



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## NALS OUTBOUND – WEIGHT LOSS PROGRAM (NWLP) @ NALS Campus, Coonoor, The Nilgiris

### Introduction

An outdoor program that will provide nourishment to the mind and build self esteem, self belief and improve physical fitness. The program will boost metabolism, rekindle energy, enthusiasm, courage and confidence in the participant thus providing a perfect platform for weight loss. This program is highly recommended for people who are overweight or obese due to poor lifestyle and bad eating habits. The program will improve willpower and put in place healthy habits that can improve health and fitness. Persons who are overweight due to health issues such as thyroid, hormonal disturbances etc, can also try this program after consulting their physician.

### Program Activities

- Participant is assured of plenty of Outdoors & sun exposure
- Trekking and various forms of climbing are involved - Low ropes, high ropes, rock climbing, rappelling etc. Learning climbing skills and rope work is part of the program
- Over a period of 28 days, one can expect to walk over 200 kms and permanently change their mindsets about their fitness levels
- Yoga, meditation, fun games, interaction with local villagers, etc
- Handling camp functions, supervising small children and supporting large groups will improve self esteem and confidence
- Improved body posture and personality are results of sustained outdoor programs

### Program Cost Per Head

Age group (min 12 / max 55)	14 days	21 days	28 days
Program cost	Rs. 33,600	Rs. 46,200	Rs. 59,500

Additional Meal – Rs. 150

Note: Accommodation + Meals for driver = Rs. 1250 per day per head

### Package Includes:

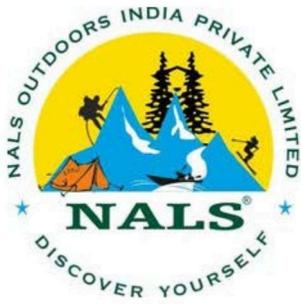
- Vegetarian Meals and Refreshments (Tea / Juice)
- Shared accommodation in rooms with bath (2 ~ 4 persons per room)
- Experienced instructors, certified equipment and resource persons
- GST

### Package Excludes:

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<u>Head Office:</u> NALS Outdoors India Pvt Ltd # 31, 5th Street, Kongu Nagar Kalveerampalayam, Coimbatore - 641046, INDIA	T : +91-94422 75501 : +91-94422 75502 E : enquiry@nals.in W : <a href="http://www.nals.in">www.nals.in</a> UPI : Q220186378@ybl	<u>Regd. Office:</u> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999T22012PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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- Transport to and from NALS campus
- Meals / beverages during bus / train journey

## How Adventure programs strengthen the mind and improve health?

- The human brain can make new neural pathways with activity and stimuli - This process is known as neuroplasticity. This is also known as Brain Training.
- Adventure and outdoor activities excite and bring enthusiasm in all human beings and at the same time provide fear stimuli that trigger courage and confidence.
- Extended physical activity through spectacular valleys and mountains produce dramatic feelings in people. The improved feelings will stabilise metabolism and pave way for weight loss and improved health
- Simple food, adequate sleep, disconnect from social media accelerate the self discovery process
- Guidance, motivation and encouragement from our team provide adequate emotional care and support that triggers hope, faith and trust in participants.
- NALS does not guarantee weight loss during this program - it is our firm belief that this program will put in place health habits and the right frame of mind for long term changes in lifestyle and eating habits

## General Terms

- The price quoted is valid for a period of three months from date of this offer
- 50% in advance **for confirmation of dates and camp availability**
- 50% in advance at least 7 days to commencement of program
- Each participant will fill and sign a registration cum risk awareness form. Parents to sign for minors.
- Please read and disseminate "Campus guidelines" to all participants. This is available on our website [www.nals.in](http://www.nals.in), select "Downloads" from main menu
- Extended stay of over 6 hours at our campus due to any reason will be charged as per day rates

## Cancellation / Rescheduling terms and charges

1. Rescheduling of program date
  - a. If notice is received more than 30 days before program Rs. 1,000
  - b. If notice is received less than 14 days before program Rs. 2,500
2. Cancellation of Program
  - a. No refund is made in case of cancellation.
  - b. The advance amount paid will be adjusted against future programs after realizing a cancellation fee of 20% of the planned program cost or Rs. 2,500; whichever is higher

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