

URGENT

Tel. No. 011-23384513,
23073324

F.No.P-42-1/2009/NSS/PAC
Government of India
Ministry of Youth Affairs & Sports
NSS PROGRAMME ADVISER'S CELL
12/11, Jamnagar House, New Delhi – 110 011
(E-mail: pacell-nss@nic.in)

Date: 04 May, 2010.

To

All the Heads of
NSS Regional Centre,

**Sub.: Deputation of NSS volunteers for Summer Adventure Camps, 2010 –
reg**

Sir,

As you are aware the National Service Scheme Organises Special Adventure Camps for 2000 NSS Volunteers every year. From April, 2010 onwards the targets of Adventure Programmes have also been reflected as the targets for **Result Framework Document (RFD)** of the Cabinet Secretariat for our Ministry. This year, the Summer Adventure Camps will start on 24th May and culminate on 7th July, 2010. Each camp will be of 10 days duration. There will be seven apex level Adventure Institutes to which these batches will be sent (Institution-wise details enclosed). In this connection, you are requested kindly to depute the allocated Number of **NSS Volunteers** along with **Contingent Leader(s)** as Liaison Officer from the respective State to participate in the said programme. The batches will report on the preceding day of the commencement of the Programme and will leave the institute on the last day of the programme. Accordingly, they may be advised to make their travel arrangements. The participants will be reimbursed expenses towards to & fro journey by Sleeper Class Rail/ordinary Bus fare by the shortest route from their institution to the respective Training Centre and back as per TA Norms through your Regional Centre on production of the tickets.

Being a National level programme, while selecting and deputing the NSS volunteers, the following guidelines should be followed strictly:

1. The volunteers selected for this programme should be physically fit and be able to undergo adventure activities and 18 Kilometer Trekking. (Every volunteer must bring a medical fitness certificate from a recognized Medical Officer).
2. Every volunteer must carry an Indemnity Bond.
3. Every volunteer must carry a Bonafide NSS volunteer certificate.

4. Every volunteer must carry the sufficient woolen garments (minimum one pull-over/sweater and trekking shoes).
5. The volunteers who have already attended any National level programme should not be repeated.
6. The maximum Number of selected volunteers should not be more than two from one institution.
7. Selection will be done in coordination with the State Government.
8. All the participating volunteers & Contingent Leaders will be provided with Track-suit and Water Bottle through NSS Hqrs.
9. A pair of Trekking Shoes & socks to each participating volunteer & the Contingent Leader will be provided by the respective NSS RCs for which Rs.600/- per person has been earmarked which will be sent separately.

You are requested kindly to send your travel plan, well in advance to the concerned Training Institute under intimation to NSS Hqrs., New Delhi. A copy of detailed itinerary and other details with brief on each programme may kindly be seen on the NSS Web-site (www.nss.nic.in) under the caption **“Announcement”**.

Yours faithfully,

(Satish Kumar Sawhney)
Deputy Programme Adviser
(E-mail: sksdpa_nss@yahoo.co.in)

Encl.: As above.

Copy to:

1. Programme Adviser, NSS, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
2. Under Secretary, NSS Section, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
3. Col. H.S. Chauhan, Coordinator, Rajiv Gandhi Adventure Scheme, C/o NSS Hqrs., 12/11, Jamnagar House, New Delhi.
4. All the Training Institutes with a request to kindly make arrangements.

PROGRAMME ADVISER'S CELL (NSS)
Rajiv Gandhi Adventure Scheme

THE ADVENTURE PROGRAMMES FOR NSS

24TH MAY– 7TH JULY 2010

Name of the Institute : NIM, UTTARKASHI – SPECIAL ADVENTURE COURSE

Contact Details:

Tel: (01374) 224663 – Col I S Thapa, Principal & Mr S S Negi, PA

Tel (01374) 222123 – Mr U K Sabat, Registrar

Cell: 09412077124 – Principal

Cell: 9997776920 – Registrar

Cell: 09411184069 – PA to Principal

Fax: (01374) 223344

E-Mail: nimutk2004@gmail.com

Website: www.nimindia.org

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 th May to 2 nd June	Haryana Rajasthan	10+10+2= 22 10+10+2= 22
II. 3 rd June to 12 th June	Himachal Pradesh West Bengal	10+10+2= 22 10+10+2= 22
III. 13 th June to 22 nd June	Chhatisgarh Bihar	10+10+2= 22 10+10+2= 22
IV. 23 rd June to 2 nd July	West Bengal (5+5+1) Andaman & Nicobar (5+5+1)	10+10+2= 22

**Name of the Institute: WHMI, MANALI (SOLANG) –
HIGH ALTITUDE TREKKING & CAMPING.**

Contact Details:

Mr Mahavir Thakur, DY Director WHMI & Nodal Officer, NSS

Cell: 09418076556

E-Mail: dmas_manali@yahoo.com

Mr Gautam Thakur, Incharge

Cell: 09816133501

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Delhi & (5+5+1) Chandigarh (5+5+1)	10+10+2= 22
II. 29 May to 7 June	Haryana	10+10+2= 22
III. 3 June to 12 June	Gujarat	10+10+2= 22
IV. 8 June to 17 June	Andhra Pradesh	10+10+2= 22
V. 13 June to 22 June	Maharashtra	10+10+2= 22
VI. 18 June to 27 June	Goa	10+10+2= 22
VII. 23 June to 2 July	Tamil Nadu	10+10+2= 22

