



**OUTWARD BOUND
INDIA - HIMALAYA™**



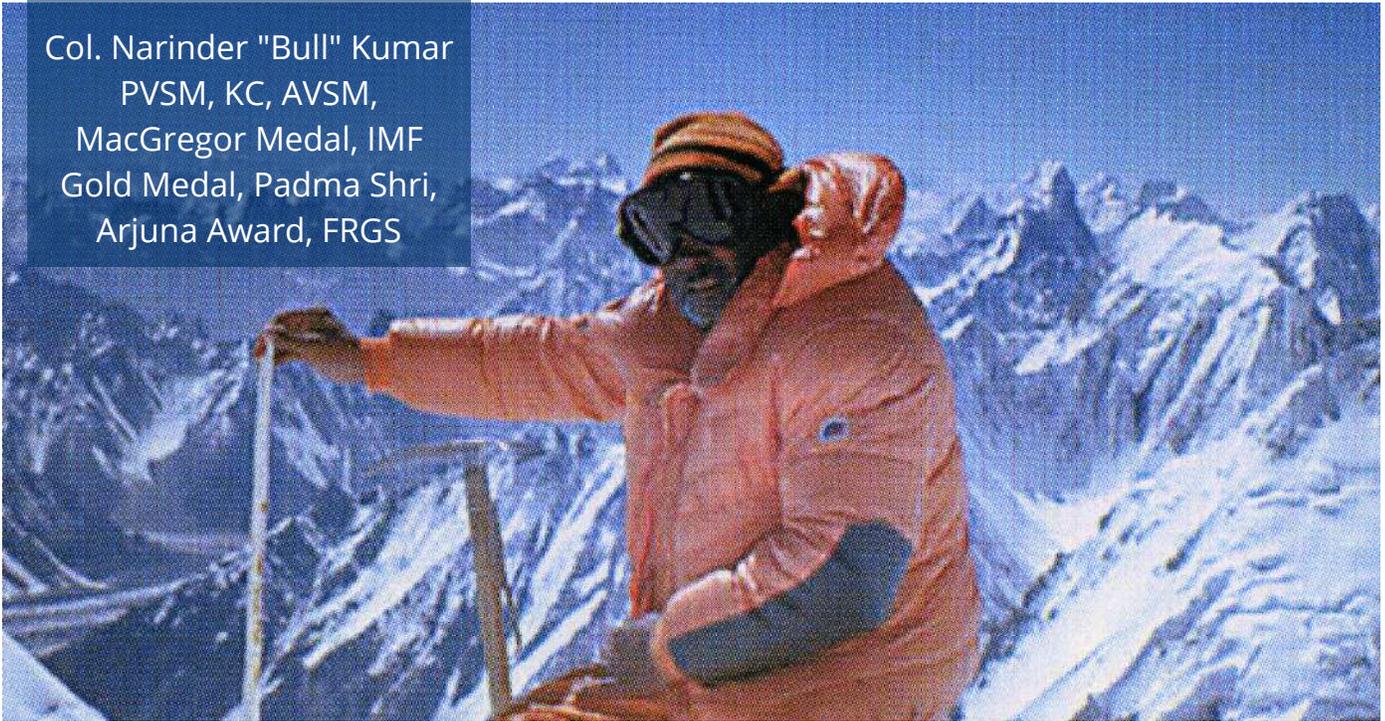
"To Serve, To Strive and Not To Yield"



FROM THE CHAIRPERSON'S DESK

Founder Col. Narinder Kumar

Col. Narinder "Bull" Kumar
PVSM, KC, AVSM,
MacGregor Medal, IMF
Gold Medal, Padma Shri,
Arjuna Award, FRGS



"The mountains and the outdoors taught me all the life-skills I know today - leadership, perseverance, compassion and collaboration and this is exactly what I would like our youngsters today to imbibe."

When Outward Bound International first approached me in 2005, they wanted my help to bring the idea of experiential learning to India.

I didn't hesitate for a second. With almost 35% of India's youth between the ages of 5 and 19 years, I understood the dire need for such an organization - one that would teach collaboration and competition, diversity and inclusion, service and compassion.

And above all that, the ability to handle success and failure - all through wilderness and challenging and experiences.

This is where an Outward Bound Program would help them immensely.

