsite is accessible by a motor vehicle and is located roughly 3 km away from Nanegaon village (Tal. Mulshi, Dist. Pune 412 108), and about **40 km away from Pune city** (1 hour) and **124 km from Mumbai City** (3 hours).

### Accommodation:

**Tents** (4 persons per tent).  
Separate tents for female and male participants.  
Tents can be fully zipped-up to prevent entry of mosquitoes, insects, and reptiles.  
**Bedding** will consist of a foam mattress and sleeping bag.

### Communication:

**Good quality mobile coverage** is available in and around the campsite by service providers such as Airtel, Jio, and VI.  
*However, participants are not allowed to use their mobile phones for the entire duration of the camp. Instructors will carry mobile phones at all times, and family members/emergency contact persons can call on these numbers in case of any emergency.*

### Water:

**Five Separate Water Tanks** will be provided on the campsite for:  
(1) drinking (2) cooking (3) cleaning utensils (4) toilet, (5) bathing/body cleaning.  
Separate tanks will enable participants to understand how much water is necessary for meeting their basic needs.  
Note: Filtered water will be provided for drinking purposes. RO water is not available.

### Sanitation:

**Compost Toilets (Western & Indian Style)** (6 nos) : 3 for women and 3 for men  
**Tippy Tap** (hand-wash) (2 nos)  
**Bath enclosure** made with Bamboo chatai (1 for women, 1 for men), no soap  
**Sanitary waste:** each female participant will receive her own plastic bag, and it will be kept in a closable plastic bin (away from the tents) and disposed of at the end of the camp.  
Note: We will provide only Reetha/ natural soap for bathing as well as for dishes.

### Electricity:

**Campsite does not have electricity.** However, Solar Lanterns are installed at appropriate locations.

### Food:

**Every meal will be cooked using firewood** collected by participants from the surrounding area (no LPG or kerosene stove).  
**Staff will prepare** morning tea, breakfast, lunch, and afternoon tea, and staff will also wash the utensils and plates after these meals.  
**Participants will prepare dinner** in group rotation (under the guidance of an instructor).  
**Plates & utensils from dinner** will also be washed by participants in group rotation.  
**Only local and seasonal produce** (vegetables, fruit, grains, millets, milk, etc.) will be used at this camp. Where possible, we will source organically grown produce.  
**Only cold-pressed/ wood-pressed oil** will be used for all meals. Refined oil is not used for cooking.



#### Wildlife:

**Mammals** such as Wild Pig, Langurs, Porcupine, Pangolin, Hare, Barking Deer, Mouse Deer, etc. have been spotted in the area around the campsite.

The Indian Leopard had been spotted about one year ago in a sugarcane field about 7 km away from the campsite, although leopard pug marks and scat have been spotted closer to the campsite. Hyena calls have been heard at night near the campsite.

**Reptiles** include the Indian Spectacled Cobra, Common Krait, Russel's Viper, Bamboo Pit Viper, Rat Snake, Bronzeback Tree Snake, Garden Calotes, Common Garden Skink, etc.

**Birds** include the Crested Serpent Eagle, Honey Buzzard, Shikra, Golden Oriole, Yellow Footed Green Pigeon, Spotted Munias, Green Bee Eaters, Coppersmith Barbet, Night Jar, and many more.

#### Hospital & Doctor:

The nearest government hospital is located in Paud, about 9 km away from the Campsite. Several private hospitals are located in Paud, as well as in Ghotavde Phata. The government hospital in Paud stocks and administers anti-venom shots.

In case of a medical emergency, a four-wheeler is available at the campsite at all times for transporting participants to the nearest doctor/ hospital.

Also, there is a 'doctor-on-call' who can come to the campsite if necessary.

#### Safety:

The campsite is within the land owned by Gorus Forest Farm and is overall a safe place.

The local Sarpanch and Police Patil are always given prior intimation about the camp.

In terms of wildlife coming near the campsite, in our experience the wild animals do not generally come too close to human campsites unless there is food thrown around carelessly at the campsite or kept in the tents.

Three guard dogs are resident at the campsite: dogs are very effective in giving advance warning in case there is a wild animal or a trespasser in the vicinity of the campsite.

A safety perimeter is clearly demarcated beyond which participants are not allowed to go unless they are accompanied by instructors.

#### Camping kit:

*(This kit will be given to each participant and it is included in the camp fees)*

Sleeping bag and foam mattress (to be returned to the organizers after the camp)

Neem stick (instead of toothbrush)

Sustainable Cutlery: Areca plates, Coconut bowl, Coconut cup (for chai)

## APPLICATION & SELECTION PROCESS



### Eligibility:

Any person between the age of 25 to 40 years. Individuals below 25 or above 40 years may be considered on a case-by-case basis.

### Application Form:

All applicants need to fill out the application form in order to be considered for this camp.

### Selection Process:

All applications received before the deadline will be evaluated by the Organisers.

If your name is short-listed, you will be informed via Email and you may be asked for additional details, if necessary. After being short-listed, participants need to pay 100% amount of the camp fees within 5 days. After paying the fees, your spot is secured and we will request you to sign an Accident Waiver Form upon arrival at the Camp.

If your name is not short-listed, you will receive a message via email and we will try and give a reason/ explanation for not short-listing your name.