Name of the Institute: WHMI, (NARKANDA), SHIMLA –
OUTDOOR LEADERSHIP ADVENTURE CAMP

Contact Details:

Mr Sanjeev Atri, Incharge

Cell: 09418048435

Mr Mahavir Thakur

Cell: 09418076556

E-Mail: dmas_manali@yahoo.com

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Uttrakhand	10+10+2= 22
II. 29 May to 7 June	Uttar Pradesh	10+10+2= 22
III. 3 June to 12 June	Madhya Pradesh	10+10+2= 22
IV. 8 June to 17 June	Karnataka	10+10+2= 22
V. 13 June to 22 June	Jharkhand	10+10+2= 22
VI. 18 June to 27 June	Chhatisgarh	10+10+2= 22
VII. 23 June to 2 July	Andhra Pradesh	10+10+2= 22

Name of the Institute: WHMI - KHARAPATTHAR (HATKOTI) –
HIGH ALTITUDE TREKKING & CAMPING.

Contact Person:
Mr Kulbhushan, Incharge, Incharge
Cell: 09418491524
Mr Mahavir Thakur
Cell: 09418076556

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Punjab	10+10+2= 22
II. 29 May to 7 June	Uttar Pradesh	10+10+2= 22
III. 3 June to 12 June	Bihar	10+10+2= 22
IV. 8 June to 17 June	J & K	10+10+2= 22
V. 13 June to 22 June	Maharashtra	10+10+2= 22
VI. 18 June to 27 June	Tamil Nadu (5+5+1) Puduchery (5+5+1)	10+10+2= 22
VII. 23 June to 2 July	Gujarat (5+5+1) & Daman, Diu, DNH (5+5+1)	10+10+2= 22

Name of the Institute: WHMI (HATKOTI) SHIMLA –
SPECIAL ADVENTURE CAMP.

Contact Details: Mr Kulbhushan, Incharge, Cell: 09418491524
Mr Mahavir Thakur, Cell: 09418076556

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Punjab	10+10+2= 22
II. 29 May to 7 June	Madhya Pradesh	10+10+2= 22
III. 3 June to 12 June	Rajasthan	10+10+2= 22
IV. 8 June to 17 June	Mizoram	10+10+2= 22
V. 13 June to 22 June	Tripura	10+10+2= 22
VI. 18 June to 27 June	Arunachal Pradesh	10+10+2= 22
VII. 23 June to 2 July	Manipur	10+10+2= 22

Name of the Institute: WHMI (DHARAMSHALA) –
HIGH ALTITUDE TREKKING & CAMPING.

Contact Details: Mr D S Guliya, Dy Director, Cell: 09418025191
E.Mail: guliyads@gmail.com

Batch & Date	State/ UT	No. of Volunteers G+B+PO
I. 14 th June to 23 rd June	Karnataka	10+10+2= 22
II. 16 th June to 25 th June	Maharashtra	10+10+2= 22
III. 18 th June to 27 th June	Orissa	10+10+2= 22
IV. 20 th June to 29 th June	Andhra Pradesh	10+10+2= 22
V. 22 nd June to 1 st July	Kerala (5+5+1) Lakshadweep (5+5+1)	10+10+2= 22
VI. 24 th June to 3 rd July	Nagaland	10+10+2= 22
VII. 26 th June to 5 July	Sikkim	10+10+2= 22
VIII 28 th June to 7 th July	Assam	10+10+2= 22

Name of the Institute: JIM- (PATNITOP), J&K.

Contact Details: Col Virender Dogra, Principal, Cell: 09419045194 09906967820
Cell: 09906967830 – J A Lone, Training Clerk
E.Mail: vsdandhral@gmail.com

Batch & Date	State/ UT	No. of Volunteers G+B+PO
I. 24 May to 2 June	Himachal Pradesh	10+10+2= 22
II. 29 May to 7 June	Uttra Khand	10+10+2= 22
III. 3 June to 12 June	Orissa	10+10+2= 22
IV. 8 June to 17 June	Tamil Nadu	10+10+2= 22
V. 13 June to 22 June	Meghalaya	10+10+2= 22
VI. 18 June to 27 June	Kerala (5+5+1) Lakshadweep (5+5+1)	10+10+2= 22
VII. 23 June to 2 July	Karnataka	10+10+2= 22

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute: Nehru Institute of Mountaineering, Uttarkashi

Contact Person: : Col. I.S. Thapa, Principal, Mob:09634606755, 09412077124

Batch & Date	State/ UT	No. of Volunteers G+B+PO
I. 24 th May to 2 nd June	Haryana Rajasthan	10+10+2= 22 10+10+2= 22
II. 3 rd June to 12 th June	Kerala West Bengal	10+10+2= 22 10+10+2= 22
III. 13 th June to 22 nd June	Chhatisgarh Bihar	10+10+2= 22 10+10+2= 22
IV. 23 rd June to 2 nd July	West Bengal	10+10+2= 22

General Information For Escorts & NSS Volunteers

Nehru Institute of Mountaineering (NIM) - The Nehru Institute of Mountaineering was established at Uttarkashi on 14 Nov 1965 to honor the great desire of Pt. Jawahar Lal Nehru, the first Prime Minister of India, who was an ardent mountain lover. The proposal to have Mountaineering Institute at Uttarkashi was mooted by the Ministry of Defence, Govt. of India and Govt. of U.P. in 1964.

Facilities - Institute has rooms with three beds in each room with attached bathroom. Trainees are served sumptuous hygienic vegetarian and non-vegetarian food.

