

REPORT WRITING ANNUAL CAMP HELD AT MANALI

W.E.F. 7th to 17th June 2022



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Subject: Report Writing on Annual Camp

Submission Date: 27th June 2022..

Submitted to: Harinderpal Singh

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Introduction

The ten Day annual physical education training camp for B.p.ed and M.p.ed students aimed to enhanced the skills, team work and overall performance of students . As this camping and Trekking is also a part of our syllabus too, we all learn a lot from this outdoor activates . We had learnt a lot which will help us in our near future as well.

Day1 7-JUNE -2023

(Jammu to Manali)- On day 1 we departed from Jammu towards Manali along with about 100 students and 10 staff members around 7 pm by bus.



Day 2 8TH-JUNE -23

(Manali)- On day 2 we arrived at our destination (Manali) at around 11 am where we stayed in the Redwild Adventure camp(which is based on the bank of the Beas river). After having tea in the evening we went for sightseeing of Manali mall road.

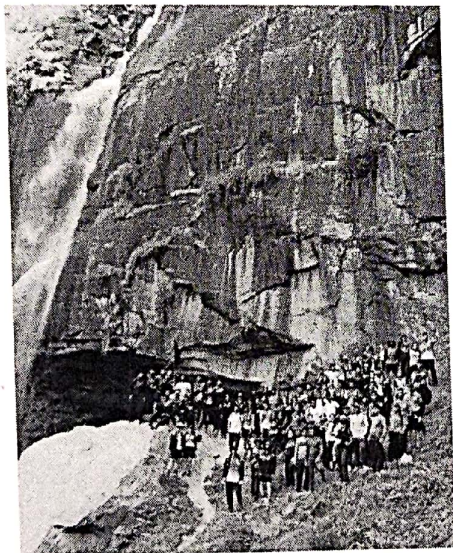


MALL ROAD OF MANALI- IMAGE- 2



Day 3- 9TH –JUNE-23

In the Morning we went for morning walk along with light exercise and warm-up. After having breakfast we advanced for a short trek of 5km from old Manali to jogni waterfall on the way of jogni waterfall we also visited the famous Vashishtha Temple of Manali and then back to our camp side. In the evening volleyball matches were played between B.P.Ed and M.P.Ed teams(both boys and girls).



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Day4- 10TH -JUNE-23

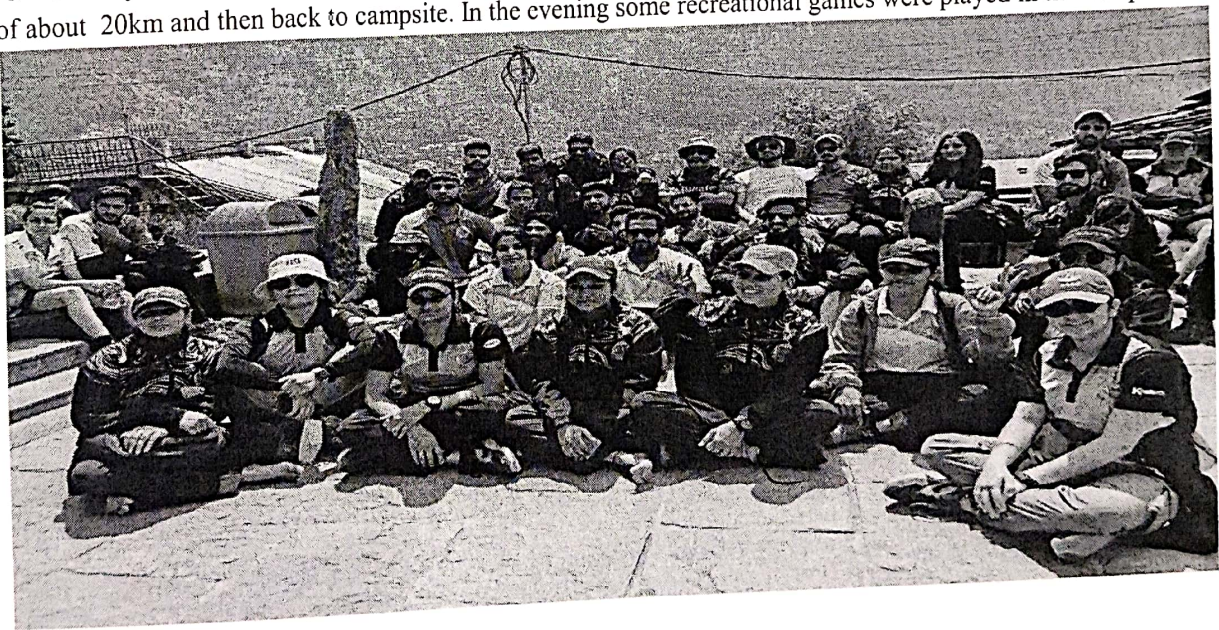
The day start with morning walk and yoga exercises in the lap of nature of Manali on the riverside of Beas. After having breakfast in the morning around 11 am we went for river crossing adventure activity which had been done in the old Manali. Along with river crossing we also visited in the local forest based Park Van Bihar Manali and then back to campsite.





