

**Department of Sports & Physical Education,
University of Jammu**

**“REPORT WRITING ANNUAL CAMP HELD AT PATNITOP”
w.e.f. 28th May to 06th June 2024**

Submitted by:

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Semester: 2nd

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Subject: Report Writing on Annual Camp

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Submitted to:

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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.

Day 1: 28 May 2024 - (Jammu to Patnitop)

On day 1 we departed from Jammu towards Patnitop along with about 100 students and 10 staff members around 7 pm by bus. We reached our destination around 12pm , set our tents at the location and got settled down . At 5pm we took the attendance and after warmup we went to play volleyball near the youth hostel Patnitop. At night around 7:30pm the cultural activities started everyone enjoyed a lot and after that we had our dinner.



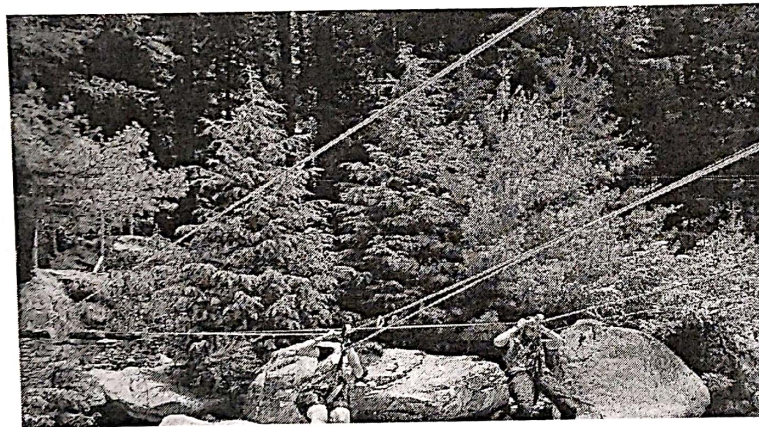
Day 2: 29th of May 2024 - (Patnitop)

On day 2 we fall-in at 7'0 clock and did our routine workout and after having tea we started our preparations for the day's activity the was trekking to **SHIV GERH** which boasts scenic settings at 3500m and was about 11km away from our Camp site. The trekking trail crosses through picturesque pine forest and then follows a steep uphill climb from where the view is spectacular.



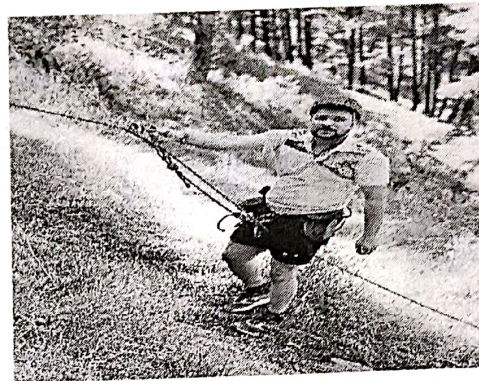
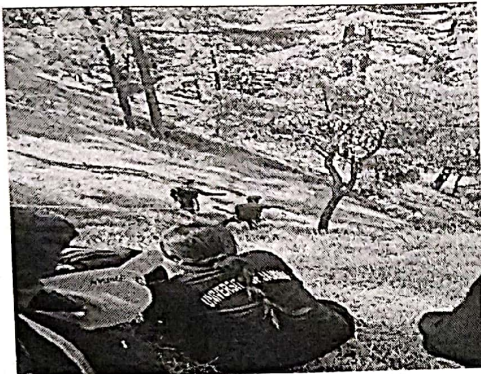
Day3: 30th of May 2024

In the Morning we went for morning walk along with light exercise and warm-up. After having breakfast we advanced for the day's activity which was artificial **ZIP LINNING** (performing monkey crawling technique) and after that we went 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).



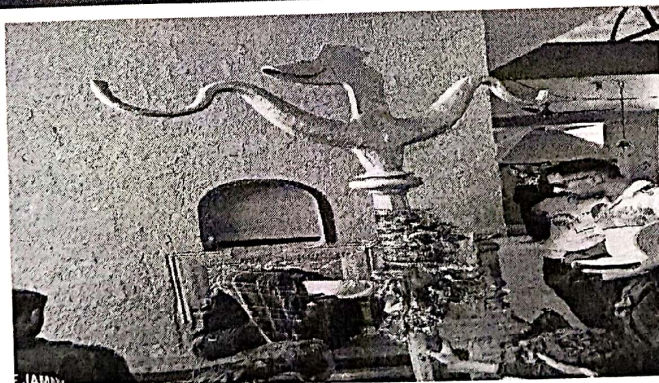
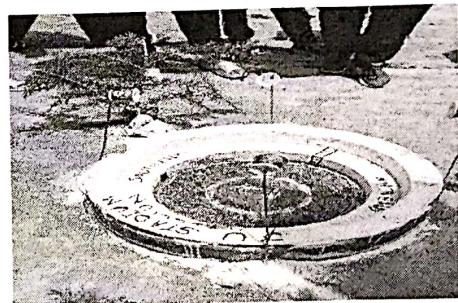
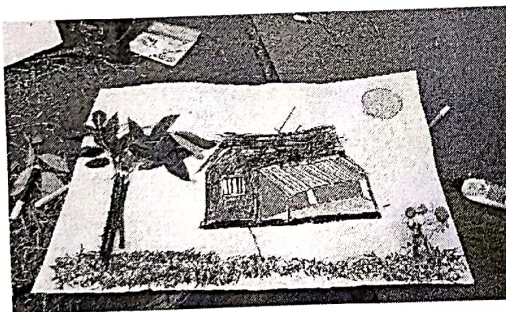
Day4: 31st of May 2024

The day start with morning walk and yoga exercises in the lap of nature in Patnitop. After having breakfast in the morning around 9am we went for on a short trek where our instructors were waiting for us for our days activity which is a part of Mountaineering **RAPPELLING And JUMARING** near a cliffy mountain which was an adventure activity . After the activity we went back to our camping site and at night enjoyed our daily cultural programme in which our B.P.Ed and M.P.Ed students showed the skills and talents.



