

# NATIONAL ADVENTURE FOUNDATION

adventure sports trekking rock climbing cycling skiing  
white water rafting kayaking canoeing bungee jumping gliding  
micro wings flying para sailing para gliding hang gliding  
powered hang gliding safety awareness mountain training



# THE NAFER

2019-2020





# THE AMITY INDIAN MILITARY COLLEGE

CBSE AFFILIATED (Regd No. 530785)



"CONTRIBUTE IN MAKING INDIA STRONG. ASPIRE FOR A DISTINGUISHED CAREER IN THE ARMED FORCES FOR WHICH AIMC OFFERS A GOLDEN OPPORTUNITY".

- Dr. Ashok K. Chauhan  
The Founder President



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- Administrative Officer (Tel : 0124- 2337015, Mob: 98-106-99595)

Admission Forms available at [www.amity.edu/aimc](http://www.amity.edu/aimc)

E-mail: [aimc@amity.edu](mailto:aimc@amity.edu)



# *Our Founder*

## **BRIG GYAN SINGH** *(12 April 1915-1997)*



*Brig Gyan Singh*, was commissioned into the Regiment of Artillery as an Officer in Jul 1940. He developed an aptitude for mountaineering during his tenure in J&K in 1948 as the Commanding Officer of a Regiment and climbed numerous Himalayan peaks while carrying out reconnaissance and other professional tasks during this tenure.

In 1958, **Brig Gyan Singh** was posted as Principal, Himalayan Mountaineering Institute (HMI), Darjeeling, a premier Mountaineering Institute, which further whetted his appetite for mountaineering. In Jul – Aug 1959, he visited Europe, to attend the International Mountaineers Meet. During his visit to Europe he also visited a number of Mountaineering Institutes and gained valuable knowledge about Mountaineering.

In 1959, India was planning to launch its first 'Indian Everest Expedition'. Giving recognition to the fact that **Brig Gyan Singh** had established himself as an accomplished and able mountaineer, in Sep 1959, he was appointed as the Leader of the 'Expedition to Everest'.

**Brig Gyan Singh** led the 'Expedition' from Mar to May 1960. Though, the Expedition had to be abandoned just 700 ft short of the summit due to prevailing and anticipated 'adverse weather conditions', it had put India on the Mountaineering Map of the World.

In Nov 79, **Brig Gyan Singh** founded the National Adventure Foundation, with the aim to promote adventure among the youth, throughout the country.

In recognition of his services to the Nation in the field of Mountaineering, **Brig Gyan Singh** was awarded the Padma Shri and National Adventure Award for Life Time Achievement.





## NATIONAL ADVENTURE FOUNDATION

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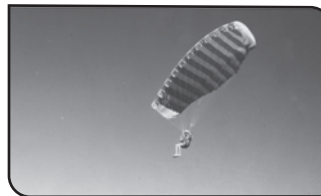
#### PARAMOTOR



#### POWERED HANG GLIDER



#### PARAGLIDER



#### Contact

#### NAF CHAPTER, THIRUVANANTHAPURAM

Telephone : 0471-2472579, 2400740 • Mobile : 09387802370  
Email : [skjnairnaf@yahoo.com](mailto:skjnairnaf@yahoo.com) • [rohini.nair18@yahoo.com](mailto:rohini.nair18@yahoo.com)



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#### CONTACT

Director, National Adventure Foundation, Chapter Madhya Pradesh  
HIG-8, Darpan Colony, Thatipur, Gwalior, Madhya Pradesh-474011  
Mobile : 91-9650658282, Email : [yadavpoonam1@gmail.com](mailto:yadavpoonam1@gmail.com)

*With Best Compliments from :*

**Col (Dr) C K Singh (Retd)**  
Director  
09837190455



**Wg Cdr V K Kapur (Retd)**  
Secretary

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A close-up photograph of a fountain pen writing on a piece of paper, with the word 'Editorial' written in a large, elegant, blue cursive script.

# Editorial



Greetings to all NAF friends. It gives me great pleasure to present to you all, the 18th edition for NAFER, since it was revived in 2001-2002.

Though it has been an eventful year politically, but as far as adventure activities are concerned, there have been more than normal casualties during mountaineering expeditions, paragliding and white water rafting as you all will read in the 'Adventure News'. There is some encouraging news also about one of our Chapters being given a National award of Excellence by the Hospitality and Tourism Congress (HTC).

NAFER 2019-2020, as always, contains a mixed fare of personal reminiscences and some articles for general information and guidance by our adventurist members, which I hope, readers will find interesting and useful. Pictorial activities of our Chapters during the year 2018-19, and information about NAF are also included for your reading pleasure.

I am indeed extremely grateful to all who have contributed articles and advertisements, to make it possible for me to publish NAFER 2019-2020 and plead for their continued support in the future also.

I also express my sincere thanks and heartfelt gratitude to **Brig Ravi Kumar, SM (Retd)** President NAF and **Lt Col RK Bhushan (Retd)** Executive Director NAF for their guidance, support, cooperation and assistance, without which it would not have been possible to bring out this issue of NAFER. My sincere thanks also to **Ms Neelam Rawat** and **Shri Mahesh Chand** for their assistance and working overtime to produce the NAFER in time.

Wishing all a very happy and enjoyable reading of NAFER 2019-2020. Please do share your views and suggestions, so as to enable us to further improve upon the NAFERs in future, in quality and contents.

Adieu, till we meet again in the next NAFER !!

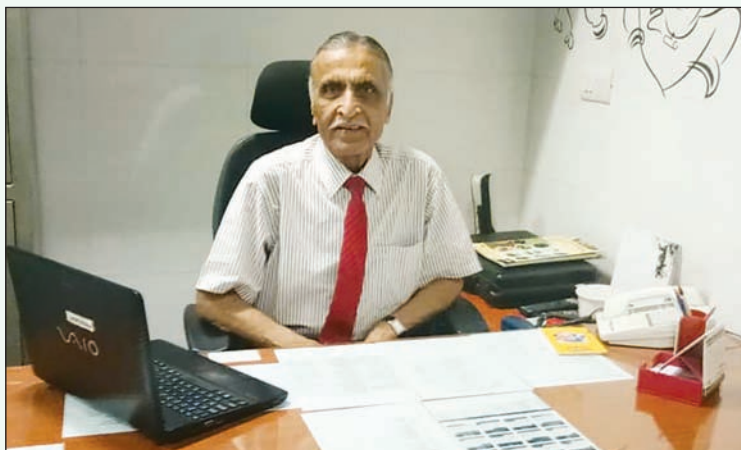
New Delhi  
27 Aug 2019

A handwritten signature in blue ink, which appears to read 'SK Nagpal'.

**Col SK Nagpal (Retd)**  
Honorary Editor



## From the President's Desk



It gives me great pleasure to, once again, extend my warm greetings to the 'Fraternity of Adventure Enthusiasts' all over the Country.

