

## 1.0 Home

### 1.1 Background

Moira resorts is an initiative of two long time college friends, who have inclination and interest for wildlife, nature conservation, learning, adventure and wellness and their love and passion for the same has resulted in what moira is today. Moira Resorts are placed at prime locations in Chhattisgarh, Like Moira Jungle Resort at Barbaspur gate of Barnawapara wildlife sanctuary on Sirpur kasdol road, and Moira Lake Resort at Baaghnadi on Mumbai Kolkata national highway 56 at the border village of Maharashtra and Chhattisgarh.

Apart from luxury stays, multicuisine food, lounge pools, indoor and outdoor sports, Moira also conducts conservation & learning programmes, Sports trainings, fitness & wellness programs, adventure & Obstacle courses, skill development and survival skills, team building and corporate training programmes and has state of art outbound labs in association under Arham Learning and Healthcare foundation in the brand name of Indus Wellness and Sports.

## 2.0 Services & Facilities:

Moira has come up with an intention to provide excellent services and facilities for stay, food, indoor and outdoor activities and sports, where you can also enjoy your favorite zeals.

The facilities at Moira resorts are as under:

### 2.1 Stay & Accommodation:

Stay and Accommodation at Moira is an experience in itself. It is designed to offer accommodation in its luxury suites, deluxe rooms, pool cottages, Swiss tents and dormitories for group stays.

### 2.2 Food & Dining:

Moira has best in class facilities for food with Indian, Chinese and continental multi cuisines and indoor and outdoor dining options inside and outside its properties; one can relax and be part of pool side starters with campfire followed by dinner in open and covered settings with five and seven course meals. Moira also organizes an interactive programme on request of guests, to learn and cook the varieties of food from the jungle menu with our team of chefs.

### 2.3 Indoor & Outdoor Sports at Moira

Moira has state of art indoor and outdoor activities.

#### The indoor sports include

|              |       |       |                 |            |
|--------------|-------|-------|-----------------|------------|
| Table tennis | Chess | carom | Multi Gymnasium | Pool table |
|--------------|-------|-------|-----------------|------------|

#### The Outdoor sports include

|               |                 |                   |                  |              |
|---------------|-----------------|-------------------|------------------|--------------|
| Archery Range | Air rifle range | Clay court tennis | Sand Volley Ball | Cricket nets |
| Cycling       | Hand ball       | Badminton         | Country Games    |              |

### 2.4 Lounge Pool & Jacuzzis:

Moira has lounge pools, Jacuzzis and rain water dance for it guests.

### 2.5 Conferences & Workshops:

Moira also holds seminars and workshops to pursue its objectives from time to time. Moira has a dedicated area for the same which can hold nearly 100-200 participants at a time.

## 2.6 Seminar & Audiovisual Aids:

Moira also conducts seminars for different fields of activity with best of audio-visual aids and systems. For this it has its own projectors, music systems, and all other things required.

## 2.7 Indoor & Outdoor Classrooms:

Moira also has 40-seater classrooms with green boards and tablet chairs and overhead projectors. It also has open classrooms facilities with portable boards and tablet chairs to conduct the programmes and courses in open and covered settings.

## 2.8 Library:

Moira has a state of art library where one can indulge into his own choice of writers picked by him for the day from our large collection of books on adventure, Wildlife of Central India, Archaeological collection of Eastern Old Madhya Pradesh, some fictions and best seller's collections, accompanied by a glass of juice, or a cup of tea with some snacks to keep him going.

## 2.9 Gymnasium:

Moira is also equipped with a multigym setup, cross trainers, Treadmills and many other equipment for its fitness conscious guests.

## 2.10 Other Activities:

**Moira also conducts many morning and evening activities for its participants, the morning and evening activities include**

### Morning Activities

|      |            |              |              |         |
|------|------------|--------------|--------------|---------|
| Yoga | Meditation | Nature Walks | Jungle Treks | Jogging |
|------|------------|--------------|--------------|---------|

### Evening activities @ Moira

|           |               |             |             |                             |
|-----------|---------------|-------------|-------------|-----------------------------|
| Camp Fire | Music & dance | Star gazing | Short Films | Cultural dances on requests |
|-----------|---------------|-------------|-------------|-----------------------------|

## 3.0 Programs and courses at Moira in association with Indus Wellness and Sports:

Moira has programs and courses for all age groups from a 6-year child to a 60-year veteran.

