

29th April, 2025

**Dear Parents,
Greetings of the day!**

We are organizing an outstation cum adventure **Trip to Mussoorie** for the students of **Grade V to XII**. The dates for the same are Sunday, 15th June, 2025 (departure in evening) to Friday, 20th June 2025 (arrival in morning). The charges for the same are 15000/-. All the details related to the trip are given in the attachment. Interested parents may send their consent (through an application) alongwith the amount to the Class Teacher latest by Saturday, 03rd May, 2025, So that the bookings can be done accordingly.

Note:- The tour will be organized for the students in Batches of 40. If the number is insufficient than the program will be cancelled and amount refunded to the parent.

**Thanking You,
Regards,**

**Ms. Sumita Minhas
Principal**



About Rocksport Residential Programs

Rocksport Residential Programs are experiential learning holidays for 9-17 year olds. Campuses for these programs are located near popular tourist destinations and are nestled in the lap of nature, providing a superior alternative over traditional holidays. During the course of the program, students perform adventure activities, explore the local towns, converse with the communities and learn new skills. The programs also offer a unique experience of being one with nature as students learn about flora and fauna and appreciate 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.

Rocksport Mussoorie

SKILL OF TRAVERSING THROUGH WATER

Learn to forge through a river stream or build your own raft and paddle through it.

The activities at camp help students overcome their fear of water. They forge through the natural stream or build their own raft and paddle it on the artificially created water body. They also trek through the hills to spot the rare Mountain Quail bird which was last seen here.



Travel Away

275 km from Delhi & 12 km from Mussoorie
amongst the gushing water streams



Check Out

Fresh water streams and the rare Mountain Quail



Medical Support

Nearest medical support 10 km from camp,
backed by a nurse on campus



Camp In

25 cottages with attached toilets & bath facilities.



A Day at Camp

At Rocksport Residential Programs, 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.

6:00AM – 9:00PM 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 and eating healthy keeps students energised throughout the day.



9:00AM – 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.



2:0 PM– 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 PM – 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 prepares for another productive day.



7:00 PM – 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 promoted bonding amongst peers, releases stress and prepares for a restorative night.





Schedule ***(5n4d)***

Day 1

Assembly at Jaipur Railway Station at 1630 hrs. Board the train and departure for NDLS in Shatabdi scheduled to depart at 17:45 hrs. En-route Dinner. Arrival at New Delhi Railway Station around 2240 hrs. Transfer to 2X2 AC Buses and Departure for Dheradun

Day 2

Arrival at Dehradun and Transfer to Camp in mini coaches

Arrival at Camp, Orientation, Tent and cottage allotment

Breakfast

Camping Manners, Tent Pitching, Scrambling & Knot making

Lunch

Zip Line

Evening Tea & Camp Games

Journal Writing

Reflection at Bonfire

Dinner

Overnight at camp

Day 3

Morning Tea & Exercise

Breakfast

River Trekking

Lunch

Raft Building

Evening Tea & Camp Games

Journal Writing

Reflection at Bonfire

Dinner

Night Trek

Overnight at camp

Day 4

Morning Tea & High Rope Course
Rock Climbing & rappelling
Lunch
Guerrilla Warfare
Evening Tea Journal Writing
Reflection at Bonfire

Day 5

Music & Dj
Prize distribution
Dinner
Morning Tea & High Rope Course
Breakfast
Camp Pack up, Feedback & Luggage transfer
Mall road visit

Day 6

Lunch at mall road
Departure for Dehradun in Mini Coaches at 1900 hrs. Board to 2x2 AC Coaches and
Departure for New Delhi Railway station. Arrival at New Delhi Railway Station at 0500. Board
the train and departure for Jaipur Railway station in Shatabdi scheduled to depart at 0605
hrs. En-route Breakfast. Arrival at Jaipur railway station at 1035 Camp Dispersal