

7 Days Skill Development Workshop on Mountaineering Report
Organized by Directorate of Sports and Physical Education, University of Jammu under the aegis of
SIIEDC and RUSA

Date: 31st January 2024 to 6th February 2024

The Directorate of Sports and Physical Education at the University of Jammu proudly organized a transformative "7 Days Skill Development Workshop on Mountaineering" under the esteemed auspices of SIIEDC (Sports, Innovation, Invention, and Entrepreneurship Development Center) and RUSA (Rashtriya Uchchatar Shiksha Abhiyan). This immersive workshop took place from January 31, 2024, to February 6, 2024, offering a unique platform for skill enhancement and holistic development.

Dedicated to fostering a spirit of adventure and physical prowess, the workshop brought together approximately 300 enthusiastic students from various departments of the University of Jammu. The event aimed to instil a sense of discipline, resilience, and a love for the great outdoors, with a focus on mountaineering skills and techniques.

Acknowledgments:

At the helm of this enriching initiative was the visionary leadership of Dr. Daud Iqbal Baba, Director of the Directorate of Sports and Physical Education. Dr. Baba's commitment to promoting sports and physical education has been instrumental in shaping the success of such endeavours, making the workshop a testament to his unwavering dedication.

Prof. Alka Sharma, Director of SIIEDC, and Prof. Satya Paul, Coordinator of RUSA, provided invaluable support, further elevating the workshop's stature and impact. Their guidance and encouragement contributed significantly to the overall success of this initiative.

Contributing Faculty Members:

The workshop's seamless execution owed much to the dedicated staff of the Directorate of Sports and Physical Education, led by the dynamic Dr. Mandeep Singh. Alongside Dr. Singh, the contributions of Mr. Vimal Kishore, Mr. Ravish Vaid, Mr. Vikas Karlopiya, Mr. Gagan Kumar, Mr. P. D. Singh, Mr. Jai Bharat, Mr. Inderjeet Singh, Mr. Harinderpal Singh, Mr. Rishiv Sharma, Mr. Ms. Manu Pawar, Ms. Mahak, Ms. Richa Mandla were indispensable in ensuring a fruitful and impactful experience for the participants.

Student Support and Discipline:

A special mention is due to the students who played a crucial role in maintaining discipline and recording attendance throughout the workshop. Mr. Arjun Singh Kotwal, Mr. Hritik Khullar, Ms. Diksha Jasrotia, Mr. Ayoush from M.P.Ed 4th, Mr. Saleem from B.P.Ed 4th, and Mr. Ashish from B.P.Ed 1st exhibited commendable dedication and responsibility in assisting the smooth functioning of the program.

In essence, this collaborative effort, spearheaded by the University of Jammu, not only imparted valuable mountaineering skills but also fostered a sense of community and shared achievement. The success of the workshop stands as a testament to the collective vision and hard work of all involved, creating a lasting impact on the participants and the broader university community.

Day 1: 31st January 2024; Inaugural Address at the Workshop

A sense of anticipation filled the air as Dr. Mandeep Singh, the dynamic force behind the 7 Days Skill Development Workshop on Mountaineering, extended a warm welcome to all the eager participants. With enthusiasm and encouragement, Dr. Singh set the tone for an immersive and enlightening experience that lay ahead.

In his introductory remarks, Dr. Singh not only acquainted the students with the intricacies of the upcoming workshop but also expressed his heartfelt wishes for their enriching journey. He encouraged them to embrace every opportunity for learning and growth, assuring them that the days ahead held the promise of acquiring valuable skills and forging lasting memories.

The pivotal moment arrived as Dr. Mandeep Singh extended an esteemed invitation to the Hon'ble director, Dr. Daud Iqbal Baba, to grace the stage. Dr. Baba, with his distinguished presence, added a touch of

significance to the event. In a symbolic gesture, he inaugurated the workshop, marking the commencement of a transformative experience for all participants.