The programs and courses are as under:

### 3.1 Primary & Middle School Programs:

Primary & middle school programmes and courses are designed to introduce students from age 6-12 to a variety of challenging and rewarding outdoor experiences. In a supportive atmosphere of structured risk-taking, confidence-building and fun.

### 3.2 High School Programs:

High school programmes and courses help students from the age 12-18 to find their own limits, discover who they are, and learn to effectively express themselves along the way. The students

have plenty of opportunities to consider the consequences of their actions and to look carefully at the role models around them.

### **3.3 College Programs:**

College programmes and courses strive to create an environment where students in the age group 19-24 learn from experience and use successes and failures as part of their learning process.

College students get the opportunity to develop a genuine sense of self-reliance and autonomy and valuable hard skills to get them through. Skills that invariably translate to success both in and out of the classroom, in the field or in a future career.

### **3.4 Veteran Programs:**

Veteran programs are designed for Re-energizing Veterans through yoga, meditation and wellness. Veteran programs help them re-adjust to life at home through yoga meditation and wellness programs that draw on the healing benefit of teamwork and challenge through use of the natural world

### **3.5 Corporate Programs:**

Corporate programmes are a training method for enhancing organizational performance through experiential learning. Such programs are often referred to as corporate training and management development programs. With our experiential training programs, both Outbound and Indoor, we inspire individuals to find their personal edge and Succeed in Life and at Work.

### **3.6 Family Programs:**

On Family programmes, the main goal is to provide families with the opportunity to experience together as a unit. Just as every other outbound student do, our Family member participants also learn by doing in the same way.

As the group works together to accomplish common, challenging goals, they learn about themselves, such as their weaknesses and strengths.

### **3.7 Integrated Programs:**

Moira plans to introduce integrated programmes and courses with schools and colleges as a part of their curriculum with team of competent trainers by involving children of all ages in activities of social importance, Nature Conservation, photography, survival skills, naturalist courses, Animal & Bird rescue, No-plastic drives, Eco-club's formation and implementation of its programmes and courses through Lectures and shows for students

### **3.8 Weekend Programs:**

Moira's weekend programs are basically designed as guest expeditions for families, working professionals, corporate and executives to give them a break from their week-long hectic schedules. The weekend programs comprise of jungle safaris, angling, kayaking, nature walks, hill treks and jungle safaris

### **3.9 Program Fees:**

The program fees include all fees for the programme. A programme fee covers the cost of food, instructors, permits, gear, and equipment while on course. Not included in this total cost are personal expenses such as clothing, insurance (health and travel), airfare, travel and transport to the property.

## 4.0 Conservation Programs @ Moira

Moira understands its responsibility towards nature, wildlife, architectural and archaeological conservation and also the conservation of natural resources. For this moira has best in class educators and trainers and a team of professionals associated with us.

Conservation is basically classified as:

- a. Conservation (ethic) of biodiversity, environment, and natural resources, including protection and management.
- b. Conservation-restoration of cultural heritage, protection and restoration of cultural heritage, including works of art and architecture, as well as archaeological and historical artefacts.

Moira has an array of conservation programs and courses not just for kids and teens, but also for families and corporates. Moira Trails is one such program that allows the entire group or family to get involved in an outdoor adventure. Using a GPS enabled device, you can navigate Trails hidden in campgrounds, nature centres, and parks, taking your kids on an interactive treasure hunt, getting them to engage with surrounding environment.

The other conservation programs at moira are:

Green Power, Rainwater Harvesting, Energy Conservation, Recycling greywater for gardening, Pollution, Soil quality, Greenhouse effect, Recycling, Renewable Energy, Water Purification, Save energy, Waste Management, Organic Garden.

Moira also conducts plantation drives, distribution of seed balls, awareness campaigns and many other activities to promote its conservation objectives.

## 5.0 Learning Programs @ Moira

Learning is the process of acquiring new or modifying existing knowledge, behaviours, skills, values, or preferences.

Moira Conducts many learning programs such as team building programs, corporate training programs, survival skills, finishing's modules, photography and naturalist courses.

### 5.1 Team building programs

Team building is an ongoing process that helps a work group evolves into a cohesive unit. The team members not only share expectations for accomplishing group tasks, but trust and support one another and respect one another's individual differences. Team building exercises, activities and games help build teams, develop employee motivation; improve communications for corporate organizations, groups and children's development.

The team building constitutes of four components:

Goal setting: Aligning around goals.