**This year, historically, constitutes a landmark in the life of the NAF, since it marks the completion of 40 years of its existence, since its birth in Nov 1979.** During these 40 years, while the NAF cannot lay claim to any greatly 'earth shaking' or 'epical' or 'headline grabbing' achievements, yet we can justifiably draw considerable satisfaction from

the fact that the NAF has certainly made its mark on the National 'Youth Related Adventure Firmament' and contributed significantly in terms of :-

- Establishing itself as a recognizable 'Apex Body' at the National level, as the only NGO promoting 'Adventure Sports' in the country in all elements i.e. land, water and air.
- Extending its coverage over almost the entire country, by setting up nearly 36 'NAF Chapters' spread all over the country.
- Doggedly and consistently pursuing its aims and objectives of increasing the awareness of and extending the exposure to 'Adventure', among the youth, as a 'growth oriented and positive' activity, with considerable success.
- Serving a significant 'social purpose' by way of :-
  - ❖ Facilitating exposure to Adventure, either free of cost or at highly subsidized costs, for such youth as hail from the underprivileged sections of Society and cannot financially afford, it or for those who are mentally/physically challenged.
  - ❖ Giving total primacy to reaching out to the 'meek and timid' among the youth, who need such an exposure as a preparation to 'cope with life', as against, spending the limited resources that the NAF has, on a 'gladiatorial' or 'record breaking' or 'news making' Adventure Activity/ Event.

**India holding General Election in Apr – May 2019, to elect its 17th Lok Sabha, has certainly been an Epical Event, which, substantially, enhanced the 'Standing and Stature' of our Country, Worldwide, in terms the acceptance and recognition of India being the largest, very well established, stable and mature Democracy in the World. Some of the aspects which greatly, impressed the World, could be summarized as under:-**

- The number of people, men and women above the age of 18, who exercised their franchise, far exceeds those who may have formed part of 'Voters' in any country at any time.

■ The Election Commission of India managed the ‘Election Process’ with noteworthy efficiency and acumen to ensure a ‘Free and Fair’ Poll, notwithstanding considerable diversities India has, not only in terms of its ‘Terrain and Weather’ conditions, but also in respect of the strong and widely varying political ‘Beliefs and Orientations’ the Political Parties and their Candidates harbour, based on religion, caste, language and so on.

■ **The Election Results did surprise many, both in India and Abroad in respect of the clear and strong ‘Mandate’ the Country’s Electorate, unambiguously, gave, reflecting a desire for greater political stability in the Country.**

The NAF has had a good year, in terms of the ‘activities and accomplishments’, both quantitatively and qualitatively. We owe the ‘quantitative upgrade’, for which we convey our gratitude to Ministry of Youth Affairs and Sports, Govt of India for having allotted to us good number of programmes, thus enabling us to reach out to a much larger number of youth through our 36 Chapters located in all corners of the Country. We also thank **Dr Ashok K Chauhan**, the Founder President of Amity Education Group, and **Lt Gen BK Bopanna**, PVSM, AVSM, VSM (Retd) Director General, Amity (INDIA) Military Education Society, for their gracious patronage by way of tasking NAF to conduct ‘Adventure Exposure’ Programmes for their students.

I do think that it would be pertinent to mention that, behind the considerable progress made by the NAF during the past few years in terms of the ‘Functional Stability’ that the NAF has attained, there has been the solid support of our worthy and distinguished Chairman, **Brig KP Singh Deo**, AVSM (Retd). Our sincere gratitude to him.

Internally, the Chapter Directors continue to be our main support. At the NAF HQ, **Lt Col RK Bhushan (Retd)** as the Executive Director and **Col SK Nagpal (Retd)** as the Editor ‘NAFER’ and coordinator of Corporate, Amity and other Institutional Training Programmes, **Ms Neelam Rawat**, **Shri Mahesh Chand** and **Shri Madhu Kant Mishra** have continued to be the pillar of strength while performing their respective roles. My warm compliments and appreciation to each one of them.

Finally, I convey my warm Greetings and Good wishes to all members of the ‘NAF Family’ for their happiness and success.

New Delhi  
27 Aug 2019

A handwritten signature in blue ink, appearing to read 'Ravi Kumar', is positioned above the printed name.

(Brig Ravi Kumar)  
President, NAF



*With Best Compliments From :*




**R K Thapa (DIG, BSF Retd)**  
**Director PMG, PMMS**  
**9680365365**


**Mrs. Aruna Mall**  
**Secretary**  
**9690850015**



# **NAF** **CHAPTER** **UTTARAKHAND** **(DEHRA DUN)**

E-mail : [ravikiranthapa56@gmail.com](mailto:ravikiranthapa56@gmail.com)



**NATIONAL ADVENTURE FOUNDATION**  
**WEST BENGAL CHAPTER**  
**ROCK CLIMBING COURSE**  
 For the students of  
**Women's Christian College**  
 at Mudiali, Paschim Medinipur  
 March 2019

## **NATIONAL ADVENTURE FOUNDATION** **WEST BENGAL CHAPTER**

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**Tel: 033 24383138 / 03329701907 M: 9830372948 / 8583948820**  
**Email: [barun.ray@gmail.com](mailto:barun.ray@gmail.com)**

**BRIG.K.P. SINGH DEO, AVSM, (RETD.)**  
Former **MEMBER OF PARLIAMENT**  
(LOK SABHA)



**24, Vasant Enclave,**  
**Vasant Vihar,**  
**New Delhi - 110057**  
Tele : 26144271

Dt.: 22 Aug, 2019



### **MESSAGE**

It gives me great pleasure to know that the NAF is publishing the next issue of it's Souvenir, NAFER 2019-2020.

It also gives me immense satisfaction to see the NAF, grow from strength to strength, which can be seen, going through these NAFERs, publishing their yearly activities and reports.

The NAF since it's inception, has been playing a vital role in encouraging and promoting adventure activities, through it's various Chapters, all over the country.

Through these activities, NAF has done yeoman service in character building of our youth and imbibing in them the spirit of comradeship, art of leadership, grit and determination and the courage to take calculated risks. All these traits, not only help youth in their day to day life but also help in channelising their energies, away from negative influences to make them better and responsible citizens of the country. I congratulate all members of the NAF for this commendable service to the nation.

I wish the NAF all the very best in the future and success in all their endeavours.



**Brig K P Singh Deo, AVSM (Retd)**  
Chairman,  
National Adventure Foundation



उपमा चौधरी, भा.प्र.से.  
Upma Chawdhry, IAS



सचिव  
भारत सरकार  
युवा कार्यक्रम और खेल मंत्रालय  
युवा कार्यक्रम विभाग  
Secretary  
Government of India  
Ministry of Youth Affairs & Sports  
Department of Youth Affairs

Dated : 20<sup>th</sup> August, 2019

### MESSAGE

Department of Youth Affairs in the Ministry of Youth Affairs & Sports, Government of India is the nodal Department for the promotion of adventure and youth affairs in India.

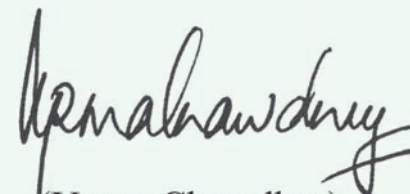
Adventure activities inculcate the positive energy in the youth, channelize their energy in the right direction and enable them to become good and responsible citizen of the country.

