

REPORT ON NSS ADVENTURE CAMP- 2024

(20/11/2024 - 29/11/2024)

Government of India
Ministry Of Youth Affairs And Sports
Regional Directorate Of NSS, Kolkata

NSS ADVENTURE CAMP 2024

West Bengal Contingent

**Venue: Atal Bihari Vajpayee Institute
Of Mountaineering & Allied Sports,
Manali, Himachal Pradesh**

Date : 20th November to 29th November

NATIONAL SERVICE SCHEME
Adventure Camp- 2024 Manali, Himachal Pradesh
Venue: Atal Bihari Vajpayee Institute Of Mountaineering & Allied Sports
Date : 20.11.24 to 29.11.24

West Bengal Contingent

Regional Directorate Of NSS, Kolkata

Contingent Leader  **Contingent Leader** 

 Smita Das University of Calicut	 Shruti Das University of Calicut	 Sriya Tripathi University of Calicut	 Abhishek Das University of Calicut	 Subhrajit Adhikari University of Calicut	 Sneha Das Kalyani University	 Kuldeep Das Kalyani University	 S. Mondal Kalyani University	 Rishika Das Kalyani University	 Nayan Paul Kalyani University
 Shikha Ghosh Kalyani University	 Smita Paul Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University	 Rishika Das Kalyani University
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DAYS	ACTIVITIES
DAY 1 (20/11/24)	• Registration • Museum Visit • Rope Separation • Incharge selection. • Collecting Equipments • Inauguration Session & Introduction to Instructors.
DAY 2 (21/11/24)	• Rock Climbing • knot learning session.
DAY 3 (22/11/24)	• Wall Climbing & Rappelling • Lecture on Mountain Manners • Cultural Event Practice
DAY 4 (23/11/24)	• Wall Climbing & Rappelling. • Rucksack Packing Lecture. • Market visit.
DAY 5 (24/11/24)	• Solang Valley trek (13km) • Acclimatization • Movie Display
DAY 6 (25/11/24)	• Fatru Trek • Tent pitching Lecture. • Mountain Hazards Lecture.
DAY 7 (26/11/24)	• River Crossing. • Rope Stretcher Lecture. • Knot Test.
DAY 8 (27/11/24)	• Trek back to ABVIMAS H.P BASE • CAMP. • Market visit.
DAY 9 (28/11/24)	• Meditation • Hadimba Temple trek • Cultural Programme practice.
DAY10 (29/11/24)	• Certificate distribution and batch. • ceremony • Cultural Programme.

Day 1:-

Registration

At 10:30 AM in the morning, the team gathered at the assembly point on the ground, ready to begin the day's activities. After a quick briefing, we headed toward the administrative office to complete the registration process. West Bengal was the third team to arrive, and we were greeted by Dr. Anadi Roy Chowdhury, who was responsible for guiding us through the registration formalities. Dr. Roy Chowdhury efficiently walked us through all the necessary paperwork, ensuring everything was in order for our participation in the course.

Museum Visit

Once we completed the registration at the administrative building, we were escorted by Instructor Amar Negi to the museum on the premises. The museum housed an impressive collection of mountaineering equipment, tools, and historical artifacts related to the sport. As Instructor Negi introduced us to various pieces of equipment, we had the opportunity to explore the tools used in the field, from climbing gear to navigation instruments. Additionally, we were able to see the numerous awards and achievements that ABVIMAS, the organization hosting the training, has earned over the years. It was truly inspiring to witness the history and legacy of mountaineering in the region.

Rope Separation

After the museum visit, the instructors gathered us back on the ground and instructed us to assemble for the next task. They divided us into mixed-state teams, ensuring that each team had a blend of participants from different regions to foster teamwork and camaraderie. In total, there were seven teams, and each team was referred to as a "rope" (a common term used in mountaineering for a group of climbers connected by ropes). Our two team leaders, Angelina Mukherjee and Pawan Singh, were designated as the rope leaders, responsible for guiding and leading our team throughout the training.

