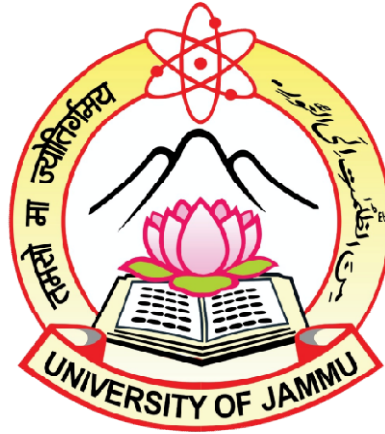


REPORT WRITING ANNUAL CAMP HELD
AT MANALI

W.E.F. 7th to 17th June 2022



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Subject: Report Writing on Annual Camp

Submission Date: 27th June 2022.

Submitted to: Harinderpal Singh

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INTRODUCTION

The Department Of Sports And Physical Education University Of Jammu Have Organized Tour For The Students Of Bped And Mped Students (100 students) For Time Period Of 10 Days To Himachal Pardesh (Hp) W.e.f 6th-june-2023 to 16th-june 2023 . The Main Purpose Of The Tour Is To Make Students Get Familiar To The Out Side /Adjoining State Of The Jammu And Kashmir . This camp Was Organized Under The Supervision Of The Director Of Sports And Physical Education Dr. Dawood Iqbal Baba And Faculty Members Of The Department. The Main Theme Was To Vist The All The Senceic Beuety Of The Himachal Mainly Manali Part As It Is Famous Tourist Destination Of The Himachal . The Places Are Famous In Himachal Are Mall Road ,Old Manali Streets kasol ,gurduwarha ,Jogni Waterfall ,various mandir of manali ,shalong valley , bias river rafting . now going to the tour sence we the students of sports and physical education have to load our laugague in the buses in evening after loading all the language of the students we are now ready to move towards himachal via pathankot late night in two different buses . we have travelled whole night to reach the base camp set by the organazing team of tour in manali . by the grace of almighty god we reach safe in morning 5 o clock to the base camp. NAMELY (REDWILD ADVENTURE).

Officials of the manali camp

HOD DR .DAWOOD IQBAL BABA

Mr. vimal kishore- Asistant proffesor

Mr.Tarvinder sir -Teachers

Mrs.bhavana sharma - Teachers

Mr.sanjeev Sharma- Teachers

Mr.Harinder pal singh- Teachers

Mr. Ashok Singh

workers: kuljit sir, sat pal sir, sumit sir, makhan sir etc.

REPORT BY : ZAHID REHMAN S/0. ABDUL REHMAN MALIK. (MPED)



. Day 1 of the tour was totally consumed in travelling ,moving to day 2 the actual camp begins

DAY 2 -MALL ROAD VISIT



The Mall Road Manali embodies the charm of the hill town in all its glory. There is a tonne of boutiques and antique shops lined up in this well-known shopping street where you can find some excellent souvenirs. The place features a huge collection of unique items made by local artisans



Mall Road has a number of [showrooms](#), [department stores](#), [shops](#), [restaurants](#) and [cafes](#). A Himachal [emporium](#) that offers handicraft products of Himachal Pradesh like locally designed woolen clothes, branded clothes, [pottery](#) items, wooden products, and [jewellery](#) is also located here.

DAY 3 –OLD- MANALI- STREETS

Old Manali is a hidden gem of Himachal Pradesh that offers a perfect blend of nature, culture, adventure, and relaxation. It is located 3 km uphill from the main town of Manali, across the Manalsu River. It is famous for its apple orchards, quaint guesthouses, and cosy cafes that offer a variety of cuisines and live music. Zipline river crossing was done there

full day in evening the contingent has to travel back to the base camp via same bus as aloted in morning of the day

DAY 4 -JOGHNI WATER FALL

Nestled amidst the lush greenery and towering peaks of the Himalayas, the Jogini Waterfall near Manali is a breathtaking natural wonder that entices travelers from far and wide. Cascading down from a height of around 150 feet, this majestic waterfall is a sight to behold, offering a serene escape from the bustling city life.

Located in the quaint village of Vashisht, just a short trek away from Manali, Jogini Waterfall is a popular destination for nature enthusiasts and adventure seekers alike. The journey to reach the waterfall is as enchanting as the destination itself, with picturesque trails winding through dense forests and offering panoramic views of the surrounding mountains. As visitors trek along the well-marked paths, they are greeted by the soothing sounds of gushing water and the fresh mountain air rejuvenating their senses. The trail passes through vibrant meadows adorned with colorful wildflowers, adding to the charm of the experience. Along the way, travelers may encounter friendly locals, offering insights into the rich culture and traditions of the region.



Upon reaching the waterfall, visitors are rewarded with a mesmerizing sight of water cascading down the rocky cliffs, creating a veil of mist that dances in the air. The sheer force of the water creates a natural pool at the base, inviting adventurous souls to take a refreshing dip in its cool waters. Surrounded by towering pine trees and moss-covered rocks, the ambiance is nothing short of magical, offering a serene retreat from the hustle .



