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# ECOTRAIL

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**UNITED NATIONS  
CELEBRATORY DAYS**

**TRAILBLAZERS OUTDOOR CAMPS**  
ECONOMICS, G4, RURAL & HERITAGE

# INSIDE THIS ISSUE

## 3 FROM THE EDITOR

## 4 STRIDES IN SCIENCE

## 4 ON THE BRINK



## 5 THE FUTURE OF EDUCATION

## 6 ANCIENT CITIES BECKON

## 8 SOCIAL SCIENCES & ECONOMICS CAMP



## 9 TREKS, TRAILS & CAMPS

## 12 TRAILBLAZERS G4 CAMPS



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Date: 15-Mar-2017

Sd/-  
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Signature of Publisher



# The United Nations is making a point.... Take Note.

Dear Teachers, Parents and Trailblazers student campers,

I welcome you back to the school and trust you have all enjoyed invigorating holidays. Trailblazers as usual were all across the world with more than 4560 students and adults from schools, companies, residential societies exploring the world and places of interest in India. Some in the snowcapped Himalayas, some others in Malacca straits, Vietnam and many more in the wild life sanctuaries. There were more than 20 corporate houses experiencing bird and plant trails across India. We hope to experience some of these with you and your students this academic year.

As I sit to write the editorial, I am reminded of some important dates in the offing and they are as follows:

## June 1 - Global Day of Parents

The single most important reason we are here. Our parents contribute immensely to our success and to what we are. They have a singular intention that we all be good human beings. Don't ever imagine you can repay them as they do not expect anything from you - just be a good human being. They don't judge you, the only thing that they do is love you, no questions asked! If you have wronged they ask but not judge you. They correct us if they feel we have gone awry, but they don't judge us. They keep their doors open even if we shut ours. They are constantly sacrificing for our wellbeing and happiness. Let's not judge them any time. Let's pray for our parents and just be good human beings. I am sure you will all agree that it is not too much they are asking.

## June 5 - World Environment Day

To my mind all the days are World Environment days. Like our parents our super parent is Mother Earth and just like our parents the Mother Earth is asking only one thing - be a good human Earthling. Follow the tenets for making the Earth a better place than we all found it, as it is given to us as a Trust and we all are its trustees. I am sure this is not too much to ask either.

## June 8 - World Oceans Day

They make up nearly 70% of the Planet Earth and I am ashamed to say I too have messed it up. The Oceans are the reason we exist. If there were no Oceans the planet earth would be inhabitable. There would be no monsoons and the earth would be parched. But we humans are using it as a big garbage bin, which in turn comes to bite us. Can we thus just be good human beings and learn not to desecrate the Oceans? Celebrate and heal this ecosystem. It is hurting.

## June 17 - World Day to Combat Desertification and Drought

"Our land. Our home. Our Future," is the rallying call for this year's celebration. The slogan draws global attention to the central role productive land can play in turning the growing tide of migrants abandoning unproductive land into communities and nations that are stable, secure and sustainable, into the future.

## June 21- International Day of Yoga

One the best cure known to mankind is to be at peace with one self. Yoga is a medium. More than 130 countries world over has adopted. It is not necessary to do the *asanas* alone. Even peaceful sleep or a trek or a walk is yoga. I urge all schools to allow every child to learn meditation. It will work wonders and children will grow in every aspect. Meditation is a medical wonder, give it a chance. In fact, every school should initiate at least 20 minutes of meditation immediately after school prayers during assembly. It is a wonder drug not many medical schools know of it. Try it.

Do email your activities on celebrations of these world days. We will be happy to publish it.

Trailblazers in its 24th year is undergoing a flurry of changes. We will let you know these shortly. I urge you all to explore the outbound experience with Trailblazers that is driven by high standards of safety, great deal of fun, humongous amount of learning and seeing varied sights, smells and tastes of India and the world.

**Ranjan Biswas**

*Editor*

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## On the Brink...

The Red Sand Boa (*Eryx johnii*) is a nocturnal snake species belonging to the family Boidae. It is considered to be a close relative of the Python species and can be found in most parts of India except in its islands and North East India.

This species is listed as Schedule IV species of the Indian Wildlife Protection Act 1972 and stated as Nearly Threatened in IUCN Red List.