As such, promotion of adventure with an objective of creating and fostering amongst the youth, spirit of risk taking, cooperation, team work, the capacity of ready and vital response to challenging situation is necessary.

I am very pleased to know the National Adventure Foundation (NAF) is bringing out its annual souvenir called 'NAFER-2019-20'.

The contribution of NAF towards development of the youth to be confident leaders with requisite character qualities and personal attributes which enable youth to help in building self-confidence and risk taking capabilities is appreciable.

I convey my best wishes to "National Adventure Foundation" for the publication of 'NAFER' and wish the office bearers and members of NAF all success in their present and future endeavours.

  
(Upma Chawdhry)



लेफ्टिनेंट जनरल डी अन्बू, पी वी एस एम, यू वाई एस एम, ए वी एस एम, वाई एस एम, एस एम  
सह सेनाध्यक्ष  
कर्नल ऑफ दी सिख लाई रेजिमेन्ट एवम्  
ऑनरेरी कर्नल कमांडेंट, दि बॉम्बे सैपर्स  
**Lt Gen D Anbu, PVSM, UYSM, AVSM, YSM, SM**  
Vice Chief of the Army Staff  
Colonel of The SIKH LI Regiment &  
Honorary Colonel Commandant, The Bombay Sappers

रक्षा मंत्रालय  
एकीकृत मुख्यालय (सेना)  
नई दिल्ली – 110011

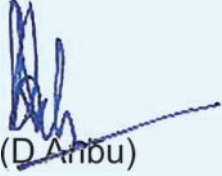
IHQ of MoD (Army)  
New Delhi - 110 011



1. It gives me immense pleasure to convey my greetings and best wishes to the National Adventure Foundation (NAF) on the occasion of publishing its Annual Souvenir 'NAFER' a compilation of adventure activities.
2. Adventure is an important facet of human life and helps in developing a sense of purpose, determination, courage and perseverance against all odds. NAF has been instrumental in promoting adventure amongst the youth and building their personality & character by infusing in them a sense of discipline and national pride.
3. I wish the NAF the very best in all its endeavours.

Station : New Delhi

Dated : 28 Aug 2019

  
(D Anbu)  
Lt Gen  
VCOAS





*Air Marshal Rakesh Kumar Singh Bhadauria*

PVSM AVSM VM ADC

*Vice Chief of the Air Staff*

Tel : 011-23012579 (O)  
: 011-23011935 (R)  
Fax : 011-23018981

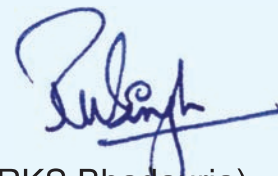
वायु सेना मुख्यालय  
वायु भवन  
नई दिल्ली-११०१०६  
Air Headquarters  
Vayu Bhavan  
New Delhi - 110 106



## MESSAGE

1. It gives me great pleasure to note that National Adventure Foundation is publishing NAFER 2019. I compliment the Foundation and all its chapters for their contribution in bringing out this annual souvenir.
2. Exposure to adventure activities enables youth to channelise their energy in a positive direction well outside one's comfort zone. It also plays a vital role in evolving strength of character and fostering leadership skills based on a bedrock of team spirit and cooperation. Involvement of our youth in such activities promotes greater understanding for combatting the challenges of environmental degradation and global warming. In effect, participation of youth in sports and adventure activities supports nation building.
3. I am happy to note that over the years, NAF has conducted a plethora of adventure activities with professional acumen and has contributed immensely in developing spirit of adventure amongst youth of our country. NAF's yeomen contribution in spreading awareness and promoting sports in the country is praiseworthy.
4. I wish NAF and all its members all the success in their future endeavours.

Jai Hind !



(RKS Bhadauria)  
Air Marshal  
Vice Chief of the Air Staff



वाइस एडमिरल जी अशोक कुमार, ए वी एस एम, वी एस एम  
सह-नौसेनाध्यक्ष

**Vice Admiral G Ashok Kumar, AVSM, VSM**  
**Vice Chief of the Naval Staff**

Tele : 011-23011435

Fax : 011-23793148

E-mail : [vcns@navy.gov.in](mailto:vcns@navy.gov.in)

192-ए, साउथ ब्लॉक  
रक्षा मंत्रालय  
एकीकृत मुख्यालय (नौसेना)  
नई दिल्ली-110011

192-A, South Block  
Integrated Headquarters  
Ministry of Defence (Navy)  
New Delhi - 110011



## MESSAGE

1. It gives me great pleasure to compliment the National Adventure Foundation (NAF) for their immense contribution in promoting adventure sports amongst the youth in the country.
2. The vital role played by the NAF in the conduct of adventure activities all over the country at subsidised rates, especially for the under-privileged youth of our society, is commendable. This will pave the way for laying a strong foundation for character building in our youth.
3. In the present socio-economic scenario, emphasis is laid on leadership skills, confidence building and moral character. The avenues provided by NAF not only helps the youth to divert their mind from negative influences but also motivates them to achieve their dreams. The NAF, in the true spirit, is rendering yeoman service to the youth of the country.
4. I, on behalf of the Indian Navy, once again congratulate the Foundation for their tremendous efforts and wish NAF success in all their endeavours.



(G Ashok Kumar)  
Vice Admiral  
Vice Chief of the Naval Staff

Dated : 22 Jul 19





लेफ्टिनेंट जनरल राजीव चोपड़ा, ए वी एस एम  
महानिदेशक राष्ट्रीय कैडेट कोर एवं  
कर्नल ऑफ द मद्रास रेजीमेंट

**Lt Gen Rajeev Chopra, AVSM**  
**Director General National Cadet Corps &**  
**Colonel of The Madras Regiment**

Tel : 011-26104797, 26194435  
Fax : 011-26194421  
Ascon : 35402

महानिदेशालय  
राष्ट्रीय कैडेट कोर  
पश्चिम खण्ड-IV, रा कृ पुरम्  
नई दिल्ली-110066  
Directorate General  
National Cadet Corps  
West Block IV, R K Puram  
New Delhi - 110 066

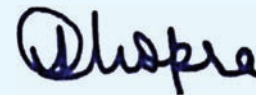


## MESSAGE

1. The National Adventure Foundation, is one of the premier organizations in our country, which is actively involved in conducting adventure related activities for the youth.
2. Since its inception, the NCC has continued to lay emphasis on adventure activities and sports for the development of our young cadets. NCC cadets successfully undertake various adventure activities like mountaineering, skiing, white water rafting, sailing, trekking etc. The activities of the National Adventure Foundation, under the dynamic leadership of Brig K P Singh Deo, AVSM have been appreciated by a vast spectrum of our society, as the organization promotes and encourages adventure activities and sports. Adventure sports are important for our youth, as it teaches them a number of lessons on comradeship, courage to face challenges, the art of leadership, grit and determination, all of which will stand them in good stead in life.
3. I would like to commend the pioneering work being done by the “National Adventure Foundation” and I would like to convey my best wishes to them for greater success in times to come.

