



STAR ADVENTURE HIMALAYAN SPORTS INSTITUTE

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To  
**The Principal / Head of the Department (Dravyaguna)**  
**Ayurvedic College**\_\_\_\_\_

**Subject: Ayurvedic Educational Tour for Dravyaguna/Ayurveda students**

**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,**

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**SAHSI Group, Kurukshetra, Haryana**

**Programme Schedule**  
**Educational & Pleasure Tour Programme Delhi, Haridwar, Rishikesh**  
**Dehradun, Mussoorie**

**Ayurvedic College Students Boys & Girls**

|                                           |                                                                                                                                                                                                              |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Place                                     | Delhi, Haridwar, Rishikesh, Dehradun, Mussoorie                                                                                                                                                              |
| Sight Seen                                | India Gate, Kutumb Minar(Delhi), FRI, Robber's Cave(Dehradun), Campti Fall, Company Garden and Mall Road Mussoorie, Ram Jhulla, Laxman Jhulla, Ganga Darshan with Parmarth Aarti(Rishikesh),                 |
| Tour Duration                             | 6 Night 7 Days. Accommodation in 3*Hotel 4 studentSharing. 1. Room.                                                                                                                                          |
| Educational Visit                         | Gurukul Kangadi Pharmacy and Patanjali Yogapeeth Haridwar, Forest Research Institute                                                                                                                         |
| Adventure Activities                      | Jungle Trekking in Rishikesh and Some Other Adventure Activities                                                                                                                                             |
| (Food) Break Fast                         | Stuffed Prantha, Bread Butter, Egg, Bread Slice, Black Chana, Tea.                                                                                                                                           |
| 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/Base Camp Haridwar, Dehradun, Rishikesh                                                                                                                                                             |
| 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. 13000/- including boarding, loading, and All site seen, AC Luxury Pushback bus, Sleeper Train fare from Delhi Railway Station to all site seen & back to Delhi Railway Station.(Two Staff Members Free). |

1. The group should be of minimum 45 participants and 50% of the fees of the camp period shall be charged in advance 60 days ahead of the camp days.
2. Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.
3. Schedule can be changed as per Conditions your Train time and Weather.
4. During Journey Will Provide Mineral Water.
5. Final Itinerary & Food Menu will send when our program Date and Time is Fix.

## ITINERARY

### Daily Program schedule for Delhi, Haridwar, Rishikesh, Dehradun, Mussoorie

|        |                                                                                                                                                                                                           |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 01 | Receive Group at Delhi Railway Station . Full day Sight Seen like India Gate, Kutumb Minar. After Dinner Start Journey for Dehradun.(Night Journey)                                                       |
| Day 02 | Shift to Hotel Dehradun. After Breakfast Full Day Sight Seen FRI(Forest research Institute Dehradun), robber's Cave and Visit tibteon Market Dehradun. Night Stay in Hotel Dehradun.                      |
| Day 03 | After breakfast Start Journey for Mussorrie. Full Day Sight Seen like Campty Fall, Campany Garden and Mall Road Mussorrie . Night Stay in Mussorrie/Dehradun.                                             |
| Day 04 | Early Morning After Breakfast at 8Am Start Journey for Rishikesh. Shift to Base Camp. Fun in Swimming Pool and Some Adventure Sports Activities. After Lunch Small Jungle Trekk. Night Stay in Base Camp. |
| Day 05 | After Breakfast Full day Sight seen Ram Jhulla, Laxman Jhulla and Visit Local Market, In Evening Ganga Darshan with Parmarth Aarti. Night Stay in Hotel, Haridwar/ Rishikesh.                             |
| Day 06 | Morning at 08:00 Am After Breakfast Visit Gurukul Kangadi Pharmacy and Patanjali Yogapeeth Haridwar. After Dinner Start Journey for Delhi Railway Station(Night Journey).                                 |
| Day 07 | Morning at 6Am Drop to Delhi Railway Station.                                                                                                                                                             |

**NOTE:-**

1. The group should be of minimum 45 participants and 50% of the fees of the camp period shall be charged in advance 60 days ahead of the camp days.
2. Morning Tea, Breakfast, Lunch, Evening Tea & Dinner will be served at Appropriate time daily.
3. Schedule can be changed as per Conditions your Train time and Weather.
4. We didn't give you any refreshment or food during Train Journey.