It is known to inhabit a variety of dry vegetation types, including scrublands, grasslands, desert edges, deciduous forest edges and agricultural fields. The species is known to be active mostly during late evening or night.



Image courtesy: Prathamesh Desai

The Red Sand Boa is a burrower and spends most of its time in loose soil or sand in search of smaller mammals, reptiles, birds and other amphibians as prey. It prefers sand mounds, buried bricks, rat holes and small caves as a resting place.

Major threat to this species is illegal wildlife trade, poaching and habitat loss. This species of snake is high in demand as it possesses many superstitious beliefs attributed to them because of their double-headed appearance, such as bringing good luck, curing diseases, etc. They are sold illegally and can fetch up to Rs. 50 lakhs per snake. Other causes of death include being run over by trucks or killed by farmers as it is burrower. The meat is exported illegally to China and Japan where it is considered a delicacy. Urgent conservation efforts are required to save the species from extinction.



## Stay Focused

Studies indicate that most of us have incredibly short attention spans (in fact, some have found that we have shorter attention spans than goldfish), and it's only getting worse.

Thankfully, according to the experts at Harvard, there are steps that you can take to out-smart your brain and have laser-focus (without overdosing on caffeine)—no matter what distractions life and work throw your way.

### Set Your Intentions

As we start our work day in the morning, make two lists: What will you focus most of your attention to (because it is most important to you today) and what information do you have the likelihood of missing (because it does not match your mental state or goals)?

### Use Technology

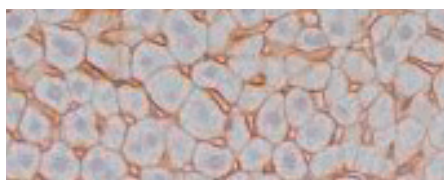
Filter your email, automate your news, and use simple, free tools to help manage your social media presence. Seeing a notification releases dopamine in our brain, causing us to be addicted to these digital signals. Using technology to automate will help you abandon the idea that every notification is urgent.

### Create Space

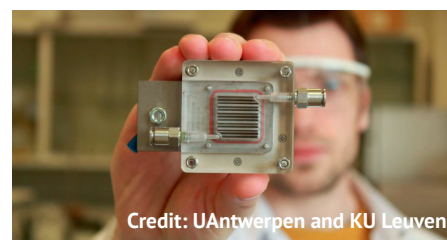
We have the ability to create additional attentive space by committing to routines such as sufficient sleep, meditation, keeping a journal, exercising or simply spending time in nature. Being consistent in these practices allows us to better sieve through distractions, concentrate on the task at hand and organize emotionally.

## Leveraging Liver

Biologists from the University of Geneva (UNIGE), Switzerland, have discovered how Liver adapts to the cycles of feeding and fasting, and the alternation of day and night within 24 hours. The researchers showed in mice that the size of the liver increases by almost half before returning to its initial dimensions, according to the phases of activity and rest. Published in the journal *Cell*, their study describes the cellular mechanisms of this fluctuation, which disappears when the normal biological rhythm is reversed. The disruption of our circadian clock therefore probably has important repercussions on our liver functions.



## Pure Power



Credit: UAntwerpen and KU Leuven

Researchers from the University of Antwerp and KU Leuven (University of Leuven), Belgium, have succeeded in developing a process that purifies air and, at the same time, generates power. The device must only be exposed to light in order to function. "We use a small device with two rooms separated by a membrane," explains professor Sammy Verbruggen (UAntwerp/KU Leuven). "Air is purified on one side, while on the other side hydrogen gas is produced from a part of the degradation products. This hydrogen gas can be stored and used later as fuel."

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# The Future of Education

We need to be globally minded.

We need to have flexible schedules

**We need to leverage technology..**

*We need to be learner centered.*

We need have tech support 24/7.

**We need to crowdsource for information.**

**We need to be digital citizens.**

We need to train instructors on how to teach the 21st Century students.

**What do we need to get there?**

**We need to know how to content curate.**

**We need international systems of learning.**

We need to collaborate.

We need to use social media.

We need to eliminate the gatekeeper of information.

We need embedded curriculum.

**WE NEED DIFFERENT ASSESSMENTS.**

**WE NEED AN INDUSTRY PERSPECTIVE.**

We need teacher librarians.

**We need to learn how to Blend better.**

We need to reintroduce and value creativity in the classroom.