Place : New Delhi

Date 20 Aug 2019



(Rajeev Chopra)  
Lt Gen  
Director General  
National Cadets Corps



## Himachal Pradesh Chapter National Adventure Foundation

Snow Shelter Building, Kufri, Shimla - 171 012

Tel : 0177-2648135, 2004035, Resi.: 2004135, Mobile : 0-94180-48435, 0-98160-48035

Fax : 0177-2648135, E-mail : [nafkufri@yahoo.com](mailto:nafkufri@yahoo.com)



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*With Best Compliments from :*

## NAF CHAPTER, ODISHA



### WE ORGANISE

- PARASAILING
- RIVER RAFTING
- COASTAL TREKKING
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- ROCK-CLIMBING
- ADVENTURE PROGRAMME
- WATER & LAND ZORBING
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EVERY MONTH  
JULY TO SEPTEMBER  
SEPTEMBER TO FEBRUARY  
EVERY MONTH  
SEPTEMBER TO FEBRUARY  
SEPTEMBER TO FEBRUARY  
EVERY MONTH  
APRIL TO MAY & OCTOBER TO NOVEMBER

### Contact

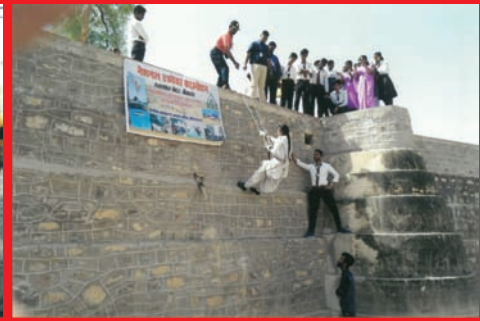
Director, National Adventure Foundation, Chapter Odisha  
Sector-5, Plot No. 214, Niladri Vihar, Bhubaneswar-21, Odisha

Mobile : 0-9937013732, 9861257258, 9238870332,

E-mail : [bhuyan\\_rabi@rediffmail.com](mailto:bhuyan_rabi@rediffmail.com), visit us at : [www.odishaadventures.com](http://www.odishaadventures.com)



*With Best Compliments from :*



**Magan Bissa**  
Director

## NAF Chapter, Rajasthan-1

Shakdivipiya Sadan, Behind Rama Niwas,  
Rani Bazar, Bikaner-334 001 (Rajasthan)  
Tel.: 0151-2524750 (O), 0151-2523050 (R), 0151-2223047 (Fax),  
Mobile : 09414139850, E-mail : [naf.raj@rediffmail.com](mailto:naf.raj@rediffmail.com)

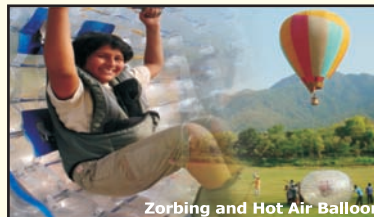
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## TAMIL NADU & PUDUCHERRY CHAPTER, NAF

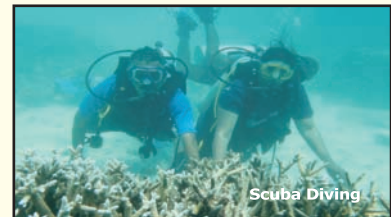
B+101, Phase II, Parsn Palm Legend, Ondipudur, Coimbatore-16, (Tamil Nadu)  
Tel.: 0422-2272256, Mobile : 0-9363145544, E-mail : [shyamnaf@yahoo.com](mailto:shyamnaf@yahoo.com)



Paramotor



Zorbing and Hot Air Balloon



Scuba Diving



Banana Boat



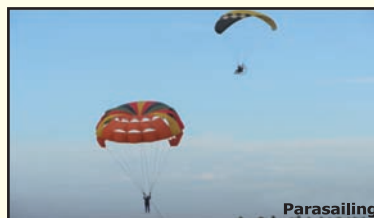
Jet Skiing



Windsurfing



Water Skiing



Parasailing



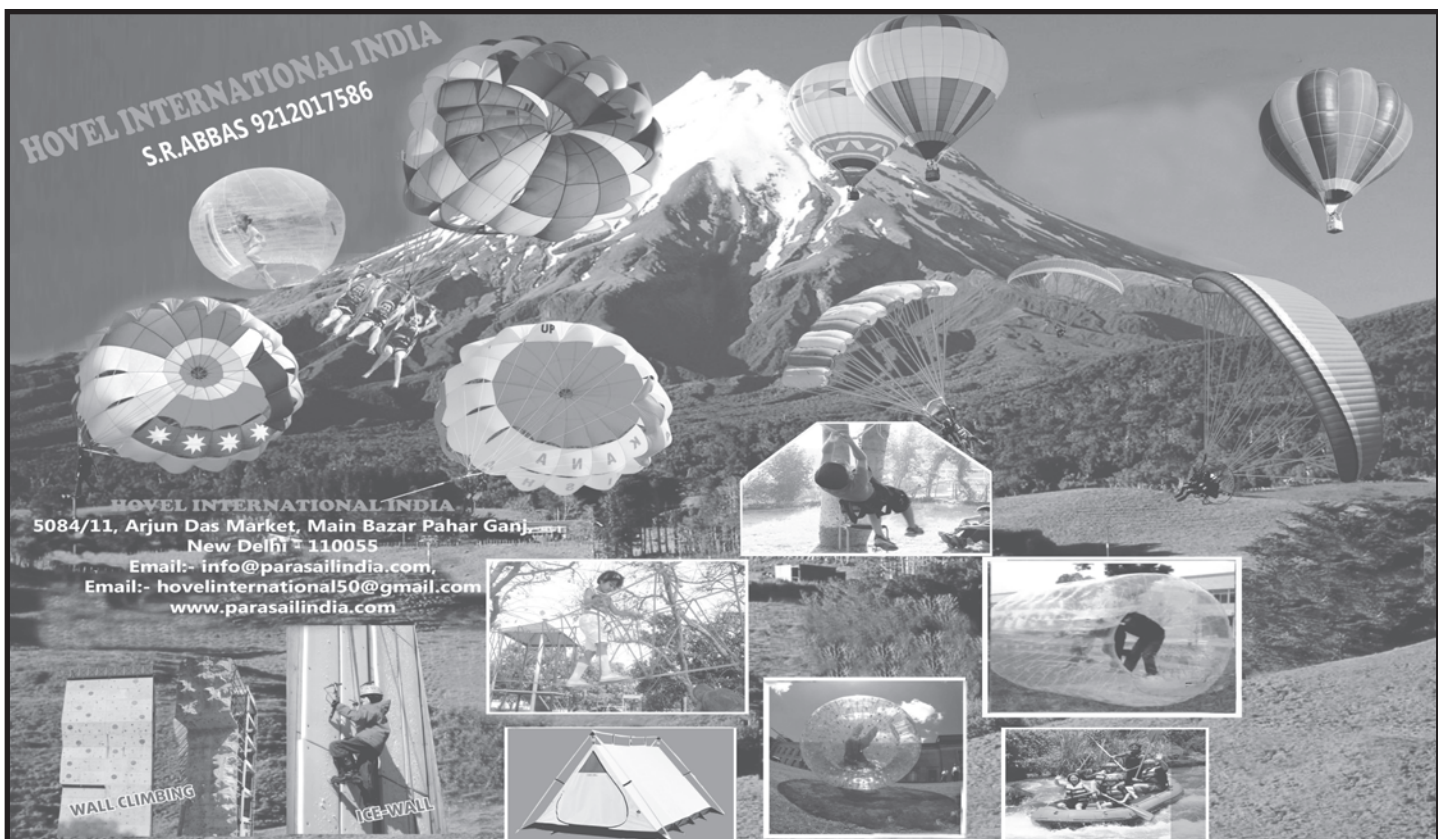
Powered Hang Gliding (PHG)



