

## **NSS Adventure Camp**

GGSSIP University , Dwarka , New Delhi (19<sup>th</sup> September to 28<sup>th</sup> September,2022) at ABVIMAS, McLeod Ganj, Himachal Pradesh

Institute of vocational studies participated in a ten day NSS adventure camp organized at ABVIMAS, McLeod Ganj, Himachal Pradesh from 19<sup>th</sup> to 28 September 2022 with Delhi contingent leader NSS P.O Ms.Nahid Raees(IVS) and Mr. Sayan (GGSIPIU) with twenty NSS volunteers. Volunteers participated in different activities that were conducted there for all the volunteers. (Activities are – climbing ,rappelling, camping, mountaineering and cultural program also) Rope and knots lecture were also attended by us. We visited a museum there for the purpose of learning about all the equipment related to mountaineering. NSS volunteers were taken up many responsibilities like Quartermaster, Equipment leader and Rope leader.we spend ten days there and face a real adventure.



## Day – 1

We reached Dharamshala at 8:15 o'clock and booked a taxi from Dharamshala to McLeod Ganj. We reached McLeod Ganj at 9:00 o'clock. At 9:40 o'clock we reached our destination ABVIMAS from McLeod Ganj chowk. 10:00 o'clock we did breakfast and take rest for some time.

After that we were attend a lecturer like a introduction and visited a museum where we saw many equipments and a 3D map of mountains location.



Then we finished our lunch and free for some time.

In the evening we visited McLeod Ganj market. The timing of visiting the market was 6:00 to 7:30 o'clock. At 7:30 o'clock we all came together for fall-in and after fall-in we finished our dinner.

After finishing dinner again we assembled for fall-in to get instructions for the next day.

## **Day – 2**

6:15-6:30 tea

6:30 -9:30 discussion

9:30- 12:30 discussion rock

## **Rock climbing**

- Ascending and descending techniques on a steep section of the rope is called rock climbing

Types of Rock climbing

Natural – with the help of rope

Artificial-with the help of mechanical gear

Artificial wall climbing

Techniques of Rock climbing

Eye- climbing

3 point climbing

While climbing do not cross legs and arms

Rhythm climb-not too slow not too fast

Your body should be in an upright position

## **Precautions**

Full knowledge about rope and knot

Full knowledge about area

Always wear full clothing

## Conversation between climber and helper

Take the slag- tight the rope

Check the belay

I'm climbing

Climb on

I'm falling-



## Day-3

6:15-6:30 tea

6:30-7:30 stretching exercise walking(hills)

Church visit



7:30-9:30 breakfast and free time

9:30-11:00 knot practice session 11:00-11:30 coffee

11:30- 11:45 cultural event discussion

11:45 – 1:30

Mountain walking manners (Naitik Siddhant)

Mountain manners – the ethical rules that need to be followed in the mountain is called mountain manners.



1) Greeting (Tashi dille in Tibetan)

2) Do and don'ts/walking manners

Always walk in mountain side

Stay away from bicchukuti

Always walk in single line

Don't run

Don't try to overtake

3) passing information

4) Rescue work

5) Hut manners

6) proof of ascend (take photographs)

1:30-2:00 lunch

2:00-3:30 free practice

3:30- 3:45 fall in for next trip

3:45-5:45- trip to Bhangsu waterfall



7:30-8:00 dinner

8- 8:15 fall in for next day

## Day 4

6:00-6:15 tea time

6:15-7:00 fall in

9:00 – 12:30

## Rappelling

Rappelling is a quick descending method On a steep section of the rap ice or snow with the help of rope.

Types of rappelling

1) Classical rappelling –

Shoulder rappelling

Side rappelling

2) Mechanical rappelling



3) **Precautions :-**

1) don't bend your knees while rappelling

2) always use mittens while rappelling



3) make a bulky knot in the end of the rope

4) always use static rope while rappelling as it has less elasticity

12:30-1:15 lunch

3:00- 5:00 Fall in

## **Lecture about Hazardous**

Any type of disaster or hazard which is

Made by man or nature is called hazard.

## **Types of Hazards**

1) Man made – created by man like explosion, deforestation, over construction, forest fire, pollution, drugs

2) Natural – hazard created by nature

Like avalanche, landslide, cloud burst,

Earthquake tsunami, drought, floods , tornado, thunderstorm, ice storm

5:00-5:30

Equipment issued



5:30- 7:00 market time

7:00-7:15 fall in

7:15 – 8:00 dinner

8:00- 8:15 fall in for trekking

## Day 5

7:00 -7:30 breakfast

7:40- 8:25 luggage fall in for trekking

8:28- trekking

8:30- 12:00 first taxi stop

12:00- 1:00 lunch rainfall taxi waiting

1:00-3:35 taxi and trek

3:35- 4:10 tea

4:10- 4:30 sleeping bags issue

4:30- 5:30 camp pitching lecture and practical

5:30- 6:00 lecture on camp hygiene

7:30 dinner

7:30-8:00 fall in



## Day 6

8:00 breakfast

9:00 – 2:00 river crossing canceled due to rain

2:00 lunch





## Day 7

Nauli to Mcleodganj via taxi

Back to Regional Mountaineering Camp



## Day 8



8:30 to 4:30

Trek to Dharamshala stadium, Kunal pathari Mandir and Tea garden





## Day 10

8:50- 4:15 trek to Triund



6:30-8:30 closing  
Ceremony



Photo session





# Day 12