How to reach NIM – Nearest railway Station is Rishikesh from where Uttarkashi is 145 km. Uttarkashi is accessible from Rishkesh in 8-9 hours. The approx bus fare is Rs.200/- per person.

Strength	-	40 students in first 3 batches and 20 students in 4 th batch															
Escorts	-	4 with 1 st 3 each batch and 2 with 4 th batch															
Camp Schedule	-	<table><thead><tr><th><u>Batch Number</u></th><th><u>Starting</u></th><th><u>Finishing</u></th></tr></thead><tbody><tr><td>1st batch</td><td>24th May, 2010</td><td>2nd June, 2010</td></tr><tr><td>2nd batch</td><td>3rd June, 2010</td><td>12th June 2010</td></tr><tr><td>3rd batch</td><td>13th June, 2010</td><td>22nd June 2010</td></tr><tr><td>4th batch</td><td>23rd June 2010</td><td>2nd July 2010</td></tr></tbody></table>	<u>Batch Number</u>	<u>Starting</u>	<u>Finishing</u>	1st batch	24 th May, 2010	2 nd June, 2010	2nd batch	3 rd June, 2010	12 th June 2010	3rd batch	13 th June, 2010	22 nd June 2010	4th batch	23 rd June 2010	2 nd July 2010
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Total Strength		<table><tbody><tr><td>3 Camps x 40 students in first 3 camp</td><td>= 120 students</td></tr><tr><td>1 Camp x 20 students</td><td>= 20 students</td></tr><tr><td>4 escorts with 1st 3 each batch x 4 batch</td><td>= 12 escorts</td></tr><tr><td>2 escorts with 4th batch x 1 batch</td><td>= 2 escorts</td></tr><tr><td>Total students + escorts</td><td>= 154</td></tr></tbody></table>	3 Camps x 40 students in first 3 camp	= 120 students	1 Camp x 20 students	= 20 students	4 escorts with 1st 3 each batch x 4 batch	= 12 escorts	2 escorts with 4th batch x 1 batch	= 2 escorts	Total students + escorts	= 154					
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2 escorts with 4th batch x 1 batch	= 2 escorts																
Total students + escorts	= 154																

D-day based adventure programme (Tentative) – Location - Uttarkashi

DAY	ACTIVITIES
D 1 (Minus)	Arrival (evening)
D 1	Briefing, Registration, Visit to Campus, Issue & Introduction of Equipment, Medical Inspection, Rope Knot practice, Games for physical fitness.
D 2	Morning: exercises, acclimatization trek and visit neighbouring village to learn about local culture and traditions, Lecture on Mountain Manners & Customs and Indoor Artificial Wall Climbing
D 3	Trek to Tekla Rock Climbing (Camp Area) - Tent Pitching, Demonstration on Rock Climbing, Holds, Anchoring, Belaying, Jumaring, Rappelling and Mountain Stream Crossing
D 4	Practice Rock Climbing & Rappelling, River Crossing, Lecture on Team Building, Camp Hygiene & Sanitation, First Aid and Trek Back to NIM Campus
D 5	Physical Training, Artificial Climbing (Indoor & Outdoor), Motorized Rock Climbing, Obstacle Race Practice, Zorbing and Training Film.
D 6	Move to Barsu by bus, trek to Barnala (9,840 ft), Establishment of Camp, Lecture on accalimatisation and acclimisation trek.
D 7	Trek to Dayara Bugyal (11,000 ft), Introduction to local flora & fauna, Lecture on Mountain Hazards and return to Barnala Camp
D 8	Winding up of the Camp, Trek to Barsu, Move to NIM by Bus and visit to the places of interest to learn local culture, traditions and architecture
D 9	Move to River Rafting Area at Joshiyara Lake and back, Trap Suiting, Return of Equipment and debriefing
D 10	Closing Ceremony & Dispersal

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and strength of first three batch will be 40 numbers each batch and 20 numbers for 4th batch.
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Porterage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Swimming Costumes/T-shirt & Shorts for Water Sports, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed.
- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **Weather affect:** Proposed daily programme may have minor changes subject to local weather condition.
- (x) **To contact for further information/clarification**

NIM: Tel: (01374) 224663 – Col I S Thapa, Principal & Mr S S Negi, PA
Tel (01374) 222123 – Mr U K Sabat, Registrar
Cell: 09412077124 – Principal
Cell: 9997776920 – Registrar
Cell: 09411184069 – PA to Principal
Fax: (01374) 223344
E-Mail: nimutk2004@sancharnet.in
Website: www.nimindia.org

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute: Atal Bihari Vajpayee Western Himalayan Institute of Mountaineering & Allied Sports, Manali.

Contact Person: Sh. Mahavir Thakur, Director Incharge, 01902-253841/ 250337,
FAX: 01902-252137, Mob: 09418076556,
email: dmas_manali@yahoo.com Website: Adventurehimalaya.org

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Delhi	10+10+2= 22
II. 29 May to 7 June	Haryana	10+10+2= 22
III. 3 June to 12 June	Gujarat	10+10+2= 22
IV. 8 June to 17 June	Andhra Pradesh	10+10+2= 22
V. 13 June to 22 June	Maharashtra	10+10+2= 22
VI. 18 June to 27 June	Goa	10+10+2= 22
VII. 23 June to 2 July	Lakshadweep (TN)	10+10+2= 22

General Information for Escorts & NSS Volunteers

Western Himalayan Mountaineering Institute (WHMI) - Manali - WHMI is the second oldest Adventure Sports Institute in India, established in the year 1961 at Manali, Himachal Pradesh. The Institute is presently known as the Atal Bihari Vajpaee Institute of Mountaineering & Allied Sports. The Institute has played a major role in bringing Manali and Himachal Pradesh on the world map as an adventure paradise.

