

SIT Professional Engagement Program (PEP) – January 2025 – Itinerary:

*Thematic Seminar – India: Public Health, Well-being, and Community Action:
Beyond Western Narratives of Gender and Sexuality*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 5	January 6	January 7	January 8	January 9	January 10	January 11
<p>Arrival in New Delhi</p> <p>Airport Pick-up, Transfer to Hotel, and Check-in</p> <p><i>Free time to rest, relax, settle in</i></p> <p>Informal Group Dinner (optional)</p>	<p>Breakfast at Hotel</p> <p>09:15-10:00 Welcome, Introductions, Burning questions, Program Center Tour</p> <p>10:00-10:45 General Health, Culture, and Safety Orientation</p> <p>10:45-11:00 Tea/Coffee Break</p> <p>11:00-12:30 <u>Lecture</u>: Introduction to India</p> <p>12:30-13:30 Group Lunch</p> <p>13:30-15:00 <u>Lecture</u>: Intersection of Caste and Gender</p> <p>15:00-15:15 Tea/Coffee Break</p> <p><i>Free time to rest, relax, settle in</i></p> <p>17:15-20:00 Celebratory Welcome Dinner at <u>Dilli Haat</u></p>	<p>Breakfast at Hotel</p> <p>08:45-09:00 Site Visit Briefing</p> <p>09:00-10:30 <u>Site Visit</u>: Rajasthani Camp - Urban Healthcare Delivery Model</p> <p>10:30-11:00 Debrief with Tea/Coffee</p> <p>11:00-12:30 Situational Analysis of Indian Healthcare Delivery for LGBTQIA+ Community</p> <p>12:30-13:00 Group Lunch with Resource Person</p> <p>14:00-15:30 <u>Site Visit</u>: Naz Foundation (SIT Alum-founded LGBTQ+ Community Support Organization)</p> <p>16:30-17:30 <u>Raj Ghat</u></p> <p>17:30-20:00 Queer Walking Tour in Old Delhi - Mr. Iqbal & Group Dinner</p> <p>20:00 Transport to New Delhi Railway Station to catch Pathankot Train for Palampur</p>	<p>06:00- Arrival at Pathankot</p> <p>06:00-09:30 Travel to <u>Site Visit</u>: Palampur Kayakalp (Breakfast en route)</p> <p>09:30-11:00 Hotel Check-in & <i>Free time to rest, relax, settle in</i></p> <p>11:00-12:00 Introduction and Facility Tour</p> <p>12:00-13:00 Group Lunch</p> <p>13:00-14:30 Introduction to Ayurveda and Concept of Wellbeing</p> <p>14:30-15:00 Tea Break</p> <p>15:00-16:30- Ayurvedic Treatment Demonstration</p> <p>16:30- 17:00 Fruit Time</p> <p>17:00-18:00 Induced Meditation</p> <p>18:00-19:00 Group Dinner</p>	<p>06:00-07:30 Group Yoga Session</p> <p>07:30-08:30 Breakfast at Hotel</p> <p>08:30-12:30 <u>Site Visit</u>: Government Healthcare Center</p> <p>12:30-13:30 Group Lunch</p> <p>13:30-15:30 <u>Site Visit</u>: <u>Himachal Queer Foundation</u> for LGBTQ+ Rights in Traditional/Rural Societies</p> <p>15:30-17:30 Return to Kayakalp and Q&A – Dr. Ashutosh</p> <p>17:30-18:30-Travel to <u>McLeod Ganj</u> (Home of His holiness Dalia Lama)</p> <p>18:30 Hotel Check-in</p> <p>20:00 Group Dinner</p>	<p>Breakfast at Hotel</p> <p>09:00-12:30 <u>Site Visit</u>: <u>Jagori Rural Charitable Trust</u> (Support NGO for Those Experiencing Identity-Based Discrimination and Social Exclusion)</p> <p>12:30-13:30 Group Lunch</p> <p>13:30- 15:00 <u>Meeting & Discussion</u> – Dr. Sonam Dalak, Tibetan Hospital</p> <p>15:00-20:00 <i>Independent Dinner (on your own)</i></p>	<p>Breakfast at Hotel</p> <p>09:00-18:30 Check out from Hotel and Travel to New Delhi via Train (Lunch Served en route)</p> <p>18:30-19:30 Hotel Check-in</p> <p>19:30-20:30 Celebratory Farewell Dinner Reception and Final Debrief/Program Wrap-up</p>
Hotel (New Delhi)	Hotel (New Delhi)	Overnight Train	Palampur Kayakalp	Hotel (McLeod Ganj)	Hotel (McLeod Ganj)	Hotel (New Delhi)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 12						
Breakfast at Hotel <i>08:00-16:00 Travel to visit the Taj (Optional)</i> 12:00 Hotel Check-out Airport Drop-off Depart from New Delhi						