



SLC(University of Delhi) National Service Scheme

Report on

“NATIONAL ADVENTURE CAMP”

Held at Regional Mountaineering Centre, McLeod Ganj,
Dharamshala, Himachal Pradesh, 176216

Date:- 12th to 21st September, 2024

No. Participants:- 2

Venue:- RMC, McLeod Ganj, Dharamshala, (H.P.), 176216

➤ Day 1, 12th September

The team, comprising 10 members including the Program Officer of the National Service Scheme (NSS) unit of Delhi University, arrived in Dharamshala. Among the team, two volunteers represented the NSS Unit of Shyam Lal College. The team travelled via a Tempo Traveler to the Regional Mountaineering Centre, where accommodations were arranged. In the evening, an introductory session was held, attended by all participating teams, the host team, and the managing committee. The day concluded with a class on essential equipment that would be utilized during the camp.

➤ Day 2, 13th September

The day began with bed tea, followed by a collective exercise and yoga session. The team then embarked on a morning walk to St. John's Church. A class on rock climbing was conducted, followed

by an artificial wall-climbing session that was both challenging and enjoyable. In the afternoon, a rope class was held. In the evening, the volunteers visited the Dalai Lama Temple and the local market.

➤ Day 3, 14th September

All teams gathered for the routine yoga and exercise session, followed by a morning walk through the forest. The day's main activity was rappelling, which provided a full-body workout. Instructors ensured the activity was completed with utmost safety. Later in the afternoon, volunteers collected wood for the evening's campfire. A team member's birthday was celebrated, followed by a campfire involving all teachers, instructors, and volunteers.

➤ Day 4, 15th September

Volunteers continued with the morning yoga and exercise routine, followed by a walk to Dal Lake. The day included a visit to Bhagsunag Waterfall. In the afternoon, a class on mountain hazards was held, where volunteers were taught how to manage potential dangers in the mountains. The evening concluded with another campfire.

➤ Day 5, 16th September

The day began with yoga and exercise, followed by a morning walk to Dharamkot. A class on Jumaring (ascending a rope using a Jumar) was conducted, teaching volunteers efficient climbing techniques. The physical demands of the activity helped volunteers understand their strengths. In the evening, a tug-of-war match took place, with Rope 5, featuring **Shivangi and Vishal from Shyam Lal College, emerging as the winners.**

➤ Day 6, 17th September

The routine yoga and exercise session was followed by a visit to Bal Nala, where volunteers practiced river crossing techniques under the guidance of their instructor, Brij Sir. After successfully crossing the river, they had their packed lunch and returned to the centre for rest.

➤ Day 7, 18th September

The day started with yoga and exercise. Volunteers attended a class by JD Sir on survival in the mountains, covering essential skills such as shelter-building, starting fires, procuring food and water, and basic first aid. In the afternoon, a class on disaster management and rescue techniques was conducted.

➤ Day 8, 19th September

This was the most anticipated day as the volunteers embarked on the Triund Trek. Starting at 8 am, they reached their destination after several hours, had their packed lunch, and received important trekking insights from their instructor. The team then returned to the center for rest.

➤ Day 9, 20th September

After the usual morning routine, volunteers visited Bhagsu Market and explored Dharamshala. In the evening, they returned to the center and began practicing for the upcoming cultural event.

➤ Day 10, 21st September

On the final day, a cultural program commenced at 10 am, featuring performances from teams representing Rajasthan, Chhattisgarh, and Delhi. The day concluded with a badge ceremony, marking the end of the adventure camp. In the evening, the team departed for Delhi.

➤ Conclusion

The 10-day camp was an enriching experience that fostered valuable lessons on teamwork, resilience, and leadership. Our NSS volunteers from Shyam Lal College forged strong bonds with participants from other states and gained immense knowledge about mountaineering, safety, and survival. The adventure camp was a memorable journey, leaving an indelible mark on the participants' lives.

TEAM DELHI

- ANJU MAM (Programme Officer)
- **SHIVANGI SAMBYAL (Shyam Lal College)**
- **VISHAL KUMAR (Shyam Lal College)**
- KAJAL
- HARSH
- ABHISHEK
- JIGYASHA
- VIVEK
- SHIVANI
- KHUSHI
- ARKA MONDAL

GLIMPSES OF THE CAMP



