



UTTARANCHAL
UNIVERSITY
DEHRADUN

NAAC
GRADE **A+**



The Incredible **INDIA** Experience

**Cultural and Academic Expedition:
Discover the Soul of India**

Crafted by: **Uttaranchal University for Global Learners**

Trayambakeshwar Temple, Rishikesh, Uttarakhand
This 13-story Hindu temple perched along the banks of the Ganges River



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Discover

Incredible India & Uttarakhand

Welcome to **Incredible India**, a land where heritage, wellness, and innovation converge. This program offers international students a **unique certification experience** along with a **guided cultural trip** across India's most historic and spiritual cities. From the **majestic Himalayas of Uttarakhand to the sacred ghats of Rishikesh, Haridwar & Mathura**, immerse yourself in **Ayurveda, Yoga, AI innovations, Buddhist philosophy, and Indian culture**.

- **Prepared by:** Office of International Affairs, Uttaranchal University, Dehradun
- **Partner:** Osaka Metropolitan University (OMU), Japan-5 Students + 1 Faculty (Inbound Cohort).
- **Program Duration:** 15 days (self-funded participants).
- **Duration:** 24 February, 2026 to 10 March, 2026 (15 days, inclusive of the day of arrival and departure from the country)
- **Venue:** Uttaranchal University, Dehradun, Uttarakhand, India
- **Cultural Journey:** Delhi- Agra- Mathura- Rishikesh- Haridwar- Mussoorie



Buddhist Monastery, Mussoorie
(Happy Valley, Mussoorie - Dalai Lama's first home in India)



Har ki Pauri, Haridwar
(Ganga Aarti Ceremony)



Ghantaghar, Dehradun
(Dehradun Clock Tower and Patan Bazar, local market of Dehradun)



Qutub Minar
(A victory tower founded by the Tomar Rajputs, It is a UNESCO World Heritage Site in the Mehrauli area of South Delhi, India)



Taj Mahal
(Ivory-white marble mausoleum on the right bank of the river Yamuna in Agra, Uttar Pradesh, India)



Forest Research Institute (FRI), Dehradun
(The Forest Research Institute is an institute of the Indian Council of Forestry Research and Education)



Buddha Temple, Dehradun
(The Great stupa in Mindrolling Monastery in Dehradun is one of the largest stupa in the world, often cited as the tallest in Asia, standing around 185-220 feet tall and 100 feet wide)

Executive Summary

Why this Program (Rationale)?

- Experience India's cultural, historical and social richness through immersive, structured experiential learning designed to foster cross-cultural understanding and global citizenship.
- Gain meaningful exposure to Indian Knowledge Systems, sustainability practices, rural innovations and holistic wellness traditions- equipping students with globally relevant insights and practical skills.

Program Objectives

- To immerse OMU students in India's diverse cultural, historical, and social heritage through structured experiential activities.
- To provide academic exposure to Indian Knowledge Systems and multidisciplinary learning at Uttarakhand University.
- To introduce students to India's sustainability practices, rural innovations, and community development models.
- To promote holistic wellness through yoga, meditation, and traditional mind-body health sessions.
- To foster global citizenship through reflective learning, heritage travel, and intercultural engagement.

Learning Outcomes

- Students will develop enhanced cross-cultural awareness and intercultural communication skills.
- Students will understand foundational concepts of Indian Knowledge Systems and their global relevance.
- Students will be able to recognize sustainability models and community initiatives encountered during the program.
- Students will apply basic principles of yoga, meditation, and holistic wellness in personal practice.
- Students will gain a broadened global perspective through immersive travel, reflection, and experiential learning.