It is the biggest Adventure Training Institute in India, imparting training in Mountaineering, Skiing, Water Sports, Outbound Adventure and Mountain rescue. There are 9 Centers of the Institute located at different places of Himachal.

Facilities - The rooms are neat & clean. Hygienic vegetarian/non vegetarian food is served.

How to reach WHMI, Manali

- (i) The nearest railhead is Ambala/Chandigarh. From Ambala and Chandigarh Manali is 360 km respectively approx 8-10 hours journey. Approx bus fare is Rs.350/ to Rs.500.
- (ii) Manali is also accessible from Delhi (overnight bus journey) and is approx 575 km, Bus journey takes 15-17 hours. After every half an hour, bus ply from ISBT, Kashmiri Gate, between 4.30 p.m. to 8.30 p.m. Bus fare is between Rs.600/- to Rs.900/-. WHMI Solang Nala Skiing Center is approx 15 km from Manali Bus Stand and the shared taxi charges are Rs.75/- approx per head.

Strength	-	20 students in each batch		
Escorts	-	02 with each batch		
Camp Schedule	-	<u>Batch Number</u>	<u>Starting</u>	<u>Finishing</u>
		1 st batch	24 th May 2010	2 nd June 2010
		2 nd batch	29 th May 2010	7 th June 2010
		3 rd batch	3 rd June 2010	12 th June 2010
		4 th batch	8 th June 2010	17 th June 2010
		5 th batch	13 th June 2010	22 nd June 2010
		6 th batch	18 th June 2010	27 th June 2010
		7 th batch	23 rd June 2010	2 nd July 2010
Total Strength		7 camps x 20 students each camp		= 140 students
		2 escort with each batch x 7 batch		= 14 escorts
		Total students + escorts		= 154

D-Day based training programme (Tentative) – Location - Solang

DAY	ACTIVITIES
D 1 (Minus)	Arrival (evening)
D 1	Briefing, Registration, Issue of equipment. Knot practice of the rope, games for physical fitness.
D 2	Morning: Exercises, acclimatization trek and visit neighbouring village to learn about local culture and traditions.
D 3	Trek to Camp 1 for physical and mental endurance Lecture on Mountain walking and hazards.
D 4	Rock Climbing, Rappelling Tent Pitching, Nature watch, Self-cooking, Camp group activities, River Crossing to strengthen ability to take risk.

- D 5 Trek to Camp II to build self-confidence and awareness. Lecture on Camp Hygiene healthy environment
- D 6 Trek to the highest point to strengthen physical fitness, self-confidence and sense of achievement
- D 7 Trek to Camp-I & practice on bush craft. Lecture on local flora and fauna
- D 8 Trek back to base camp. Lecture on Disaster Management.
- D 9 Visit to the places of interest to learn local culture, traditions and architecture
- D 10 Deposit of equipment, Closing Ceremony

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and batch strength will be 20 numbers
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Portage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed.

- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **Weather affect:** Proposed daily programme may have minor changes subject to local weather condition.
- (x) **To contact for further information/clarification**

WHMI: Mr Mahavir Thakur, Deputy Director & Nodal Officer, NSS, HP
Cell: 09418076556
Mr Gautam Thakur - Incharge : WHMI Solang Skiing Center
Cell: 09459105117
E-Mail: mahavir55@yahoo.co.in @ dmas_manali@yahoo.com
Website: www.dmas.nic.in

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute : Western Himalayan Mountaineering Institute, Narkanda

Contact Person: Mr Mahavir Thakur, Dy Director : 09418076556.

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Uttra Khand	10+10+2= 22
II. 29 May to 7 June	Himachal Pradesh	10+10+2= 22
III. 3 June to 12 June	Madhya Pradesh	10+10+2= 22
IV. 8 June to 17 June	Karnataka	10+10+2= 22
V. 13 June to 22 June	Jharkhand	10+10+2= 22
VI. 18 June to 27 June	Chhatisgarh	10+10+2= 22
VII. 23 June to 2 July	Andhra Pradesh	10+10+2= 22

General Information for Escorts & NSS Volunteers

WHMI High Altitude Trekking cum Skiing Centre, Narkanda (Shimla): The center was set up in 1987 at Narkanda (Shimla) as part of the Western Himalayan Mountaineering Institute, Manali. Narkanda offers a gorgeous view of snow-capped mountains. Below Narkanda lies the Sutlej Valley and beyond it is a snowy grandeur.

Facilities - The rooms are neat & clean. Hygienic vegetarian/non vegetarian food is served.

How to reach Narkanda

- (i) The nearest railhead is Ambala/Chandigarh. From Ambala and Chandigarh Narkanda is approx 250 km respectively 4-5 hours journey. Approx bus fare is Rs.400 to Rs.550. Narkanda is a spectacular 65 km drive from Shimla and is connected by Bus/Taxi services.

- (ii) Narkanda is also accessible from Delhi and is approx 450 km. Bus journey takes 11-12 hours. Bus ply from ISBT, Kashmiri Gate, between 4.30 p.m. to 8.30 p.m. Bus fare is between Rs.700/- to Rs.1000/- appr.