Interpersonal-relationship management: Building effective working relationships.

Role clarification: Reducing team members' role ambiguity.

Problem solving: Finding solutions to team problems.

Reasons for Team Building:

To Improve communication skills | To Motivate a team | To Get to know each other | To Teach the team self-regulation strategies | To Help participants to learn more about themselves (strengths and weaknesses) | To Identify and utilize the strengths of team members | To Improve team productivity | To Practice effective collaboration with team members.

Benefits of Team Building:

Develop employee motivation | Improve communications | Self-development | Positive communication | Improve Leadership skills | Enhancing Individual & Team Performance | Making workplace more enjoyable.

#### Team Building Exercises @ Moira

|                    |                     |                     |            |
|--------------------|---------------------|---------------------|------------|
| Mission Impossible | Blind Sheep         | Blind Square making | Green Mile |
| Spiders web        | Kettle of fish mats | Huf & Puf           | Acid river |
| Bomb Squad         |                     |                     |            |

#### 5.2 Corporate training programs:

Moira's corporate training programs provides holistic solutions that are committed to the philosophy of excellence and the Corporate training methodologies include Instructor led training, Multimedia based learning, Experiential learning(XL) through business simulations and experiences based reflective learning

Our corporate trainings offer:

|                               |                      |                            |                               |
|-------------------------------|----------------------|----------------------------|-------------------------------|
| Sales & Distribution training | Sales Effectiveness  | Process improvement        | Compliance Solutions          |
| Customer service training     | Behavioural training | Presentation Effectiveness | Report Writing & minutes      |
| Presentation Skills           | Managing meetings    | PPT presentations          | Meeting & Greeting etiquettes |

#### 5.3 Naturalist Courses:

Our exciting basic Naturalist's Course opens up a whole new world to young explorers of age 10 and above.

This programme includes:

|                             |                             |              |                  |
|-----------------------------|-----------------------------|--------------|------------------|
| Tracking Animals            | Butterfly Capture & Release | Walk Safaris | Survival in Bush |
| Medicinal plants & its uses | Flora & Fauna               | Snake rescue | Nature quizzes   |

on completion of the course, these proud achievers are awarded certificates to recognize their new-found knowledge.

#### 5.4 Survival Skills:

Survival skills are techniques that a person may use in order to sustain life in any type of natural environment or built environment. These techniques are meant to provide basic necessities for human life which include water, food, and shelter. Survival skills are often basic ideas and abilities that ancients invented and used themselves for thousands of years. Outdoor activities such as hiking, backpacking, horseback riding, fishing, and hunting all require basic wilderness survival skills, especially in handling emergency situations.

The 8 Basic Survival Skills conducted by moira that every Man Should Know.

1. Finding & Purifying Water. Nothing is more important in a survival situation than having suitable drinking water.
2. Starting & Tending to A Fire.
3. Building A Temporary Shelter.
4. Navigating & Reading A Compass.

5. Hunting & Foraging for Food.
6. Camp Cooking. Dressing A Wound.
7. Tying multiple knots.

## 6.0 Sports @ Moira Resorts in association with Indus Sports Academy

Indus Sports academy is founded to promote experiential learning programs for the development of children & youth. It aims at reaching out to all sections of the society, to inspire individuals to fulfil their potential through challenging outdoor experiences.

Its goal is to take students outside the four walls of the classroom and to integrate intensive experience and skill-building into the fabric of education. Indus intends to serve people of all ages and backgrounds through challenging learning expeditions that inspire self-discovery, both in and out of the classrooms, offices and work places. With a network of regional campsites and courses in wilderness settings and urban environments, Indus help people discover strength of character, and ability to lead and a desire to serve.

### 6.1 Adventure Courses @ moira Resorts in association with Indus Sports Academy

An adventure is defined as an exciting and unusual experience.

