



Date: 10.03.2026

## Report of Annual Excursion to Haridwar, Rishikesh, for B.P.Ed

28.02.2026 – 06.03.2026

### Escort:

1. **Dr. Susanta Jana**, Assistant Professor, Department of Physical Education
2. **Dr. Nityananda Karmakar, HOD**, Associate Professor, Department of Physical Education
3. **Dr. Sanjay Bhunia**, Assistant Professor, Department of Physical Education

No. of Students: 34

**Up Train: Doon Express (13009)** at 11:13 PM from Durgapur Station on 28th February 2026

**Down Tran: Doon Express (13010)** at 10:03 PM from Haridwar Junction on 4<sup>th</sup> March 2026

**“We Don't Inherit the Earth from our Ancestors; We Borrow It from Our Children”**

The hills and forest captivate men's hearts not so much for their beauty as for that subtle something, that quality of air that emanates from aged trees and so delightfully transforms and renews a weary spirit. Look deeply into nature to better grasp things.

**Day-1 (28/02/2026):** Students and Escorts were started their Journey from Nikhil Banga Sikshan Mahavidyalaya. They reached Bishnupur station and boarded Haldia-Asansol SF Express for the destination of Durgapur. They boarded Doon Express at Durgapur Station at 11.13 p.m. and retained at train for the next day

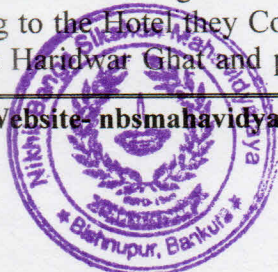


**Day-3 (02/03/2026):** They got off Haridwar at 5.20 am. Reached to the Hotel Derabol Bhavan (where they stayed two nights) at 6.00 am. Taking break fast form the hotel, took a bus and visited Kankhal which is famous for temple of lord Shiva. They also visited mercury Shiva Linga and Rudraksha trees there in. At 3.00 pm they set out for visiting Rishikesh, Janaki Jhola and Lakshman Jhola . They enjoyed the beautiful construction of the both Jhola (hanging bridge).

**Day-4 (03/03/2026):** The day was scheduled for visiting Mussoorie where they enjoyed a lot. They Completed their lunch at a Hotel on the way of Mussoorie, Students reached at the top of the Hill by Bus at 2.00 pm. They visited a Mall and enjoyed the beauty of nature at Mussoorie. They returned back to the Hotel at 10.00 pm via Dehradun where they played football match among themselves in a well decorated ground. They Completed their dinner at 11.00 pm.

**Day-5 (04/03/2026):** At the morning, they went to visit Mansha Mandir which was situated at the top of the Hill. Returning back to the Hotel they Completed their breakfast at 9.30 am. They set out for Ganga Snan at Haridwar ghat at 10.30 am .They took bath at the sacred River and purified their Soul. Returning to the Hotel they Completed their lunch at 1.30 pm. At 5.00 pm they Enjoyed the Ganga Arati at Haridwar Ghat and prayed for their wellbeing. They returned back to the Hotel at

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Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur (Bankura)

2/10/26



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**P.O. Bishnupur : Dist – Bankura  
Phone - 9434202242**

7.00 pm. They started packing for Returning home and completed their dinner at 8.45 pm. They left the Hotel finally at 9.00 pm and reached the Haridwar station at 9.30 pm for Returning home. They boarded Doon Express at 10.10 pm. And remain in train for the next day.

**Day-7 (06/03/2026):** They got off at Asansol at 4.am and took the Bishnupur bound Asansol - Haldia Express at 5.30 am and reached at Bishnupur Station at 8 a.m . Finally they reached to their hostel safely at 8.30 am by toto.



*Handwritten signature and date: 06/03/26*

*Principal  
Nikhil Banga Siksha Mahavidyalaya  
Bishnupur (Bankura)*