**We need to accept that what motivates the next generation looks a little different.**

We need to allow our students to change the world now and not wait.

**We need to co-create with the students.**

*We need to create meaningful partnerships with industry.*

We need to implement more social learning.

We need to focus on the whole student.

**We need to create Creative Spaces for cooperative learning.**

**We need to include instructional designers, instructors, and IT in the creation of new classes.**

We need to teach and integrate technology of the future.

**We need to engage experts via FaceTime, Skype, or Google Hangout.**

We need knowledge communities that freely exchange ideas.

*We need to develop skills that can change the world.*

We need corporate sponsors and mentors.

We need effective faculty.

*We need evolving pedagogy.*

We need well resourced libraries.

Any other ideas? Feel free to leave more ideas at <http://anethicalisland.wordpress.com>

By: Mia MacMeekin

# Ancient Cities Beckon

## Pink City

As an Outdoor School, Trailblazers always thinks of innovative ways to communicate with young minds in the outdoors. Trailblazers' programmes have a focused approach which enhances the learning experience of a child. A camp to the famous Pink City "Jaipur" was organized for an international school from Bangalore. The camp focused on history and architecture. Jaipur, the capital city of Rajasthan, was built in 1727 AD by Maharaja Sawai Jai Singh II. It is from his name that the city derives its title. Jaipur happens to be the first planned city of India. Maharaja Jai Singh, who was only 11 years old, came into power after the demise of his father Maharaja Bishan Singh. Jaipur is known for its various ancient

historical monuments like Amber Fort, Jantar Mantar, City Palace and Panna Meena ka Kund. Students enjoyed the outdoor trail by learning about the insightful story of these various monuments and the past rulers whose influence can still be witnessed in the architectural form. Students also enjoyed some hands-on experience with traditional Jaipur art forms like block printing and blue pottery. The history and the importance of such traditional art forms were also shared by the local artisans.

As a part of service activity, the students visited a local NGO which was located just few miles away from the heart of the city. This village, spread in an area of 3 acre land utilizes green energy source like solar

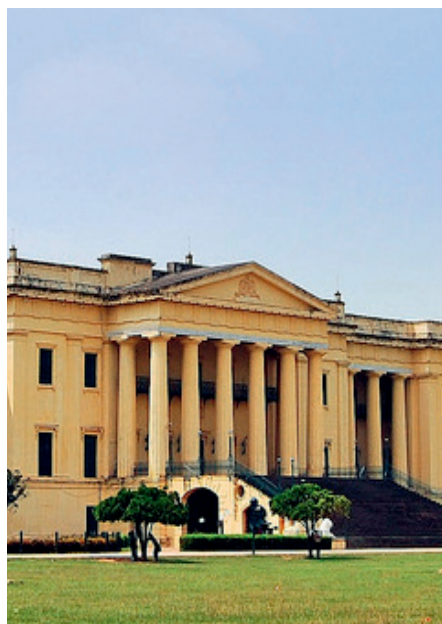
energy for lighting up street lamps and cooking. Students were delighted to learn about the concept of green energy use and organic farming. They had the opportunity to interact with the village school children and also hosted foreign language learning sessions for them. The local school children enthusiastically participated in the language learning sessions and ended the day with a song dedicated to their village and school. The outdoor camp ended with cherished and fun filled memories.