With Best Compliments From :



## THE NAF FAMILY →





*With Best Compliments from :*

**Y Srinivasa Rao**

Director



**NAF Chapter, Telangana**

H. No. 1-23-479, Bhudevi Nagar, Trimulgherry (PO) Secundrabad - 500015 (Telangana)

Tel.: 040-27796593, 09848355399, E-mail : [ysrairdevil@gmail.com](mailto:ysrairdevil@gmail.com)

*With Best Compliments from :*



**NAF INSTITUTIONAL CHAPTER (MUSSOORIE)**

**Naveen Chamoli**

Director



The Himalayan Adventure Institute,  
Madhu Cottage, Library Road,  
Kempty Falls,  
Mussoorie - 248179 (Uttarakhand)  
Mob.: 09871667766  
E-mail : [naveen.chamoli@gmail.com](mailto:naveen.chamoli@gmail.com)

# NATIONAL ADVENTURE FOUNDATION

## AIM, OBJECTIVES & ACTIVITIES

### INTRODUCTION

The National Adventure Foundation (NAF), as an NGO, is performing a 'community service' oriented role in promoting Adventure activities, as a growth oriented and positive activity among the youth, particularly those hailing from the under privileged sections of society.

The NAF, was founded by **Late Brig Gyan Singh**, former Principal of Himalayan Mountaineering Institute (HMI) Darjeeling and Nehru Institute of Mountaineering (NIM) Uttarkashi, and leader of India's first Expedition to Mt Everest in 1960. It was registered, under the Registration of Societies Act 1860, in 1979, for promoting adventure sports among the youth of the country and build their personality and character by infusing in them a sense of discipline and national pride.

The NAF discharges this obligation by obtaining fund support from the Ministry of Youth Affairs & Sports and other Govt/Semi Govt Organizations. NAF has been recognized as an **"All India Organisation (AIO) for National Programme for Youth and Adolescent Development (NPYAD)"** by the Ministry of Youth Affairs & Sports, Government of India.

Organisationally, the NAF has its **National HQ located at New Delhi, DGL 102 (First Floor), DLF Galleria, Mayur Vihar Phase I, Extension, Delhi 110091**, and its Chapters all over the country, overseeing promotion of the objectives of the NAF, within the region/territorial jurisdiction allotted to each. The NAF also extends affiliation to those Organisations in the country which share NAF's 'Social' orientation, and are, thus, willing to lend support to the NAF in areas/disciplines in which the NAF needs such support to promote its objectives.

### AIM

To expose the youth to nature, hardships and hazards, thereby build their personality, character, confidence and courage through adventure programmes.

### OBJECTIVES

The objectives of the NAF are: -

- Promote, encourage, support and execute schemes for making the younger generation, women and men, students and non students, employed and unemployed with special emphases on under privileged section of society, interested in adventure activities on land, on/in water and in the air, so as to channelize their energies into healthy pursuits of the kind, which can take them away from negative influences, contribute to their character building and instill/develop in them a patriotic / nationalistic outlook, thus enabling them to take their place in Society as good and responsible citizens.
- To act as the apex national body & coordinating agency in promotion and conduct of Adventure Sports / Activities through setting up, in different parts of the country, either new Chapters of NAF or designating / co-opting existing organisations functioning with similar objectives as NAF, as 'Chapters of the NAF'.
- Promote, extend scientific and other specialized knowledge by :-
  - ❖ Collection and dissemination of such knowledge.



- ❖ Holding lectures, seminars, film and slide shows and exhibitions on adventure activities.

## ACTIVITIES

The activities of the NAF include the following: -

- Conduct/ Coordinate: -
  - ❖ Week-end Adventure Programmes for youth.
  - ❖ Self, Defence Programmes for young girls and middle aged women.
  - ❖ Selected Adventure Programmes for handicapped youth.
  - ❖ Adventure Programmes including Terrestrial (land), Aero and Aqua (water) adventure sports and activities, on behalf of the Ministry of Youth Affairs & Sports, Govt of India.
  - ❖ Adventure Programmes for students of KVs under KV Sangathan.
  - ❖ Adventure Programmes for all citizens, of ages above 15 years, at subsidized rates, under the 'Citizen Scheme'.
- Provide consultancy services to the Ministry of Youth Affairs & Sports, UGC and KV Sangathan in organizing

Adventure Programmes throughout the country.

- The Adventure activities/disciplines covered by the NAF include :-

- ❖ **Terrestrial (Land Based) Activities.** Camping, Trekking, Cycling, Rock Climbing and Rappelling and Snow Skiing.
- ❖ **Aero Adventure Activities.** Para Sailing, Para Gliding, Hang Gliding, Ballooning, Powered Hang Gliding, Paramotor and Microlite Flying.
- ❖ **Aqua (Water Based) Adventure Activities.** White Water Rafting, Kayaking, Canoeing, Sea Awareness and Scuba Diving.