#### 6.1.1 Land based Adventure activities

|                |                 |                  |                 |                   |
|----------------|-----------------|------------------|-----------------|-------------------|
| Burma Bridge   | Tyre Cross      | Wood Plank Burma | Bosuns Chair    | High Step         |
| Heebi Jeebi    | Swinging Beam   | Chicken walk     | Commando net    | River Crossing    |
| Zip Line       | Flying Fox      | Rappelling       | Rock Climbing   | Slithering        |
| Commando tower | Wall Climbing   | Tree Climbing    | Valley Crossing | Floating Logs     |
| Zig Zag Burma  | Vertical Stairs | Burma Loop       | Tree walks      | Horizontal Stairs |

#### 6.1.2 Water based adventure activities

Moira offers a large number of sports that involve water. The water-based adventures available @ Moira are as under

|                |              |          |          |
|----------------|--------------|----------|----------|
| Angling        | Boating      | Rafting  | Canoeing |
| Water Aerobics | Aqua Jogging | Swimming | Kayaking |

#### 6.1.3 Air Adventures (Upcoming)

Moira plans to induct activities and courses in air adventures in the near future. These activities include

|             |                    |                    |  |  |
|-------------|--------------------|--------------------|--|--|
| Parasailing | Power para gliding | Hot air ballooning |  |  |
|-------------|--------------------|--------------------|--|--|

#### 6.1.4 Jungle Adventures

Moira resorts are situated near jungles, rivers and dams. Hence its nearness to the jungle makes it most suitable place for jungle adventures. The jungle activities conducted by moira are:

|                      |                 |                   |                   |
|----------------------|-----------------|-------------------|-------------------|
| Nature walks & Treks | Navigation      | Caving            | Jungle Trails     |
| Flora & Fauna        | Survival Skills | Camping & Tenting | Mountain Climbing |

### 6.2 Obstacle Courses @ Moira Resorts in association with Indus Sports Academy

An obstacle course is a series of challenging physical obstacles an individual or team must navigate usually while being timed. Obstacle courses can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and endurance. The obstacle course is used (mostly in recruit training) as a way to familiarize recruits with the kind of tactical movement they will use in combat, as well as for physical training, building teamwork, and evaluating problem solving skills. Typical courses involve obstacles the participants must climb over, crawl under, balance, hang, jump, etc. Obstacle courses can also contain climbing walls and rappelling walls.

### 6.2.1 The obstacle courses

|                                |                        |                                   |                                  |
|--------------------------------|------------------------|-----------------------------------|----------------------------------|
| <b>Straight Line Balancing</b> | <b>Slope Balancing</b> | <b>Zig zag tyre run</b>           | <b>Multiple Height Balancing</b> |
| <b>Vertical Ladder</b>         | <b>Tiger Jump</b>      | <b>Multiple Height Wall Cross</b> | <b>Tarzan Jump</b>               |
| <b>Mud Crawling</b>            | <b>Tunnel Crawling</b> | <b>Net Crawling</b>               | <b>Rope Crawling</b>             |

### 6.3 Other Adventures:

#### 4x4 gypsy game safaris:

The joy of riding in an open gypsy, letting the fresh air caress you in a cool atmosphere of greenery with chirping birds, is what you asked for. The safari continues in close proximity of nature and wildlife, addressing flora and fauna for more than a couple of hours with our trained naturalists in the nearby jungles and parks.

## 7.0 Wellness Services @ Moira Resorts in association with Indus Wellness Retreat

Moira's Wellness centre has been setup to promote Vedic method of healing with its organic fruits, vegetables, and herbal garden, the centre focuses on treating lifestyle diseases through Vedic medical sciences of Naturopathy, Ayurveda, and Yoga. It provides genuine alternate Medical Healthcare for treatment of various problems caused due to modern lifestyles.

Moira has both Naturopathy and Ayurveda which are both holistic and clinical sciences, which collectively strive to prevent and cure various types of ailments with a holistic approach.

### 7.1 Naturopathy:

Naturopathy is an art and science of healthy living and a drugless system of healing based on well-founded philosophy. It has its own concept of health and disease and also principle of treatment.

#### Naturopathy treatments at moira in association with Indus Wellness Retreat:

7.1.1 **Colon Hydrotherapy:** It is also known as Colon cleansing and colon therapy. To remove unnecessary parasites, poisonous substances, and fatty acids, colon hydrotherapy has been really effective. It is very effective in boosting the digestive system and maintaining pH balance. It also creates a positive impact on the nervous system, boosting mood and reducing fatigue.

7.1.2 **Vibro Massage:** It is an advanced massage technique which utilizes medicated powder and high-tech vibrator to massage all over the body. Vibro therapy gives whole body

relaxation and improves blood circulation. It is also very useful in reducing fat accumulated in specific body parts and toning the muscles.