# Royal City

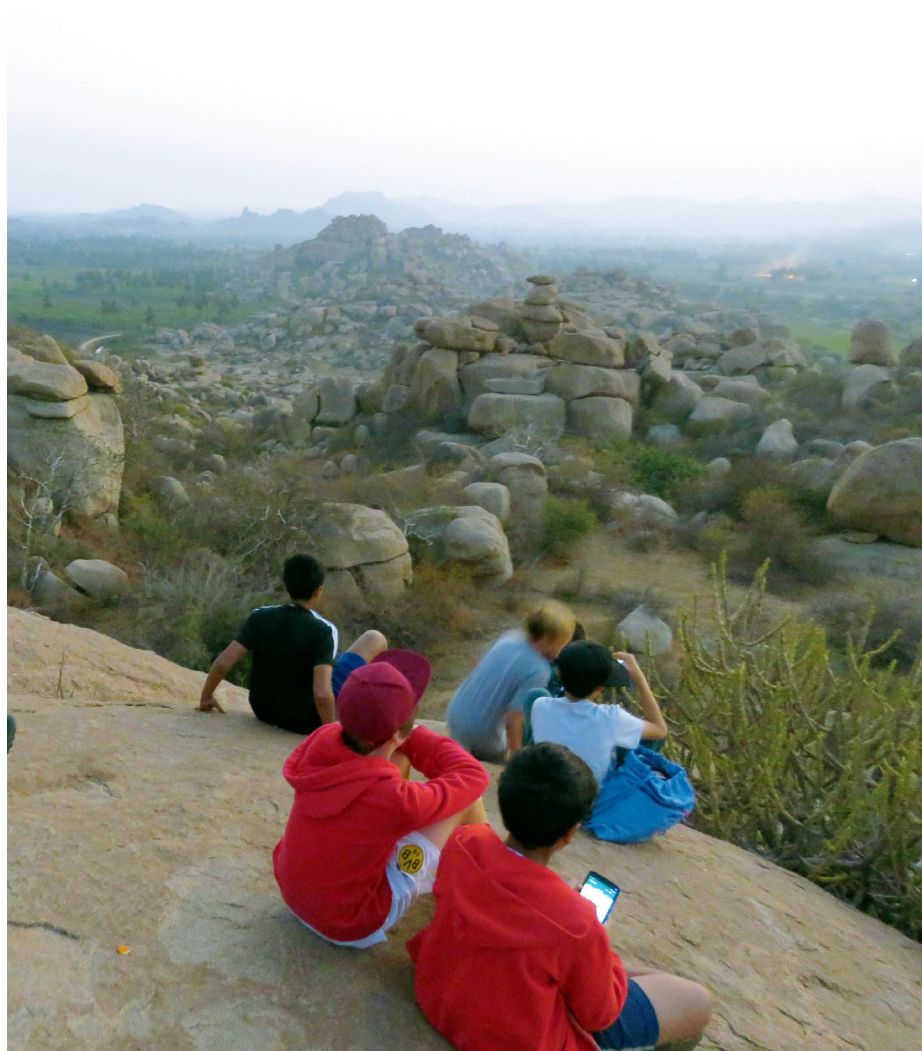
*People without the knowledge of their past history, origin and culture are like a tree without roots - Marcus Garvey*

"I would have loved to explore history as a child the way Trailblazers did for an enthusiastic group of Grade 8 students," exclaimed the teacher. The former capital of Bengal – Murshidabad and Plassey on the banks of the Bhagirathi river has lots to offer. Every ruin and stone is brimming with the glorious past. The Battle of Plassey was a turning point in Indian history and a visit to the battlefield of Plassey was a must. The small town of 'Palasi' where Mir Jaffer was bribed and conspired with the East India Company against the Nawab of Bengal, paved the path for the British to establish their rule in India. Though this unique programme focussed on the history and had interesting challenges to explore the Hazarduari Museum (the house with 1000 doors), it also had an element of the story of silk. This visit was an eye-opener as students visited vermicomposting site, Mulberry farms - the crop which is the food for the silk worm besides seeing how the silk filament is removed from the cocoon. This outdoor programme got the students enthusiastic about the history and culture of the city. Any subject can be made interesting if we try and look at new methods of communication with the present generation of students. For customised programmes, do write to [contact@trailblazersindia.com](mailto:contact@trailblazersindia.com)



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# Rock City



Students were fascinated by Hampi's mystical, magical and incredible beauty. It is hard to believe unless you see it! Green rice fields, banana and sugarcane plantations, coconut trees decorating the sky with contrasting earthy colours of Vijayanagar ruins in the background, hills studded with boulders of different sizes and patterns!

This boulder bounty is also home to sloth bears. Students visited the Bear Sanctuary Interpretation Centre where they watched short documentary on sloth bears and other wild life in the sanctuary. They then drove inside the sanctuary, where they climbed up their way to the watch tower to get a bird's eyeview. Spotting sloth bears made their day with stories abuzz on their way back to the hotel.

Hampi's kings also built two grand temples in their empire, Vittala and Virupaksha. Students visited both of

them. Trailblazers experts shared the history of these temples and also conducted a group activity to make the visits exciting. The Virupaksha temple is one of the oldest functioning temples of India with its grand Gopuram. The Vittala temple with its chariot and musical pillars is one of the most important and magnificent sites in Hampi.