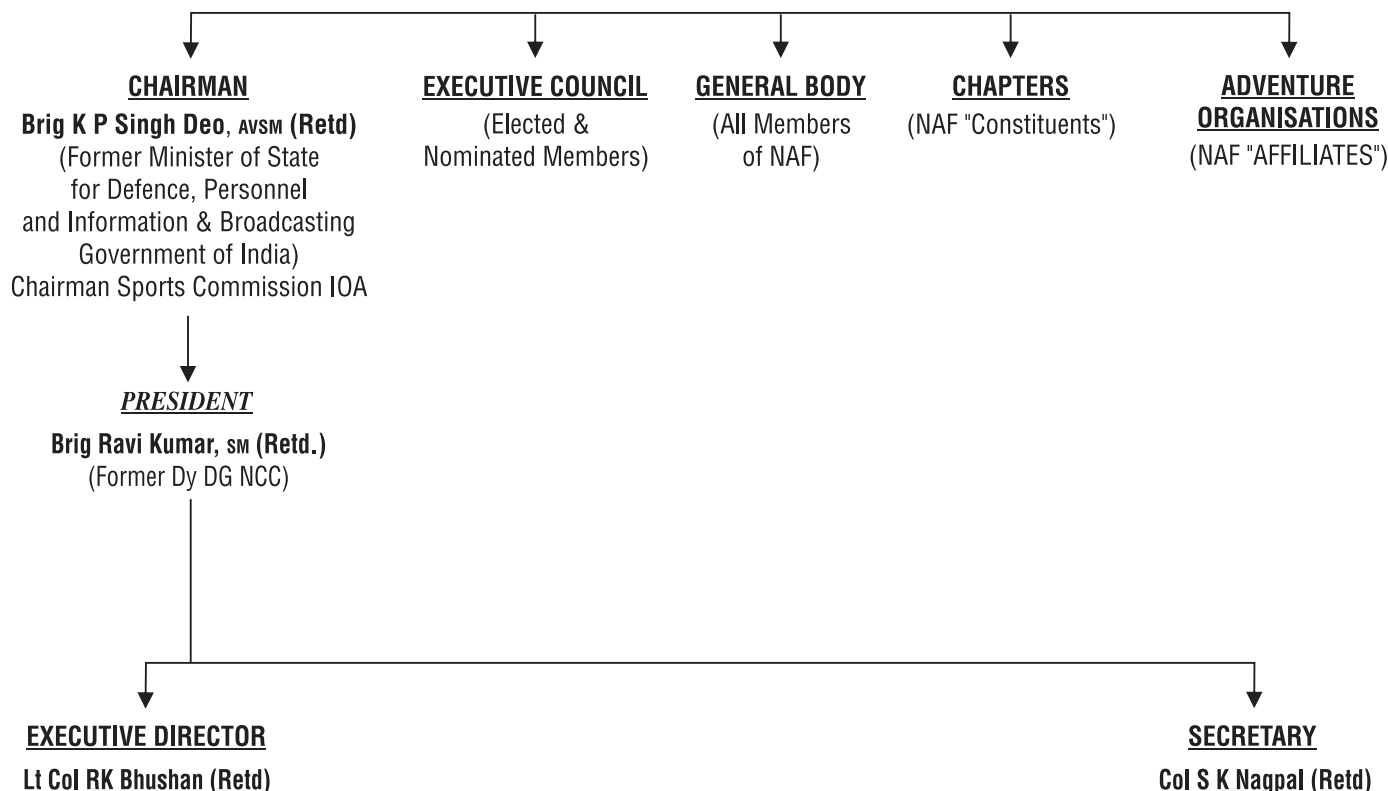
## CONCLUSION

It is a well recognised fact that the future of any nation is largely related to the quality of its human beings. Development of the youth into confident leaders with requisite character qualities and personal attributes, is, therefore, of paramount importance, so that the youth can take their place as responsible citizens of the country. The NAF aims and endeavours to inculcate and develop these attributes in the youth of the country by exposing them to various adventure activities that help such development.

## ORGANISATIONAL STRUCTURE

### PART 1 - NAF NATIONAL HQ

(Registered on 06 Nov 1979)



### PART 2 - EXECUTIVE COUNCIL

**PRESIDENT**

Brig Ravi Kumar, SM (Retd)

| ELECTED MEMBERS  | NOMINATED MEMBERS   | EX OFFICIO MEMBERS   |
|--|---|--|
| Lt Gen R K Gaur, PVSM (Retd)<br>Kr K N Singh<br>Col Ravinder Nath (Retd)<br>Wg Cdr Sanjay Thapar (Retd)<br>Maj K S Dhami, SM (Retd)<br>Dr (Mrs) Sushma Bissa<br>Mrs Indu Talwar<br>Ms Anuja Sehgal<br>Mrs Bimla Negi Deoskar | Mrs Suman Singh<br>Brig M P Yadav, VSM (Retd)<br>Brig S K Bahl, VSM (Retd)<br>Gp Capt S S Puri (Retd)<br>Col A C Talwar (Retd)<br>Col K Pratap Singh (Retd)<br>Capt K A Pillai (Retd)<br>Shri Avinash Deoskar<br>Shri Gajpal Singh Rathore<br>Shri Ashok Dharmani | Lt Col RK Bhushan (Retd)<br>Executive Director, NAF<br>Col S K Nagpal (Retd)<br>Secretary, NAF |

*With best compliments from:*

## NAF Chapter, Manali, Lahaul & Spiti (Keylong)

**We organize:**

- Summer Adventure Camps
- Summer Skiing Camps
- Winter Skiing Courses
- Rock Climbing Camps
- Short Mountain Climbing Camps
- Ice Climbing Camps
- Trekking
- Motor Bike tours
- Mountain Bike Tours

**FOR**

- Schools
- Colleges
- Universities
- Corporates
- Individual Groups

**Contact:**

Director, NAF Chapter, Manali. C/O Northface Adventurers, Rohtang Inn Complex, The Mall Manali, Distt. Kullu-175131, Himachal Pradesh-India,

Cell: 09816161868 / 09816187595

E-Mail: [northfacecamps@gmail.com](mailto:northfacecamps@gmail.com)

*With Best Compliments from :*

**Mrs Neelofer**

Director

0512-2543215

09889506683



**Gopinath Sahu**

Secretary

0993587051









## NAF CHAPTER UTTAR PRADESH-II




















**E-mail : [info@academyofadventuresports.in](mailto:info@academyofadventuresports.in)**











## PART-3 NAF CHAPTERS

| S. No. | Address  | Telephones/<br>Email ID  | Director  | Secretary                           | Telephones/<br>Email ID                                  |
|--------|--|--|---|-------------------------------------|--|
| 1.     | <b>Amravati (Maharashtra)</b><br>C/o Shree Hanuman<br>Vyayam Prasarak Mandal,<br>Hanuman Vyayam Nagar,<br>Amravati - 444 605<br>(Maharashtra)          | 0721-2573788<br>08087453169  | <br><b>Shri Vijay V Pande</b>        | <b>Prof. UN Manjre</b>              | 09423123027<br>umanjre@<br>rediffmail.com                |
| 2.     | <b>Andhra Pradesh-I</b><br>C/o Sherwood Public<br>School Petbashreerabad,<br>Jeedimetia Village,<br>Secunderabad 550 055<br>(Andhra Pradesh)           | 040-33863433<br>09246366216<br>ykconfidencepark@<br>rediffmail.com | <br><b>Shri YK Gurwara</b>           | <b>Mrs. Jyoti Gurwara</b>           |  |
| 3.     | <b>Bhatinda-Ganganagar</b><br>2/341, Housing Board,<br>Distt. Shri Ganganagar<br>(Rajasthan)   | 0154-02483741<br>09413683088<br>manojskyride83<br>@gmail.com       | <br><b>Shri Manoj Kumar Sharma</b>   |                                     |  |
| 4.     | <b>Bihar</b><br>Kokil Bhawan<br>Near Rajgir Railway Station<br>Distt. Nalanda, Rajgir,<br>(Bihar)  | 09431180148<br>09835508148<br>daya.mishra16<br>@gmail.com          | <br><b>Shri Dayashankar Mishra</b> | <b>Shri R.K. Mishra</b>             | 0879-7901147   |
| 5.     | <b>Chhattisgarh</b><br>H. No. 125, HDD-1,<br>Phase-III, Kabir Nagar<br>Raipur - 492099<br>(Chhattisgarh)   | 09300640660<br>director.nafcg@<br>gmail.com                        | <br><b>Shri Amar Modi</b>          |                                     |  |
| 6.     | <b>Delhi NCR</b><br>A-51-G, Vijeta Vihar<br>Sector-13, Rohini,<br>Delhi - 110085   | 09717586003<br>nafdelhincr<br>@gmail.com                           | <br><b>Mrs. Sangeeta Pokhriyal</b> | <b>Mrs Manjit Kaur<br/>Dhami</b>    | 09910106220<br>011-27552203<br>manjitkaurd<br>@gmail.com |
| 7.     | <b>Gujarat</b><br>Zoroastrian Charitable<br>Education Trust,<br>Cowasji Bungalow Compound<br>Godi Road, Dahod - 389151<br>(Gujarat)                    | 02673-250892<br>09825249238<br>zhcontractor@gmail.com              | <br><b>Shri Zuben Y Contractor</b> | <b>Ms. Harmeet Saini Contractor</b> | hzcontractor<br>@gmail.com                               |
| 8.     | <b>Greater Noida &amp; Central UP<br/>Region</b><br>4 V - 303, AWHO Township,<br>Gurjinder Vihar, Pocket - P5<br>Sector-CHI1,<br>Greater Noida-201 310 | 09312720367<br>09312836002<br>sudhirnagpal9147<br>@yahoo.co.in     | <br><b>Mrs Asha Nagpal</b>         |                                     |  |

