

Case Study Report

The Himalayan Leadership Program

Masters' Camp – Strategic Business Management | Cohort I (Oct 2025)

About HLP

The Himalayan Leadership Program (HLP) is designed to cultivate **leadership, resilience, and emotional intelligence** through outdoor adventure.

It blends trekking, reflection, and group challenges to help participants **discover authentic leadership** through real experiences - not instruction.



Program Overview

Key Facts - Himalyan Leadership Trek	
Partner	Masters' Union & Master Camp – SBM Cohort
Participants	36 students Ages 20–23
Duration	6 days Location: High Altitude Trek , Uttarkashi
Altitude Range	Garhwal Himalayas - 6,500–12,500 ft
Team	6 instructors, 3 local guides, 15 support crew
Program Director	Minhal Zaidi, Founder – Dynamic Outdoors

The Journey

From Gaichwan Gaon to Kedarkantha

Summit The expedition combined physical endurance with emotional reflection. Students trekked through oak forests, camped under stars, and summited Kedarkantha Peak as one cohesive team.

Daily reflection circles, leadership challenges, and mindfulness sessions turned every step into a lesson in **resilience and teamwork.**



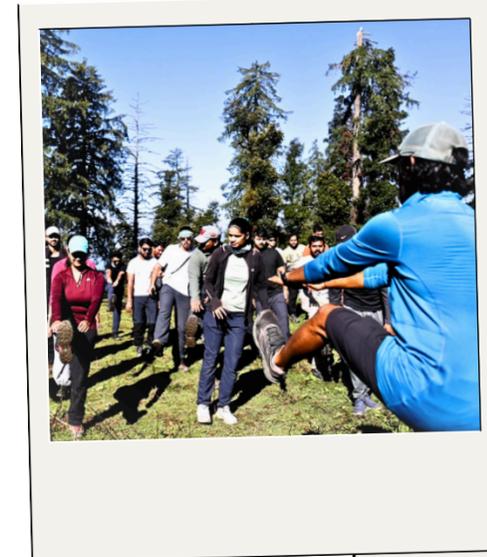
Learning : Structured for Transformation

Pre-Program (4 weeks): Fitness challenge, reflection prompts, safety and gear readiness.

On-Ground (6 days):

- Leadership rotations
- Team decision-making
- Outdoor problem-solving
- Journaling and gratitude circles

Each day balanced physical challenge with emotional learning - nurturing both body and mind.



Core Learning Themes

Leadership

Decision-making under pressure, team motivation, empathy.

Resilience

Managing discomfort, physical & emotional endurance.

Mindfulness

Observation, gratitude, self-regulation.

Team Collaboration

Communication, conflict resolution, collective success.

Self-Sustainability

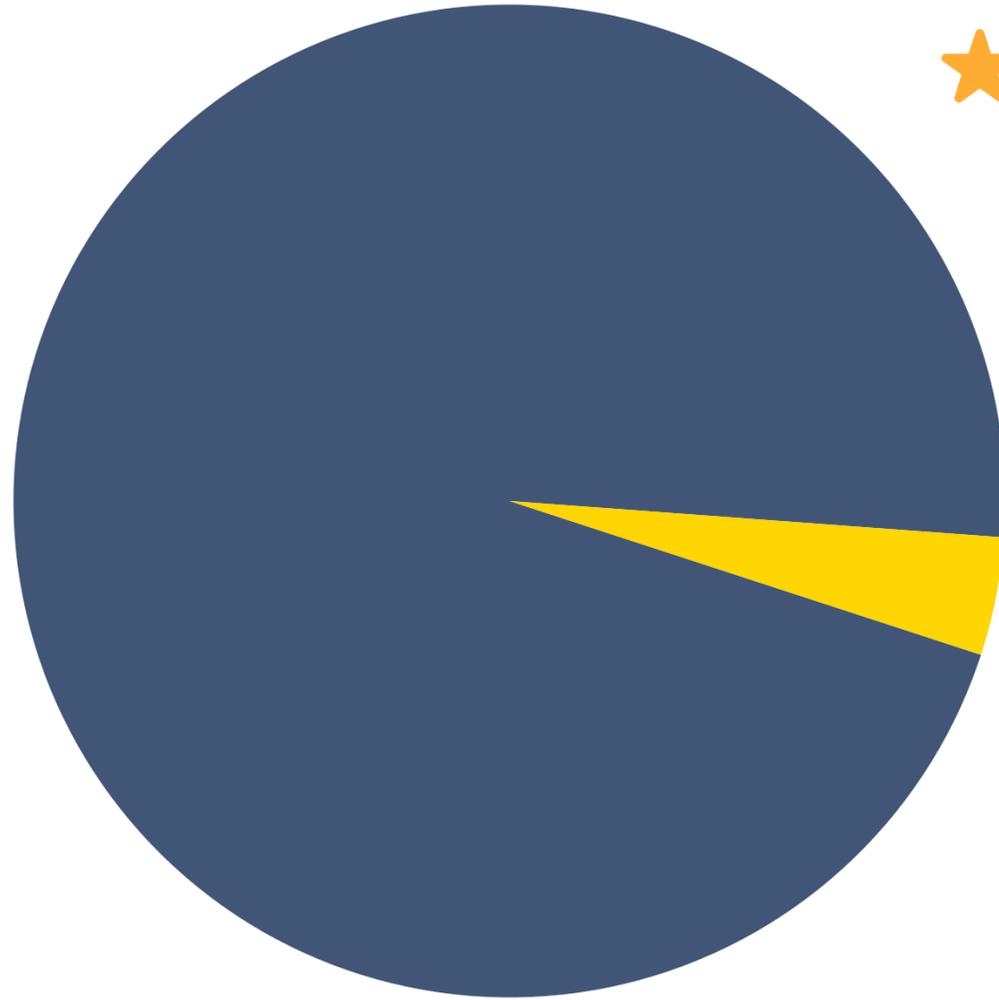
Resourcefulness, adaptability, light packing, outdoor discipline.

