

**AN INITIATIVE OF  
SERVE HAPPINESS FOUNDATION**



**YOUTH LEADERSHIP &  
EXPERIENTIAL JOURNEY**

**NARMADA PRERNA YATRA**

**A JOURNEY OF AWAKENING**

**WWW.NARMADAPRERNAYATRA.ORG**

# NARMADA PRERNA YATRA

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# WELCOME TO NARMADA PRERNA YATRA

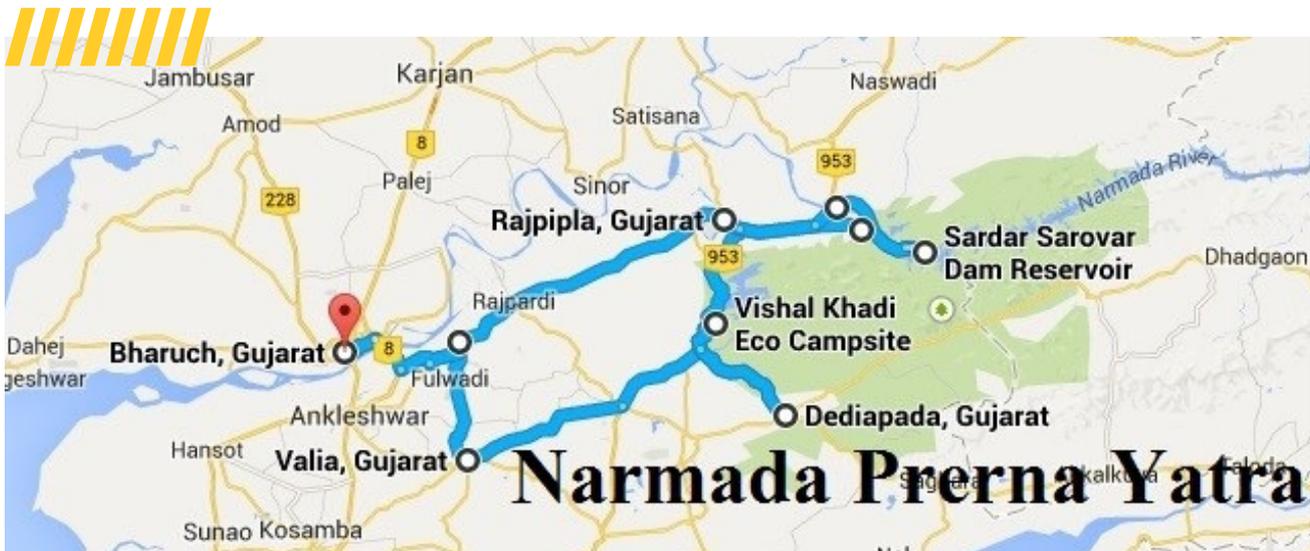
Buddha's profound words, "No one saves us but ourselves," remind us that true liberation lies within. History is replete with examples of individuals who, by tuning into their inner wisdom and defying societal norms, became beacons of contentment and catalysts for social change. These were the visionaries who, unconcerned with material limitations, sought to understand the deeper purpose of life. They recognized that true fulfillment arises from aligning with one's inner truth and contributing to the greater good. While not all of us are destined for greatness, we can all cultivate inner peace by embracing the power of our inner guidance, cultivating compassion, and living a life of purpose and service.

The Narmada Prerna Yatra is a transformative experiential journey designed for students, faculty members, and educators to connect with nature, heritage, and real-life learning beyond the classroom. Through the serene flow of the Narmada River, its rich cultural heritage, and spiritual essence, participants experience inner peace, clarity, and a deeper understanding of life and society. By interacting with inspiring role models and grassroots organizations along the river, they gain valuable insights, develop leadership, and discover their inner calling—an experience that continues to guide and inspire them long after the journey ends.



**Nitin Tailor**  
*CEO & Founder*

# YATRA ROUTE



## BHARUCH - NARMADA (GUJARAT)

This 4-day journey in the lap of the Narmada Valley offers an immersive experience through the natural, cultural, and spiritual richness of Gujarat's Narmada region. The Yatra begins from Bharuch, one of India's oldest cities with more than 2000 years of history, located on the sacred banks of the Narmada River and known for its ancient trade, culture, and spiritual heritage.