Day 5: 1st of June 2024

The fifth day of our camp was our **ART AND CRAFT** day in which the students of B.P.Ed and M.P.Ed participated eagerly and demonstrated their mesmerizing art and craft skill. After having lunch we went to Patnitop's famous **NAG MANDIR** and in the evening some recreational games were played at the campsite along with our daily cultural activity.



Day 6: 2nd of June 2024

On 6th day after doing our daily morning routine and having breakfast we went to another location for our days activity which was artificial **ZIP LINNING** (WALKING TECHNIQUE) which was a very thrilling and exciting experience for all the students. In the evening a volleyball tournament was held between the students of B.P.Ed and M.P.Ed all batches and the senior team of M.P.Ed Won. Every day the committees were changed and every nights evening cultural activity we organized and performed.



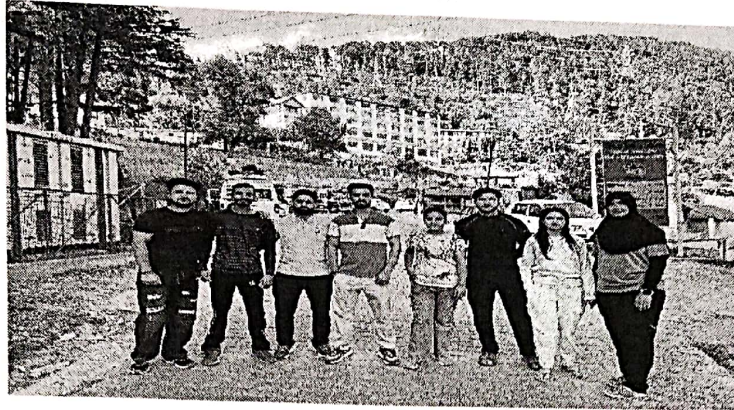
Day 7: 3rd of June 2024

After our routine morning activity and having breakfast we went on a trekking adventure to the infamous highly revered **SUDH MAHADEV TREKK** which is a serene and spiritually enriching journey leading to the ancient Sudh Mahadev Temple, nestled amidst dense forests and breath taking hills . After returning to the campsite we did our constant evening activity.



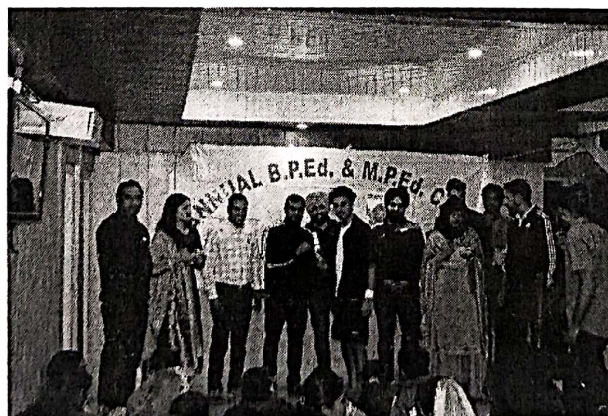
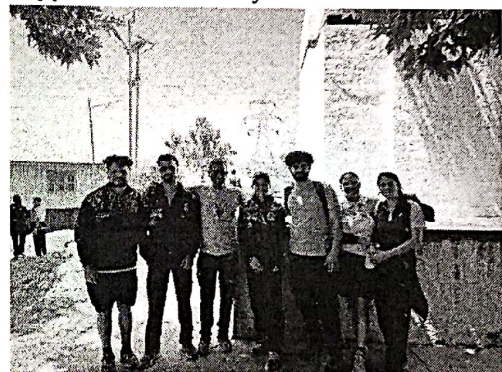
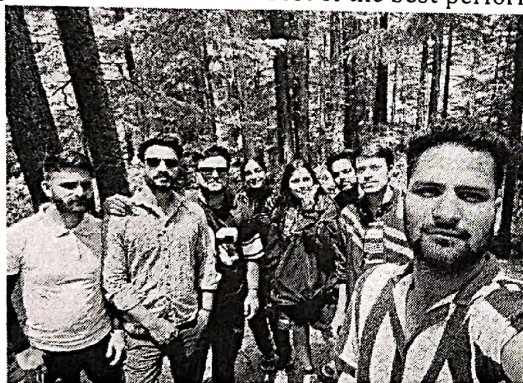
Day 8: 4th of June 2024

In the morning after having breakfast all the students played **TAMBOLA** which is a popular number-based game of chance . At night cultural fest and bonfire were so relished by the students where they performed cultural times (dance and singing).



Day 9: 5th of June-2024

On 9th day of camp in the early morning students along with staff members visited local market of Patnitop . In the evening it was the final night of our cultural activity and all the students give their best and the best of the best performers were appreciated the everyone.



Day 10:16th of June 2024

On the 10th and last day of our camp we arrived on our destination Jammu around 11am in the morning. The staff members those who accompanied the B.P.Ed and M.P.Ed students on this 10 day Patnitop annual camp were: Worthy Director, Directorate of Sports and Physical Education **Dr. Daud Iqbal Baba, Sh. Vimal Kishore, Sh. Ravish Vaid, Sh. Gagan Kumar, Miss. Richa Mandla, Sh. Sumit Kumar, Sh. Harinderpal Singh, Miss. Manu Pawar, Sh. Ashok Singh, Sh. Satpal Kumar and Sh. Makhan Lal.**