Reflection & Growth

Journaling, self-awareness, constructive introspection.

Net Impact Score

★ 9.5 / 10



"95% participants described the experience as 'life-changing.'"



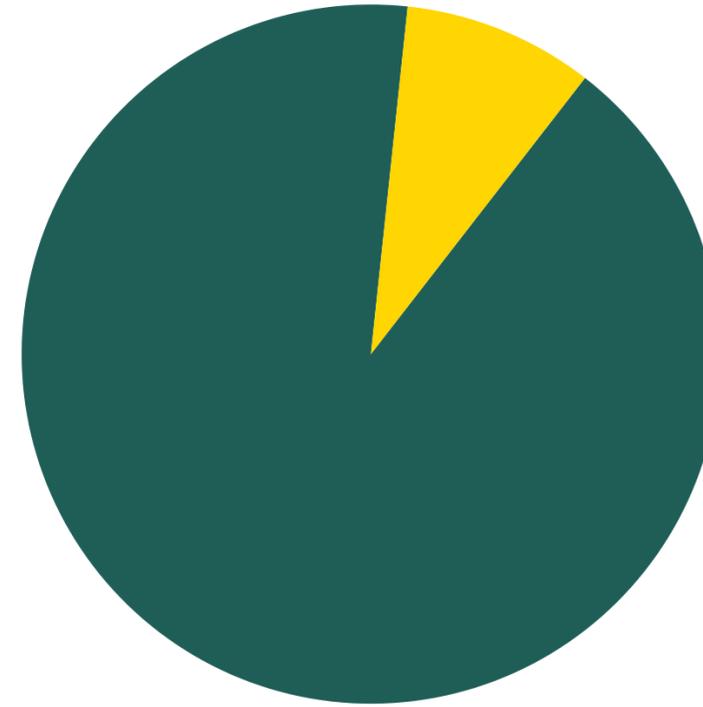
Net Impact Summary



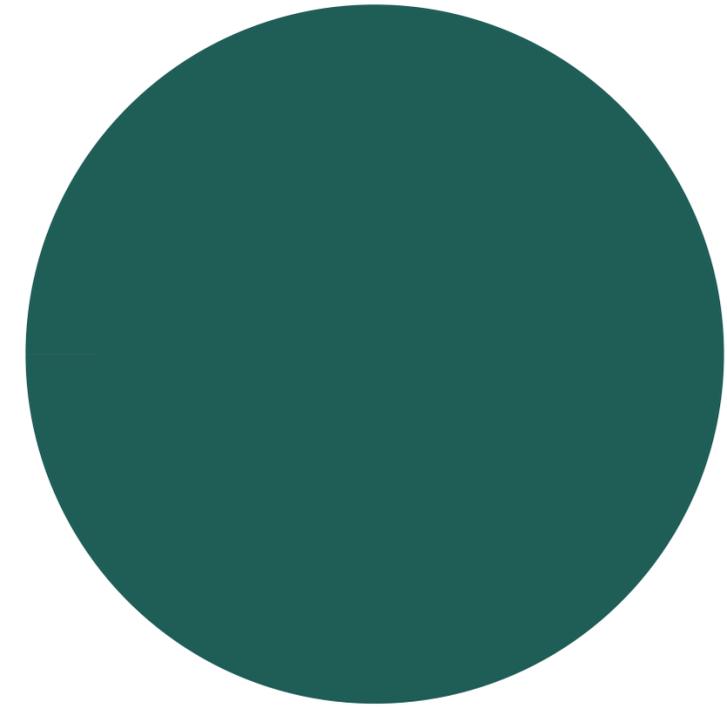
95% found it
life-changing



97% felt mor confident
and resilient



93% reported
improved teamwork



100% developed a
deeper connection to
nature and self

Growth Metrics:

Leadership +34% | Collaboration +40% | Resilience +35% | Mindfulness +46%

Transformation Beyond the Trek

Impact on Culture



Improved group
collaboration and
conflict management



Peer-led reflection
circles initiated by
participants



Greater emotional
maturity and empathy



Active involvement in
sustainability and
wellness initiatives

Sustainability Initiatives - HLP

We practiced **Leave No Trace** principles.

HLP integrates sustainability learning through action.

Waste Management:

Carry-back plastic policy

Eco-Friendly Camping:

Reusable utensils, solar lamps

Local Engagement: Support local guides, homestays, and communities

Mindful Consumption: Awareness workshops on sustainability and minimalism



We believe leadership begins with responsibility — to self, others, and the planet.



Partner With Us

 Schedule a Discovery Meeting

 collab@dynamicoutdoors.in

 www.dynamicoutdoors.in

 Delhi NCR | Dehradun | Across the Himalayas



Bring HLP To Your Institution

Dynamic Outdoors invites schools and universities to integrate outdoor learning into their curriculum – aligned with NEP 2020 and holistic education goals.