Applicants who are not short-listed may write to the Camp In-charge in case they wish to provide additional information or seek further clarification. However, the Camp In-charge/ Organizers reserve the right to reject any application at any time during the evaluation process without giving any reason or clarification whatsoever. The decision of the Camp In-charge/ Organizers regarding the selection of applicants will be final.

Based on the Organizers' evaluation, some applicants may not be short-listed for the Basic Camp but may be recommended for the Intermediate Level Camp which is tentatively scheduled in Feb 2025.

### Payment of Fees:

Short-listed applicants will be informed via email, after which they are requested to pay 100% of the fee amount (Rs. 18,500) by NEFT/ UPI within 5 days of receiving the message. If there is a delay beyond 5 days for paying the fees, the Organizers cannot guarantee a spot for that applicant.

A refundable deposit of Rs. 1200 will need to be paid for the foam mattress & sleeping bag. Once these items are returned to the organisers in good condition without any damage, the deposit will be refunded. Student discount of 15% is available on the Camp Fees.

### Bank Details/ UPI:

**Name of Account Holder:** Gorus Forest Farm

**Bank:** RBL Bank (Pashan, Pune)

**Current Ac No:** 409002110081

**IFSC:** RATN0000512

**UPI:** gorusforestfarm@ybl



## **CAMP RULES & REGULATIONS** (basic version in brief)

*(Note: Detailed rules & regulations will be provided to each participant and explained at the beginning of the camp)*

- **Instructor-Participant Relationship of Mutual Respect**

In our experience, people follow rules when there is mutual respect between teachers and students. In this Camp, the relationship between the Instructors and Participants is very similar to the relationship between Teachers and Students.

All Participants are expected to listen to the instructions given by the instructors at all times during the Camp.

In case of any disagreement/ any issue with the instructors, the participants may approach the Camp In-Charge.

In case there is any disagreement with the Camp In-Charge, participants can approach Shantanu Pandit.

Ladies may approach Asavari Gupchup in case there is any issue of misbehaviour or any other personal issue/ concern.

- **Use of mobile phones and electronic gadgets**

Participants are not allowed to use their mobile phones or digital cameras or any other electronic gadget (except for wristwatch) throughout the duration of the camp. Mobile phones of all participants will be deposited with the organizers and they will be returned after the camp is over.

However, for emergency communication, all instructors will carry mobile phones at all times, and family members of participants/ emergency contact persons (listed in your application form) can call on these numbers in case of any emergency.

In case any participant wants to speak/ send any urgent message to their family/ emergency contact person, they may request the Instructor and use their mobile phone.

- **Safety Perimeter**

Participants are required to wear shoes/slippers with covered toes at all times when they are at the campsite (except when they are inside the tent).

While stepping out at night for using the toilet, it is mandatory to have at least one buddy with you who will stand guard outside the toilet.

Participants are strictly not allowed to walk/ wander away beyond the defined safety perimeter at night or even during early morning when visibility is low.

- **Smoking & Alcohol Policy**

Smoking of tobacco or any narcotic substance is strictly prohibited for the entire duration of the camp.

Consumption of alcohol is also strictly prohibited for the entire duration of the camp.

If anyone is found to possess or consume any of these prohibited substances, those participant(s) will be asked to leave the camp and no refund will be given.

- **Safety Protocols & Accident Waiver**

Safety Protocols will be explained to all participants during the orientation session on Day 1 of the camp. All participants are expected to follow safety protocols at all times throughout the camp.

All Participants acknowledge that the activities undertaken have an element of risk involved from uncontrolled factors such as weather, animal encounters and other environmental elements and, under any circumstances, the participants shall not hold the organisers responsible for any mishap.

Participants will need to sign a separate Accident Waiver document upon arrival at the Camp.

## What to pack?

*(All participants are expected to carry the items listed below in the mandatory checklist . You can use this checklist while packing your Backpack)*

### **Mandatory Checklist:**

- Head lamp or torch (with new batteries)
- Backpack (35-45 L)
- Day pack (a small bag to carry minimal items during the day, such as water bottle, rain wear)
- Wristwatch (Smartwatch not allowed)
- Notebook and pen
- Water bottle (1 Lit x 2 bottles)
- Rain jacket
- Sweater
- Clothes: one set which you are wearing plus 2 extra sets  
(simple comfortable clothes, preferably cotton or quick-dry type, and avoid bright colors)
- Cap (sun protection)
- Thin Towel (for bathing, etc.)
- Socks (2 pairs)
- Comfortable walking/trekking shoes with laces (no open toe/heeled footwear)
- Chappals/ Crocs (ideally with closed toes, to be used while at campsite)
- Personal medicines (only the ones prescribed by your doctor)
- Moisturizer cream/ Petroleum Jelly/ Kailas Jeevan
- Notebook & pen/ pencil
- Pocket knife (optional)
- Sunglasses (optional)
- Mobile Phone (however, your mobile phone will be deposited with the Organizers upon arrival and you will get it back as soon as the Camp is over).

### For the Ladies :

- Comb (men can also carry a comb if they want)
- Cotton bandana
- Personal sanitary wear

### Strictly Prohibited Items:

- ✗ Packaged snacks
- ✗ Commercial soap/ shampoo
- ✗ Make-up, lipstick, perfume, deodorant
- ✗ Jewelry
- ✗ Cigarettes
- ✗ Vaping devices
- ✗ Alcohol
- ✗ Narcotic Drugs