

**AN INITIATIVE OF
SERVE HAPPINESS FOUNDATION**



**SOCIAL &
EXPERENTIAL JOURNEY**

NARMADA PRERNA YATRA

A JOURNEY OF AWAKENING

WWW.NARMADAPRERNAYATRA.ORG

NARMADA PRERNA YATRA

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WELCOME TO NARMADA PRERNA YATRA

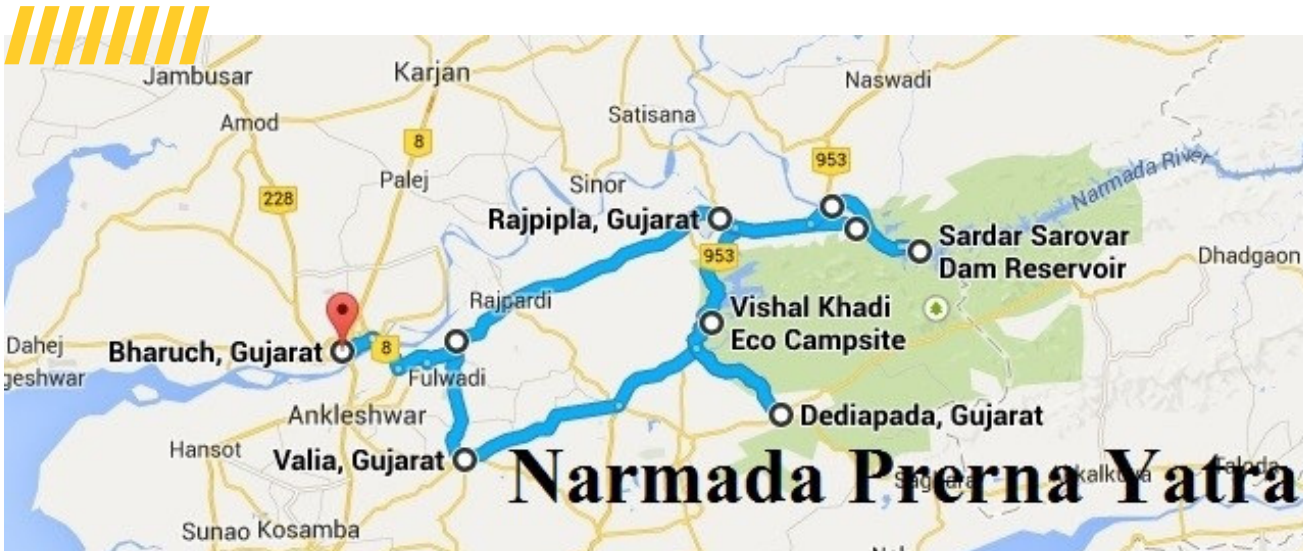
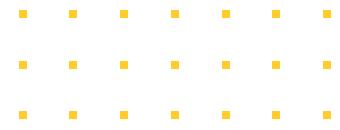
Buddha's profound words, "No one saves us but ourselves," remind us that true liberation lies within. History is replete with examples of individuals who, by tuning into their inner wisdom and defying societal norms, became beacons of contentment and catalysts for social change. These were the visionaries 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 also designed for families and groups of friends who wish to experience a meaningful journey together. Participants come from different backgrounds and age groups, creating a warm and enriching environment filled with shared learning, bonding, and new perspectives.

Traveling together through the Narmada region, visiting villages, social organizations, and heritage sites offers a unique opportunity to step away from routine life and reconnect with nature, culture, and each other. This shared experience strengthens relationships, builds deeper understanding, and brings clarity, joy, and a sense of purpose.

Families and friend groups can join based on their interest in learning, travel, and self-exploration. The Narmada Prerna Yatra team can also guide in planning the journey to ensure a smooth, comfortable, and memorable experience for all participants.

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



**ADITEE
SARKAR**

ACADEMICIAN, ASSAM



Participating in the Narmada Prerna Yatra along with my mother, who is a professor in Assam, was a truly life-changing experience. Meeting tribal communities, grassroots role models, exploring heritage sites, and interacting with the royal family of Rajpipla opened my eyes to the power of connection, culture, and purpose. It deeply inspired me to promote responsible tourism in Assam and dream of organizing a similar Assam Prerna Yatra to highlight the rich legacy and untold stories of my native land.

**TEJAL
PATEL**

**EXECUTIVE DIRECTOR,
VIHITA CHEMICALS, ANKLESHWAR**



Being part of the Narmada Prerna Yatra helped me see life from a completely different perspective. Interacting with people from diverse backgrounds and witnessing the realities of rural life made me more aware and sensitive. The Yatra not only inspired entrepreneurial thinking through exposure to sectors like agriculture, dairy, and food processing, but also encouraged a deeper commitment towards rural development. It expanded my network, filled me with positivity, and gave me the confidence to dream and take the path less traveled with courage.

YATRIS REFLECTIONS



**PANKAJ
GANGWANI**



**DIRECTOR,
SERVE HAPPINESS FOUNDATION, JAIPUR**



The Narmada Prerna Yatra, an inspiring odyssey to spread happiness among humanity, deepened my understanding of the thoughtful and rational approach behind meaningful social change. It also helped me realize the importance of moving together as a group, ensuring that everyone can absorb and reflect on the experiential learning of the journey. Deeply inspired by the vision of Serve Happiness, I later joined the core team as a Director, continuing to contribute towards creating positive impact.

**PRAKASH
JHA**

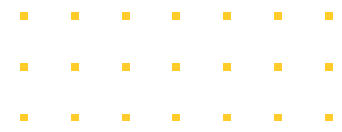


**TRAVELER, FMS ALUMNI, EX-BANKER
AHMEDABAD**



I have traveled across the length and breadth of India, yet this experience was truly unique. It is rightly said that a river is like a mother—nurturing, guiding, and inspiring. The Narmada, through its continuous flow, has the power to energize the body, awaken the mind, and enlighten the soul as it courageously moves from its source to its destination, overcoming countless obstacles along the way. This journey reminded me that every meaningful transformation begins with a single step—and for me, Narmada Prerna Yatra was that very beginning. Truly, it is a profound and transformative experience that one must undertake at least once in a lifetime.

FACILITIES DURING THE YATRA



1 Transport

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

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

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

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 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)

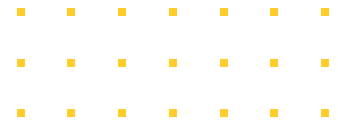
Nearest Railway Stations: Bharuch, Ankleshwar (20 minutes), Vadodara (1.5 hrs), Surat (1.5 hrs), Ahmedabad (3.5 hrs)

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 15,000/person** 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

15, Vijaynagar Society, B/H N K Petrol Pump
Zadeshwar Road, Bharuch-392011 Gujarat,
INDIA.

 Nitin : +91-9714534304, 9723033084

 Pankaj: +91-7340068555

 nitin@servehappiness.org

 www.servehappiness.org