



### **Mountain Classroom**

Mountain Classroom is an academically promising program that complements classroom lessons and annual academic goals with experiential learning. It empowers the conventional learning process by using the power of the environment.

Mountain Classroom is an add-on to the school classroom. Full of fun with nature and surrounding biodiversity, it enables a wellbalanced education with environment and adventure.

The inspiring natural world and experiential methods of learning help students achieve their academic goals through active learning.



Every participating student will receive a Green Internship Certificate and Learning Credits which will be included in his/her Annual School Report Card.





Strengthen intra- & inter-personal skills through group and individual challenges-builds self-confidence, esteem and teamwork.

Develop leadership skills using theory and practice that can be transferred to other life endeavors.

Enhances spirit of adventure & enrichment of personality-leads to a healthier and happier person.





# Day 01

Reporting in the Morning – Breakfast – Orientation session – a short trek. Return by lunch.

Afternoon A lecture on equipment & practical rock climbing using those equipment. This activity is done under the supervision of Govt. certified Rock Climbing Instructors. Techniques of Three point contact climbing are demonstrated.

In the evening post dinner a short entertainment programme is done by the participants to build confidence, hone public speaking ability and learn compering. Next day's programme is announced and then early to bed.

## Day 02

Early to rise - After breakfast the group goes for a long trek. Activities of bird identification, Tree identification, caving and jungle lore tales are done. Leopard's pugmarks and signs of sloth bears, the two major mammals of Abu are easily seen. Return at lunch time

Post Lunch Rappelling is an adventure activity where students while wearing a harness come down a rock face safely and in a rapid motion.

Post dinner campfire - After that, students are welcome to join the night duty in batches.

## **Day 03**

Early to rise - After breakfast a trek in another direction. On the way bathing in an running stream can be done. Return at lunch time.

Post lunch Adventure Activity of Zip Line or Fire Fox will be done. Time will be given to prepare for the final campfire.

Post dinner campfire and some games and songs Night duty voluntary.

#### Day 04

Survival day - Trek-Different types of rocks, their formations, soil testing, humus, habitats, spiders, water insects can be studied. Return at lunch time.

Post lunch the students are divided into different groups and they prepare for a survival night when they collect fire wood, make their own chullah and cook their own food. Purchase of ration and other material. Students sleep in the open under the starry night and do the night duty.

### Day 05

After the morning breakfast students travels to Tehri Dam. Tehri Dam is the tallest dam in India. The Tehri Dam is multipurpose rock and 206.5 metres (855 ft) earth-fill embankment dam build on the Bhagirathi River near Tehri Garhwal in Uttarkand.

Afternoon ride in Banana Boat Ride and other adventures sports. Viewing sunset from the Valley Walk. A silence and the whole experience of sunset is mesmerizing. Return at dinner time followed by a session on star gazing.

#### **Day 06**

Get up slightly relaxed. Leave to Rishikesh a yoga capital of the world. Attend Ganga Aarti in evening. And then visit to local market and night stay at Asharam.

In the concluding session each student has to appear in 25 mark test on the learning during the Mountain Classroom.

Internship certificate with obtained mark and learning outcome will be issued before departure.

Lunch & Departure from the Classroom site.

**Bank Details** 

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