With so many hills around how can one not climb them! Students trekked to the top of the hill to see the sunrise. On the top, they sat and waited for the sunrise and the Sun God to proclaim that a new day has begun! The colours of the dawn were awesome with black and blue forming the background and as the sun rose, the orange and yellow filled it all - our face gleaming the golden glow!

With team activities, games and skit, students enjoyed the camp thoroughly.

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# Social Sciences & Economics Camp Module



A group of Social Science students from a reputed international school explored beyond the classrooms and ventured to see sectors of local and global significance viz. rehabilitation, agriculture and cooperatives. Stressors in today's hectic life may divert an individual to seek pleasures harmful to oneself, leading to various psychological and psychiatric disorders like drug addiction, depression, obsessive compulsive disorder, etc. A visit to the rehabilitation center made the students realize its significance. They understood how psychiatrists and / or psychologists rehabilitate the patient. They learned about the ethical practices followed in the center and scope of psychology and/or psychiatry as a career. Moving from rehabilitation to the world of agriculture, they visited cotton fields and learned the difference between normal and genetically modified cotton. They then visited a textile factory where they observed the process of yarn making viz. ginning, carding, combing and spinning. They learned how oil is extracted from the cotton seeds and how the cattle cakes are made with the crushed seeds. The dairy visit introduced them to the pioneering co-operative movement in the country that spearheaded White Revolution and made India world's largest producer of milk. The venture also brought about collaborative learning, discussions and debates. Students presented their views on recent government policy of demonetization. They worked in teams, reflected upon various aspects of the visits and communicated their ideas to the other teams. They appreciated each others opinions and collaborated to gain knowledge. With the set objectives of the venture achieved, it was a successful social studies programme.



1. Cotton fields 2. Trailblazers expert showing fiber length of local and genetically modified cotton 3. Processing of cotton fiber 4. Reflections 5. Group picture 6. Teachers and students interacting with scientist and workers at research center



## Imperial Trail



Students from an international school of repute visited Udaipur to discover its history, culture and Rajput era palaces. They visited the Kumbhalgarh fort which has the second longest wall in the world after The Great Wall of China and learned about its history, architecture and strategic location. Students visited a government school near Kumbhalgarh and spent time teaching the students art, dance and importance of hygiene and understood their lifestyle. Students

were introduced to the art of puppetry, the types of puppets, how they are made and its importance in Rajasthani culture. Students were audience to a folk dance performance and puppet show. A visit to Haldighati museum and the site where the famous battle of Haldighati was fought between Rana Pratap and the Mughals in 1576, was an enriching experience where the students studied the valour of Maharana Pratap's horse 'Chetak'. The site of the battle has now

numerous rose gardens which grows the unique 'Chetri' rose and students had the opportunity to visit one of the farms to understand its cultivation and related products. Students were in awe of the grandeur of City Palace which was built over a period of 400 years with a fusion of Rajasthani and Mughal architectural styles. Students returned enriched with the knowledge of some important jewels of Rajasthan and with memories to cherish.

## Lake Trail

Ah, the 4th grade children. Full of enthusiasm and curiosity. This trail was ingeniously designed to showcase the stark contrast of lakes forgotten and those well maintained.

They started off by visiting a man-made lake. The lake was floating with plastic and garbage, along with old Ganapati idols. The students were astonished by the sad state of the lake. They enquired about the aquatic animals and about where this garbage came from. A new sense of responsibility and will to keep nature clean, was instilled in their growing minds.

Their immediate visit to a clean natural lake was designed to show how some [www.trailblazersindia.com](http://www.trailblazersindia.com)

human effort can contribute to saving our lakes. They were delighted at the beauty of the lake. After a minute of peaceful meditation, they got to work, filling innovative activity sheets relating to the surrounding lake and subjects regarding the same. They drew creative pictures of their 'dream lake'. After having lunch, they had a story-



telling session where the students got to listen to the story of Lord Krishna's birth and river Yamuna. They were also taught about types of water bodies. The students were pumped up even at the end of the trip, on the way back to school. On the whole, it was informative and fun.



# Hello Himalayas!



The International Baccalaureate (IB) learner profile describes a wide range of human capacities and responsibilities that go beyond academic success. They imply a commitment to help all members of the school community learn to respect themselves, others and the world around them.

