

**DIRECTORATE OF SPORTS  
AND PHYSICAL EDUCATION,  
UNIVERSITY OF JAMMU**

**“REPORT WRITING ANNUAL  
CAMP HELD AT PATNITOP”**

**w.e.f. 28<sup>th</sup> May to 06<sup>th</sup> June 2024**

**Submitted by:**

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**Class: B.P.Ed Semester: 2nd**

**Roll No: 02-B.P.Ed-23**

**Subject: Report Writing on  
Annual Camp**

**Submission Date: 10th of June  
2024**

**10<sup>th</sup> of June, 2024**

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**Submitted to :- Ms Richa Mandla**



## **INTRODUCTION**

The ten-day Annual Physical Education Training Camp was a transformative and enriching experience designed to develop our physical skills, teamwork, and overall performance. Conducted as part of our curriculum, the camp emphasized the importance of practical learning in outdoor settings, enabling us to gain invaluable lessons that will contribute significantly to our professional and personal growth.



### **Day 1: 28th May 2024 - Journey to Patnitop**

The camp commenced with an air of excitement and anticipation as 100 students, accompanied by 10 staff members, departed from Jammu at 7 PM by bus. The overnight journey to Patnitop was filled with camaraderie and lively discussions about the days ahead. Upon reaching our destination at 12 PM, we immediately set up our tents and acclimatized ourselves to the serene and refreshing environment of Patnitop.

Post-lunch, the first activity was held at 5 PM, starting with attendance followed by a dynamic warm-up session. We then engaged in a spirited game of volleyball at the Youth Hostel grounds, which invigorated our energy levels. As the day wound down, a vibrant cultural evening was organized at 7:30 PM, where

students showcased their creativity through dance, music, and storytelling. The evening concluded with a delicious dinner, marking a perfect start to our adventure.



## **Day 2: 29th May 2024 - Trekking to Shiv Garh**

The second day began with a sharp 7 AM fall-in, where all participants gathered for a structured workout session that combined physical training and mental focus. After breakfast, the group prepared for an adventurous trek to **Shiv Garh**, located at an elevation of 3,500 meters and approximately 11 kilometres from our campsite.

The trekking trail was an awe-inspiring journey through dense pine forests, interspersed with clearings that offered panoramic views of the surrounding valleys. The uphill climb was steep and challenging, testing our endurance and determination. Reaching the summit was immensely rewarding, as the breathtaking scenery left everyone in awe of nature's splendour. This trek not only built physical stamina but also encouraged teamwork and perseverance among the participants.



### **Day 3: 30th May 2024 - Adventure Activities and Sports**

Day three began with a rejuvenating morning walk amidst the fresh mountain air, followed by light exercises and a warm-up session to prepare us for the day's challenges. After breakfast, we participated in an artificial zip-lining activity that involved mastering the **monkey crawl technique**, a physically demanding task that required strength, balance, and focus.

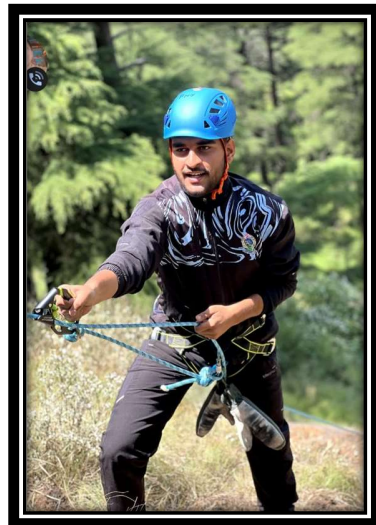
In the evening, volleyball matches were organized, pitting B.P.Ed and M.P.Ed teams against each other in both boys' and girls' categories. The matches were intense yet enjoyable, fostering a spirit of healthy competition and mutual respect. These activities highlighted the importance of coordination, strategy, and sportsmanship in team games.