**MAJOR MEDICINE PLANTS OF H.P.**  
**HIGH HILLS TEMPERATE DRY ZONE**  
**ABOVE 2000 FEET TO 14000 FEET M.S.L.**

HIGH REACHES OF DHOLY DAAR & PEER PANJAL RANGE IN HIMALYA  
 AND KINNAUR, LAHAUL SPITI & UTTRAKHAND DISTTS. OF SUB ALPINE  
 TO ALPINR RANGE

fgekpy izns'k [laommlkig] Roiw.kZ vk;qosZfnd vkS"kf/k iks/ks tyok;q] Å  
 e:LFky ds {kstoZsh,ik,ktks,okys.Mdeqnz ry ls ÅapkbZ 2000  
 vk;qosZfnd vkS"kf/k iks/ks tyok;q] Å  
 izdkjldkSf.kd puzM+h cqfV;ksa dh tkudkj nh tk,xh blds  
 vk;qosZfnd vkS"kf/k iks/ks tyok;q] Å  
 tk,xh blds vk;qosZfnd vkS"kf/k iks/ks tyok;q] Å

| Sr. No. | BOTANICAL NAME               | COMMON NAME              | Sr. No. | BOTNICAL NAME          | COMMON NAME          |
|---------|------------------------------|--------------------------|---------|------------------------|----------------------|
| 1.      | Aconitum chasmanthum         | irhl                     | 27.     | Abies webbiana         | rkfyl i=             |
| 2.      | Aconitum deinorrhizum        | oRlukHk                  | 28.     | Aconitum deinorrhizum  | oRlukHk] xhj fo      |
| 3.      | Aconitumheterophyllum        | vrhl                     | 29.     | Atropa accuminata      | ou rEckdw] ,Vhik     |
| 4.      | Artemisia dracunculus        | V <sup>a</sup> saxu      | 30.     | Artemisia Vulgaris     | ukxnkSu              |
| 5.      | Artemisia maritime           | fdjuekyk                 | 31.     | Bergenia ligulata      | ik"kk.kHksn          |
| 6.      | Arnebia benthami             | jrutksr                  | 32.     | Corydalis govaniana    | HkwrtVh              |
| 7.      | Arnebia euchroma             | jrutksr                  | 33.     | Dioscorea deltoidea    | flaxyh&fHkaxyh       |
| 8.      | Carum carvi                  | dkyk thjk                | 34.     | Nardostachys jatamansi | tvkeklh              |
| 9.      | Crocus sativus               | dslj                     | 35.     | Dactylorhiza hatagirea | lkye iatk            |
| 10.     | Ephedra gerardlana           | lkseyrk                  | 36.     | Picrohiza Kurroa       | dqVdh                |
| 11.     | Ferula jaeschkeana           | taxh ghax                | 37.     | Saliva moorcroftianum  | dkyh tM+h            |
| 12.     | Juniperus communis           | gkÅosj                   | 38.     | Selinum veginatum      | ewjk] Hkwrdslh       |
| 13.     | Juniperus recurva            | gkÅosj                   | 39.     | Skimmia laureols       | dLrwjh i=            |
| 14.     | Hyscyamus niger              | [kqj]kuh vtok            | 40.     | Thymus serphyllum      | ou vtok;u            |
| 15.     | Jurenia macrocephalla        | /kwi                     | 41.     | Vrgenia indica         | taxyh l;kt           |
| 16.     | Inula racemosa               | iq djewY;                | 42.     | Viola serpens          | ouQ'kk               |
| 17.     | Onosma echioides             | jrutksr] ?kkeu           | 43.     | Valeriana jatamansi    | lqxU/kokyk] eq'dokyk |
| 18.     | Rhododendron<br>anthopogon   | fupuh] usjk] astkok] nso | 44.     | Valeriana cordifolia   | fxyks;               |
| 19.     | Rhododendron<br>companulatum | psjSyW] 'kxj] 45xj       | 45.     | Berberis aristala      | nkj gfjnz            |
| 20.     | Hippophae rhamnoides         | Njek                     | 46.     | Argemona maxicana      | lo.kZ{kjh            |
| 21.     | Hippophae salicifolia        | Njek                     | 47.     | Siymbrium irio         | [kwcdyka             |
| 22.     | Thalictrum foliosum          | ihrewy] fi;kjk           | 48.     | Boswellia serrata      | lybZ                 |
| 23.     | Cissamples pariera           | ikBk                     |         |                        |                      |
| 24.     | Podophyllum hexandrum        | ouddM+h                  |         |                        |                      |
| 25.     | Fumaria parvifolia           | firikiM+k                |         |                        |                      |
|         | capsalla burra-partoris      |                          |         |                        |                      |
| 26.     | Grewia hissuta               | ukxcyk                   |         |                        |                      |