Next, the instructors appointed the two in-charges of the equipment. Our team, having performed exceptionally well in the earlier activities, earned the privilege of having two in-charges. Bhumika Das and Rajdeep Mukherjee were selected to manage the equipment logistics, ensuring that all the necessary tools and gear were available to the team. Additionally, the quartermasters, responsible for overseeing food distribution and meal planning, were also chosen. Abdul Maroof, one of our volunteers, was assigned as the food in-charge, tasked with organizing and managing the meals for our team during the course.

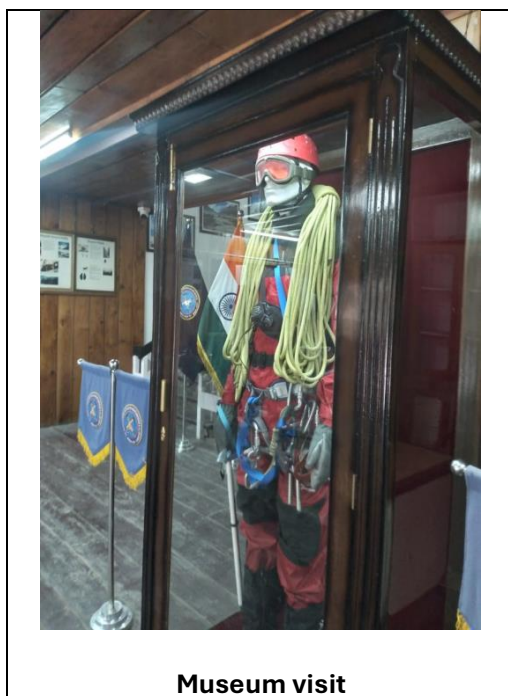
Equipment Collection

Following the team assignments and leadership roles, we proceeded to the equipment distribution area. Each participant was given essential gear for the course, including rucksacks, ropes, and windcheaters. The equipment collection process was smooth, with the instructors ensuring that every team member had the appropriate gear. It was an exciting moment, as it marked the beginning of the practical phase of the training.

Inauguration and Introduction to Instructors:

Later in the afternoon, we were informed that all teams should assemble at the auditorium by 3:30 PM. As the teams gathered in the auditorium, there was a palpable sense of anticipation in the air. Director Gautam Chand Thakur began the inauguration ceremony with an inspiring speech, detailing the goals of the course and what we could expect during our training. His words helped set the tone for the challenging yet rewarding journey ahead.

Following the speech, we were formally introduced to the instructors who would guide us throughout the course. We met our Course In-charge, Dina Nath, and the Training Officer, Amit Vishwakarma, both of whom spoke about the course structure and what was expected of each participant. Additionally, we were introduced to the rest of the experienced and highly qualified instructors: Akhil Verma, Sunil, Sonia Thakur, Amar Negi, Neel Negi, and Tanish Sain. Each instructor briefly introduced themselves, sharing their expertise and experience in mountaineering, which helped us understand the wealth of knowledge and training that awaited us. The introductions concluded with a sense of excitement, and we were all eager to begin the hands-on training.



Day 2:-

Rock Climbing Activity

As our rope teams were selected, we assembled in an organized manner. After the fall-in, our instructors led us to the designated rock climbing area. The ropes were distributed, and each team was assigned to a different rock climbing spot. We carried our own equipment, which included the harness, helmet, and carabiners, essential for the activity.

Once we reached our respective locations, the instructors demonstrated proper techniques for climbing and safety measures. Each team took turns climbing while receiving guidance and feedback from the instructors. After completing the activity, we returned to the institute and deposited our equipment in the institution's equipment room.

Knot-Learning Session

Following the rock climbing session, we participated in a knot-learning session. Based on our teams, we gathered at the tennis court, where the instructor began by demonstrating various knots and explaining their specific uses.



Rock Climbing

We learned that knots are categorized into three main types: climbing knots, joining knots, and anchoring knots. Each category contains multiple specific knots essential for mountaineering and climbing. Over the session, we learned 15 different knots, including their proper techniques and applications.