### **Day 4: 31st May 2024 - Rappelling and Jumaring Adventures**

The fourth day began with a serene morning walk and a rejuvenating yoga session in the lap of nature, helping us connect with our surroundings and boost our mental clarity. After breakfast, we embarked on a short trek to a cliff where trained instructors awaited us for mountaineering activities.

The day's focus was on **rappelling** and **jumaring**, two thrilling adventure activities that involved descending and ascending steep rocky surfaces using ropes and technical equipment. These activities required a blend of physical strength, technique, and courage, pushing many of us beyond our comfort zones. The evening concluded with our daily cultural program, where participants amazed the audience with their diverse talents, from singing and dancing to stand-up performances.



### **Day 5: 1st June 2024 - Creative Expression and Exploration**

The fifth day offered a creative outlet as it was designated **Art and Craft Day**. Students eagerly participated in crafting sessions, showcasing their artistic skills through intricate and beautiful creations that reflected their imagination and ingenuity.

After a hearty lunch, the group visited the renowned **Nag Mandir**, a spiritual and historical site in Patnitop. The peaceful ambiance of the temple provided a refreshing and introspective experience. The day concluded with recreational games at the campsite, followed by another delightful cultural program that added a joyous touch to the evening.



## Day 6: 2nd June 2024 - Advanced Zip-Lining and Competitions

The sixth day began with our regular morning routine, followed by a thrilling session of artificial **zip-lining**, this time focusing on the walking technique. This activity was exhilarating and helped us overcome fears while enhancing our balance and agility.

In the evening, an intense volleyball tournament was held between B.P.Ed and M.P.Ed students across all batches. The matches were closely contested, with the M.P.Ed senior team emerging as the champions. The day ended with cultural performances, organized by rotating committees, ensuring every participant played a role in the event's success.



### **Day 7: 3rd June 2024 - Trekking to Sudh Mahadev**

Day seven's highlight was the trek to the revered **Sudh Mahadev Temple**, nestled amidst dense forests and scenic hills. The serene journey offered a spiritual connection and a sense of accomplishment as we explored the ancient temple's history and tranquil surroundings.

After returning to the campsite, we spent the evening engaging in cultural activities that celebrated our collective experiences and camaraderie.



### **Day 8: 4th June 2024 - Recreational Fun and Bonfire**

On the eighth day, students gathered for a lively session of **Tambola**, a popular number-based game of chance that added an element of fun and relaxation to the day. As night fell, a grand bonfire was lit, around which students performed

traditional dances and songs, creating a magical evening filled with joy and togetherness.



### **Day 9: 5th June 2024 - Market Exploration and Final Performances**

The penultimate day began with a visit to Patnitop's local market, where students explored the vibrant stalls and shopped for souvenirs. The evening marked the culmination of our cultural events, with students giving their best performances. The most outstanding participants were acknowledged and appreciated, adding a celebratory tone to the day.





## Day 10: 6th June 2024 - Return to Jammu

The final day saw us packing up and bidding farewell to the beautiful landscapes of Patnitop. We departed early in the morning and reached Jammu by 11 AM. Reflecting on the journey, we realized how much we had grown as individuals and as a team.

### Acknowledgment

We extend our heartfelt gratitude to the dedicated staff members who guided and supported us throughout the camp:

- **Dr. Daud Iqbal Baba** (Worthy Director, Directorate of Sports and Physical Education)
- Sh. Vimal Kishore
- Sh. Ravish Vaid
- Sh. Gagan Kumar
- Miss Richa Mandal
- Sh. Sumit Kumar
- Sh. Harinder pal Singh
- Miss Manu Pawar
- Sh. Ashok Singh
- Sh. Satpal Kumar
- Sh. Makhan Lal

This camp was not just an academic requirement but a life-changing journey that instilled discipline, resilience, and teamwork. The memories and lessons we gained will undoubtedly remain with us, shaping our future endeavours.