For those seeking a more immersive experience, guided tours and camping expeditions are available, allowing travelers to spend the night under the starry sky and wake up to the soothing sounds of nature. Camping by the waterfall offers a unique opportunity to witness the changing hues of the landscape as the sun sets and rises, creating unforgettable memories that last a lifetime.

DAY 5

The Hadimba Temple, located in Manali, Himachal Pradesh, is a revered Hindu shrine dedicated to Hadimba Devi, the wife of Bhima and mother of Ghatotkacha in the Hindu epic, Mahabharata. Built-in 1553, this ancient temple is renowned for its unique architectural style, with intricately carved wooden walls, pillars, and a three-tiered pagoda roof. Set amidst a cedar forest, the temple's serene surroundings add to its spiritual ambiance. Devotees flock to seek blessings from Hadimba Devi, especially during the annual festival of Dhungri Mela, held in her honor. The temple also holds cultural significance, hosting traditional performances and rituals that showcase the rich heritage of the region. A visit to the Hadimba Temple offers not only a glimpse into ancient Hindu mythology but also a tranquil retreat amidst the natural beauty of Manali.

The Vashisht Temple in Manali is an ancient Hindu temple dedicated to Sage Vashisht, who is believed to be one of the seven sages (Saptarishi) in Hindu mythology. Situated in the picturesque village of Vashisht, just a few kilometers away from the main town of Manali, this temple is renowned for its historical significance and spiritual aura.



Dating back to the 14th century, the Vashisht Temple is constructed in traditional Himachali architectural style, with intricate wood carvings adorning its facade. The temple complex also includes natural hot springs known for their therapeutic properties, attracting pilgrims and tourists alike seeking rejuvenation and healing.

The Vashisht Temple is also significant for its cultural heritage, hosting various religious ceremonies and festivals throughout the year, including Rishi Vashisht's birthday celebrations and special pujas dedicated to the sage.

For visitors to Manali, a trip to the Vashisht Temple offers not only a spiritual experience but also a glimpse into the rich cultural tapestry of the region, making it a must-visit destination for those seeking both relaxation and enlightenment amidst the Himalayan foothills.

DAY 6 The Bias River, also spelled as Beas River, holds significant historical importance in the Indian subcontinent. Originating from the Himalayas in the state of Himachal Pradesh, it flows through the northern states of Punjab and Haryana before joining the Sutlej River I



RIVER RAFFTING –BEAS RIVER

The Beas River offers exhilarating white water rafting experiences for adventure enthusiasts. With its fast-flowing currents and stunning Himalayan backdrop, rafting along the Beas River is a thrilling adventure that attracts visitors from around the world. The rafting stretches on the Beas River vary in intensity, catering to both beginners and experienced rafters. The most popular rafting stretch is between Pride and Jhiri, near Kullu, where the river offers Grade II and III rapids, providing a perfect balance of excitement and safety. During the rafting expedition, participants navigate through the river's rapids, manoeuvring the raft under the guidance of experienced rafting guides. The adrenaline rush of tackling the swirling waters and negotiating the rapids is unmatched, making it a memorable experience for adventure seekers.

Apart from the thrill of rafting, participants also get to soak in the breathtaking natural beauty surrounding the river, with lush greenery, towering mountains, and cascading waterfalls enhancing the overall experience

DAY 7

Solang Valley, located about 14 kilometers from Manali in Himachal Pradesh, is a scenic paradise nestled amidst the majestic Himalayas. Also known as the 'Skiing Capital of India,' Solang Valley is renowned for its breathtaking landscapes, adventure activities, and pristine natural beauty. During the winter months, Solang Valley transforms into a winter wonderland, covered in a blanket of snow, making it a haven for snow sports enthusiasts. Visitors can indulge in thrilling activities such as skiing, snowboarding, and snow tubing against the

backdrop of snow-capped peaks. In the summer months, Solang Valley offers a different charm with lush greenery, blooming flowers, and gushing streams.



DAY8 - TRAVELING TO KASOL VALLEY

Kasol, nestled in the Parvati Valley of Himachal Pradesh, is a serene and picturesque destination renowned for its natural beauty, tranquil atmosphere, and vibrant culture. Situated along the banks of the Parvati River, Kasol is often referred to as the "Mini Israel of India" due to its large population of Israeli tourists and the influence of Israeli culture in the area.

The lush greenery, towering pine forests, and snow-capped Himalayan peaks provide a stunning backdrop for travelers seeking relaxation and adventure alike. Kasol is a haven for trekkers and nature lovers, with numerous trails leading to scenic spots such as Kheerganga, Tosh, Malana, and Rasol. These treks offer breathtaking views of the surrounding landscapes, waterfalls, and quaint villages, making them popular among both novice and experienced trekkers.

Kasol is also a melting pot of cultures, attracting travelers from all over the world. Visitors can interact with the local Himachali people and learn about their way of life, as well as engage with the Israeli community and experience their unique customs and traditions.