After the group lesson, each team worked with a designated instructor to refine their knot-tying skills and clarify any doubts. The instructors emphasized the importance of mastering these knots, as they form the foundation of safe climbing. At the end of the

session, we were informed that there would be a test on knots later in the course to assess our understanding and proficiency.



Sir giving us lecture about Rock Climbing

Day 3:-

Morning Routine

The day began with the usual routine. After completing the morning exercise session, which included stretches and warm-up activities, we had tea at 6:30 AM to refresh ourselves. Breakfast followed at 7:30 AM, providing us with the energy needed for the day's activities. After breakfast, we had a 45–50 minute break, during which we organized our gear and prepared for the upcoming sessions. At 8:45 AM, we assembled and fell in line, ready to receive instructions from our trainers for the day.

Rappelling and Wall Climbing Activities

At 9:00 AM, the seven groups were divided into two teams for the day's adventure activities. Groups 1, 3, 5, and 7 were assigned to rappelling, led by instructors Tanish Sain Sir, Amar Negi Sir, Sunil Sir, and Sonia Thakur Ma'am. These groups practiced descending steep slopes using ropes and harnesses, focusing on technique and safety. They returned to the campus at approximately 1:00 PM after successfully completing the session.

Meanwhile, Groups 2, 4, and 6 participated in wall climbing, an activity conducted on an artificial climbing wall inside the campus. This wall simulated real rock climbing

conditions, allowing participants to practice climbing techniques and strengthen their endurance. The activity was supervised by Akhil Verma Sir, Dinanath Thakur Sir, Nil Negi Sir, and Amit Vishwakarma Sir. These groups completed their session and returned to the campus around 12:50 PM.

Afternoon Session and Cultural Program Practice

Lunch was served at 1:30 PM, providing a much-needed break and an opportunity to recharge. After lunch, we had a short break to relax and reflect on the morning's activities.

At 3:00 PM, we assembled again and attended a class on mountain manners, conducted by Amit Vishwakarma Sir. The session covered various aspects of etiquette and behavior essential for mountaineering, including greeting manners, walking in a group, planning expeditions, rescue techniques, teamwork, personal hygiene, and camp decorum. These lessons emphasized safety, responsibility, and respect for the environment.

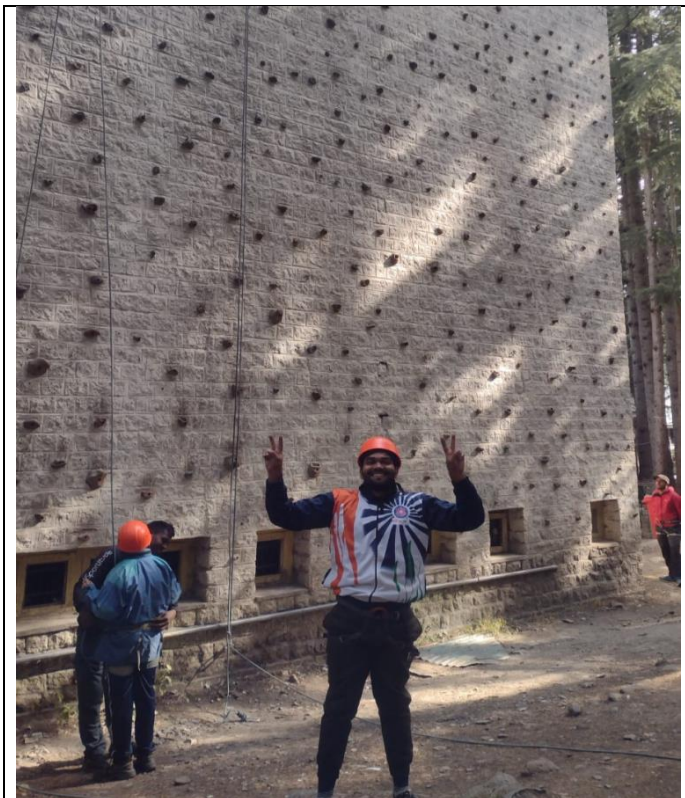
Following the lecture, we attended a session featuring a montage of previous camps, showcasing the highlights and experiences of past participants. Afterward, we transitioned to cultural program practice in the auditorium. Each state group had the opportunity to rehearse their performances according to a given schedule, preparing for the upcoming cultural event.