| S. No. | Address  | Telephones/<br>Email ID   | Director  | Secretary  | Telephones/<br>Email ID                                 |
|--------|--|---|---|--|---|
| 9.     | <b>Himachal Pradesh</b><br>C/o Hotel Snow Shelter<br>Building, Kufri, Shimla<br>171 012 (H.P.)   | 0177-2648135 (O)<br>09418048435<br>nafkufri@yahoo.com<br>sanjeevatr0735@gmail.com | <br><b>Shri Sanjeev Atri</b>           | <b>Shri Raj Kumar</b>  | 09816048035<br>nafkufri@gmail.com<br>nafkufri@yahoo.com |
| 10.    | <b>Jammu &amp; Kashmir</b><br>Ward No. 5, House No. 75<br>Sonwar, Gupkar<br>Srinagar-190001<br>(Jammu & Kashmir)                       | 08491084860<br>07889350759<br>nafkashmir@gmail.com                                | <br><b>Shri Umar Rafiq</b>             |  |   |
| 11.    | <b>Jammu</b><br>41-A, Karan Nagar Extn.<br>Jammu - 180005<br>(Jammu & Kashmir)   | 09906085349<br>pyresorts@gmail.com<br>katochashish@gmail.com                      | <br><b>Er. Ashish Katoch</b>           |  |   |
| 12.    | <b>Jharkhand &amp; Bihar</b><br>Saluja Complex<br>Behind Murli Manohar<br>Musical Store, Court Road<br>Giridih-815301 (Jharkhand)      | 06532-222969<br>09431335305<br>nafchapterjharkhand<br>bihar@rediffmail.com        | <br><b>Sardar Ajit Singh</b>           |  |   |
| 13.    | <b>Karnataka</b><br>"The NICHE"<br>26, Defence Enclave,<br>Maria Street, FA Farm Post<br>Marianapalya Bengaluru-560 024<br>(Karnataka) | 9447002085<br>9886809641<br>bg@nafkarnataka.com                                   | <br><b>Lt Col Babu George (Retd)</b> | <b>Ms. Sumsum Lloyd</b>  |   |
| 14.    | <b>Karnataka-II</b><br>73, MIG HUDCO,<br>Bannimantap,<br>Mysore - 570 015<br>(Karnataka)   | 0821-2494648<br>09448354648<br>leetoms@rediffmail.com                             | <br><b>Ms Rukmini Chandran</b>       | <b>Mrs. Kaveri</b><br>No. 31<br>Chikveeranna Road<br>Banninantap,<br>Mysore - 15   | 09342958386   |
| 15.    | <b>Lakshadweep</b><br>Near Juma Masjid,<br>AP Sunni, Agatii Island,<br>Union Territory - 682 553                                       | 08281318535<br>lakshadweepchapternaf@gmail.com                                    | <br><b>Ms Haseena M</b>              | <b>Mr. Naserali A</b><br>S/o. Adam Shaib<br>93/A, Meer Shaib Street<br>Kunnathur (V), Arani (Taluk)<br>Thiruvannamali (Distt.)<br>Tamilnadu-632314 | 09496528535   |
| 16.    | <b>Madhya Pradesh</b><br>HIG-8, Darpan Colony<br>Thatipur,<br>Gwalior-474 011<br>(Madhya Pradesh)                                      | 09650658282<br>yadavpoonam1@gmail.com   | <br><b>Ms. Poonam Yadav</b>          |  |   |
| 17.    | <b>Maharashtra</b><br>C-25, Hilltop,<br>Opp. Water Tank, Ramnagar,<br>Nagpur - 440 033<br>(Maharashtra)                                | 09225214118<br>09421747443<br>nafmaharashtra@gmail.com                            | <br><b>Ms. Bharti Gomase</b>         |  |   |






| S. No. | Address   | Telephones/<br>Email ID  | Director   | Secretary  | Telephones/<br>Email ID |
|--------|---|--|--|--|-------------------------|
| 18.    | <b>Manali, Lahaul &amp; Spiti (Keylong)</b><br>C/o Northface Adventurers<br>Hotel Rohtang Inn Complex<br>The Mall, Kullu Valley<br>Manali -175 131 (HP) | 01902-252441<br>0-9816161868<br>jagdishlall@rediffmail.com                                     | <br><b>Shri Jagdish Lall</b>              | <b>Shri Vishal Thakur</b><br><b>Shri Aditya Lall</b> , Treasurer   |                         |
| 19.    | <b>Manipur</b><br>Takhelambam,<br>Leikai, Lalambung,<br>Imphal - 795 004<br>(Manipur)   | 0385-2410754<br>09862189332<br>nafmanipur@yahoo.co.in  | <br><b>Lt Col K A Singh (Retd)</b>        | <b>M Lalit Singh</b>   |                         |
| 20.    | <b>Mizoram</b><br>A92-PWD Tlang<br>Ramhlun Venglai<br>Aizawl-796012<br>(Mizoram)  | 0389-2325263 (O)<br>0389-2334103 Fax<br>09436142260<br>zirmawia.mcs@aol.com                    | <br><b>Shri Lalzirmawia Chhangte</b>      | <b>Shri Moses Lalthanpuia</b><br>09863221437<br>mosestpa@yahoo.com<br><b>Shri Vanlalruata</b> , Treasurer<br>vanlalruata841@yahoo.com<br>09436152085 |                         |
| 21.    | <b>Mumbai</b><br>E/302, Vasant Mandir CHS,<br>Ambadi Road, Manav<br>Mandir Area, Vasai Palghar<br>401202 (Maharashtra)                                  | 09049111002<br>swati.acharya2007@gmail.com   | <br><b>Mrs Swati Shivshankar Acharya</b> |  |                         |
| 22.    | <b>Odisha</b><br>214, Sector-5,<br>Niladri Vihar,<br>Post Sailashree Vihar,<br>Bhubaneswar-751 021<br>(Odisha)  | 0674-2725727<br>09937013732<br>bhuyan_rabi@rediffmail.com<br>www.odishaadventures.com          | <br><b>Shri RK Bhuyan</b>               | <b>Ms. Rojaline Pattnaik</b>   |                         |
| 23.    | <b>Rajasthan</b><br>Shakdivipiya Sadan<br>Behind Rama Niwas,<br>Rani Bazar,<br>Bikaner-334 001<br>(Rajasthan)   | 0151-2524750 (O)<br>0151-2523050 (R)<br>0151-2223047 (Fax)<br>09414139850<br>naf_raj@india.com | <br><b>Shri Magan Bissa</b>             | <b>Shri. R.K. Sharma</b> 0151-2223046<br>09414139950   |                         |
| 24.    | <b>Rajasthan-II</b><br>C/o. SSM Adventures,<br>184-A, Talwandi,<br>Kota - 324005<br>(Rajasthan)   | 0744-2436972<br>09928857151<br>v.saggar@rediffmail.com   | <br><b>Shri Vickrant Saggar</b>         |  |                         |
| 25.    | <b>Rajasthan-III</b><br>A-70, Model Town,<br>Jagatpura Road,<br>Near P&T Colony,<br>Malviya Nagar,<br>Jaipur-302017 (Rajasthan)                         | 0141-2750556 (O)<br>09414040401<br>knsingh.mair,jaipur@gmail.com                               | <br><b>Km Priyadarshini Singh</b>       |  |                         |