- 7.1.3 **Ion Detox:** It is a foot bath technique in which your feet are soaked in the special ionic solution, inside a foot bath tub. Ionic foot detox draws the accumulated foreign matters like heavy metals and parasites, out of the body through the feet. It also eliminates toxins from liver, kidneys, skin, spleen and blood.
- 7.1.4 **Massage Therapy:** Through body massage therapy, you can relieve stress and stiffness from the body. Massage also helps in improving blood circulation, relieving pain, boosting metabolic rate, and toning the muscles. Massage therapy also helps in looking young and energetic.
- 7.1.5 **Mud Packs:** Mud packs exert amazing absorbent & cooling qualities; hence they are widely used for removing toxins from the body. They are also used to reduce intestinal heat and treat digestion problems. Mud therapy treatment is also helpful in relieving headaches.
- 7.1.6 **Hydro Therapy:** It is also known as aquatic exercises and massage in hot water and cold water respectively. Under water hydrotherapy massage using variable force on the muscles and deep-lying tissue layers, reduces muscle spasms and pain. It also strengthens the muscles and joints.
- 7.1.8 **Spine & foot bath:** Spine bath therapy using water containing healing salts and herbs stimulates blood circulation and relieves stress. Also, for treating various problems, a different combination of hot and cold water is used for the therapy. Spine bath naturopathy is used for disorders related to anxiety, blood pressure, insomnia and spinal pain.
- 7.1.9 **Diet Therapy:** Naturopathy puts a great emphasis on eating right and healthy food to provide all the nourishment required for the body. As per the nature of the person and the body type, a special diet therapy is planned to improve healing, boost immunity, and maintain ideal body weight.

- 7.2 **Ayurvedic therapies at moira in association with Indus Wellness Retreat:** \
- Ayurveda is a 5,000-year-old system of natural healing that has its origins in the Vedic culture of India. More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vital while realizing their full human potential. Providing guidelines on ideal daily and seasonal routines, diet, behaviour and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

## **7.2.0 Ayurvedic Treatments**

- 7.2.1 Abhyangam:** It is a type of ayurvedic oil massage in which herbal oil is applied to the whole body and gentle massage is applied. Abhyangam therapy helps in extracting toxic substances out from the skin and relaxes the body. The herbal oil, selected as per the body type of an individual, restores the balance of the dosha.
- 7.2.2 Udhvartan:** It is ayurvedic powder massage in which a freshly made paste of herbal powder is applied on the skin and a gentle massage through upward strokes is applied. Udhvartan helps in reducing accumulated fat and toxins from the body. Also, it improves the body circulation and relieves from pain.
- 7.2.3 Shirodhara:** In Shirodhara treatment, a constant stream of warm herbal oil is poured on the forehead which exerts constant vibration and nourishes the scalp. It is highly beneficial in reducing stress levels and insomnia. The medicated oil seeps in and creates a calming effect on the nerves, mind and the body.
- 7.2.4 Patra Pind Swedan:** Patra means leaves and Pind means a bolus. Through a bolus made from specially selected medicinal plants and medicinal oil, sudation therapy is given to the bones, joints and the muscles. It relieves the pain and the inflammation and it also strengthens the bones & tissues and improves blood circulation.
- 7.2.5 Potli Massage:** Potli is a poultice consisting of combination of herbs in fresh or dried condition packed in a muslin cloth and it is immersed in sand or soil, as per the requirements. A gentle Potli massage therapy is applied on the specific pain joints through the hot Potli. It improves healing and relieves the pain.
- 7.2.6 Basti:** In chakra basti, a container is created in the umbilical region or the knee joints using the dough. Warm medicated oil or herbal liquid is poured into the container to make a reservoir. Basti therapy is greatly helpful in correcting the Vata dosha., thereby relieving from digestive disorders, stiffness and pain.
- 7.2.7 Nasyam:** In Nasyam therapy, herbal oil or special herbal liquid is instilled in the body through the nose. After administering the liquid, the shoulder, head and neck areas are massaged gently. It is very helpful in relieving chronic migraines, sinusitis, allergies, and ENT problems. It is also useful to restrict greying of hair and hair fall.
- 7.2.8 Pizhichil:** Luke warm medicated oils are applied on the body for 60 to 90 minutes and simultaneously Pizhichil massage is done in a special rhythm, to increase the extraction of toxins through sweat. It is helpful in aches and spasms. It improves blood circulation and promotes healing of bone and muscle injuries.
- 7.2.9 Herbal Lepam:** Lepam treatment is a plaster of paste made from medicinal herbs as per the patient's requirements. Specific herbs are selected to make a paste. The plaster then covered with a leaf or a cotton cloth. This therapy gives relief from the localized pain and swelling, skin problems, psoriasis, and emaciation.