Evening Activities and Conclusion

Dinner was served at 8:00 PM, offering a variety of dishes to replenish our energy after the day's activities. By 8:25 PM, all groups assembled for the final fall-in of the day, during which important announcements and feedback were shared. The day concluded at around 8:45 PM, leaving us exhausted yet satisfied with the learning and adventures we had experienced.



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Wall climbing

Day 4:-

Wall Climbing and Rappelling

Today, we assembled on the ground as instructed, ready for the day's activities. Our instructors divided us into two groups for the two different tasks. Ropes 1, 3, 5, and 7 were assigned to wall climbing, which took place within the campus, while ropes 2, 4, and 6 were directed to the rappelling spot located outside the campus. The wall climbing activity involved scaling an artificial wall designed to mimic natural rock climbing, and the rappelling activity involved descending steep slopes using ropes and harnesses. Both groups focused on technique, safety, and effective teamwork throughout the sessions. We returned to the campus by 1:00 PM after completing the activities.

Rucksack Packing Lecture

Later, we were informed that we would be heading to the Solang Valley Regional Institute at Solang Nalla for further activities and treks. As we needed to pack light and bring only the essentials for the trip, our instructor, Sonia Thakur, gave a detailed lecture on how to properly pack a rucksack. She explained the function of each part of the rucksack, including the top pocket, buckle, side pockets, main compartment, bottom section, straps, and handle. Sonia demonstrated the correct way to pack, highlighting how each section of the rucksack serves a specific purpose in organizing and securing our gear. She also provided a list of the essential items we would need for the trip, ensuring we packed only what was necessary for the upcoming days of trekking and activities.

Market Visit

After the lecture on packing, we had a short break and enjoyed some tea before embarking on a market visit. Accompanied by our P.O., we explored the local market to familiarize ourselves with the area and purchase any last-minute items. We had some time to shop and observe the local culture before returning to the campus. We reported back at 6:30 PM, wrapping up the visit and preparing for the evening's activities.



Waiting for Rappelling

Day 5:-

Morning Routine and Trek Briefing

The day started with the usual routine, but this time, we did not have any physical exercise. Instead, we focused on preparing for the trek. We were instructed to return all our bedding (pillow, bed sheet, blanket, and sleeping bag) to the institution by 7:15 AM. Afterward, we gathered for tea and breakfast, which gave us the energy we needed for the day ahead. At 8:30 AM, we fell in line to receive further instructions. The instructors briefed us on the trek to Solang Valley, providing important details on how to trek safely and what to expect during the journey. After the briefing, we began our long trek to Solang Valley, eager to embark on the adventure.

Arrival at Solang Valley and Acclimatization

We completed the 13-kilometer trek and arrived in Solang Valley at approximately 1:40 PM. Upon arrival, the instructors explained the area's regulations and gave us more guidance on how to behave while staying there. After the instructions, we were assigned rooms to rest and settle in. Once we had our rooms, we enjoyed a well-deserved lunch, which helped replenish our energy after the long trek.

In the afternoon, the instructors led us on an acclimatization hike to a slightly higher elevation. This was done to help our bodies adjust to the altitude, ensuring we were ready for upcoming activities. After the acclimatization hike, we returned to the institute and had tea to relax.

Movie Display

After the Evening tea, instructors treated us with a mountaineering movie named Vertical Limit.

Evening and Conclusion

As the day drew to a close, dinner was served at 7:30 PM. The meal provided a great opportunity to unwind and share our experiences from the trek. After eating, we made our way to the mess hall to gather our things and get ready for the next day. With the day's activities complete, we rested, and that's how the 5th day ended.