15 Days Program Structure

Day	Location	Timing	Activity/Session	Details/Objectives
Day 1	Dehradun	Morning	Orientation & Welcome Ceremony	Introduction to University, cultural welcome and delegation introduction.
		Afternoon	Campus Tour & Interaction	Guided tour of academic and recreational facilities.
		Evening	Dinner	Dinner hosted by University.
Day 2	Dehradun	Morning	Yoga & Meditation Workshop	Guided yoga, pranayama and mindfulness session with the instructor.
		Afternoon	Talk on Yogic Psychology	Discussion on connection between mind, body and consciousness in Indian tradition.
		Evening	Uttarakhand Cultural Evening & Dinner	Traditional music, dance, attire and exchange of tokens before travel.
Day 3	Dehradun	Morning	Workshop on Indian Food & Nutrition (Focus on Millets) Indian Spices & Flavours Laboratory Session	Demonstration of traditional cooking, healthy eating and Ayurvedic concepts.
		Afternoon	Buddha Temple (Clement Town)	Collaborative cooking with Hotel Management students. Peaceful exploration, meditation hall, and cultural exposure.
		Evening	Local City Market Exploration	Visit to Paltan Bazaar/local markets- Tibetan food & craft exploration (taste, shop and explore) etc.
Day 4	Dehradun - Mussoorie (Day trip from Dehradun to Mussoorie and return)	Morning	Session on Mental Health & Psychotherapeutics	Workshop on mental well-being, happiness, stress & coping.
		Afternoon	Visit to Mussoorie/ Buddhist Monastery	Exposure to Himalayan culture & Buddhist philosophy.
		Evening		
Day 5	Dehradun	Morning	Workshop: Sustainable Growth & Development	Discussion on Indian environmental initiatives and green practices.
		Afternoon	Academic visit to the Forest Research Institute (FRI), Dehradun, focused on forestry and environmental conservation.	To provide international experiential exposure to India's forestry, sustainability, and environmental research practices.
		Evening		
Day 6	Dehradun	Morning		
		Afternoon	Rest Day (OMU Japanese Students)	The day is reserved for rest and rejuvenation. No formal academic activities are planned.
		Evening		
Day 7	Dehradun	Morning	Session: Indian Cinema- A Cultural Lens	Film screening and discussion on rise of Indian cinema.
		Afternoon	Preparation for Heritage Tour	Briefing on travel itinerary, safety and cultural etiquette.
		Evening	Reflection Session	Integration of experiences.
Day 8	Dehradun to Haridwar	Morning	Visit to cultural heritage in Haridwar	Visit to key spiritual, cultural and riverfront sites.
		Afternoon		
		Evening	Haridwar to Rishikesh	Arts Darshan and stay in Rishikesh.
Day 9	Rishikesh Exploration Rishikesh to Dehradun	Morning	Interaction and guided walk focusing on yoga, wellness and river ecology	Exposure to Yoga, wellness and river ecology practices.
		Afternoon	Return to Uttarakhand University for reflection and cultural interaction	Cultural assimilation and reflective learning through campus based interaction.
		Evening		
Day 10	Dehradun	Morning	Visit to DRL Central Library, Animal House & Medical Hospital	To expose students to interdisciplinary research infrastructure and knowledge resources at Uttarakhand University.
		Afternoon	Academic exposure at Uttarakhand Medical College of Ayurveda & Research and Indoor Sports	To provide holistic exposure to India's traditional Ayurveda education and promote wellness through indoor sports engagement.
		Evening	Campus interaction and cultural immersion at Uttarakhand University	To promote academic interaction, cultural immersion, and global learning within an Indian university campus.
Day 11	Dehradun	Morning		
		Afternoon	Rest Day (OMU Japanese Students)	The day is reserved for rest and rejuvenation. No formal academic activities are planned.
		Evening		
Day 12	Dehradun to Delhi Delhi	Morning	Early morning travel to Delhi	Early departure.
		Afternoon	Sightseeing: India Gate, Outub Minar, Rashtrapati Bhavan/Akshar Dham Temple	Understanding Indian architecture & governance.
		Evening	Visit Connaught Place / Dinner	Local experience and leisure (Overnight stay).
Day 13	Delhi to Agra Agra	Morning	Travel to Agra	Road trip with cultural briefing en route.
		Afternoon	Visit Taj Mahal & Agra Fort	Heritage exploration and guided tour.
		Evening	Cultural Dinner	Rest and cultural immersion (Overnight stay).
Day 14	Agra to Mathura Mathura to Dehradun	Morning	Travel to Mathura	Transition and rest during travel.
		Evening	Group reflection & feedback Session	Structured discussion on travel experiences, academic exposure, and overall learning outcomes (Subject to timely arrival).
Day 15	Dehradun	Morning	Valedictory & Certificate Ceremony	Certificate distribution and closing remarks, Reflection on shared philosophical roots.
		Afternoon	Farewell Lunch & Departure Preparations	Exchange of gifts and goodbyes.
		Evening	Departure of Delegation	Transit to Delhi Airport via Jolly Grant Airport, Dehradun.

