



## “Nature’s Classroom: Dalhousie Experiential Programme”

Dear Parents,  
Jai Hind!

“Travel is the only thing you buy that makes you richer.”

After the Final Examinations, the School is organising an experiential learning trip to **Dalhousie** for students of Grades IV & V. This trip will give children a chance to learn through fun activities, nature walks, and group experiences in the beautiful hill surroundings.



The journey is designed to help students become more confident, responsible, and independent while enjoying safe, guided adventures with their teachers and friends. Along with learning, the children will create joyful memories and develop a love for exploring the world around them.

## About Rocksport Experiential Holiday

During the course of the programme, students will perform adventure activities, explore the local towns, converse with the communities and learn new skills. The programme also offers a unique experience of being one with nature as students learn about flora and fauna while appreciating the calmness and beauty of nature. By working together, they learn the importance of teamwork; identify their strengths, challenge their fears & become confident and responsible individuals.

### **Programme Dates:**

-18<sup>th</sup> ,19<sup>th</sup> and 20<sup>th</sup> March 2026 (Wednesday- Friday)

### **Programme Fees:**

-₹12,500

### **Cost Includes:**

- Transport from School to Camp & back in 2X2 AC Push Back luxury Bus coaches in multiple of 40 students.
- Stay in Luxury Tents and Cottages with attached washrooms.
- All veg. – non-veg. meals as per the itinerary designed by the nutritionist.
- All activities as mentioned in the itinerary.
- Services of trained, experienced instructors & camp leaders with a healthy mix of female instructors.
- First Aid assistance with Nurse on campus 24\*7 and backup vehicle for emergency evacuation
- Mineral water while traveling.
- GST

### **Seats Availability:**

-60 seats available on first come first served basis

Learn to survive in the wild by trekking and cycling on treacherous mountain trails and use natural resources for survival.



#### ***Travel Away***

190 km from Jalandhar and 4.5 km from Dalhousie into the Foot-hills of the Himalayas.



#### ***Check Out***

Virgin Mountain Forest and adjacent to the Kalatop Wildlife Sanctuary.





### **Medical Support**

The nearest Medical support is 4.5 km from the campsite, Backed by a Nurse on campus.



### **Camp In**

15 cottages and 4 rooms with attached washrooms, all with hot water facility and power back up.



## **A Day at Camp**

At Rocksport Experiential Holidays, experiences are designed in accordance with **AYURVEDIC DOSHAS** to enhance self-discipline and promote an active lifestyle. The day is divided into **5 phases** that aligns students with their natural body clock and helps them master the art of being their most productive selves.

### **6:00 – 9:00 AM Mastering the art of Waking up early**

This is the time of the day when rigorous exercise, breathing and meditation are most beneficial. Staying active all day and eating healthy keeps students energised throughout the day.

### **9:00 – 2:00 PM Mastering the art of Hard-work**

The best time of the day to get things done and complete the most difficult tasks. The hardest challenges and the most important tasks can be easily completed during this phase.

### **2:00 – 5:00 PM Mastering the art of Creative thinking**

This time of the day is most suited to do creative thinking, problem solving or other activities that require brain power. Doing mental activities can reap wonderful rewards at these hours.

### **5:00 – 7:00 PM Mastering the art of Introspection**

The most ideal thing before the day ends is to sit back and reflect. Sitting in solace, introspecting or writing a journal allows learning and helps prepare for another productive day.

### **7:00 – 10:00 PM Mastering the art of De-Stressing**

These last few hours of the day should be spent doing calming activities with friends & family. Activities such as singing and sharing stories will, promote bonding amongst peers and releases stress.

## **Programme Schedule:-**

### **Day 1 –**

- Assembly at School at 05.00 hrs.
- Departure for Camp at 05.30 hrs.
- Travel in AC 2X2 Coach & Breakfast En- Route
- Arrival at the Camp

- Orientation, Cottage Allotment & Group Distribution
- Camping Manners, Tent Pitching, Scrambling, Knot making, Lunch
- Rope course & Jumaring
- Evening Tea & Camp Games
- Journal Writing
- Reflection at Bonfire Dinner
- Night Trek
- Overnight at camp



### Day 2 –

- Morning Tea, Exercise & Breakfast
- Trekking
- Lunch
- Zip Line
- Evening Tea & Journal Writing
- Closing Ceremony
- Music & Dance
- Reflection at Bonfire
- Dinner
- Overnight at camp



### Day 3 –

- Morning Tea, Exercise & Breakfast
- Camp Pack up, Feedback, and Luggage transfer Departure for school at 1030 hrs.
- Lunch En-Route
- Travel in AC 2X2 Coach
- Arrival at School at 1730 hrs.
- Camp Dispersal



**Note:** Above mentioned schedule is tentative and may change as per weather conditions.

The camp will be duly supervised by School teachers and professional instructors from Rocksport. The safety and security of the students is our prime concern and high quality equipment is used at the camps. The students will have a joyful and enriching experience. If you are interested in sending your ward for the above-mentioned Programme, kindly fill in the consent form and send it along with **₹12,500/-** in cash or cheque to the Grade Incharge by

**Monday, 16<sup>th</sup> February 2026.**

As we have limited seats the spot will be available on first come first served basis.



**CONSENT FORM**

We allow our ward to join the Rocksport Experiential Holiday organised by Great Rocksport Pvt. Ltd. The details given below are genuine and my signatures below indicate the same. I am aware that all possible care and precautions regarding safety and security will be taken, however, I will not hold the Management and Staff or Rocksport responsible in case of any unforeseen mishap. Our ward is physically fit and will abide by the rules & regulations given by the teacher in-charge and instructors. We are sending **₹12,500** via cash or cheque for the programme.

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**Name of Participant** \_\_\_\_\_ **Grade** \_\_\_\_\_ **Section** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **Blood Group** \_\_\_\_\_ **Any other Medical Ailment** \_\_\_\_\_

**Mother's Name** \_\_\_\_\_ **Phone No.** \_\_\_\_\_

**Mother's Email ID** \_\_\_\_\_ **Mother's Signature** \_\_\_\_\_

**Father's Name** \_\_\_\_\_ **Phone No.** \_\_\_\_\_

**Father's Email ID** \_\_\_\_\_ **Father's Signature** \_\_\_\_\_