



## IAYP TRIP TO KUFRI

Bronze award participants from Sat Paul Mittal School, Ludhiana completed their adventurous journey at Neen (Kufri) in Himachal Pradesh from 14th to 18th April, 2016. Ms.Premjeet and Mr.Kuber, two mentors from the school share a report about their award journey with us.

Adventure sports are being taken to by people from all walks of life in a big way. The reason for this is that there are new sports being invented that give an hair raising experience for the people. Also, people are so caught up in their social world, tirelessly to maintain their digital profiles that there is no time to look at the nature and to have fun. These adventure sports gives us an addictive adrenaline rush which is refreshing from the monotonous digital life in this day and age.

This camp was organised for bronze level participants of class 10 to Neen( kufri) in Himachal Pradesh.

On 14th April, 36 students-award participants- escorted by two mentors left the school premises of Sat Paul Mittal School at 5:30 am and reached Chandigarh at around 7:30 am . With a delightful breakfast at Chandigarh, the students moved ahead for Neen (Kufri) . It took then approximately 7 hours to reach there.

The camp in Neen is situated at an altitude of 2250 meters above sea level on Kufri- Chail road. This is a veritable paradise endowed with great natural beauty surrounded by lofty snow capped peaks and dense forest of deodar and oaks. The comfortable accommodation with bedded Swiss tents, cottages with proper washrooms attached in the forests of Deodar and Oaks was indeed very blissful. Within a span of 4 days the participants enjoyed a new found independence away from home and beyond regular text books. It taught the children to survive without technology and the responsibility that comes with Independence.

The children were taken for mountain trekking approximately 2200 ft above the sea level. The participants were briefed about various adventure activities, rope courses, various equipment's and their usage , tent pitching and trekking. The trainers also demonstrated tent pitching and tied various kinds of knots which are used during mountain trekking. This adventure camp helped students realize the importance of certain Life skills like team Work. compassion ,Gratitude and individual goal setting .

The participants also performed various thrilling activities like Burma bridge crossing, bamboo bridge crossing , commando Bridge Bush craft, rope valley crossing, night trekking and campfire. Every activity was performed by the participants with great enthusiasm and zeal. The participants were taken to a local school for visit. There, they taught the children poems, songs. They danced and played cricket with them. The children of that school were given gifts by the students of Sat Paul Mittal School. Also, they went on a cleanliness drive to nearby jungle and village near the school campus.