Design Choices explicitly made for Japanese students' preferences & Cultural Practices

- **Structure & Punctuality:** Minute-by-minute daily schedules and time buffers will be provided, as Japanese culture highly values punctuality and group harmony (wa).
- **Modesty & Cleanliness:** Clear guidance will be shared on temple etiquette, including footwear, photography, and noise levels.
- **Food & Dietary Needs:** Advance menus with vegetarian and non-vegetarian options will be offered, along with clear labeling for allergens.
- **Group Cohesion:** Small, stable groups (3-4 members) will be formed for excursions and projects to honor group-oriented preferences and minimize decision fatigue.
- **Language & Respect:** Short sessions on Japanese etiquette (e.g., how to bow, exchange small gifts) will be included, and visiting faculty will be consulted regarding preferred communication styles.



Assessment, Certification & Quality Assurance

- **Continuous Assessment:** Short quizzes, reflective e-portfolio, field reports, and final capstone grading rubric.
- **Certificate:** 'Certificate of Achievement- The Incredible India Experience Program' from Uttaranchal University. Participants will receive an e-portfolio export with feedback (a collection of their work, assignments, reflections, certificates, or achievements created during the program. They will be able to download or access a copy of their e-portfolio - usually in a format like PDF, ZIP, or through an online link. The portfolio will include comments or evaluations from instructors, mentors, or peers about their performance, learning outcomes, or submitted work).
- **Quality Assurance:** IQAC (Internal Quality Assurance Cell) will run pre- and post- program surveys; faculty mentor reviews; and a short academic report summarizing outcomes.

Financial Model

Fee model (Per participant)

Program Fee: USD 950 per participant

Account Details for International Remittance:

Account Name: **Uttaranchal University- Dehradun**

Account Number: **00880200000852**

Bank Name: Bank of Baroda (Main Branch- Dehradun) | Address: P.O. BOX. No. 117, Astley Hall, Dehradun, 248001

IFSC Code: **BARB0DEHRAD** (5th Character is "ZERO") | SWIFT: **BARBINBBDEH** | MICR Code: **248012002**

Risk Management, Safety & Compliance

- Mandatory international travel requirements.
- Pre-departure briefing and clear emergency contacts (University's International Office + Local hospital contacts).
- Travel insurance required for all inbound participants (verified before arrival).
- Medical consent and special-needed documentation collected in advance.
- Strict safety protocol for field exercises and competent certified instructors for adventure or mountain activities.

Community Engagement & Sustainability

- Will include one community-based activity (e.g., a short service-learning day with local NGOs or environmental cleanup) to bind cultural exchange to social impact.
- Will emphasize responsible tourism: small-group travel, low-waste catering, carbon-offset suggestions for longer travel segments.



Expected Key Takeaways for OMU Participants

- A grounded understanding of Indian wellness practices, basic recovery/self-care routines suited for Himalayan conditions.
- An e-portfolio with reflections, a field report, and capstone presentation demonstrating intercultural competence and technical learning.

