



### Program Details

- Date :
- Place : Mount Abu (Rajasthan)
- Age Group : 17 - 45 years
- Fee :

(Includes Travel, Accommodation, Food, Training & Material Charges)

### Contact Details for Registration

Mr. Saday Joshi - 99241 22066  
 Mr. Kamal Dabawala - 98250 92762  
 Mr. Sandip Darji - 98255 49876

### Terms

1. Mode of payment: 100 % cash at the time of registration.
2. No cancellation under any circumstances will be allowed.
3. Program schedule are subject to change without prior notice.
4. Admission or cancellation is a sole discretion of organizers.
5. Strict action will be taken on the indiscipline participants.
6. Gutkha, Smoking or Consumption of Alcohol, prohibited strictly during the camp.

Rang Creation - 098260 29472

Limited seats only...



"Parishram", 9 L B Avenue, College Road, Nadiad. e-mail: explore.ekkhoj@gmail.com

TM Is for the Concept and applied for Copyright



LIFETIME  
EXPERIENCE OF  
EXPLORING  
MOUNTAINS  
AND  
SELF

AT  
MOUNT ABU,  
RAJASTHAN



**EXPLORE**<sup>TM</sup>  
EK KHOJ  
Adventure cum Life Skill Training Camp

## The Concept

Explore is an innovative attempt to...

Make Trekking more than just Fun,  
Adventure and Thrill...

Explore is designed to...

Make a life time learning experience...

Explore is focused to...

Make you better individual in your life...

Explore yourself along with exploring Mountains...



## Benefits

Program will help in developing basic qualities like

- Self Confidence
- Positive thinking and right attitude
- Courage & Taking risks
- Commitment and Discipline
- Taking decisions and being responsible

Program will also help the participants learn basic skills like

- Effective communication
- Setting and achieving goals
- Leadership & Team Work

## The Location

Explore the oldest mountain range in the world..... the Aravallis.

The only hill station in Rajasthan, Mount Abu huddles among the rocks on a 1,220-m granite table mountain at the far southwestern end of the Aravalli hills. It is built around a lake and is surrounded by forested hills. There are many interesting treks which makes it an ideal location for trekking.

The scenic landscapes include gigantic blocks of rocks in weird shapes, which provide opportunity to have all types of Rock Climbing activities, and makes explore an adventure.

More over an array of coniferous trees, flowering shrubs, lovely lakes and the cool climate much in contrast to the arid environs of the state helps one to explore own self and start the journey within.

Plain grassland, this campsite is surrounded by dense forest and offers a range of geographical features, topography, flora and fauna, in addition to diverse terrain for trekking.



## Activities

- Trekking
- Night trekking
- Cave Crossing
- Rock Climbing
- Rappelling
- River Crossing
- Tent Pitching
- Camp Fire

## Accommodation

- Tents equipped with bedding.
- Separate arrangement for Boys and Girls.

## We Offer

- Training Manual / Work Book
- Certificate on successful participation
- Photo CD
- Gifts & Prizes for outstanding participant

## It's an Adventure but Safe

- Well-qualified and professional coaching team & volunteers
- Specially assigned Lady Instructor also part of coaching team
- Student Trainer Ratio would be 1:10
- Round the clock Security
- First Aid Medicines and Kit available
- Safety will be our primary focus

## About Organizers:



### Mr. Kamal Dabawala

Visualizer, Designer & Coach

Kamal is a Training & Development Consultant by profession, an EXCEL graduate from JCI University, USA. He is a Training Designer, and presenter, known for innovative concepts in training. Catering training needs of Corporate houses, ISO companies, Government organizations, Public organizations, Professional & Educational Institutes. He has trained more than 10,000 people of all age groups and belonging to various fields.

Trekking cum Training is a dream conceptualized by Kamal Dabawala.



### Mr. Sandip Darji

Chief Instructor

Young, dynamic and enthusiastic mountaineer by himself, Sandip is qualified Instructor of various recognised Mountaineering Institutes of India. He has completed Basic, Advanced & Method of Instructions Mountaineering courses. He has a rich experience of conducting more than 25 courses of Trekking & Rock Climbing for Students, Professionals and even Armed Forces Personnel. Adventure is not only a profession but also passion for Sandip, which is evident in his achievement to climb Mount Jogin I (21,205 ft) & Jogin III (20,182 ft).

Sandip will help you explore Aravallis and have a lifetime experience.



### Mr. Saday Joshi

Trainer & Event Manager

Soft skill trainer and Event Manger, Saday have an experience of handling groups and various types of events. Currently leading a local unit of International Youth organisation, he is a president of JCI Nadiad. Saday is a recognised trainer of JCI India and has trained students, employees of government and private sector companies and Professionals.