On the way to Solang Valley



At Solang Valley

Day 6:-

Fatru Trek and Activities

The day began at the usual time, 7:30 AM, with a hearty breakfast, and we had our fall-in at 8:45 AM. However, this morning we didn't have any physical exercise as we were preparing for the trek. After the fall-in, the instructor gave us an important briefing on how to safely complete the trek to Fatru Peak, covering what to expect during the journey. The trek to Fatru Peak was a 10,000 ft climb, and we were all excited to begin. We set off promptly and were served candy and fruit juice by the quartermasters along the way to keep our energy up. Sunil Sir mentioned that we were making good time and were likely to reach the peak ahead of schedule.

The trek was challenging but rewarding, with breathtaking views as we ascended. After reaching the Fatru Peak, we spent some time at the top, taking in the beautiful surroundings. We also visited the Anjani Mahadev Temple, where we spent a peaceful moment before continuing our journey back to the institution.

Upon our return to the institution, lunch was served at 1:30 PM, giving us time to relax and refuel after the long trek.

Tent Pitching Lecture

After lunch and a short rest, we gathered for a lecture on tent pitching. Instructors Amit Vishwakarma, Tanish Sain, and Sonia Thakur taught us the different types of tents, including "A" shaped tents, dome tents, tunnel tents, and box-shaped tents, explaining the advantages and uses of each. They also walked us through the various parts of a tent, such as the inner layer, outer layer, cords, poles, and pegs, and explained the significance of each component in ensuring proper setup and stability.

Following the lecture, students from different states worked together to pitch tents under the guidance of the instructors. This hands-on activity allowed us to practice setting up shelters for the upcoming activities, ensuring we were well-prepared for any camping needs.

Mountain Hazards Lecture

Later in the afternoon, we attended a Mountain Hazards Lecture, delivered by Instructor Tanish Sain. He provided valuable insights into the various hazards and disasters that can occur during treks or camps. Tanish Sir explained that hazards can be categorized into two main types: objective and subjective. Objective hazards are natural events beyond human control, such as landslides, avalanches, and earthquakes. In contrast, subjective hazards are man-made and can arise from factors like dehydration, high-altitude sickness, frostbite, and other human-induced issues. The lecture was informative, as it helped us understand how to better prepare for and mitigate these risks during our time in the mountains.

Evening and Conclusion

At 4:15 PM, we had tea, giving us a break before the evening's activities. Later, we were treated to a movie session where we watched a film about mountain hiking named Vertical Limit, which provided both inspiration and practical tips for our future expeditions.

At 7:15 PM, we had a fall-in to wrap up the day's activities. Dinner was served at 7:30 PM, and after a fulfilling meal, we returned to our mess to relax and prepare for the next day. That's how the 6th day came to an end, with all of us feeling accomplished and ready for the challenges ahead.



On the way to Fatru peak



At the Fatru peak

Tent pitching



Anjani mahadev temple



Day 7:-

Morning Routine and River Crossing

The day started with morning tea and breakfast from 7:30 AM to 8:30 AM. After breakfast, at 8:45 AM, we assembled in line and headed to the river for the River Crossing activity. Dina Nath Thakur Sir provided an important briefing on the necessity of river crossing in rescue operations, explaining how it can be a crucial skill in emergency situations. He also demonstrated the different types of river crossings we would be performing. After the briefing, we each took turns crossing the river under supervision, practicing different crossing techniques. Once everyone completed the crossing, we returned to the camp by 12:00 PM.

Lunch, and Rope Stretcher Lecture

Lunch was served at 1:30 PM, and we took a short break afterward. At 2:55 PM, we assembled again in line and attended a class on rope stretchers, which lasted until 3:45 PM. During this lecture, we learned the importance of rope stretchers in rescue operations and how to properly use them to carry injured people over difficult terrain. The instructors demonstrated the correct technique, and we were taught how to ensure the stretcher is secure and stable when used in different rescue scenarios.

