

Report- National Adventure Camp 2023 (Manali).

Event: National Adventure Camp 2023 (Manali)

Date: 28th November 2024 to 8th December 2024.

Objectives: To provide a platform to enhance their adventure skills aimed to develop teamwork and communication skills among volunteers through various adventure activities.

Highlight: The NSS volunteers of S.M. Shetty College of Science, Commerce, and Management Studies Powai participated in **National Adventure Camp 2023, Manali**. The camp begins with the inauguration of the camp and the introduction of all volunteers and acknowledging about rules and regulations of the camp.

The first day began with the morning breakfast which continued with trekking to the mountain going to the top near ABVIMAS and natural rock climbing, where volunteers climbed a big rock by using the technique of rock climbing. After lunch a SESSION on ROPE AND KNOT by Harshal sir. In the session, sir taught volunteers how to use the rope and various types of knots which help to climb while trekking. After that Volunteers had dinner and reviewed the day and schedule for the next day as acknowledged to volunteers.

On Day 2 morning activity was scheduled for normal exercise and running. After breakfast volunteers went to rock climbing at the rock field. In the evening SESSION with the SENIOR INSPECTOR was scheduled. A SESSION on MOUNTAIN MANNERS was also scheduled in which volunteers were taught about how to climb mountains and what are the tactics for climbing mountains. After the session Volunteers were given time to practice for their

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cultural program. The day review session and schedule for the next day were acknowledged to the volunteers at the end of the day.

The next day began with the morning activity of a forest walk after breakfast volunteers went for artificial wall climbing in which volunteers practiced the techniques of climbing on the artificial wall at the location of the campsite. Volunteers were also taught about the knot test. After lunch volunteers visited MAA HIDIMBA MATA temple and also visited the market. A day review session was held before the dinner.

Day 4 also consists of a forest walk and exercise in the morning before breakfast. Volunteers were taken for trekking towards the JAMDAGNI RISHI TEMPLE and also visited SHARVARI MATA TEMPLE in PREENI VILLAGE. The trek was existing and everyone was enjoying it. After Lunch Volunteers did rappelling. Today's session was on RACK BAG. Volunteers were also instructed with the instructions related to the SOLANG VALLEY trek. Everyone was eagerly waiting for the trek to begin and the day ended with a nice dinner.

The next day it started with a trek towards SOLANG VALLY after breakfast. Everyone was energetic for this trek and its experience. After lunch Volunteers also visited ANJANI SHANKAR Temple. The day was very hectic and tiring cause of the trek volunteers had an early dinner. Volunteers rested well and very eagerly waiting for the next trek.

The morning of day 6 started with FATUR TREK and Snow games after breakfast. Today volunteers visited the SOLANG VALLY market and had a rest day. While doing rest Volunteers did Heat Insulating Room Activity. Next day after breakfast Volunteers started their return trek from SOLANG VALLEY to ABHIMAS Headquarters in Manali. A Session on MOUNTAIN HAZARDS

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was scheduled for volunteers after lunch. In the evening Volunteers were taken for the museum visit.

The day 8th began with breakfast and the activity of river crossing. Volunteers were also taught about the Short and Long Distance Rescue Techniques. It was very informative and got to learn more about rescue techniques. A TENT SESSION was also scheduled for volunteers to learn how to set up the tent and what things to carry during camping. In the evening volunteers went for a Market Visit for shopping.

On the last day of camp after breakfast, there was the batch ceremony and closing event and everyone started their journey back to their home.

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PHOTOS:



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Participants List:

Date: 27/11/23 - 10/12/23

F21
M20
T21

NATIONAL ADVENTURE CAMP [MANALI]

Name	Class	ROLL NO	M/F
Jaikey Chhadwa	SYBB1	8	F

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CERTIFICATE:

Registration No. 53407

GOVERNMENT OF HIMACHAL PRADESH


हिमाचल प्रदेश सरकार

ATAL BIHARI VAJPAYEE INSTITUTE OF MOUNTAINEERING AND ALLIED SPORTS MANALI-175131 HP

**CERTIFICATE
ADVENTURE CAMP**

COURSE NO : 873rd
NAME : JAINEEY VIRESH CHHADWA
National Service Scheme (NSS)- Govt. Of India


PERIOD: 28.11.2023 TO 07.12.2023
ADDRESS: S.M.SHETTY DEGREE COLLEGE,
MAHARASHTRA

He /She has successfully completed the Adventure Camp and acquired proficiency in elementary skills of Rock Climbing, Rappelling, River Crossing, Trekking, Camping, Mountain Rescue Methods, Social Awareness and Leadership.
The Adventure Training was conducted in the wilderness of the Himalayas. The trainee was found physically fit, cooperative, disciplined and well behaved. Trekked90.....kilometers and attained.....9500.....feet height

Course Incharge
Atal Bihari Vajpayee Institute of
Mountaineering & Allied Sports,
Manali-175131 (HP)

Director
Atal Bihari Vajpayee Institute of
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NSS Programme Officer


Principal