COL. NARINDER "BULL" KUMAR

Outward Bound India Himalaya,
Chairperson

Col. Narinder 'Bull' Kumar is India's most celebrated soldier-mountaineer. Bull Kumar was the first Indian to scale Nanda Devi, the first to put India on the summit of Mount Everest, and the first to climb Kanchenjunga from its toughest north-east face.

Perhaps, the feat this redoubtable mountaineer is most famous for is his capture of the Siachen Glacier in April 1981. Bull Kumar planted the Indian flag on the Siachen Glacier that year, which, in 1984, formed the bedrock of Operation Meghdoot, when India thwarted Pakistan's occupation of Siachen. Kumar Post - a key base on the glacier, is named after him, perhaps the only living Indian army officer to enjoy this singular honour.

Bull Kumar is actively involved as mentor and guide with the organization ably managed by a team of professionals.



**OUTWARD BOUND
INDIA - HIMALAYA™**

A breathtaking wilderness setting that combines challenges and adventures with trust, collaboration, and compassion. Students can't help but gain new confidence!



Outward Bound is a global educational organization founded in 1941 by celebrated German educator Kurt Hahn.

"We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less". - Kurt Hahn

Outward Bound India Himalaya is the Indian arm of Outward Bound International.

The programs are designed to create a connection with nature and the outdoors, to inculcate a newfound confidence in young people.

There are three levels of School-based and Open Courses that Outward Bound India Himalaya conducts in India:

- CURIOSITY for the 7 - 12 yrs
- TRAVERSE for the 13 - 18 yrs
- ODYSSEY for 18+ yrs

An Outward Bound Program is not just another "school camp".

We teach young people life-skills. How to step out of their comfort zones, be resilient, collaborate, accept responsibility and show compassion. Children learn to be independent and interdependent. Surrounded by like-minded peers and supportive instructors, they build bonds with one another, begin to test their own limits, and return home with new insights and skills to share.

High standards of safety and quality are an integral part of every OBIH Program. International Outward Bound trainers review our safety procedures every two years and are our instructors are highly trained and experienced to facilitate and teach through adventurous outdoor activities in the wilderness.



The Duke of Edinburgh is the Patron of Outward Bound International

TO BUILD SELF-BELIEF, RESILIENCE, COLLABORATION AND COMPASSION

Trekking and Camping



Rafting Expeditions



Ski Trips



Ropes Courses



"Look! Look! Look deep into nature and you will understand everything." – Albert Einstein

What do our children achieve from an outdoor educational program like Outward Bound?

- Courage, tenacity, and the self-belief that "I can actually do this!"
- An understanding and appreciation of their environment.
- Compassion and empathy as they encourage their team mates and help the slower ones along.
- An insight into leadership and what it takes to be a true leader.
- Learn a new sport and explore the art and science of technical skills.
- Coordination and cooperation, leadership and team work.

"Must we always teach our children with books? Let them look at the mountains and the stars up above. Let them look at the beauty of the waters and the trees and flowers on earth. They will then begin to think, and to think is the beginning of a real education." – David Polis, Naturalist.

RISK MANAGEMENT



Positive Risk is inherent in every Outward Bound Program. This is described as risk that has the potential for gain, growth, and development. How do we achieve this?

RISK ASSESSMENT AND MANAGEMENT:

External Evaluation: Every two years our center and our programs are reviewed by a team of international instructors. Through this review process, Outward Bound International ensures that all centers follow the same standards set out by it. At OBIH, we have passed every such review with flying colors.

Internal Evaluation: Every Program is assessed for risk and safety before it starts and after its completion, as part of a self-review process. We operate as per international safety norms and all our staff are trained in these procedures on an on-going basis.

STAFF QUALIFICATIONS AND TRAINING:

Our Land Activities instructors are experienced mountaineers and trekkers and have done their advanced mountaineering courses at NIM, Uttarkashi. The experienced Water Activities instructors have been guiding on Indian rivers for over 15 years and receive swift-water rescue training on an annual basis. All our staff get regularly trained on the latest first-aid, CPR and other life saving techniques.

SOME OF THE SCHOOLS THAT HAVE BENEFITED FROM OUR OUTWARD BOUND PROGRAMS



THE SCINDIA SCHOOL



THE BRITISH SCHOOL
New Delhi, India



**STONEHILL
INTERNATIONAL SCHOOL**



SCINDIA KANYA VIDYALAYA, GWALIOR



**CANADIAN
INTERNATIONAL
SCHOOL**



**NORTHWEST
OUTWARD BOUND SCHOOL**



**Outward Bound
Singapore**

▼ Fun Learning

The outdoors is our classroom - an oxymoron if there ever was one! At Outward Bound India Himalaya, we know that the best way to learn is by doing and experiencing, not just sitting and listening. Often, the significance of what they have achieved will dawn on the children only at the end of the day at reflection time - or perhaps even later.