Knot Test

After the rope stretcher lecture, we had a tea break at 4:00 PM. From 4:15 PM to 5:30 PM, we participated in our knot test. This practical test involved demonstrating three types of knots at a time. Each rope team was assessed individually. After performing the knots on the rope, the instructors carefully evaluated our technique and awarded points based on our accuracy and speed. These points were then added to our overall marks for the course.

Evening Routine and Dinner

At 7:25 PM, we assembled again for the final roll call of the day. Dinner was served promptly at 7:30 PM, offering a chance to relax and enjoy a meal after a busy day. After dinner, we had a short break, and by 8:30 PM, the day concluded.

Day 8:-

Morning Routine and Trek Back to Manali

The day started as usual. By 8:45 AM, we had cleared our bedding and packed up our personal items. We then went for breakfast, which lasted until 8:45 AM. At 9:00 AM, we gathered for a fall-in, where the instructors gave us final instructions for the day. By 9:15

AM, we began our trek back to Manali. The journey was smooth as we headed back to the campsite with our rucksacks and luggage. We reached the base camp at around 12:20 PM, where we took a brief rest before the afternoon activities.



Just before the trek started from Solang Valley to Manali

Lunch and Market Visit

Lunch was served at 1:30 PM, and we enjoyed a well-needed break. Afterward, in the evening, we had some free time and visited Mall Road for some shopping. It was a chance to explore the local area and buy souvenirs. We returned to the camp by 7:15 PM, ready for the evening routine.

Fall-in and Dinner

At 7:25 PM, we assembled for the fall-in, where the instructors checked in with everyone to ensure we were all present. Afterward, we had dinner at 7:30 PM. The meal provided much-needed energy after the day's activities. The day concluded with a short break, marking the end of our 8th day at the camp.

Day 9:-

Meditation Session

In response to a request from the students, Sunil Sir kindly arranged an additional meditation session. The session lasted for 20 minutes and was a great opportunity for everyone to unwind and relax before the day's events. Sunil Sir guided us through breathing exercises and mindfulness techniques, helping us clear our minds and focus. This session was particularly helpful in setting a calm and positive tone for the rest of the day's activities, allowing everyone to feel more centered and prepared.

Hadimba Temple Trek

At 8:45 AM, we gathered and set off on a trek to the Hadimba Temple, located about 8 kilometers from our camp. The journey was beautiful, with stunning views of the surrounding forest and mountains. The path was challenging yet invigorating, providing a sense of adventure as we made our way toward the temple. Upon reaching our destination, we had the opportunity to take part in an official photo session, capturing the memories of our visit to this historic and spiritual site. Afterward, we explored the temple, learning about its rich history, cultural significance, and the legend of Hadimba. The peaceful surroundings allowed for a moment of reflection. We spent some time soaking in the tranquility before beginning our trek back to the camp at around 11:30 AM. The return journey was equally scenic, and we arrived back at camp feeling accomplished and appreciative of the experience.

Cultural Programme Practice

In the afternoon, the instructors provided a detailed schedule for each state group to practice their cultural performances. Each group took turns on the stage, rehearsing their songs, dances, and skits. This was an important opportunity to fine-tune the performances before the final presentation. The instructors were actively involved, observing each performance carefully and taking notes on the students' execution, timing, and stage presence. They offered constructive feedback to help improve the performances, ensuring that everyone was well-prepared for the cultural program. The energy during this practice session was high, with students putting in their best effort to showcase their talent and creativity. The practice not only helped with the final performance but also fostered a sense of camaraderie and teamwork among the students.



At Hadimba Temple



From the left:- Amit Vishwakarma sir, Sunil sir, Amar Negi sir, Sonia Thakur ma'am, Tanish Sain sir, Akhil Verma sir, Neeil Negi sir. (At the Hadimba Temple)

Day 10:-

State Assembly and Auditorium Gathering

At 10:45 AM, everyone gathered by state and moved towards the auditorium in their traditional attire, creating a colourful and vibrant atmosphere. The sense of unity and pride was evident as participants proudly wore their cultural outfits, representing their states.