The profile aims to develop learners who are:  
Inquirers, Knowledgeable, Thinkers  
Communicators, Principled, Open-minded, Caring, Risk-takers, Balanced and Reflective.

Having worked with many international schools for their outbound programmes, teachers sometimes struggle to ensure that children imbibe these values. Outbound programme is one such opportunity for students to explore themselves and the values that IB encourages them to have.

Trailblazers organized an adventure programme in the scenic environs of Lower Himalayas for a group of students from MYP 4, 5 and DP in February 2017. From a wide range of activities like valley crossing, jummaring, bridge slithering, hiking, kayaking, local village interaction and rafting, the students also stayed in tents. The teachers on this programme ensured the students were away from technology for four days and that made all the difference. Away from their gadgets, it was nice to see students communicating with each other, playing and observing. Their evening reflection sessions turned very interesting where Trailblazers experts gently nudged the students to reflect and introspect on the day's activities through discussions, sketches and writing down their thoughts about their experience.

Trailblazers wishes that more schools would undertake such focussed outdoor programmes instead of visiting ten places in four days under the garb of 'Educational tours.' A focussed outdoor programme can be designed to give more meaningful experiences and specific learning outcomes for our young generation. Do email us on [contact@trailblazersindia.com](mailto:contact@trailblazersindia.com) to design an outdoor programme for your school.

# Rural Education Camp



The Research & Development team at Trailblazers designed a unique outdoor programme interweaving history, agriculture and green energy. These aspects were communicated to the students in a very interesting manner. They stayed in a LEED Green platinum award site, visited a sugar factory, vineyards and interacted with farmers. They also visited the agricultural institute which imparts training to the farmers about new technology in farming. Close to Satara in Maharashtra state, the programme is ideal for students from the age group of 9 -13 years.

This programme was conducted for an international school in early February which is the ideal time for the above

activities. The sugar industry visit was an eye opener for the students as they saw the entire process of sugar making from sugarcane and electricity generation from the by-product of sugar - Bagasse. The vineyards visit and the interaction with the farmer was one of the highlights of the programme as the students realized the difference between table grapes and grapes for making wine, the kind of soil required, the delicate nature of the crop as it can easily be damaged by pests. They also learned how this cash crop could be a good source of revenue too. Of course, the students tried their hands at plucking and eating the fresh juicy grapes. Weaving the threads of the earlier visits, the students were taken

to the award winning institute which is working for the development of the farmers of the region by supplying new technologies to the farmers. The visit to the Rajwada of the Nimbalkar dynasty was a peek into the royal family's palace and their lifestyle. The visit to the local school was an experience that each student cherished as they introduced themselves and the different countries they belonged to, played games, danced and sang with them. The programme ended with an interesting visit to a famous temple which had numerous stories about its God and the architecture. Do email us on [contact@trailblazersindia.com](mailto:contact@trailblazersindia.com) for an outbound programme that you would like us to design for your school.

## IBDP Group 4 Camp

Trailblazers conducted a G4 camp for students of an eminent international school in line with IBDP's and Trailblazer's philosophy of promoting science and research. They formulated and tested hypotheses to confirm the theories, concepts, models and techniques in their specific subjects viz. Biology, Computer Science, Chemistry, Design Technology, Physics, Sports, Exercise and Health Science and Environmental systems and societies. Guided by Trailblazers experts, students collected the necessary data for their projects, reflected on it and were enthusiastic to explore it further in the school. This was truly an interdisciplinary and collaborative approach.

As part of their projects, they collected data on one of the polluted rivers, visited biogas and vermicomposting sites, collected pre and post exertion vitals, observed and participated in some simple physics experiments and learned how to sample and study species richness and biodiversity.



### World Environment Day 2017

#### A Platform for Action

World Environment Day is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries.

#### The People's Day

Above all, World Environment Day is the 'people's day' for doing something to take care of the Earth or become an agent of change. That 'something' can be focused locally, nationally or globally; it can be a solo action or involve a crowd – everyone is free to choose.

#### The Theme

This year's theme "I'm with Nature" invites you to think about how we are part of nature and how intimately we depend on it. It challenges us to find fun and exciting ways to experience and cherish this vital relationship.

**Write to us to participate in our treks, trails and camps and to connect with nature.**

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