Sahsi
STAR ADVENTURE HIMALAYAN SPORTS INSTITUTE

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To
The Principal / Head of the Department (Dravyaguna)
Ayurvedic Medical College

Respected Sir/Madam,
Greetings from **SAHSI Group**!
Established in **1995**, SAHSI Group is a pioneer in organizing **Educational Tours, High Altitude Herbal Trekking Expeditions, and Experiential Learning Programmes** for Ayurvedic institutions across India. With over **30 years of experience** and the successful participation of **more than 1,00,000 students**.

We are pleased to invite your **Undergraduate (UG) and Postgraduate (PG) students** to participate in our **High Altitude Herbal Trekking Programme** in the **Greater Himalayan Range of Himachal Pradesh**. This unique programme has been specially designed for **Dravyaguna students** to enhance their practical understanding of medicinal plants through direct field exposure in their natural Himalayan habitat.

Interested participants, including students, faculty members, researchers, and academicians with a keen interest in medicinal plants and high-altitude herbal exploration, are welcome to join this educational expedition.

Programme Highlights

- **High Altitude Herbal Trekking** in the Greater Himalayan Range (8,000–14,000 ft.)
- Field identification and study of **Himalayan Medicinal Plants**
- Practical exposure to **Dravyaguna** and medicinal plant ecology.

Why Choose SAHSI Group?

- **30+ Years of Excellence** in Educational & Adventure Programmes
- **1,00,000+ Students** Successfully Trained Across India
- Experienced Faculty, Herbal Experts, and Certified Trek Leaders
- A Perfect Blend of Academic Learning, Adventure, and Nature

Thank you for your valuable time and consideration.

Warm Regards,
Yadvinder Singh, +91 94168 21694 | +91 83980 60006
CEO & Founder, sahsigroup@yahoo.com, www.sahsigroup.org.
SAHSI Group, Kurukshetra, Haryan

HIGH Altitude Herbal Trekking Programme
In Greater Himalayan Range of Himalaya, 1st Group

Ayurvedic medical College UG Students Boys & Girls

Place	Rock Garden, Sukhna Lake Chandigarh, Shimla, Baralacha, Surajtal. Deepak Taal, Zingzingbar Galcier, Jispa, Lahaul Valley, Attal Tunnel, Solang Valley, Jogni Water Fall, Hot Spring Water Vashishth Temple, Hadimba Devi Temple, Mall Road Manali
Tour Duration	6 Night 7 Days. Accommodation in 3* Hotel/Luxury Base camp Hotel 1Room 3 student Sharing. And luxury camp 1 tent 4students sharing.
Educational Visit	High Altitude Herbal trekking in Greater Himalayan Range of Himalaya(Lahaul Valley)
(Food) Break Fast	Stuffed Prantha, Bread Butter, Egg, Bread Slice, Black Chana, Tea/Coffee/Milk
Lunch	Chapatti, Rice, Green Vegetables, Daal, Raita & Salad (Lunch Pack)
Evening Tea	Bread Pakora/Biscuits, Tea/Coffee/Soup.
Dinner	Chapatti, Rice, Green Vegetable, Salad, Non Veg & Sweet Dish.
Staff	Well educated Male & Female expert instructors.
Accommodation	3*Hotel In Zirakpur, Chandigarh/ Luxury Camping Jispa / Manali (H.P.)
Participants will have to bring with them	Sports Shoes, water bottle, Goggles, torch, warm clothes, tracksuit, UVI protection cream, Kit bag, and any medicine participants are habitual to use.
Fee	Rs. 15999/- for Student Group including boarding, loading, and All site seen With Luxury Pushback bus fare from Hotel Royal Park Resorts to all site seen & back to Chandigarh Railway Station/Bus-Stand. (Two Staff Members Free).

NOTE-:

1. **The Programme Schedule could be changed as per weather conditions.**
2. **The High Altitude Great Himalayan Trekking Expedition is a National Integration Programme that brings together participants from across India to explore the rich biodiversity, medicinal flora, culture, and heritage of the Great Himalayas.**
3. **The programme is open to Postgraduate students, faculty members, medical professionals, research scholars, and academicians. It offers a unique opportunity for high-altitude herbal study, experiential learning, scientific exploration, leadership development, and adventure-based education.**

ITINERARY

Daily Program schedule for Chandigarh, Shimla, Jispa, Baralacha, Manali.

