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Sahsi

STAR ADVENTURE HIMALAYAN SPORTS INSTITUTE

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To

The Principal / Tour In-charge

College/Institute: _____

Subject: Ayurveda Educational & Herbal Study & Research Tour Programme.

Dear Sir/Madam,

Greetings from **SAHSI Group**.

Since **1995**, SAHSI Group has been organizing **Ayurvedic College Educational Tours, Adventure Camps, and Outdoor Learning Programs** for schools, colleges, and institutions across India. Our objective is to provide students with safe, educational, and memorable experiences that promote leadership, teamwork, confidence, and environmental awareness.

We offer:

- Educational Tours: Dehradun, Mussoorie, Rishikesh, Haridwar, Delhi, Kullu-Manali, Rajasthan, Kerala, Sikkim, and other destinations.
- Adventure Activities: Trekking, Camping, Rock Climbing, River Rafting, Paragliding, Hot Air Ballooning, and more.
- On-Campus Adventure Camps for schools.
- Customized educational, industrial, and heritage tours.
- Winter School Camping in your school campus.

With over **30 years of experience**, our trained instructors, safety standards, quality accommodation, hygienic meals, and professional tour management ensure a secure and enjoyable experience for every student.

We would be delighted to meet you and discuss a customized tour or adventure program tailored to your institution's requirements.

Thank you for your valuable time. We look forward to serving your institution.

Yours sincerely,

Yadvinder Singh

CEO – SAHSI Group

Kurukshetra, Haryana, Website: <https://sahsigroup.org>

Program Schedule
Ayurvedic College Educational Tour Program
Kanniyakumari → Thiruvananthapuram → Kottakkal → Thrissur →
Munnar → Kochi
Ayurvedic College School/College Students Boys & Girls

Place	Kanniyakumari ,Thiruvananthapuram ,Kottakkal ,Thrissur ,Munnar ,Kochi
Duration Time	5 Nights / 6 Days (3/4* Hotel Accommodation)1 Room 4 Students sharing
Sight Seen	Sideseeing of Kanniyakumari ,Thiruvananthapuram ,Kottakkal ,Thrissur ,Munnar ,Kochi.
Educational Visit	Visit of Ayurvedic Colleges, Herbal Gardens and research centers of Thiruvananthapuram, Kottakkal,Thrissur.
Adventure Activity	Education Visits and Herbal Trekking.
(Food) Break Fast	Stuffed Prantha, Puri Bhaji, Chole Bhature, Bread Butter, Bread Slice, Black Chana, Egg, Tea and Corn Flakes with Milk.
Lunch	Chapatti, Rice, Green Vegetable, Daal, Raita, Shahi Paneer,Kadai-Paneer, Malai Kofta, Salad & Pickle
Evening Tea	Bread Pakoda/Biscuits, Tea/Coffee/Soup.
Dinner	Chapatti, Rice, Green Vegetable, Daal, Salad and Dessert (Ice Cream). Non-veg
Accommodation	3/4* Resort / Hotel Accommodation and 4 Students I Room shearing
Participants will have to bring with them	Sports Shoes, water bottle, Goggles, Kit bag, and any medicine participants are habitual to use.
Fee	Rs. 00000/-Per Student including Boarding, Lodging, 3/4* Hotel Accommodation with A.C Luxury Bus/Traveller Fare from Railway Station/College Campus to All Sightseeing and Back to Railway Station/ College Campus ((3rd AC Train Tickets Included - (Except train meals))

NOTE:-

- 1. The group should be of minimum 50-250 participants.**
- 2 Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.**
- 3. Schedule can be changed as per the Conditions of Weather and Train time**

ITINERARY
Daily Program Schedule
Kanniyakumari → Thiruvananthapuram → Kottakkal → Thrissur →
Munnar → Kochi

Day 01	Start Journey from College Campus/Railway station, after reaching shift to hotel full day sideseeing, Vivekananda Rock Memorial Thiruvalluvar Statue Kanyakumari Temple Kanyakumari Beach Gandhi Mandapam Sunset Point Local Market & others night stay in hotel, enjoy dj with music.
Day 02	After breakfast full day sideseeing of Kanniyakumari, like Sunrise Point Padmanabhapuram Palace Vattakottai Fort Thiruparappu Waterfalls Mathoor Hanging Bridge & others Night stay at kanniya kumari,.
Day 03	After breakfast full day sideseeing of Tiruvannant Puram like, Government Ayurveda College, Thiruvananthapuram, Government Ayurveda College Hospital, Government Ayurveda College Women & Children Hospital, Regional Ayurveda Research Institute, Dravyaguna Department, Herbal Garden & Medicinal Plant Study, Government Ayurveda Marma Hospital, Kanjiramkulam, Yoga & Wellness Centre & etc. after dinner start journey for Kottakal. Full night journey via bus.
Day 04	Morning 7Am shift to Hotel and visit Vaidyaratnam P. S. Varier Ayurveda College, Ayurveda Teaching Hospital, Kottakkal Arya Vaidya Sala, Ayurveda Hospital & Research Centre, Ayurveda Medicine Manufacturing Unit, Quality Control / Research Exposure, Herbal Garden / Medicinal Plant Study, and night stay in hotel.
Day 05	After Breakfast, visit Vaidyaratnam Ayurveda College, Vaidyaratnam Ayurveda College Hospital, Amala Ayurvedic Hospital & Research Centre, Amala Herbal Garden, Medicinal & Aromatic Plants Herbal Garden, Kerala Agricultural University – College of Horticulture, Hortus Malabaricus Botanical Garden & Research Institute, Ayur Udhyaana after evening tea start journey for Munnar. Shift to Hotel night stay in Hotel.
Day 06	After breakfast full day sideseeing of munnar visit Mattupetty Dam, Echo Point, Kundala Lake, Tea Gardens, Tea Plantations, Scenic Mountain View Points, Munnar Local Market, Tea Museum (subject to time availability) & others and 3PM start journey for Kochi Railway station/College Campus.

- 1. Morning Tea, Breakfast, Lunch, Evening Tea, Dinner will be served at appropriate time daily.**
- 2. Schedule are subjected to be changed as per Weather Conditions.**