**7.2.10 Karnapooran:** Karnapooran is a special therapy that Ayurveda offers for the ear problems. It is beneficial in tinnitus, hearing loss, balancing problems etc.

### **7.3 Special Therapies:**

Moira also has many other special therapies such as

**7.3.1 Hot stone massage:** In hot massage therapy, water heated flat and smooth stones are placed at the disease specific key points on the body. It is very helpful in treating serious conditions like fibromyalgia, arthritis, insomnia, spasm and the stress.

**7.3.2 Reflexology:** In reflexology therapy, gentle pressure is applied on the specific zones of palms and feet, to relieve problems in the other body parts. Reflexology is used to channelize the energy flow in the body by massaging the relevant points.

**7.3.3 Deep tissue massage:** Through deep tissue massage, the knots in the muscles and rigid tissues are applied firm pressure to improve the motion and reduce inflammation. The stripping strokes and friction strokes of deep tissue massage are extremely helpful in treating fibromyalgia.

**7.3.4 Ceragem Therapy:** CERAGEM Science combines chiropractic-based massage, heat, jade, far infra-red rays, and acupressure effects. The therapeutic massage beds help to relieve pain, align your back, reduce stress and tension, help you to sleep better, and give you an energy boost.

**7.3.5 Bemer Therapy:** BEMER stands for Bio-Electro-Magnetic-Energy- Regulation. Bemer uses PEMF (pulsed electromagnetic field) as a vehicle to deliver a specific pulsed therapy that increases circulation in the small blood vessels, which make up about 75% of our circulatory system. An increase in circulation to the cells helps to better deliver nutrients, red and white blood cells and oxygen more efficiently delivered to the cell. Used for 15 years in over 4,000 hospitals/clinics in Europe – this technology is now in joint development with NASA for future space suits. The BEMER is approved as a Class I medical device by the FDA for the following indications:

- a. General enhanced circulation/blood flow.
- b. Enhanced nutrient supply and waste disposal.
- c. Enhanced cardiac function.
- d. Enhanced physical fitness, endurance, strength and energy level.
- e. Enhanced concentration, mental acuity, stress reduction and relaxation.
- f. Enhanced quality of life

Bemer is easy and painless to use and only requires two 8-minute sessions twice daily. This device can help with a variety of issues most notably energy, sleep, pain, mood, athletic performance and mental clarity. Many patients also report improvements in blood pressure, blood sugar and vision.

## **8.0 Information & Guidelines:**

### **8.1 General Guidelines / Information to Participants:**

- Kindly note that Moira resorts are situated in eco sensitive zones, hence maintaining decorum and discipline is mandatory.
- Do not make noise and display unruly behaviour and indulge in pranks and mischief as this will invite trouble and derail the objectives.

- We have a “Leave No Trace” policy and request students, participants and guests to respect the bio-diversity and do not bring plastics / other waste and litter them on the campsite or enroute.

| The Seasons         |                                                        |                |
|---------------------|--------------------------------------------------------|----------------|
| Months              | Season                                                 | Remarks        |
| November to January | Winter. Nights are cold. Day time is pleasant & sunny. | Woolens requ   |
| February to March   | Days are warm. Nights are cool.                        | Light warm cl  |
| April & May         | Hot. Maximum temperature above 40 Degrees Celsius.     | Light cotton c |
| June to September   | Rains. Sultry warm weather. Nights are cool.           | Light cotton c |
| October             | Warm to hot days. Nights are cooler.                   | Light cotton c |

## 8.2 Risk Declaration:

Please be aware that adventure sports like trekking, rock climbing, Air, water & land adventure sports or any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and you must be mentally and physically prepared for the same. Persons with serious health issues like Blood pressure, diabetes, Heart Disease, Bone disease and so on are requested to consult their physician before participating in any outdoor activities and programmes. During the program one may be far away from motor able road and / or medical facilities.

It is compulsory for every guest and participant to fill the risk declaration and disclaimer and by parents /guardians in case of minors along with the enrolment/ registration form.