First Day 10-09-2026	**Receive Group at Royal Park Resorts, Zirakpur Chandigarh and after lunch visit Rock Garden, Sukuna Lake Chandigarh Night Stay in Hotel Royal Park Resorts.**
Second Day 11-09-2026	**After Breakfast start journey for Shimla, duration 3hrs. After lunch visit mall road Jakhu Temple Shimla dinner at mall road Shimla after dinner 10Pm start journey for Jispa lahaul valley(Night Journey) 9hr Journey.**
Third Day 12-09-2026	**Receive Group at 7AM Beautiful Luxury base camp at Jispa, after breakfast take rest along with lecture from experts on High altitude herbal plants, visit Sarang Village (10,500 feet from sea level)(Traditional food lunch) after lunch Herbal Tracking 3km Sarang Village to Jispa and visit Jispa Monastery and back to base camp night stay in basecamp and enjoy Burn Fire with music.**
Fourth Day 13-09-2026	**After breakfast start journey for Baralacha visit Surajtaal and herbal tracking near Zingzingbar glacier (14010 Feet) above sea level. Full day hearbal tracking and visit Zingzingbar glacier and back to second basecamp Baralacha Night stay in 2nd basecamp enjoy burn fire with self-entertainments.**
Fifth Day 14-09-2026	**After Breakfast visit Surajtal with best natural and cultural sights of Lahaul Valley along with Discovering the Untamed Magic of the Bhaga River Valley and start journey for Manali visit Atal Tanal, Solang Valley and shift to Hotel Yak Mall Road Manali and visit mall road Manali.**
Sixth Day 15-09-2026	**After Breakfast herbal tracking start for Jogini Waterfall and off the tracking will conclude at Vashisht Temple(Hot Spring Water) and back to Hotel and visit mall road, Night stay in Hotel Yak**
Seventh Day 16-09-2026	**After Breakfast star t Journey for Chandigarh, lunch break at Bilaspur 4pm Drop to chandiagrh railway station/bus-stand marking the final destination of the tour, The** Sahsi Group **extends its warm wishes for a safe and pleasant onward journey.**

NOTE-:

4. **The First group should be of minimum 45 participants.**
5. **The interested participants will have to complete the registration till 10th of August. At the time of registration participants have to pay 50% of the total fee, rest amount will be taken on the 1st day of tour, 25/08/2026.**
6. **Every participants need to reach at the Hotel Royal Park Resorts Zirakpur Chandigarh.**
7. **Every participants have to bring the letter of his college letter with themselves .**
8. **Every Participant will get a certificate after completing the trek.**
9. **Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.**
10. **Schedule can be changed as per Conditions your Train time and Weather.**
11. **Per Room 3 Person sharing & Luxury camping 4person per tents.**

ITINERARY

Daily Program schedule for Chandigarh, Shimla, Jispa, Baralacha, Manali.

First Day 18-09-2026	**Receive Group at Royal Park Resorts, Zirakpur Chandigarh and after lunch visit Rock Garden, Sukuna Lake Chandigarh Night Stay in Hotel Royal Park Resorts.**
Second Day 19-09-2026	**After Breakfast start journey for Shimla, duration 3hrs. After lunch visit mall road Jakhu Temple Shimla dinner at mall road Shimla after dinner 10Pm start journey for Jispa lahaul valley(Night Journey) 9hr Journey.**
Third Day 20-09-2026	**Receive Group at 7AM Beautiful Luxury base camp at Jispa, after breakfast take rest along with lecture from experts on High altitude herbal plants, visit Sarang Village (10,500 feet from sea level)(Traditional food lunch) after lunch Herbal Tracking 3km Sarang Village to Jispa and visit Jispa Monastery and back to base camp night stay in basecamp and enjoy Burn Fire with music.**
Fourth Day 21-09-2026	**After breakfast start journey for Baralacha visit Surajtaal and herbal tracking near Zingzingbar glacier (14010 Feet) above sea level. Full day hearbal tracking and visit Zingzingbar glacier and back to second basecamp Baralacha Night stay in 2nd basecamp enjoy burn fire with self-entertainments.**
Fifth Day 22-09-2026	**After Breakfast visit Surajtal with best natural and cultural sights of Lahaul Valley along with Discovering the Untamed Magic of the Bhaga River Valley and start journey for Manali visit Atal Tanal, Solang Valley and shift to Hotel Yak Mall Road Manali and visit mall road Manali.**
Sixth Day 23-09-2026	**After Breakfast herbal tracking start for Jogini Waterfall and off the tracking will conclude at Vashisht Temple(Hot Spring Water) and back to Hotel and visit mall road, Night stay in Hotel Yak**
Seventh Day 24-09-2026	**After Breakfast star t Journey for Chandigarh, lunch break at Bilaspur 4pm Drop to chandiagrh railway station/bus-stand marking the final destination of the tour, The** Sahsi Group **extends its warm wishes for a safe and pleasant onward journey.**

NOTE-:

1. **The First group should be of minimum 45 participants.**
2. **The interested participants will have to complete the registration till 10th of August. At the time of registration participants have to pay 50% of the total fee, rest amount will be taken on the 1st day of tour, 25/08/2026.**
3. **Every participants need to reach at the Hotel Royal Park Resorts Zirakpur Chandigarh.**
4. **Every participants have to bring the letter of his college letter with themselves .**
5. **Every Participant will get a certificate after completing the trek.**
6. **Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.**
7. **Schedule can be changed as per Conditions your Train time and Weather.**
8. **Per Room 3 Person sharing & Luxury camping 4person per tents.**

HIGH ALTITUDE HERBAL TREKKING PROGRAMME

1st GROUP
09 SEP TO 15 SEP 2026

IN GREATER HIMALAYAN RANGE OF HIMALAYA

For Ayurvedic Medical College
UG Students (Boys & Girls)

PLACES COVERED

TOUR DURATION
6 Night 7 Days

ACCOMMODATION
- 3* Hotel in Zirakpur, Chandigarh
- Luxury Camping Jispa / Manali (H.P.)

