

National Adventure Camp at Pong Dam Regional Centre for Sports, Pong Dam, Himachal Pradesh October 14th – October 23rd, 2024



A Journey From Jammu and Kashmir: National Adventure Camp

As the contingent leader representing Jammu and Kashmir UT from the Cluster University of Kashmir, we are honoured to share our experiences from the National Adventure Camp at Regional Water Sports Centre Pong Dam, Himachal Pradesh. Alongside our dedicated team of volunteers—Sheikh Amjid, Aasim Rashid, Mohammad Imran, Khateeb Ali, Wasil Ayoub, Pravati, Farhana, and Nida Wani—we fully immersed ourselves in 10 days of adventure, learning, and camaraderie with fellow participants from Karnataka and Kerala. We reflect with immense gratitude on our roles as the contingent participants, and we extend our heartfelt thanks to the Regional Director, NSS Delhi; the NSS Coordinator, Cluster University of Kashmir; the Director of School Education Kashmir; and the Principal, GHSS Rainawari. Their trust and unwavering support in selecting me for this esteemed role have been truly empowering. Their confidence in our ability to represent Jammu and Kashmir UT made this incredible experience possible, and we are sincerely grateful for the opportunity to be part of such a remarkable adventure.

Day 1: October 14, 2024

Arrival and Orientation: The 3 Ks Unite Our journey began with the arrival of participants from Kashmir, Karnataka, and Kerala. We spent the day getting acquainted

and understanding the camp schedule, laying the foundation for the exciting adventures ahead.



Day 2: October 15, 2024

First Day in the Water: Making a Splash.



We took our first plunge at the Regional Water Sports Centre, Pong Dam. After completing safety briefings, we began with basic swimming lessons. Witnessing everyone's initial splashes and laughter was a joyful sight, marking a thrilling start to our water adventure.

Day 3: October 16, 2024



Kayaking at Pong Dam: Paddling into Adventure

Kayaking was the highlight of our day. As a team, we guided each other in navigating the serene waters, practicing paddling techniques together. The determination and teamwork displayed were truly inspiring as we gained confidence on the water.

Day 4: October 17, 2024

Swimming Without Life Jackets and Double-Seated Kayaking: Pushing Boundaries

Today, we took on the challenge of swimming without life jackets. It was remarkable to see every one push their limits. The day also included double-seated kayaking, where trust and cooperation among team members grew as we paddled together.



Day 5: October 18, 2024

Sailboat Training and Long Swim Without Life Jackets: Sailing into New Horizons

Sailboat training introduced us to a new world of water sports. We learned to harness the wind and effectively steer our boats. Later, we tackled a long swim without life jackets, showcasing our enhanced stamina and skills.



Day 6: October 19, 2024

Rafting and Advanced Water Techniques: Navigating Rapids

Rafting was an exhilarating experience that truly tested our teamwork. It was rewarding to see us work together to navigate the currents, demonstrating resilience and newfound skills as we faced the rapids

Day 7: October 20, 2024

Visit to Amritsar and Wagah Border: Cultural Exploration

We took a break from water sports and visited Amritsar. Exploring the Golden Temple and Jallianwala Bagh was a profound experience for all of us. The day culminated at the Wagah Border, where the Beating Retreat ceremony inspired us with a strong sense of patriotism and discipline.





Day 8: Repeating the day's adventures of swimming, kayaking, sailing, and rafting was as thrilling as ever. But today, something special stood out – a culinary collaboration. Team Kerala and Kashmir came together to prepare a meal for all the volunteers.

A Taste of Togetherness In our hostel kitchen, we created something truly meaningful. From Kashmir's soulful touch and Kerala's vibrant spices to Karnataka's rich culinary traditions, we crafted a biryani that was more than just a dish. It was a symbol of love, unity, and the shared effort of friends from different corners of the country, celebrating the beauty of flavours and friendship.

Day 9: October 22, 2024

Surfing and Rafting: Mastering the Waves

The focus was on surfing and rafting, where we fine-tuned our techniques and built endurance. The progress over the course of the camp was evident, and it was gratifying to see our hard work pay off.

We are especially thankful to the instructors for their guidance. A special ride in a water boat made the experience even more memorable!



 **A Taste of Togetherness**

From Kashmir's Soulful Touch to Kerala's Vibrant Spices and Karnataka's Culinary Richness: A Biryani Made with Love, Unity, and Shared Effort in Our Hostel Kitchen – Celebrating Flavors and Friendship



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Day 10: Valedictory Session and Celebrations

October 23, 2024

The final day of the National Adventure Camp at Pong Dam was marked by celebration and recognition. The day began with a lively valedictory session, where the participants showcased their talents through various cultural performances. The atmosphere was filled with joy and camaraderie as everyone celebrated the spirit of unity and teamwork developed over the past 10 days.

Volunteers who played a key role in the camp's success were felicitated with badges, presented by the in charge Regional Water Sports Centre Pong Dam, Program Officers and instructors. This was a moment of pride and acknowledgment of their dedication and hard work behind the scenes.

In addition to the volunteers, the Program Officers were honoured with mementos as a token of appreciation for their leadership and unwavering support throughout the camp. The recognition highlighted the invaluable contributions of each PO in ensuring the smooth execution of the camp activities.

The day ended on a high note, with participants and staff members exchanging heartfelt goodbyes, carrying with them unforgettable memories and new friendships formed during this incredible journey.



We would like to thank all the instructors, Program Officers, and volunteers for their dedication and hard work in making this camp a success. Special thanks to Rakesh Sir, In-charge of the Regional Water Sports Centre Pong Dam, and to instructors Deepak Sir, Sanjeev Sir, Vikrant Sir, and Sudarshan Sir for their expert guidance. We also extend our gratitude to the Program Officers from Kerala, Shaheera Ma'am and Ritesh Sir, and from Karnataka, Bindo Ma'am and Prasana Sir, for their invaluable support.



A heartfelt thanks to the team of volunteers—Sheikh Amjid, Aasim Rashid, Mohammad Imran, Khateeb Ali, Wasil Ayoub, Pravati, Farhana, and Nida Wani—who were incredibly cooperative and disciplined throughout these 10 days. Best wishes to them for their future endeavours. The cultural performances, badge ceremonies, and mementos were a fitting end to this memorable journey. As we bid farewell, We all carry with immense gratitude for the experiences shared and the bonds created during this National Adventure Camp.



Thanks.
NSS Department.
Cluster University Srinagar.