Strength	-	20 students in each batch	
Escorts	-	02 with each batch	
Camp Schedule	-	<u>Batch Number</u>	<u>Starting</u> <u>Finishing</u>
		1 st batch	24 th May 2010 2 nd June 2010
		2 nd batch	29 th May 2010 7 th June 2010
		3 rd batch	3 rd June 2010 12 th June 2010
		4 th batch	8 th June 2010 17 th June 2010
		5 th batch	13 th June 2010 22 nd June 2010
		6 th batch	18 th June 2010 27 th June 2010
		7 th batch	23 rd June 2010 2 nd July 2010
Total Strength		7 camps x 20 students each camp	= 140 students
		2 escort with each batch x 7 batch	= 14 escorts
		Total students + escorts	= 154

D-day based training programmes (Tentative) – Location – Narkanda (Shimla)

DAY	ACTIVITIES
D 1 (Minus)	Arrival (evening)
D 1	Briefing, Registration, Issue and introduction of equipment. Rope knot practice, Group activities.
D 2	Morning Exercises, acclimatization trek, local trek for social awareness, obstacle course
D 3	Trek to Gherafor physical and mental endurance, Lecture on Mountain Walking for building up strong bonds.
D 4	River Crossing – an ability to take a risk, Local trek to develop social skills
D 5	Trek to Bhal (6000 ft) to build self confidence and awareness, Lecture on Camp Hygiene for healthy environment
D 6	Trek to the Guna Devi Temple
D 7	Trek to Tirund for sense of satisfaction and leadership

- D 8 Trek towards Inder Hara Pass - teamwork and courage, Group Discussions – education through nature, leadership
- D 9 Trek to RMC the return journey
- D 10 Deposit of Equipment, Closing Ceremony, Dispersal

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and batch strength will be 20 numbers
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Portage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed.
- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **To contact for further information/clarification**

Tel: (01902) 250337 – Mr Mahavir Thakur, Deputy Director & Nodal Officer, NSS
Cell: 09418076556 – Deputy Director
E-Mail: mahavir55@yahoo.co.in @ dmas_manali@yahoo.com
Website: www.dmas.nic.in

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute: Western Himalayan Mountaineering Institute, Regional Centre,
Kharapathar (Himachal Pradesh)

Contact Person:

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Punjab	10+10+2= 22
II. 29 May to 7 June	Gujarat (Daman, Diu, DNH)	10+10+2= 22
III. 3 June to 12 June	Bihar	10+10+2= 22
IV. 8 June to 17 June	Kerala (Lakshadweep)	10+10+2= 22
V. 13 June to 22 June	Punjab (Chandigarh)	10+10+2= 22
VI. 18 June to 27 June	Tamil Nadu (Puduchery)	10+10+2= 22
VII. 23 June to 2 July	Uttar Pradesh	10+10+2= 22

General Information for Escorts & NSS Volunteers

WHMI Regional Adventure Sports Centre, Kharapathar (Hatkoti) Shimla - Regional Adventure Sports Center, Hatkoti, is a branch of the Western Himalayan Mountaineering Institute, Manali and was established in the year 2002 in District Shimla. Since then Center is promoting adventure activities in the area. Center has its own latest mountain gear to conduct various programmes.

Kharapathar is a small hamlet on approx 1400 mts on the left bank of river Pabbar. It is famous for the temple of Goddess Durga named 'Mata Hateshwari' which is executed in the 'Nagra' style of architecture in the form of 'Mahishasur Mardini' as she is the slayer of the demon Mahishasur. The Center image of the temple is of 'Ashta Dhatu' and dates back to 7th century. The villages' surrounds by Hatkoti are Sawara, Kharapatter, Jubbal, Seema, Chirgaon, Tikkri, Dhamwari, Janglik, Larot etc. Jubbal and Rohru are main business centers of the area. Jubbal has a beautiful place which has architecture of 1930s. The whole area has beautiful gardens of apples. River Pabbar is famous for trout fishing.

Facilities - The rooms are neat & clean. Hygienic vegetarian/non vegetarian food is served.

How to reach Kharapathar

- (i) The nearest railhead is Ambala/Chandigarh. From Ambala and Chandigarh Kharapathar is 250 km respectively approx 45 hours journey. Bus fare is approx Rs.450/ to Rs.600.
- (ii) Kharapathar is also accessible from Delhi and is approx 500 km. Bus journey takes 11-12 hours. Bus ply from ISBT, Kashmiri Gate, between 4.30 p.m. to 8.30 p.m. Bus fare is between Rs.600/- to Rs.900/-.
- (iii) Kharapathar is 98 km from Shimla. Regular buses/taxies ply on this route. Shimla has also a barrow gauge train service to Kalka from where the broad gauge service starts to all parts of India. Shimla also has an airport which is 22 kms away from main city. Another accessibility route from Hatkoti is to Dehradun from where one can get connected to all parts of India.

