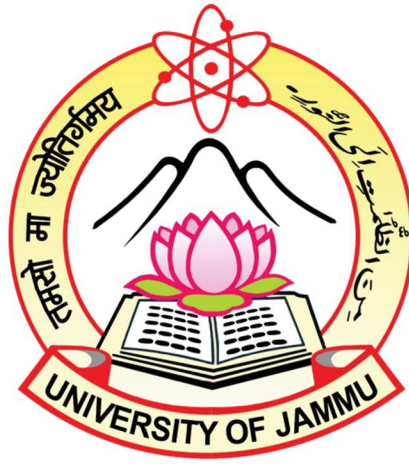


REPORT WRITING ANNUAL CAMP HELD AT BHADERWAH

W.E.F. 28TH JULY TO 7TH AUGUST 2021



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Subject: Report Writing on Annual Camp

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INTRODUCTION

The Directorate of Sports and Physical Education organized Annual Training Camp at Baderwah in collaboration with Baderwah Campus University of Jammu held from 28 July 2021 to 6 August 2021. About 200 students from M.P.Ed and B.P.Ed of Directorate of Sports and Physical Education participated in the training Camp. As this camp is a part of our syllabus too we had learnt a lot which will help us in our near future as well. The ten days long “Annual Physical Education Training Camp for B. P Ed and M. P Ed students aimed to enhance the skills, teamwork, and overall performance of students. The camp featured a diverse range of activities designed to challenge and develop participants' **physical, mental, and tactical abilities**. The activities included in this camp are the Physical Conditioning, Skill Development Sessions, Tactical Workshops, Team Building Exercises and Friendly Matches/Competitions.

The detailed report of the daily activities of the camp is as follows:

Day 1: 28 July 2021



The participants left the University Of Jammu at 10:00 am in 4 buses along with the teachers and coaches and reached the destination i.e. Baderwah Campus at 4:00 pm. The rooms were allotted to the students and the staff. The accommodation was provided by the Baderwah Campus. The students arranged their lodging in the rooms and got fresh. After that the students were assembled in the ground and were briefed about the rules and regulations of the camp. The students were then engaged in tent pitching. The students were explained by the experts about the equipment and accessories and how to pitch different types of tents. After tent pitching, the students dispersed and allowed to take rest for half an hour followed by the evening tea. After tea, the students were assembled again. They were divided into different groups and assigned a group leader who will report to the supervisor for any group activity like attendance, number of sick or injured students, etc. Each group have to perform daily duty. They were given the duties for the next day. The duties includes mess duty, discipline duty, first aid duty, etc. After breakoff, the dinner was served to the students and staff at 8:00pm. After dinner, the students were let off to their respective rooms for sleep.

Day 2: 29 July 2021

The students woke up early in the morning as already instructed and got ready for the day's programme. The students were assembled in the ground at 5:45 am for the morning assembly followed by the morning walk and light warning up in the local area of Baderwah which concluded at 8:00 am. The breakfast was served immediately after morning conditioning. After the breakfast, the students moved to their rooms and got ready for the trekking to _____. The students equipped themselves with essential requirements needed for the trek

and they were also provided the packed lunch. The participants left for the trekking at 10:00 am. It was a very difficult trek with elevated features and scenic beauty. The students were guided all along the trek by the staff and were also educated about the environment and its importance for the mankind. It was time for the lunch and the students enjoyed their packaged lunch in the midway of the trek. After lunch, the journey was continued and while doing rest in a spot the Intra- Class group dance was conducted. Despite being tired by trek the students performed with full spirit. The journey continued till the participants returned to base camp at 3:00 pm. The students were assembled in the ground, attendance was taken, and then group leaders gave report to the supervisor. After that the students were given time to rest followed by evening tea, evening assembly where the activities for next day were briefed and then dinner is served. After dinner students were let off to their respective rooms for sleep



Day 3: 30 July 2021



The students woke up early in the morning as already instructed and got ready for the day's programme. The students were assembled in the ground at 5:45 am for the morning assembly. After that students instructed to stand in two parallel rows opposite the running track. The 100 Mt and 200 Mt races for boys and girls were conducted. Each class of B.P.Ed and M.P.Ed have 4 participants. The participants stands at the starting line and coaches conducts the race. The participants are cheered by their respective classes. After the race finished the students were allowed to have breakfast and reassemble until 10:30am. The students got ready for the trekking to Padri Pass. The students equipped themselves with essential requirements needed for the trek and they were also provided the packed lunch. The participants left for the trekking at 11:00 am in Army Trucks. The students enjoyed their packaged lunch in the midway of the trek. After lunch, the journey was continued till the participants returned to base camp at 5:00 pm. The students were assembled in the ground and attendance was taken by group leaders and then group leaders report to the supervisor. After that the students were given time to rest followed

by evening tea, evening assembly where the activities for next day were briefed and then dinner is served . After dinner students were let off to their respective rooms for sleep.