The journey then moves towards Rajpipla, the royal town of the 600-year-old Gohil dynasty, surrounded by the lush green Satpuda mountain range and vibrant tribal culture. Traveling through forests, villages, and the serene banks of Maa Narmada, participants explore spiritual sites, eco-tourism destinations, and inspiring grassroots initiatives.

Walking along the holy Narmada, visiting historic temples, interacting with local communities, and experiencing the simplicity of rural life make the journey deeply meaningful. The peaceful environment of the Satpuda hills and the timeless flow of Maa Narmada create a perfect space for reflection, learning, and inner clarity.

This route becomes a journey of learning and self-discovery, where nature, heritage, and meaningful interactions inspire participants to reconnect with their roots, understand real India, and discover a deeper purpose in life.

# PARTICIPANTS QUALITY AND DIVERSITY



The Narmada Prerna Yatra is specially designed for groups of students and faculty members nominated by schools, colleges, and universities based on their interest in experiential learning, leadership, and social exposure. Each group includes participants from different academic backgrounds, creating a diverse learning environment that encourages interaction, discussion, and new perspectives.

Traveling together through the Narmada region, visiting villages, social organizations, and heritage sites provides a unique opportunity for students and teachers to learn beyond the classroom. This shared journey helps participants understand real-life challenges, develop leadership qualities, and gain deeper clarity about society, career, and purpose in life.

Institutions may select participants based on their interest, motivation, and willingness to learn, and the Narmada Prerna Yatra team can also support the selection process by guiding the institute in identifying suitable students and faculty members to ensure a meaningful and enriching group experience.

# ROLE MODELS



The Narmada Prerna Yatra is a transformative journey that invites you to explore the beauty of the Narmada region while encountering inspiring individuals. We will meet remarkable individuals leading the way in organic farming, gender equality, community health, and education. Engaging in group discussions on pressing social issues will deepen your understanding of living a meaningful life.

To enrich the experience, we've included opportunities for adventure, cultural immersion, and relaxation. We'll visit historical sites, experience the tranquility of eco tourism sites and spiritual centers, and savor the local cuisine.

Each day will begin with inspiring interactions with our role models at their respective institutions. We'll stay in diverse locations, experiencing the unique character of each place. The Yatra connects you with a dynamic network of individuals and organizations driving positive change across various sectors. By witnessing firsthand sustainable development models in the heart of the Bharuch-Narmada region, you'll embark on an inner journey of self-discovery and gain profound insights into yourself and the world around you.

# YATRIS REFLECTIONS



**DR. DEEPASREE  
DAS SARKAR**



**ASSOCIATE PROFESSOR, MARGERITA COLLEGE,  
DIBRUGARH UNIVERSITY, ASSAM**

Participating in the Narmada Prerna Yatra was a heart-opening experience for me and my daughter, Aditee, who inspired me to join this soulful journey. It was our first time experiencing rural tourism—living amidst tribal communities, connecting with nature, and witnessing the warmth and hospitality of the Gujarati people. I was deeply touched by the cultural richness and simplicity of village life. This journey has ignited a dream within me to replicate such a Prerna Yatra in Assam to empower the youth of our region and reconnect them with their roots.

**DHRUV  
SAIDAVA**



**FOUNDER, TINKERING INDIA, ADVOCATE FOR PRACTICAL  
STEM EDUCATION & RURAL COMMUNITY UPLIFTMENT**

Dhruv joined the Narmada Prerna Yatra as an engineering student, and for him, it became a journey of awakening. As part of the media team, he took the responsibility of capturing the most meaningful moments of the Yatra. Living and exploring the serene beauty of the Satpuda Valley in the Narmada region was an unforgettable experience that he deeply cherished. Inspired by the Yatra, Dhruv went on to initiate similar journeys for rural children and is currently working as an advocate for practical STEM education and rural community upliftment—carrying forward the spirit of learning, service, and impact.