Strength - 20 students in each batch

Escorts - 02 with each batch

Camp Schedule - Batch Number Starting Finishing

1 st batch	24 th May 2010	2 nd June 2010
2 nd batch	29 th May 2010	7 th June 2010
3 rd batch	3 rd June 2010	12 th June 2010
4 th batch	8 th June 2010	17 th June 2010
5 th batch	13 th June 2010	22 nd June 2010
6 th batch	18 th June 2010	27 th June 2010
7 th batch	23 rd June 2010	2 nd July 2010

Total Strength **7 camps x 20 students each camp** = **140 students**

2 escort with each batch x 7 batch = **14 escorts**

Total students + escorts = **154**

D-Day based training programme (Tentative) – Location Kharapathar (Shimla)

DAY	ACTIVITIES
D 1 (Minus)	Arrival (evening)
D 1	Briefing, registration and issuing the equipment Acclimatization walks to Tungru hill & back to the Camp. Lecture on Rope & Knots
D 2	Trek to Chunger & back to the camp (9 km). Lecture on Do's & Don'ts on Mountain
D 3	Trek to Giriganga, stay at camp. Lecture on Mountain Hazards
D 4	Rock Climbing on Giri Rocks. Lecture on Camp Hygiene.

- D 5 Rappelling. Lecture on improvised shelter
- D 6 Expedition to 'Kupper Peak' (Approximately 11,900 ft.)
- D 7 Trek to Sundli and transfer by Vehicle to Hatkoti.
- D 8 Visit to Mata Hatteshwari Temple and Water Sports activities.
- D 9 River Crossing and Water Sports activities. Games in evening
- D 10 Deposit of equipment. Closing Ceremony & Departure.

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and batch strength will be 20 numbers
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Porterage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Swimming Costumes/T-shirt & Shorts for Water Sports, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format is enclosed.

- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **Weather affect:** Proposed daily programme may have minor changes subject to local weather condition.
- (x) **To contact for further information/clarification**

Mr Mahavir Thakur, Dy Director & Nodal Officer, NSS

Cell: 09418076556

E-Mail: dmas_manali@yahoo.com

Website: www.dmas.nic.in

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute: Western Himalayan Mountaineering Institute, Hatkoti

Contact Person: Mr Mahavir Thakur, Dy Director & Nodal Officer, Tel: (01902) 250337

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Maharashtra	10+10+2= 22
II. 29 May to 7 June	Assam	10+10+2= 22
III. 3 June to 12 June	Meghalaya	10+10+2= 22
IV. 8 June to 17 June	Mizoram	10+10+2= 22
V. 13 June to 22 June	Tripura	10+10+2= 22
VI. 18 June to 27 June	Arunachal Pradesh	10+10+2= 22
VII. 23 June to 2 July	Manipur	10+10+2= 22

General Information for Escorts & NSS Volunteers

WHMI Regional Adventure Sports Centre, Hatkoti, Shimla - Regional Adventure Sports Center, Hatkoti, is a branch of the Western Himalayan Mountaineering Institute, Manali and was established in the year 2002 in District Shimla. Since then Center is promoting adventure activities in the area. Center has its own latest mountain gear to conduct various programmes.

Hatkoti is a small hamlet on approx 1400 mts on the left bank of river Pabbar. It is famous for the temple of Goddess Durga named 'Mata Hateshwari' which is executed in the 'Nagra' style of architecture in the form of 'Mahishasur Mardini' as she is the slayer of the demon Mahishasur. The Center image of the temple is of 'Ashta Dhatu' and dates back to 7th century. The villages' surrounds by Hatkoti are Sawara, Kharapatter, Jubbal, Seema, Chirgaon, Tikkri, Dhamwari, Janglik, Larot etc. Jubbal and Rohru are main business centers of the area. Jubbal has a beautiful place which has architecture of 1930s. The whole area has beautiful gardens of apples. River Pabbar is famous for trout fishing.

Facilities - The rooms are neat & clean. Hygienic vegetarian/non vegetarian food is served.

How to reach Hatkoti

- (i) The nearest railhead is Ambala/Chandigarh. From Ambala and Chandigarh Hatkoti is 250 km respectively approx 4-5 hours journey. Approx bus fare is Rs.350/ to Rs.500.
- (ii) Hatkoti is also accessible from Delhi and is approx 450 km. Bus journey takes 10-11 hours. Bus ply from ISBT, Kashmiri Gate, between 4.30 p.m. to 8.30 p.m. Bus fare is between Rs.600/- to Rs.900/-.
- (iii) Hatkoti is 98 km from Shimla. Regular buses/taxis ply on this route. Shimla has also a barrow gauge train service to Kalka from where the broad gauge service starts to all parts of India. Shimla also has an airport which is 22 kms away from main city. Another accessibility route from Hatkoti is to Dehradun from where one can get connected to all parts of India.

Strength	-	20 students in each batch		
Escorts	-	02 with each batch		
Camp Schedule	-	<u>Batch Number</u>	<u>Starting</u>	<u>Finishing</u>
		1 st batch	24 th May 2010	2 nd June 2010
		2 nd batch	29 th May 2010	7 th June 2010
		3 rd batch	3 rd June 2010	12 th June 2010
		4 th batch	8 th June 2010	17 th June 2010
		5 th batch	13 th June 2010	22 nd June 2010
		6 th batch	18 th June 2010	27 th June 2010
		7 th batch	23 rd June 2010	2 nd July 2010
Total Strength		7 camps x 20 students each camp		= 140 students
		2 escort with each batch x 7 batch		= 14 escorts
		Total students + escorts		= 154

D-Day based training programme (Tentative) – Location – Hatkoti (Shimla)

DAY	ACTIVITIES
D 1 (Minus)	Arrival (evening)
D 1	Briefing, registration and issuing the equipment Acclimatization walks to Tungru hill & back to the Camp. Lecture on Rope & Knots
D 2	Trek to Chunger & back to the camp (9 km). Lecture on Do's & Don'ts on Mountain
D 3	Trek to Giriganga, stay at camp. Lecture on Mountain Hazards

- D 4 Rock Climbing on Giri Rocks. Lecture on Camp Hygiene.
- D 5 Rappelling. Lecture on improvised shelter
- D 6 Expedition to 'Kupper Peak' (Approximately 11,900 ft.)
- D 7 Trek to Sundli and transfer by Vehicle to Hatkoti.
- D 8 Visit to Mata Hatteshwari Temple and Water Sports activities.
- D 9 River Crossing and Water Sports activities. Games in evening
- D 10 Deposit of equipment. Closing Ceremony & Departure.