▼ A Range of Venues & Activities

Skiing in Gulmarg, trekking and camping in the Himalaya, rafting on the Ganga or jumping off a high cliff into the waters below - every challenge has its own learnings and outcomes. Check out the list of activities that our program modules contain.

▼ Customised

We understand that every school has its own culture, needs, and objectives.

We will work with you to identify timelines and expected outcomes so that the school can achieve its objectives within the available time frame.

▼ Challenging

The program will breakdown pre-conceived barriers, help children understand the extent of their own abilities, and often surprise themselves with what they can accomplish. And through all of this, they are learning skills such as patience, listening and communication needed to develop as responsible citizens.



FEEDBACK FROM PARENTS AND STUDENT "OUTWARD BOUNDERS"

It's been a month now and I can see some changes in them. (My sons) are more independent. They read instructions and make small snacks and soups for themselves. I also think they have a better understanding about themselves and their friends. There are changes in attitudes and they are more understanding when things are explained."

- A Parent, Open Program

I have a lot more will power than I expected and I feel proud of myself for completing this trek as we've never done this sort of thing before!

- Student, Wehams Girls' School

I learnt a few things...before I came to camp I hated water and getting wet but after rafting I didn't mind it. I also learnt to cook in the forest, away from electricity

- Student, Pathways World School, Aravali, Class 8

I feel very nice being alone...I discovered that I could be independent.

- Student, Scindia Boys', Gwalior

I learnt that when I try new things, I end up having fun!

- Student, Canadian International School, Class 9

I learnt about surviving in the middle of the jungle and how to make fire. And I learnt that I can live without electricity.

- Student, Stonehill International School, Bengaluru, Class 8.

Living without our phones and surviving under rafts...it made me realize that we should appreciate what we have, adapt to our surroundings and work together as a team

- Student, British School, Class 9

Cooking my own food, pitching tents, surviving in the forest...it was all very challenging. I know now, that I can walk for 6 hours!

- Student, Modern School, Vasant Vihar, Class 8

The trekking and rafting expeditions were able to expand and push my limits of mental will power.

- Student, Christ Junior College, Singapore, Class 11

Can't thank you enough for really encouraging Aaryah & teaching him with so much love like your own child. It was totally disheartening for him as he couldn't pick up the skill much and was thrilled to have met you as his teacher.

- Parent, American School of Bombay (Ski in Italy Program)

33 CENTRES WORLDWIDE | 40 SCHOOLS | 250,000 PARTICIPANTS EACH YEAR

Australia | Belgium | Bermuda | Brazil | Brunei | Canada | Costa Rica | Croatia |

Czech Republic | Ecuador | Finland | Germany | Holland | Hong Kong | India | Indonesia | Japan | Korea | Malaysia | Mexico | New Zealand | Oman | Romania | Sabah Malaysia | Singapore | Slovak Republic | South Africa | Sri Lanka | Taiwan | United Kingdom | USA | Vietnam | Zimbabwe

A FEW OF OUR OUTWARD BOUND COURSES AND LOCATIONS

Curiosity Courses (7 - 12 yrs)



Kumbalgarh Safari Camp
2 Nights/3 Days

Just a 2.5 Hr drive from Udaipur, the Kumbalgarh wildlife sanctuary surrounds the famous Kumbalgarh fort and is home to the sambhar, jackal, jungle cat, sloth bear, hyena and wild boar. Not to be missed - the scientifically bred crocodiles in the lake! Camping, hiking, nature walks and birding in the sanctuary - there's a lot to do here to keep young minds and restless souls occupied!

Best Time to Go: October to March



Bull's River Camp, Tons Valley
3 Nights/4 Days

A 7-hour drive from Dehradun airport, tucked away in a little valley in the state of Uttarakhand is Bull's River Camp - a magical campsite that comes up only three months in the year! (Yes, it is named after our Founder 'Bull' Kumar!)

One night camping in the forest, learn to light a fire, day hikes, swimming in fresh water pools, team games and more!