3* HOTEL
1 Room – 3 Students Sharing

LUXURY CAMP
1 Tent – 4 Students Sharing

STAFF
Well educated Male & Female expert instructors.

PARTICIPANTS WILL HAVE TO BRING
Sports Shoes, Water Bottle, Goggles, Torch, Warm Clothes, Tracksuit, UVI Protection Cream, Kit Bag and any medicine participants are habitual to use.

FEE
₹15,999/-
PER STUDENT GROUP
(Including boarding, loading, and all site seen with Luxury Pushback bus fare from Hotel Royal Park Resorts to all site seen & back to Chandigarh Railway Station/Bus-Stand.)

TWO STAFF MEMBERS FREE

ITINERARY

DAY 1 – 09-09-2026
Receive Group at Royal Park Resorts, Zirakpur Chandigarh and after lunch visit Rock Garden, Sukuna Lake Chandigarh Night Stay in Hotel Royal Park Resorts.

DAY 2 – 10-09-2026
After Breakfast start journey for Shimla, duration 3hrs. After lunch visit mall road Jakhu Temple Shimla dinner at mall road Shimla after dinner 10Pm start journey for Jispa lahaul valley (Night Journey) 9hr Journey.

DAY 3 – 11-09-2026
Receive Group at 7AM Beautiful Luxury base camp at Jispa, after breakfast take rest along with lecture from experts on High altitude herbal plants, visit Sarang Village (10,500 feet from sea level) (Traditional food lunch) after lunch Herbal Tracking 3km Sarang Village to Jispa and visit Jispa Monastery and back to base camp night stay in basecamp and enjoy Burn Fire with music.

DAY 4 – 12-09-2026
After breakfast start journey for Baralacha visit Surajtaal and herbal tracking near Zingzingbar glacier (14010 Feet) above sea level. Full day hearbal tracking and visit Zingzingbar glacier and back to second basecamp Baralacha Night stay in 2nd basecamp enjoy burn fire with self-entertainments.

DAY 5 – 13-09-2026
After Breakfast visit Surajtal with best natural and cultural sights of Lahaul Valley along with Discovering the Untamed Magic of the Bhaga River Valley and start journey for Manali visit Atal Tanal, Solang Valley and shift to Hotel Yak Mall Road Manali and visit mall road Manali.

DAY 6 – 14-09-2026
After Breakfast herbal tracking start for Jogini Waterfall and off the tracking will conclude at Vashisht Temple (Hot Spring Water) and back to Hotel and visit mall road, Night stay in Hotel Yak

DAY 7 – 15-09-2026
After Breakfast start Journey for Chandigarh, lunch break at Bilaspur 4pm Drop to chandigarh railway station/bus-stand marking the final destination of the tour, The Sahsi Group extends its warm wishes for a safe and pleasant onward journey.

ACADEMIC GUIDANCE BY EXPERTS

Two Botony Doctors specialist for high altitude herbal plats will be in team for all the education related queries and guidance.

FOOD (DAILY)

BREAK FAST
- Stuffed Prantha, Bread Butter, Egg, Bread Slice, Black Chana, Tea / Coffee / Milk

LUNCH
- Chapatti, Rice, Green Vegetables, Daal, Raita & Salad (Lunch Pack)

EVENING TEA
- Bread Pakora / Biscuits, Tea / Coffee / Soup

DINNER
- Chapatti, Rice, Green Vegetable, Salad, Non Veg & Sweet Dish

NOTE:-
1. The Programme Schedule could be changed as per weather conditions.
2. The First group should be of minimum 45 participants.
3. The interested participants will have to complete the registration till 10th of August. At the time of registration participants have to pay 50% of the total fee, rest amount will be taken on the 1st day of tour, 25/08/2026.
4. Every participants need to reach at the Hotel Royal Park Resorts Zirakpur Chandigarh.
5. Every participants have to bring the letter of his college letter with themselves.
6. Every Participant will get a certificate after completing the trek.
7. Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.
8. Schedule can be changed as per Conditions your Train time and Weather.
9. Per Room 3 Person sharing & Luxury camping 4person per tents.

WHY CHOOSE US?
- High Altitude Herbal Trekking
- Expert Academic Guidance
- Safe, Well Organized & Secure
- Memorable Learning Experience
- Adventure with Nature

'Explore. Learn. Heal. Grow with Nature

ORGANISED BY
SAHSI GROUP
30+ YEARS OF EXPERIENCE