Speeches by the Director and Training Officer

The event began with speeches from the Director, Gautam Thakur, and the Training Officer, Dina Nath Thakur. They addressed the participants, reflecting on the journey of the 10-day course, its objectives, and the values instilled throughout the training. Their words were motivating and served as a reminder of the lessons learned and experiences shared over the past days.

Documentary, Report, and Certificate Distribution

After the speeches, a documentary and report showcasing the highlights of the course were presented by a few volunteers. This was followed by the certificate distribution and batch ceremony, where participants received their certificates and batches. The certificates were handed to us by Director Gautam Thakur, symbolizing the successful completion of the course and acknowledging our hard work and dedication.

Cultural Programme

Following the formal ceremony, the cultural programme began. West Bengal's cultural team performed two beautiful patriotic group songs, led by Shweta Roy. The programme

also featured a solo Rabindra Sangeet by Srijoni Tribedi, a yoga demonstration by Shibam Ghosh, and a flute performance by Sumanta Ghosh. A lively group dance was performed by P.O. Pallabi Das and other participants, including Bhumika Das, Jayshree Das, Ankita Nag, Roshni Kundu, Angelina Mukherjee, Ishita Dey, Sima Patar, Subhojit Adhikari, Rajdeep Mukherjee, Sumanta Ghosh, and Shibam Ghosh. The entire cultural programme was led by P.O. Ms. Pallabi Das, while Srijoni Tribedi skillfully anchored the event. The performance ended with a bow of respect to ABVIMAS, showing our gratitude for the training and experiences.

Farewell and Departure

After the cultural programme, we took a few official pictures with the instructors as a token of appreciation and memory of the event. We bid farewell to our fellow participants and instructors, expressing our gratitude for the guidance and camaraderie during the course. With fond memories in our hearts, we left for home, carrying the lessons and experiences from the training that would stay with us forever.



Cultural Programme



Last group photo with all the volunteers from all states after the cultural programme



Photo with the officials



Conclusion:-

The past 10 days at ABVIMAS have been nothing short of transformative. What began as a simple journey into the world of mountaineering turned into a profound expedition of self-discovery, resilience, and camaraderie. Each day, we ventured into new territories—both in the wilderness and within ourselves—pushing boundaries, embracing challenges, and learning more than we ever imagined.

Through exhilarating activities like river crossing, trekking, rope climbing, and knot tying, we gained practical skills that will stay with us for life. These weren't just technical lessons; they were lessons in trust, teamwork, and perseverance. Every knot tied, every peak reached, every obstacle overcome became a testament to our growing confidence and strength.

The lectures on safety, mountain hazards, and rescue operations were eye-opening, equipping us with the knowledge needed to navigate the wild with a sense of responsibility and caution. The instructors, with their vast experience, were more than just teachers—they were mentors, guiding us with patience and wisdom, helping us understand the deeper significance of each lesson.

Beyond the physical challenges, the cultural exchange and teamwork forged deep connections. We didn't just learn to tie knots and scale peaks; we learned to share our stories, celebrate our differences, and unite under a common goal. The cultural performances were a beautiful reminder of the diversity we carry within us, and the spirit of collaboration that made our journey even more special.

This course wasn't just about learning mountaineering techniques—it was about growing as individuals. It taught us the importance of discipline, mental strength, and the power of perseverance. We learned to embrace discomfort, work through challenges, and find joy in the process. And perhaps most importantly, we learned that true leadership is about guiding others, supporting your team, and lifting each other up.

As we reflect on these 10 unforgettable days, we realize that the true essence of this experience wasn't just in the peaks we conquered or the skills we mastered, but in the personal growth we achieved. These days at ABVIMAS have planted seeds of courage, confidence, and determination that will continue to grow long after we leave the mountains.

This journey has not only prepared us for future expeditions but has given us the tools to face life's challenges with greater resilience, unity, and a deep appreciation for the world around us. The lessons learned here will echo in our hearts and minds, guiding us through every new challenge we encounter.