Best Time to Go: March to mid-June



Camping and Hiking in Barog
2 Nights/3 Days

Barog is a little hill station in the Solan district of Himachal Pradesh, just 60 KM from Chandigarh. One of the highlights of this camping site is the Kalka-Shimla toy train - a UNESCO World Heritage Site and an absolute must for the kids!

Camping, hiking, ropes courses, navigation exercises, team games bonding and reflections, there's a lot to do here in this scenic location.

Best Time to Go: March to June | October



In-School Camps
1 Night/2 Days

For the really young ones - 6 - 7 year old, we also conduct in-school camps. Our Outward Bound team will come in a day before, and create a temporary camp on your school ground - with ropes and obstacle courses, expedition tents, bonfire place et al! It's a perfect set up to give them an outdoor experience within the safe confines of the school. Outward Bound games, pebble art, pottery-making etc. will all be a part of the experience.

The Himalaya may be our back-yard as you can see, but we conduct our courses all across the country including Rajasthan, Gujarat, Maharashtra, Karnataka and Tamil Nadu.

A FEW OF OUR OUTWARD BOUND COURSES AND LOCATIONS

Traverse Courses (13 – 18 yrs)



Ganga Rafting Expedition
3 Nights/4 Days or 4 Nights/5 Days

Situated 30 minutes from Rishikesh in Uttarakhand, Shivpuri is the adventure and rafting capital of India! The river Ganga flows through here and offers some of the most exciting and safe rapids, and some of the most pristine beaches for camping along its length!

This is a self-contained expedition, where all the gear and camping material is carried on the boats. Students will learn to pitch their own tents, raft and hike during the day, light a fire and cook their meals at night.

Best Time to Go: October to April



Camping & Hiking in the Tons Valley
4 Nights/5 Days

This is camping and trekking expedition style! The trek starts from the base camp in the Tons Valley. How to light a fire, various kinds of knots, and the secret cure for poison ivy maybe?

OBIH does not believe in fixed camp sites for this age group. Our trips are usually expedition style, where young people move from campsite to campsite setting up their own tents and enjoying new vistas everyday. There's a lot more learning here and infinitely more exciting!

Best Time to Go: March to May



Ski Course in the Himalaya
7 Nights/8 Days

A 6-Day Ski Program with Indian national champions and Olympians as your ski instructors. We do these courses in Gulmarg and Manali where the slopes are perfect for beginner and intermediate level skiers alike.

This is a skill-based program where students learn to ski as well as discover more about the mountains they're in, We conduct these ski programs across Asia and Europe as well, and will look to initiating those Programs when the world is a safer place for us all.

Best Time to Go: January to March



Andaman Marina Program
5 Nights/ 6 Days

Enjoy the wonderful marine life and the unspoiled nature of these lovely islands and learn some of their history, along with discovering new aspects of yourself.

You will learn the basics of diving with professional instructors at Havelock island which has about 1200 species of fish! The activities vary from enjoying the pristine beaches to kayaking, learning about Marine conservation and sustainability. At Port Blair, the main island where you land and depart from - you will get to visit the famous Jail and explore other parts of the colonial history at the museum.

Best Time to Go: October to May

OUTWARD BOUND INDIA-HIMALAYA SENIOR LEADERSHIP TEAM



◀ Pavane Mann

Pavane has been at the forefront of creating experiential programs at OBI-H since 2011. She has 30 years of professional adventure experience that includes planning, facilitating and heading adventure programs across various fields including jeep safaris, rafting tours, long distance treks, adventure camps and more.

Pavane has conducted The Duke of Edinburgh Award Programs for various schools in India and helped executive and corporate training workshops across India, Nepal, and Bhutan.

Dilshad Master ▶

Dilshad was the Senior Vice President at STAR TV, head of marketing and programming at National Geographic Channel, head of The History Channel in India and COO of UTV Entertainment. After 22 years in television, the mountains came calling.

She is the first person to lead a civilian trek to the Siachen Glacier and has led multiple treks to Everest Base Camp and other popular routes in Nepal and India. An inspirational speaker and a cancer survivor, her main focus is to urge children and parents to step out of their comfort zones and into the wilderness - an imperative (according to her) to help them understand trust and tenacity, leadership and responsibility, collaboration and compassion.



"THE MORE RISKS YOU ALLOW CHILDREN TO TAKE, THE BETTER THEY LEARN TO
TAKE CARE OF THEMSELVES" - ROALD DAHL



BECOME BIGGER



BECOME BETTER



BECOME BOLDER