Day5- 11TH -JUNE -23

On fifth day of our camp firstly we visited Hadimba temple and then Manu temple by following road and off-road track of about 20km and then back to campsite. In the evening some recreational games were played in the campsite.





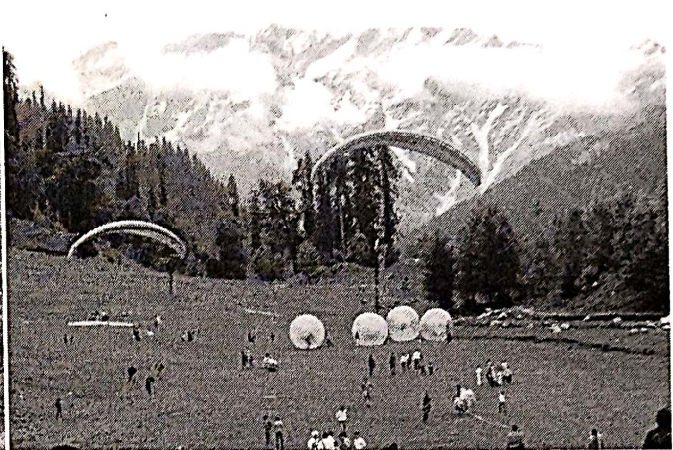
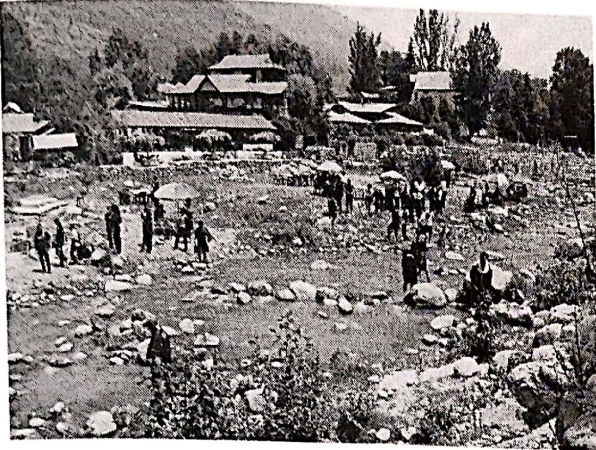
Day 6 12TH-JUNE-23

On 6th day after having breakfast we went to Solang valley by bus and then we covered a track of about 14 km to reach Anjani Mahadev temple which is situated in the Burwa Gaon of Solang valley. While coming back from Burwa gaon in Solang valley we also undertook zipline(adventure sport) which was about 600m in length from one side and 400ft in height.



