

National Service Scheme

(Ministry of Youth affairs & Sports, Govt, of India)



**Jawaharlal Nehru Technological University
Hyderabad**

Kukatpally, Hyderabad-85, Telangana.



NATIONAL ADVENTURE CAMP REPORT

Day 1 –

After a long journey finally we reached Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports (ABVIMAS), Manali, Himachal Pradesh at morning 9a.m. We were allotted the rooms and we fresh up had breakfast and we went to the office room and filled the applications in the afternoon we had lunch and they taken us to the ABVIMAS museum and showed all the items required. In the evening we had a session on ropes and knots and their usage. In the night we had dinner and went to sleep at 9 pm.

Day 2-

In the morning we woke up at 5 am and went for the morning workouts at 5 30 continued till 7 30am. After that we came to our rooms and fresh up and had breakfast. With our state another 3 states Punjab, West Bengal, Odisha volunteers are also with us. We went for Rock climbing by normally and climbing with the ropes. After that we had lunch and taken some rest. In the evening we had a session on Mountain Manners. In the night we had dinner and went to sleep at 9 pm.





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Day 4-

In the early morning we woke up and we have fresh up and we had breakfast and we have started our walk to Solang which is 13km away from Manali. After reaching there we had our lunch and taken some rest. In the evening we had a session on Mountain Hazard. In the night we had dinner and went to sleep at 8 pm.



Day
5-

In the morning we woke up at 6 am and went for some workouts and fresh up and had breakfast. We started to Trek on to the ice peak- The Patalasu Peak which is a height of 13000 feet. We went upto 11000 feet and returned to the centre. After having a delicious lunch we have taken some rest and in the evening we have started to Anjani Mahadev Temple. It was really an amazing experience. In the night we had dinner and went to sleep.



Day

6-

In the morning we woke up and went for some workouts and fresh up and had breakfast. We started to Trek on to the ice peak- The Dhoong Peak which. We went up some feet and returned as avalanche was taken place on that peak. After having a delicious lunch we have taken some rest and in the evening we had a session on how to rescue a person in the time of any problematic situation while in mountaineering. In the night we had dinner and went to sleep.



Day 7-

In the early morning we woke up and we have fresh up and we had breakfast and we have started our walk to Manali which is 13km away from Solang. After reaching there we had our lunch and taken some rest. In the evening we went to the Manali market. In the night we had some cultural songs and we had dinner and went to sleep.



Day 8-

In the morning we woke up at 5 am and went for the morning workouts at 5 30 continued till 7 30am. After that we came to our rooms and fresh up and had breakfast. We went to climb a mountain nearby we went to the temple and went to see the Arjun Guha. After that we returned, had lunch and taken some rest. In the evening, we were taken into the auditorium and we



have watched a movie MERU regarding the mountaineering. In the night we had dinner and went to sleep at 9 pm.



Day9-

In the morning we woke up at 5 am and went for the morning workouts at 5 30 continued till 7 30am. After that we came to our rooms and fresh up and had breakfast. We started practicing for cultural in the valedictory function going to be held in the afternoon. The function started and the chief guest was Sri. Goutham Thakur ji, who was the Head of ABVIMAS,



Manali. All the NSS volunteers who participated in these all activities held all these days were provided with the ABVIMAS badges, a rank of appreciation. After that we all

enjoyed a lot by the culture and traditions shown by the 4 states. In the evening we all had a chit chat. In the night we had dinner and went to sleep.

Day 10-

We all woke up in the morning and it was the day of No workouts as it was the last day of all these hard days. We fresh up and had breakfast. We started capturing photos in each and every place of the institute and with all the instructors of the institute. We had our lunch and started to the Manali bus station to reach our destination.

Really on behalf of all the team members and the contingent leader we all thank the NSS Cell, Jawaharlal Nehru Technological University Hyderabad, Ministry of youth affairs, Govt. of Telangana, Govt. of India for giving this wonderful

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