Day 4: 31 July 2021





The students woke up early in the morning and got ready for the day's programme. The students were assembled in the ground at 5:45 am for the morning assembly. After that students were divided into small groups and allotted position to stand at specific point and given duties. The 400 Mt. races for boys and girls were conducted. Each class of B.P.Ed and M.P.Ed have four participants. The participants stands at the starting line and coaches conducts the race. The participants are cheered by their respective classes. After the race finished the students were allowed to have breakfast and reassemble until 10:00am. After breakfast, students were assembled and Inter-class Basketball matches were conducted. After that students were given rest and then poster making competition was conducted. After the poster making the students went for Lunch and after lunch students helped to make Kho-Kho ground and then Inter- Class Kho-Kho competition was conducted. After that the students were given time to rest followed by evening tea, evening assembly where the activities for next day were briefed and then dinner is served . After dinner students were let off to their respective rooms for sleep.

Day 5: 1 August 2021



The day started with morning assembly followed by morning conditioning and breakfast. After breakfast Intra-Class Badminton boys and girls' competition were conducted which was followed by lunch. After lunch students were given rest .At 3pm students were again assembled then Then the students were taken to Holy Temple of Chinaut Mata and local market of Bhaderwah. After returning back from there the students were provided evening tea followed by assembly for attendance and then dinner and then going back to their rooms.

Day 6: 2 August 2021





The day started with morning assembly followed by breakfast. Then the students were given time to pack light luggage for 3 days. Then the students were taken to JAI valley in mini buses and Army Trucks. When the students reached the destination, they were provided tents for pitching and then followed by lunch. After lunch the students were assembled. Then the cultural program was organized there. The activities includes singing, dancing, skit and poetry. Ramp walk was also conducted. After that students were dispersed for evening tea. Then the students were given time to rest and explore the area which was followed by dinner and going back to their respective tents.

Day 7: 3 August 2021



The day started with morning assembly followed by morning walk and breakfast. After breakfast, students were taken for trekking at JAI valley. The students were provided lunch midway and after completing trek they returned back to their base camp. The students were then provided evening tea and then students make volleyball, kabaddi and Handball ground with the available facilities. The students were then assembled for attendance which was followed by dinner. After dinner they were assembled in hall as the singer arrived there for the musical night. He was regarded as music sensation. Strumming the singer the singer belted out a medley of songs. After that students returned back to their respective tents and rooms to sleep.

Day 8: 4 August 2021



Inspite of the fact that the students were very much exhausted, but being enthusiastic they woke up early. The day started with morning assembly followed by morning walk and breakfast. After breakfast Inter-class Handball boys and girl competition were conducted simultaneously with Intra- Class volleyball boys and girls competition. After Handball and volleyball completions students were asked to have their lunch. After lunch students were given rest. At 3pm, students were again assembled then Kabaddi competition were conducted. After finishing this the students went for evening tea followed by assembly for attendance and then dinner and then going back to their rooms. They were instructed to pack their belongings as they have to return back to Bhaderwah Campus, the next day.

Day 9: 5 August 2021



The day started with morning assembly followed by breakfast. The students returned back to the Bhaderwah Campus. The students were given time to rest followed by Lunch. After lunch, the students who were participating in cultural programme were asked to get ready and others were assigned various duties for the programme and were instructed to assemble in the auditorium. The chief guest of the programme was Rajat Parmar CEO 44 RR. The cultural programme includes singing, dancing, skit, kawali, etc. The M.P.Ed 1st i.e.; Panther team were the overall winner of the Inter class competition. The programme was concluded by the speech of chief guest, who appreciated the programme and encouraged the students for such programmes. After the cultural programme the students went for evening tea. That students were given rest and given time to get ready for campfire. After campfire, dinner was served followed by going back to their rooms.

Day 10: 6 August 2021

The last day of the camp starts with morning assembly. After that, the students were instructed for packaging their belongings and prepare for the return journey. It is worth to mention here that the Director of Directorate of Sports and Physical education appreciated the students for their overall discipline and cleanliness. Then the students gave their breakfast. After that luggage was loaded in buses and students were given time to click pictures for their memory. The students were then arranged and boarded in the buses at 11:00 am and reached the University at 5:00 pm

Achievements:

The training camp yielded several notable achievements:

1. Improved Fitness Levels- Participants demonstrated significant improvements in their physical fitness levels, as evidenced by enhanced endurance, strength, and agility.
2. Enhanced Skills: Participants exhibited refined technical abilities, with noticeable improvements in ball control, shooting accuracy, and defensive maneuvers.
3. Increased Tactical Awareness: Participants displayed a deeper understanding of game strategies and tactics, resulting in more cohesive team play and strategic decision-making during matches.
4. Team Cohesion: The camp fostered strong bonds among participants, leading to improved communication, trust, and teamwork both on and off the field.
5. Individual Growth: Many participants showed personal growth and development, gaining confidence, resilience, and a stronger work ethic through the challenges encountered during the camp.

Conclusion:

Despite the overall success of the training camp, several challenges were encountered which includes Unfavourable weather conditions, such as extreme heat or rain, Injuries of students, Time Constraints etc.

The annual training camp proved to be a valuable opportunity for participants to enhance their skills, teamwork, and overall performance. Despite encountering challenges, the camp yielded significant achievements and provided valuable insights for improvement in future editions. With careful planning and implementation of recommended measures, future training camps can continue to serve as catalysts for individual and team success in sports.