Dr. Daud Iqbal Baba's inaugural address resonated with inspiration and a shared commitment to the pursuit of knowledge and adventure. His words served as a beacon, guiding the participants toward a week of exploration, challenge, and personal development. The ceremonial inauguration set the stage for what promised to be a remarkable journey into the world of mountaineering.

As the workshop unfolded under the guidance of these visionary leaders, the participants embarked on a transformative learning experience, fuelled by the welcoming spirit and wisdom imparted by Dr. Mandeep Singh and the esteemed presence of Dr. Daud Iqbal Baba. The inaugural moments not only marked the beginning of the workshop but also set the foundation for a week of discovery and growth.

Mr. Pranav Bandral conducted an introductory class on mountaineering, while Mr. Manik Bandral briefed about trekking on mountains. Following a 30-minute break, Mr. Rashid Aslam taught campsite and tent pitching, and Mr. Neeraj Rakwal conducted sessions on packing of rucksack and sleeping bag. After a 60-minute lunch break, practical sessions were led by respective mentors.

Days 2-3: 1st February and 2nd February 2024

Mr. Neeraj Rakwal conducted a session on trekking expedition, and Mr. Pranav Bandral explained correct layering of clothes in high altitude and different weather conditions. Mr. Rashid Aslam covered shelter techniques, followed by a 30-minute break. Mr. Pranav Bandral conducted a class on climbing, and Mr. Manik Bandral taught marching techniques. After a 60-minute lunch break, practical sessions on climbing and route selection ensued.

Days 4-5: 3rd February and 4th February 2024

Practical classes on rappelling, river crossing, hazards during hiking, and trekking were conducted by Mr. Pranav Bandral, Mr. Rashid Aslam, Mr. Manik Bandral, and Mr. Neeraj Rakwal at Bajalta and River Tawi. A 30-minute break preceded a class on jumaring, followed by a 60-minute lunch break and practical on river crossing.

Day 6: 5th February 2024

Mr. Neeraj Rakwal taught about mountaineering equipment, while Mr. Manik Bandral covered high altitude sickness and its prevention. Mr. Rashid Aslam discussed mountain manners, and Mr. Manik Bandral conducted a session on desert trekking.

Day 7: Certification Ceremony and Conclusion

On the concluding day of the 7 Days Skill Development Workshop on Mountaineering, the Directorate of Sports and Physical Education at the University of Jammu orchestrated a momentous Certification Ceremony. The event marked the culmination of a week-long journey of exploration, learning, and skill development.

Under the distinguished presence of Dr. Daud Iqbal Baba, the visionary Director of the Directorate of Sports and Physical Education, along with the esteemed personalities Prof. Alka Sharma, Director of SIIEDC, and Prof. Satya Paul, Coordinator of RUSA, certificates were conferred upon the students who had successfully participated in the workshop.

The ceremony was not merely a symbolic acknowledgment; it was a testament to the dedication and perseverance exhibited by the participants throughout the comprehensive mountaineering program. Dr. Daud Iqbal Baba, Prof. Alka Sharma, and Prof. Satya Paul personally handed over the certificates, recognizing the participants' commitment to acquiring new skills and embracing the spirit of adventure.

As part of the ceremony, a captivating demonstration of various mountaineering techniques was presented to the gathered guests. This showcased the practical application of the skills acquired during the workshop and provided a glimpse into the comprehensive training imparted over the seven days.

With the distribution of certificates and the impressive demonstration, the workshop reached its zenith. The participants, faculty members, and guests alike were left with a sense of accomplishment and a renewed passion for mountaineering. The ceremony marked the official conclusion of the workshop, and with gratitude and camaraderie, the camp was closed.

The echoes of the skills acquired and the memories forged during the workshop are sure to resonate within the participants, fostering a lasting appreciation for the world of mountaineering and outdoor adventure. The Certification Ceremony encapsulated the success of the program and symbolized the beginning of a new chapter for each participant, equipped with newfound knowledge and skills.



Dr. Daud Iqbal Baba
Director, Directorate of Sports
and Physical Education



Pic : Students of University of Jammu attending 7 days workshop on mountaineering.









