



## RAAHII 6 — Himalaya Edge: Darjeeling–Tumling Trek

### HOW SELECTION WORKS? — 3 ROUNDS

#### 1. Registration & Screening (Form Review)

Tell us why you want to go, your walking/trek experience, a basic health declaration, school & address details, and parent/guardian support.

Outcome (25 Dec 2025):

- Shortlisted → invited to Round-2.
- Not shortlisted → ₹200 registration fee refunded to the same account.

#### 2. Physical & Medical Test (Gorakhpur, 26–28 Dec 2025)

You'll be assigned one test day at a Gorakhpur ground/stadium.

Physical tests

- Endurance: 2 km timed walk with 5 kg load
- Stairs: 500 stairs up & down (timed)
- Strength & balance: Squats + Push-ups (3×15 each) & Plank ≥ 2 min

Medical checks

- BP, resting pulse, SpO<sub>2</sub>, BMI, medical history review

Note: If you reach Round-2 and do not clear it, the ₹200 fee is not refundable (as already informed).

Bring: School ID Card + Aadhaar Card, water bottle, basic winter layer.

#### 3. Payment & Mandatory Training (Virtual, online)

- Pay within 2 days of Round-2 selection (latest by 31 Dec 2025) to confirm your seat.
- Attend all 6 virtual sessions (1–6 Jan 2026): gear & January layering, hydration + hot-water routine, hill-walk technique, subgroup safety, Singalila etiquette, weather/SOS, and a parent briefing.
- Training is compulsory. Missing it may forfeit your seat to the waitlist (safety first).

#### DATES AT A GLANCE

- Registration window: 7–24 Dec 2025 (11:59 pm)
- Round-1 result: 25 Dec 2025
- Physical & Medical (Round-2): 26–28 Dec 2025 — Gorakhpur
- Payment deadline (selected candidates): 31 Dec 2025
- Training (virtual): 1–6 Jan 2026