

Trek Excursion Report of 34 MBBS Students to Binog Tibba, Mussoorie

Date: 23rd March 2025 Location: Binog Tibba, Mussoorie

Organized By: Gautam Buddha Chikitsa Mahavidyalaya in collaboration and Adventhrill, Dehradun.

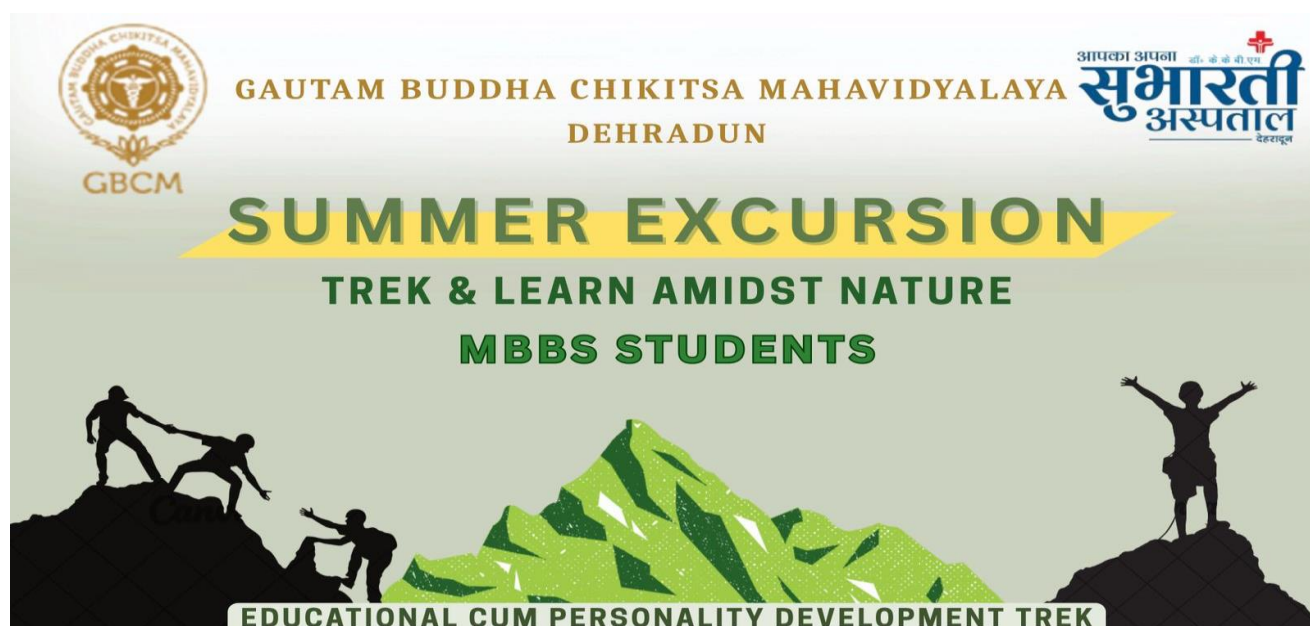
Duration: 1 day

Total Participants: 34 MBBS Students of 2021 Batch

Trek Leader: Dr. Suchit Kumar, HOD, Dept. of Anatomy

Supervising Faculties: Mr. Sachin Shrinarain, Dr. Harsimranjit Kaur Natt, Dr. Anant P. Rank

Support Staff: Mr. Dheeraj Kumar, Dept. of Anatomy



Objective of the Trek

The trek excursion was organized to provide MBBS students with a unique opportunity to experience nature, engage in physical activities, and develop team-building and leadership skills. The goal was also to introduce students to the importance of fitness and health in a medical profession, as well as to create a break from the regular academic routine.

Departure:

Team GBCM consisting of 34 MBBS students, OSD-GBCM, 1 Associate Professor and 1 Assistant Professor left GBCM campus at 0615 hours on 23rd of March and reached the restaurant at 0830 hours where the breakfast arrangements were made by the organizer. After breakfast and initial briefing the team started for the trek base in Mussoorie Reserve Forest area. Student's attendance was marked at the time of departure.

Pre-Trek Briefing:

Pre trek briefing was done by Mr. Vijay Pratap Singh and Mr. Shashank of AdvenThrill and the group as briefed on various aspects related to the trek. The trekking team was also briefed about dos' and don'ts and the precautions to be adhered to while climbing the mountain and passing through dense forest.

The Trek:

The trek of approximately 6.5 kilometers (one way) started at about 0945 hours and the team successfully reached Binog Tibba after about 3 hours. During the trek the students involved themselves in nature watch and photography of the mountain range, flower ridden peach trees, rhododendrons and natural scenic beauty.

After reaching the summit, Mr. Vijay Pratap Singh, organized participatory games by dividing the group in 3 teams to develop communication skills and leadership qualities, which was enjoyed by the students. After resting for an hour at the summit and headcount, the team started back for the base taking the different route as guided by the organizer.

The team reached back at the base at 1700 hours and proceeding back to the restaurant where lunch arrangements had been made for. After enjoying the lunch the organizers awarded certificates of participation to all GBCM team members.

GBCM Team started back at 1800 hours to reach the campus back at 2045 hours safely.

Feedback from Students

All the Students enjoyed the scenic beauty of the trek and found the experience refreshing. They appreciated the opportunity to bond with their peers outside the academic environment and also of the view that such activities should be held at regular intervals.

Challenges:

Few students found the physical challenge to be demanding, particularly during the uphill sections. However, they acknowledged the positive impact of the experience on their resilience and mental strength.

Conclusion

The trek excursion for 34 MBBS students was a resounding success. It not only allowed the students to disconnect from their rigorous academic schedule but also provided them with valuable life lessons in teamwork, leadership, resilience, and physical fitness. The experience contributed positively to their mental well-being and provided them with new perspectives on how outdoor activities can enhance their overall health and stamina along with skills which are essential for their future careers as doctors.



Team GBCM before starting the trek



Team GBCM playing interactive games at Binog Tiba Summit



Dr. Harsimranjit & Dr. Anant with a group of students on trek



Trekking amidst Nature



Team GBCM at the Binog Tibba Summit



Certificate

OF ACHIEVEMENT



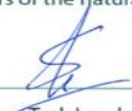
This certificate is awarded to MR. SACHIN
An intrepid adventurer and avid trekker, has demonstrated exceptional resilience, fortitude, and mountaineering prowess by successfully conquering the challenging heights of BINDHOTABA

At an elevation of 2250 Mtr. above sea level, this remarkable accomplishment stands as a testament to his/her unwavering dedication to the pursuit of excellence in trekking.

May this achievement serve as a symbol of inspiration to fellow trekkers and a lasting reminder of the heights that can be reached through dedication, perseverance, and a deep appreciation for the wonders of the natural world.



ADVENTHILL,
MIG 16-A, MDDA Colony,
Dehradun, Uttarakhand -248001


Trek Leader

Certificate of participation provided to all GBCM team members by the organizer