DAY 9

Kasol Gurudwara, officially known as Manikaran Sahib Gurudwara, is a prominent Sikh shrine located in the town of Manikaran, near Kasol, in the Parvati Valley of Himachal Pradesh, India. It holds immense religious significance for Sikhs and Hindus alike.

The Gurudwara is situated amidst stunning natural surroundings, with the Parvati River flowing nearby and towering Himalayan peaks forming a majestic backdrop. It is believed that Guru Nanak Dev Ji, the founder of Sikhism, visited this sacred site during his travels in the 15th century.

One of the unique features of the Gurudwara is its hot springs, which are said to have been created by Guru Nanak Dev Ji's divine intervention. Pilgrims come from far and wide to take a dip in the hot springs, as it is believed to have healing properties and spiritual significance.

The Gurudwara complex also includes langar halls where free meals are served to all visitors, irrespective of caste, creed, or religion. This tradition of community kitchen, known as langar, is an integral part of Sikhism and reflects the principles of equality and service.

Throughout the year, the Kasol Gurudwara attracts devotees and tourists who come to seek blessings, participate in religious ceremonies, and experience the tranquil ambiance of the sacred site. The Gurudwara also plays a vital role in providing humanitarian aid and support to the local community, especially during times of need.

Overall, the Kasol Gurudwara is not just a religious institution but also a symbol of peace, harmony, and service, welcoming people of all backgrounds with open arms and spreading the message of love and compassion.

DAY 10

BACK TO JAMMU

The experience of mountain hiking and camping.

Mountain hiking and camping offer a rich and multifaceted experience that can be deeply rewarding on many levels. Here are some of the best parts of the experience:

Connection with Nature: Hiking and camping in the mountains allow you to immerse yourself in the beauty of nature. The breathtaking landscapes, fresh air, and serene surroundings create a sense of tranquillity and wonder.

Physical Challenge: Hiking in the mountains provides an excellent workout. The uneven terrain, elevation changes, and sometimes steep ascents challenge your physical fitness and stamina, leaving you with a sense of accomplishment.

Scenic Views: Reaching a summit or a vantage point during a hike rewards you with stunning panoramic views of valleys, peaks, forests, and sometimes even distant horizons. These views are a unique reward for your efforts.

Night Sky: Mountain camping presents the opportunity to witness a spectacular night sky. Far from city lights, you can see stars, constellations, and celestial phenomena that are often hidden in urban environments.

Self-Reliance: Camping in the mountains fosters self-reliance. Setting up camp, cooking meals, and staying comfortable require problem-solving and practical skills, leading to a sense of self-accomplishment.

Unplugging and Mindfulness: With limited or no connectivity, mountain camping encourages you to disconnect from technology and be present in the moment. This promotes mindfulness and helps you appreciate the simple pleasures.

Bonding with Others: Hiking and camping with friends or family can strengthen bonds and create lasting memories. Shared experiences and challenges can lead to deeper connections..

In summary, the best part of mountain hiking and camping is the holistic experience it offers

#our favourite camping/hiking experience

Hiking and camping are both wonderful ways to reconnect with nature, but they're also opportunities for you to get away from the hustle and bustle of daily life. If you're just getting started with hiking or camping, we suggest doing so in a rural area where there are fewer people around. This will help ensure your safety as well as provide you with more quiet time to connect with everything around you.

The feeling of physical accomplishment.

Hiking and camping is a wonderful way to reconnect with nature and with yourself. How hiking and camping helps you to relax, unwind and enjoy nature. The benefits of being physically active in the great outdoors.

The benefits of eating well and cooking for yourself while on a hike or camping trip. The joys of being with your friends and family when you're out hiking or camping together!

In conclusion, hiking and camping can be a great way to reconnect with nature and with yourself. It's also a great activity for people of all ages and abilities because it is so accessible—there are plenty of places where you can go hiking, even if they aren't near any major cities or towns. So whether you want something easy like walking through the woods near your house or something more intense like climbing Mount Everest (which many people have done), there are options for everyone

Conclusion :

The conclusion of a Manali camp, comprising hiking and camping, is a culmination of breathtaking experiences amidst the majestic Himalayas. The journey begins with anticipation and ends with a sense of fulfillment and nostalgia, leaving indelible memories etched in the hearts of adventurers.

Manali, nestled in the Kullu Valley of Himachal Pradesh, offers a myriad of hiking trails that cater to both novice trekkers and seasoned mountaineers. From gentle strolls through pine-

scented forests to challenging ascents to high-altitude passes, each trail promises stunning vistas of snow-capped peaks, lush meadows, and glistening streams. In conclusion, a Manali tour encompassing hiking and camping is not just a physical journey but a soul-stirring odyssey that rejuvenates, inspires, and enriches. It is a testament to the indomitable human spirit and the profound connection between mankind and nature. As travelers bid adieu to this enchanting land, they carry with them not just photographs and souvenirs but a renewed sense of wonder and gratitude for the wonders of the natural world.