Day 7- 13TH-JUNE-23

After having breakfast some students those who are willing went for paragliding from asia's 2nd highest paragliding point and rest of the students visited in the park which is situated on the bank of Beas river where some recreational games were also played. In the afternoon after having lunch we depart to Kasol. On the way to Kasol we stayed for a while in Kullu valley where we also perpetrated river rafting and then moved towards Kasol valley. At night about 10 pm we reached our destination in Kasol where we stayed in a camp based in the beautiful Parvati valley.



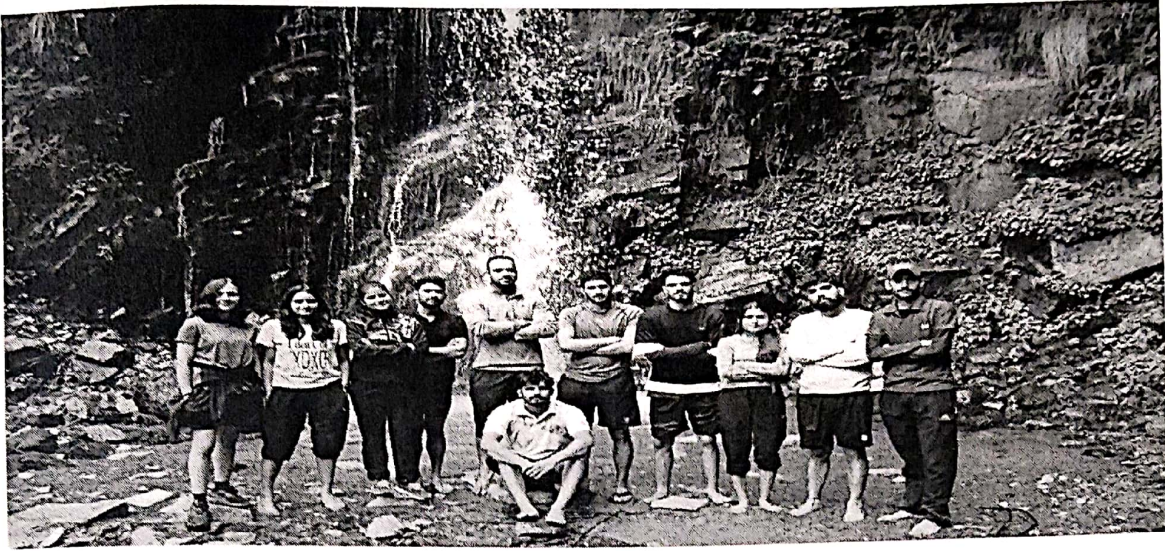
Day 8- 14TH-JUNE-23

In the morning after having breakfast we went for a trek of about 7km from Parvati Valley to Manikaran. Where we visited Manikaran sahib, Shiv Parvati temple and Ram mandir and then back to campside. At night cultural fest and bonfire were solemnize by the students where they performed cultural itmes (dance and singing).



Day9- 15TH-JUNE-23

On 9th day of camp in the early morning some willing students along with staff memebers advanced for a trek to Grahan village of kasol which is around 9km one way from kasol which takes around 4-5 hours to complete. Rest of the students along with staff members visited local market of kasol. In the evening we departed from kasol valley towards jammu.



Day 10- 16TH-JUNE -23

On the 10th and last day of our camp we arrived on our destination Jammu around 10am in the morning.

The staff members those who accompanied the B.P.Ed and M.P.Ed students on this 10 day Manali-Kullu-Kalsol annual camp were: our worthy Director, Directorate of sports and physical education Dr. Daud Iqbal Baba, Sh. Vimal Kishore, Sh. Ravish Vaid, Sh. Gagan Kumar, Sh. Arshad Baba, Sh. Sumit Kumar, Sr. Harinderpal Singh, Sh. Sanjeev Sharma, Miss. Bhavna Sharma, Sh. Ashok Singh, Sh. Satpal kumar and Sh. Makhan Lal.