# YATRIS REFLECTIONS



**YATI  
CHATURVEDI**



**SENIOR PROJECT CONSULTANT, ERNST &  
YOUNG GLOBAL CONSULTING SERVICES, AGRA**

Yati participated in the Narmada Prerna Yatra in 2016 as a MBA student. This transformative journey unleashed my passion for the social sector, giving me a firsthand understanding of what it takes to work at the grassroots level and the realities that often remain unseen without such immersive experiences. Serve Happiness Foundation played a pivotal role in shaping my learning and perspective in the social sector. Yati later pursued a Master's in Sociology of Childhood and Children's Rights from University College London and became a Gandhi Fellow and a Changemaker in Education Fellow.

**DR AKSHITA  
ARORA**



**ASSOCIATE PROFESSOR, BML MUNJAL UNIVERSITY,  
GURUGRAM, HARYANA**

For me, it is Journey of Transformation. Scenic beauty, Unique exposure, Unforgettable learning, Self-discovery, Enlightenment, Refreshing. Wonderful opportunity to meet successful entrepreneurs (role models) & listen to their success stories. Their journey from scratch to success using minimal resources and endowment is truly marvelous. Brilliant feast for the aspiring young entrepreneurs. Business model canvas activity - food for thought. The journey began with curiosity and ended with memories. Yatris met as strangers and separated as family. The 4-day yatra had an indelible impression on my lifestyle which will help me evolve as a constant change-maker

# FACILITIES DURING THE YATRA



## 1 Transport

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We ensure a seamless travel experience with comfortable traveler vehicles for participants which allows you to relax and enjoy the scenic beauty of the Narmada region. Safety and comfort are prioritized, making the journey as enriching as the destinations.

## 2 Accommodation

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Accommodation during the Narmada Prerna Yatra will be simple, basic, and close to nature, offering participants an authentic and grounded experience. Safety will be a top priority, ensuring a secure and peaceful stay. However, participants are advised to take full responsibility for their personal belongings. This setup allows for a deeper connection with the surroundings while maintaining essential comfort.

## 3 Food

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During the Yatra, participants will be served simple, hygienic, and delicious local Gujarati food that is both tasty and healthy. Meals will include breakfast, lunch, afternoon tea, and dinner, all of which will be purely vegetarian. We deeply respect the hard work of our farmers, so we kindly request everyone to avoid wasting food.

## 4 Medical

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Participants with existing health conditions are requested to bring their essential medications and inform the team in advance before joining the Yatra. In case of medical emergencies, we will coordinate with the nearest healthcare facilities along the route to ensure timely care.

# REGISTRATION & REPORTING



## Registration & Reporting

Participants from academic institutes (students and faculty) are requested to reach Bharuch one day prior to the Yatra. Our team will coordinate with the group, conduct an introductory session, and ensure a smooth onboarding experience. Accommodation will also be arranged on a shared basis upon prior confirmation.

Bharuch is well connected through all major modes of transport:

**Nearest Airports:** Vadodara (2 hrs), Surat (2 hrs), Ahmedabad (3.5 hrs)

**Nearest Railway Stations:** Bharuch, Ankleshwar (20 minutes), Vadodara (1.5 hrs), Surat (1.5 hrs), Ahmedabad (3.5 hrs)

**By Road:** Ankleshwar (30 minutes), Vadodara (1.5 hrs), Surat (1.5 hrs), Ahmedabad (3.5 hrs)

Participants traveling from outside Gujarat are requested to inform us in advance. The exact reporting location will be shared prior to the Yatra, and our team can assist with pick-up arrangements from the railway station.

**IN CASE OF ANY QUERY YOU CAN CALL OR WHATSAPP AT : 9714534304**

# ENERGY EXCHANGE



We invite you to contribute non refundable **INR 12,000** as an energy exchange for the Narmada Prerna Yatra, which helps cover transportation, food, and other essential arrangements to make this incredible journey possible. Your contribution will be a donation to Serve Happiness Foundation, directly supporting our efforts to organize this impactful experience. Additionally, your support will empower our various social impact programs, enabling us to serve happiness and uplift grassroots communities. Together, we can create meaningful change and inspire lives!

You can make your contribution using UPI by scanning the QR code below, entering the provided UPI ID, or transferring directly to the given bank account.