## 8.3 Cancellation Policy:

Moiras general payment terms and conditions are based on our investment in planning, staffing and delivering our services. These expenses are not recoverable; therefore, penalties may apply. If guest/participant leaves or cancels the program for any reason, the following charges will apply:

- 8-14 days prior to commencement of programme 50%
- Less than 7 days to commencement of program 100%

## 8.4 How to pay for programs

Pay online through NEFT/RTGS, Phone pay, Google pay and Paytm

- Moira Jungle Lodge account details:
- Moira Lake Resort account details

Note:

- Registration will be confirmed upon verification of fund transfer / clearing of cheque
- If you need any assistance, please contact office, as below:
- Write to: moiraresorts@gmail.com
- Call: Landline +91 771 3511811 Cell: 7354990001, 9174122001/2
- Monday ~ Saturday / IST 10:00 ~ 18:00 hrs

## 9.0 Gallery:

### 9.1 Moira Jungle Resort

Photos and Videos

### 9.2 Moira Lake Resort

## 10.0 Nearby Tourist Destinations:

### 10.1 Nearby tourist destinations near Moira Jungle Resort

Barnawapara wildlife sanctuary | Turturiya | Mahanadi River adventures | Sirpur archeological heritage city | Dhaskud waterfalls | Pasid dam | Nagarjuna cave | Malhaar | Sheorinarayan | Kodar dam

### 10.2 Nearby tourist destinations near Moira Lake Resort

Sirpur Dam | Navegaon Wildlife sanctuary | Nagzira National Park | Bamleshwari Temple Dongargarh | Island Safari in the nearby dam | Tribal Villages | Hazra Falls

## 11.0 Location & Distance:

Google map and location of Moira Jungle Resort.

Google map and location of Moira Lake Resort

## 12.0 Enquiry & Bookings:

Insert online enquiry and booking form

## 13.0 Contact Us:

We hope you will like to initiate your planning for this place. We are eagerly waiting to hear from you.

**Call: Cell:** +91-7354990001, 9174122001/2

**Email:** [moiraresorts@gmail.com](mailto:moiraresorts@gmail.com) **Website:** [www.moiraresorts.com](http://www.moiraresorts.com)

## 14.0 General Information & Guidelines:

- Outbound programs are an exciting outdoor activity. So, do take care of your personal safety and strictly adhere to safety instructions; else it may put you or your colleagues in danger.
- Smoking / Alcohol consumption are strictly prohibited. Moira may expel any persons indulging in these kinds of activities.

### 14.1 Alerts:

- Simple T-Shirts & trousers / slacks keep you comfortable during activities.
- It is mandatory for each and every participant to fill & sign the form of participation & risk declaration and disclaimer.
- Participants doubtful about their fitness should consult their family and doctor beforehand.
- Participants with medical history must declare the same in the medical form to avoid emergencies.
- Full sleeve cotton shirt or T-Shirt + Full pants are advised during the program, to avoid exposure to sun and insects. Avoid Short pants or half pants. Ladies – please avoid sari, skirts and salwar kurtas as seat harness cannot be worn.

### 14.2 Check List: This checklist will be helpful to children & their parents:

#### Things to Bring

|                       |                                                        |                                             |
|-----------------------|--------------------------------------------------------|---------------------------------------------|
| Bed cover sheet 1 No. | Personal Clothing (Full sleeves shirts and full pants) | Swimming costume/shorts.                    |
| Slippers or Sandals.  | Sports/Hiking/Trekking shoes. Extra cotton socks.      | Toilet kit (Tooth paste, Brush, Soaps etc.) |

|                                           |                                                   |                         |
|-------------------------------------------|---------------------------------------------------|-------------------------|
| Back Pack 30 litres,<br>Water bottle.     | Sun Cap. Cotton scarf during summer<br>camps.     | Sun Goggles. (Optional) |
| Torch with spare<br>batteries.            | Note book, Pen, Pencil. Drawing<br>book, Colours. | Insect repellent        |
| Personal medicines. (If<br>prescribed)    | Under garments.                                   | Towel & Napkin.         |
| <b>Additional items during<br/>winter</b> |                                                   |                         |
| Pullover bed sheet /<br>light blanket.    | Woollens / Jacket. Woollen cap /<br>Muffler.      |                         |

### Things: Not to bring

|                                    |                                                           |                |
|------------------------------------|-----------------------------------------------------------|----------------|
| Gold chains, rings /<br>Valuables. | Electronic games / systems                                | Playing cards. |
| Chewing gums.                      | Mobile Phones. (strictly restricted<br>during activities) | Deodorants.    |
| Large sum of cash.                 | Food packets.                                             |                |