



AARAMBH Guidelines & Regulations

Preparation:

1. Packing:

Students are required to carry the items as specified in the trip checklist below. Checklist:

- Aadhar Card
- Backpack
- Suitcase/Luggage bag (Only one suitcase per candidate is allowed)
- Sport shoes
- Mobile phone with charger
- Power bank (as per your requirement)
- 9 pairs of socks
- Flip flops (slippers)
- 9 T-shirts/Shirts
- 9 Track pants / Jeans
- Undergarments for 9 days
- Towels
- Sleepwear
- 1 outfit of ethnic wear for Cultural Night
 - (e.g., Kurta pyjama for boys, suit or sari for girls)
- Water bottle (compulsory)
- Small umbrella (compulsory)
- Two bedsheets (compulsory)
- Toothbrush and toothpaste
- Soap
- Brush or comb
- Sanitary pads (if applicable)
- Mosquito repellent
- Sanitizer
- Sunscreen
- A reusable bag for dirty laundry
- Carry cash at your risk (not more than ₹2000/-)

Do not carry textbooks. It is suggestive that students choose breathable fabrics and an outfit that allows for movement. **Label** everything that there is no chance of things getting mixed. Most importantly,

2. Travel Documents:

All the students are required to carry a copy of their **Aadhar card** with them. ID card would be provided to all the students at the start of the program. Students are required to carry this **ID card** with them. In case ID card is misplaced, the students need to inform their team in-charge immediately.

Health Precautions:

Complete all required health checkups before departure. Inform the authority of any medical conditions beforehand. Parents must inform the teacher in-charge of any medical or pharmaceutical requirement(s) their child may have. The latter entails the possession of the necessary drugs in the necessary quantities.

Behavior:

1. Respect:

Show respect to all cultures, communities, and fellow participants. Inappropriate comments or gestures would not be tolerated

Notify program staff in advance if you are unable to attend due to illness or other unavoidable circumstances. Punctuality

2. Listen:

Pay attention during briefings and follow instructions from trip leaders. The students must respect the decisions made by the teacher in-charge. Use of mobiles or any electronic devices, in between the sessions, unless asked to, is strictly prohibited.

Participate:

Participation in all aspects of trip or excursion preparation is obligatory. The participation in the entirety of the program is mandatory, except with the written authorization of management justifying exceptional circumstances.

4. Environmental Responsibilities:

Dispose of all trash in designated bins and do not litter around. Use water and electricity sparingly.

4. Financial Responsibilities:

Students are responsible for taking care of their personal belongings. Take precautions against theft. Keep valuables secure and report any incidents of theft immediately.

Safety:

1. Attendance:

Attendance will be taken before boarding buses at every stop. Punctuality is expected from students at each stage of the program.

Notify program staff in advance if you are unable to attend due to illness or other unavoidable circumstances. Punctuality

2. Location Tracking:

Location for all students will be tracked by the administration of Aarambh during the entire duration of the program to ensure the safety of students.

Buddy System:

Always stick with the group and team leader that will be assigned to you, especially during outings.

4. Curfew:

Adhere to the curfew times set by the trip coordinators.

Accommodation and Meals:

1. Room Rules:

Students are required to stay only in the rooms they have been assigned. Do not switch rooms without permission. No damage of any kind should be done to the rooms. Upon departure, students are responsible for ensuring their rooms are left in the same clean and tidy condition as upon occupancy.

2. Room Inspection Policy:

Teachers have the right to check pupils' rooms at any time if the situation requires it.

3. Damage to property:

Any damage caused voluntarily or not by a student at the means of transport, the place of lodging, or anywhere else must be reported to the professor in charge immediately.

4. Dietary Needs:

Inform trip leaders of any dietary restrictions well in advance.

5. Strict Don'ts in a hostel:

Playing loud music is not allowed within the hostel or on campus. Cooking is prohibited inside hostels.

No heavy electrical appliances are allowed to be used in hostel premises (induction, coolers, electronic irons, or likewise). If a student is found using these prohibited items, he/she will be liable to pay a heavy fine.

Strict Prohibitions

In adherence to the standards of conduct expected at Aarambh, the following activities are strictly prohibited. Engaging in any of these actions will result in immediate expulsion from the program, with the student being repatriated at the expense of their parents or guardians:

1. Possession or consumption of alcohol, smoking, or any related substances.
2. Possession of drugs or weapons of any nature.
3. Participation in any form of violence, theft, smuggling, or aggressive behavior.
4. Involvement in ragging, bullying, or making sexually suggestive remarks.
5. Using derogatory language or making political comments.
6. Recording/Viewing inappropriate or offensive images/videos.
7. Religious and political discussions.

These rules will strictly be implemented with zero tolerance on violation, to ensure the safety, well being, and conducive learning environment for all participants.

Consequences of Non-Compliance:

Violation of any of the rules outlined in this rulebook may result in disciplinary action, up to and including immediate expulsion from the program. Participants and their parents or guardians are expected to adhere to these rules and cooperate with program staff to maintain a safe and positive learning environment.