**UPI ID:** MSSERVEHAPPINESSFOUNDATION.eazypay@icici



## Online Bank transfer through NEFT/RTGS

Bank Account Details ONLY for Indians  
(For Indian entities, Indian Passport holders,  
Indian-tax payers staying in India/Abroad)

**Beneficiary Name: Serve Happiness Foundation**

**Bank Name: ICICI Bank Ltd.**

**Bank A/c no: 180001000273**

**IFSC for RTGS/NEFT: ICIC0001800**

**A/C Type: SAVINGS A/C**

**Branch Name: ICICI Bank Ltd.,**

**Navkar Complex, Shop No. 2, 3, 4 & 5, Near  
Tulsidham Chowkdi, Zadeshwar Road,  
Bharuch-392011, Gujarat**

# YATRA PREPARATION



**TO MAKE YOUR JOURNEY COMFORTABLE AND ENJOYABLE, WE RECOMMEND PACKING LIGHT AND PRIORITIZING PRACTICALITY:**

- **Luggage:** Consider using a backpack or a regular travel bag instead of a wheeled suitcase, as it may be easier to carry in certain situations.
- **Essentials:** Clothing: Pack light and versatile clothing, including a nightwear, and comfortable walking shoes and slippers.
- **Toiletries:** Don't forget essentials like toothpaste, toothbrush, hairbrush/comb, soap, deodorant, shampoo, and any personal hygiene items you may need (e.g., toilet paper, sanitary items).
- **Other Necessities:** Umbrella, Pack a cap, sunglasses, a torch/flashlight, mobile chargers, and a power bank (as electricity may be limited in some rural areas), natural mosquito repellent or coil or odomos.
- **Health and Safety:** Include a small first-aid kit with essential medications for common ailments like fever, cold, viral infections, and motion sickness.

# YATRA GUIDELINES



We wholeheartedly welcome you to the Narmada Prerna Yatra! This journey will take us through the beautiful regions of Bharuch-Narmada, where we will meet inspiring role models and learn valuable lessons. With so much youth energy and diverse experiences within our group, this promises to be an incredible adventure.

To ensure a harmonious and enriching experience for everyone, we kindly request your cooperation in adhering to the following guidelines:

- **Mobile Phone Usage:** Please minimize mobile phone usage during visits to role models/organizations and group activities.
- **Substance-Free Environment:** We maintain a strict zero-tolerance policy for tobacco, smoking, and alcohol. Any violation of this rule will result in immediate expulsion from the Yatra.
- **Respectful Conduct:** During visits to role models and organizations, please maintain a peaceful and respectful environment. Adhere to all their rules and regulations, and treat all role models with dignity and respect when asking questions.
- **Flexibility and Patience:** Please understand that minor uncertainties regarding timing, food, and accommodation may arise during the journey. We appreciate your patience and cooperation in navigating such situations.
- **Maintaining the Spirit of the Yatra:** Please refrain from engaging in any dialogues (within the group or with outsiders) that may negatively impact the Yatra's spirit. Respectful interaction with the local communities is crucial.

Your contribution as energy exchange covers your travel, accommodation, and food expenses throughout the journey. We look forward to an enriching and memorable experience for all!

# CODE OF CONDUCT



You are courageous to want to be part of this unforgettable journey . There is an adventure, exploration and freedom. There are new ideas, people, places and events to look forward to. But this journey of discovery requires responsibility and sensitivity from every participant. It requires an open mind, a positive attitude and the ability to make the most of the various situations that you will face. You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself . That is something you have charge of.

This is a collaborative experience of participants from vastly different financial, religious and social backgrounds. Some of you will be experiencing cities for the first time; some of you will be visiting Gujarat for the first time! Some of you are in well set jobs; others are struggling to find the path ahead. All of you will be pulled out of your comfort zones and be faced with this extraordinary diversity, up close and personal for 4 days and sometimes it will not be easy . In addition, we have a challenging schedule of activities, complex logistics which we want to carry out successfully .

However, there is a powerful thread that binds us all - the desire to “be the change” and the aspiration to learn from this Yatra. In order to maximize the learning on this Yatra, we have no doubt that you will cooperate us during the whole Yatra.

**NO SMOKING - NO ALCOHOL - NO TOBACCO**



## CONTACT INFORMATION

### **SERVE HAPPINESS FOUNDATION**

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INDIA.

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