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and batch strength will be 20 numbers
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Portage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Swimming Costumes/T-shirt & Shorts for Water Sports, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should

not have any major ailment history or on medication at present.
Medical Certificate format is enclosed.

- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **Weather affect:** Proposed daily programme may have minor changes subject to local weather condition.
- (x) **To contact for further information/clarification**

Tel: (01902) 250337– Mr Mahavir Thakur, Dy Director & Nodal Officer,
NSS

Cell: 09418076556 – Deputy Director & Nodal Officer, NSS

Fax: (01902) 252137

E-Mail: dmas_manali@yahoo.com

Website: www.dmas.nic.in

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute: Western Himalayan Mountaineering Institute, Regional Mountaineering Centre (Dharamshala), High Altitude Trekking & Camping

Contact Person: Mr D S Guliya – Dy. Director, Mob.: 09418025191, Fax: (01892) 221781

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 14 th June to 23 rd June	Karnataka	10+10+2= 22
II. 16 th June to 25 th June	Maharashtra	10+10+2= 22
III. 18 th June to 27 th June	Orissa	10+10+2= 22
IV. 20 th June to 29 th June	Andhra Pradesh	10+10+2= 22
V. 22 nd June to 1 st July	J & K	10+10+2= 22
VI. 24 th June to 3 rd July	Nagaland	10+10+2= 22
VII. 26 th June to 5 July	Sikkim	10+10+2= 22
VIII 28 th June to 7 th July	Madhya Pradesh	10+10+2= 22

General Information for Escorts & NSS Volunteers

WHMI Regional Mountaineering (Dharamshala): Regional Mountaineering Center was established at Mcalod Ganj – Dharamshala in 1975 as part of the Western Himalayan Mountaineering Institute, Manali. The main campus building is more than 100 years old surround by oak and devdar forests. It has the most running view of the Dhauladhar range at the back and plains of Kangra and Punjab in the valley. The Campus was official residence of His Holiness of Dalai Lama for 11 years from 1960 onwards and is known as SWARAG ASHRAM.

Facilities - The rooms are neat & clean. Hygienic vegetarian/non vegetarian food is served.

How to reach Dharamshala

The nearest railhead is Pathankot, which is 90 km from Macalod Ganj (Dharamshala). The total travel time by roadways bus is approx two and half hours. The Institute is 9 km away from Dharamshala Bus Stand. The bus fare is approx Rs.100/- per person. If required, a representative of the Institute will receive the group at Dharamshala Bus Stand.

Strength	- 20 students in each batch		
Escorts	- 02 with each batch		
Camp Schedule	- <u>Batch Number</u>	<u>Starting</u>	<u>Finishing</u>
	1 st batch	14 th June 2010	23 rd June 2010
	2 nd batch	16 th June 2010	25 th June 2010
	3 rd batch	18 th June 2010	27 th June 2010
	4 th batch	20 th June 2010	29 th June 2010
	5 th batch	22 nd June 2010	1 st July 2010
	6 th batch	24 th June 2010	3 rd July 2010
	7 th batch	26 th June 2010	5 th July 2010
	8 th batch	28 th June 2010	7 th July 2010
Total Strength	8 camps x 20 students each camp		= 160 students
	2 escort with each batch x 8 batch		= 16 escorts
	Total students + escorts		= 176

D-day based training programmes (Tentative) – Mcleodganj, Dharamshala

DAY

ACTIVITIES

- D 1 Arrival (evening)
(Minus)
- D 1 Briefing, Registration, Issue and introduction of equipment. Rope knot practice, Group activities.
- D 2 Morning Exercises, acclimatization trek, local trek for social awareness, obstacle course
- D 3 Trek to Gherafor physical and mental endurance, Lecture on Mountain Walking for building up strong bonds.
- D 4 River Crossing – an ability to take a risk, Local trek to develop social skills
- D 5 Trek to Bhal (6000 ft) to build self confidence and awareness, Lecture on Camp Hygiene for healthy environment
- D 6 Trek to the Guna Devi Temple
- D 7 Trek to Tirund for sense of satisfaction and leadership

- D 8 Trek towards Inder Hara Pass - teamwork and courage, Group Discussions – education through nature, leadership
- D 9 Trek to RMC the return journey
- D 10 Deposit of Equipment, Closing Ceremony, Dispersal

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and batch strength will be 20 numbers
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Porterage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed.
- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **To contact for further information/clarification**

WHMI RMC: Tel: (01892) 221781 – Mr D S Guliya – Deputy Director
Cell: 09418025191, Fax: (01892) 221781,
E-Mail: guliyads@gmail.com

PROGRAMME ADVISER'S CELL (NSS)

Rajiv Gandhi Adventure Scheme Summer Adventure Programmes of NSS - 2010 (May-July)

Name of the Institute : Jawahar Institute of Mountaineering, Patnitop (J&K)

Contact Person: Col. Virender Singh, Mob: 09906967820; vsbandhral@gmail.com
pt. Rahul Mahajan Mob: 09906967821; Sh. Javed Ahmed Lone
Trg. Clerk Ph: 01936-243129

<i>Batch & Date</i>	<i>State/ UT</i>	<i>No. of Volunteers G+B+PO</i>
I. 24 May to 2 June	Himachal Pradesh	10+10+2= 22
II. 29 May to 7 June	Uttra Khand	10+10+2= 22
III. 3 June to 12 June	Uttar Pradesh	10+10+2= 22
IV. 8 June to 17 June	Tamil Nadu	10+10+2= 22
V. 13 June to 22 June	Rajasthan	10+10+2= 22
VI. 18 June to 27 June	Orissa	10+10+2= 22
VII. 23 June to 2 July	Karnataka	10+10+2= 22

General Information for Escorts & NSS Volunteers

Jawahar Institute of Mountaineering & Winter Sports (JIM&WS) – The Jawahar Institute of Mountaineering and Winter Sports (JIM&WS) was established in October 1983. The Institute is based out at Nunwan, Pahalgam (famous for Amarnath Yatra Camp is organized at - a couple of kms short of Pahalgam).

Facilities - Institute has rooms with 8 beds in each room with attached bathroom. Rooms are designed typically in Kashmiri style. Trainees are served sumptuous hygienic vegetarian and non-vegetarian food.

How to reach JIM&WS (Patnitop – Sanasar) - The nearest railhead is Jammu Tawai from where one has to take bus for Patnitop which is approx 120 km ahead of Udhampur on the National high way to Srinagar. Bus takes approx 3-4 hours to arrive Patnitop (Sanasar). Bus fare from Jammu Tawi to Patnitop (Sanasar) is approx Rs.200 per person.

Strength	- 20 students in each batch		
Escorts	- 02 with each batch		
Camp Schedule	- <u>Batch Number</u>	<u>Starting</u>	<u>Finishing</u>
	1 st batch	24 th May 2010	2 nd June 2010
	2 nd batch	29 th May 2010	7 th June 2010
	3 rd batch	3 rd June 2010	12 th June 2010
	4 th batch	8 th June 2010	17 th June 2010
	5 th batch	13 th June 2010	22 nd June 2010
	6 th batch	18 th June 2010	27 th June 2010
	7 th batch	23 rd June 2010	2 nd July 2010
Total Strength	7 camps x 20 students each camp		= 140 students
	2 escort with each batch x 7 batch		= 14 escorts
	Total students + escorts		= 154

D-day based adventure programme (Tentative) – Location – Sansar-Patnitop (beyond Udhampur)

DAY	ACTIVITIES
D 1 (Minus)	Arrival (evening)
D 1	Reception at Jammu Railway Station, Arrival at Sanasar, Registration, Medical Checkup, Issue of clothing & equipment, Rope duration
D 2	Acclimatisation walk, opening address, lecture on ropes, knots & hitches, Introduction to Mountaineering Equipment, Trek to Nag Mandir, Tent Pitching, Lecture on Do's & Don'ts of mountaineering, Mountain Sickness and Col Injuries
D 3	Morning workout, Rock climbing (L/D/P), Lecture on Ruck Sack load, carrying and Mountain Walking, Games
D 4	Morning workout, Rock Climbing, Rappelling, Lecture on Mountain & Snow Hazards and Film on Skiing
D 5	Morning workout, Jumaring Rock Climbing & Rappelling, Lecturing on Survival in Mountain & Jungle, Survival Camp in night
D 6	Track to Gourikund & Cheneni Village, Film on Skiing
D 7	Morning workout, Jumaring, Rock Climbing & Rappelling, lecture on Environment Awareness, Film on Skiing & Kashmir/Ladakh
D 8	Tyrolean Traverse, Trek to Patnitop via Batote, Tent pitching & Camp at Patnitop

D 9 Morning workout, Rock Climbing & Rappelling Competition in Patanitop, Tent pitching and Camp cleanliness competition, Cleanliness Drive, Move to Sanasar Deposite of clothing & Equipment Cultural

D 10 Closing address, Presentation of certificate and Departure for Railway Station

Instructions

- (i) **Duration & Strength:** The course will be of 10 days duration and batch strength will be 20 numbers
- (ii) **Escorts:** One escort after every 10 participants, will be accommodated free of cost by the training Institutes. Participants will be required to report at the allocated Institutes as per the vacancies distributed to the NSS.
- (iii) **Camp Fee:** The Camp fee includes: Boarding, Lodging, Training, Equipment, Special Clothing, Porterage, Insurance Cover, First Aid Medical and Communication facilities etc.
- (iv) **Institute will provide:** Ruck Sack, Sleeping Bag, Carry Matt, Wind Proof Jacket, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (v) **The course fee** does not include the travelling expenditure (Rail/Bus fare) from home station to the course venue (Training Institute) and back.
- (vi) **Students to bring** Loose/comfortable clothing as per season, Light Pullover/Jacket, Sports Shoes, Water Bottle, Sun Hat, Snow/Sun Goggles, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream.
- (vii) **Physical Fitness:** No specific pre training/pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed.
- (viii) **Undertaking:** School/College Principal/parents have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed.
- (ix) **Weather affect:** Proposed daily programme may have minor changes subject to local weather condition.
- (x) **To contact for further information / clarification.**

JIM: Cell: 09419045194 – Col Dogra, Principal
E.Mail: vsdandhral@gmail.com