| S. No. | Address   | Telephones/<br>Email ID   | Director  | Secretary  | Telephones/<br>Email ID |
|--------|---|---|---|--|-------------------------|
| 26.    | <b>Scuba Diving</b><br>Flat No. 1901, Tower-4,<br>Unitech Heights, CHI-3,<br>Greater Noida - 201310 (UP)  | 08802049992<br>scubadivenaf@gmail.com   | <br><b>Cmdr Rajiv Sardana (Retd)</b>   |  |                         |
| 27.    | <b>Shirdi</b><br>Post Deolali Pravara,<br>Taluka Rahuri,<br>Distt. Ahmednagar - 413716<br>(Maharashtra)   | 09823035936<br>appa_dhus@yahoo.com  | <br><b>Shri Appasaheb Bhimraj Dhus</b> |  |                         |
| 28.    | <b>Tamil Nadu and Puducherry-I</b><br>B+101, Phase II<br>Parsn Palm Legend,<br>Ondipudur,<br>Coimbatore-641016<br>(Tamil Nadu)  | 0422-2272256<br>0-9363145544<br>shyamnaf@yahoo.com<br>www.adventuresunlimitedindia.com<br>www.nafcbe.com<br>www.campsplendour.com | <br><b>Mrs Shyamala Jayashankar</b>    | <b>Ms Shylaja Rajeevan</b><br>0422-4349256 (Tel)<br>0422-2272256 (Fax)<br>shylanaf@yahoo.com |                         |
| 29.    | <b>Telangana</b><br>H. No. 1-23-479,<br>Bhudevi Nagar,<br>Trimulgherry (PO)<br>Secundrabad-500015<br>(Telangana)  | 040-27796593<br>09848355399<br>ysrairdevil@gmail.com  | <br><b>Shri Y Srinivasa Rao</b>       |  |                         |
| 30.    | <b>Thiruvananthapuram</b><br>MP V 1011<br>Russelpuram PO,<br>Balaramapuram,<br>Thiruvananthapuram<br>695501 (Kerala)  | 0471-2400740 (O)<br>0471-2470411 (R)<br>09387802370<br>skjnairnaf@yahoo.com<br>rohini.nair18@yahoo.com                            | <br><b>Wg Cdr S K J Nair (Retd)</b>  | <b>Shri V S Nair</b><br>(Chief Instructor)   |                         |
| 31.    | <b>Uttar Pradesh-II</b><br>101/60, Colonel Gunj<br>Kanpur - 208001<br>(Uttar Pradesh)   | 0512-2543215<br>09889506683<br>info@academyofadventuresports.in   | <br><b>Mrs Neelofer</b>              | <b>Shri Gopinath Sahu</b><br>09935387051<br>info@academyofadventuresports.in                 |                         |
| 32.    | <b>Uttarakhand (Dehra Dun)</b><br>Nathanpur, Mokhampur IIP,<br>Near Mohkhanpur Railway<br>Crossing, Dehra Dun - 248001<br>(Uttarakhand)                                 | 09680365365<br>ravikiranthapa56@gmail.com   | <br><b>Shri Ravi Kiran Thapa</b>     |  |                         |
| 33.    | <b>NAF Institutional Chapter (Mussoorie)</b><br>The Himalayan Adventure<br>Institute, Madhu Cottage,<br>Library Road, Kempty Falls,<br>Mussoorie - 248179 (Uttarakhand) | 09871667766<br>naveen.chamoli@gmail.com   | <br><b>Shri Naveen Chamoli</b>       |  |                         |

| S. No. | Address   | Telephones/<br>Email ID                                     | Director  | Secretary                          | Telephones/<br>Email ID               |
|--------|---|---|---|------------------------------------|---------------------------------------|
| 34.    | <b>Western UP-Agra</b><br>43, Uma Vihar<br>Near Sri Ram Farm House<br>Dayal Bagh<br>Agra - 282 005<br>(Uttar Pradesh)             | 0562-2581095 (O)<br>09837190455<br>ceekay19@gmail.com       | <br><b>Col (Dr) CK Singh, (Retd)</b> | <b>Wg Cdr V K Kapur<br/>(Retd)</b> |                                       |
| 35.    | <b>West Bengal</b><br>23, Balaka, Kalitala<br>Mahatma Gandhi Road<br>P.S. Thakurpukur<br>Kolkata - 700104 (West Bengal)           | 09830372948<br>barun.ray@gmail.com                          | <br><b>Shri Barun Ray</b>            | <b>Mrs. Kanta Ray</b>              | 09830132103<br>travelkr<br>@gmail.com |
| 36.    | <b>West Bengal Paschim</b><br>Fari Road Barakar,<br>PO Barakar,<br>Distt. Pachim Bardwan<br>West Bengal - 713324<br>(West Bengal) | 09832164330<br>09475040916<br>mihirmondal.naf@<br>gmail.com | <br><b>Shri Mihir Kumar Mondal</b>   |                                    |                                       |

## NAF 'AFFILIATE' ADVENTURE ORGANISATIONS

| S. No. | Address  | Managing Director   | Contact Details  | Membership upto |
|--------|--|---|--|-----------------|
| 1.     | <b>The Mountaineering &amp; Adventure<br/>Institute of Rajasthan</b><br>A-70, Model Town, Jagatpura Road,<br>Near P & T Colony, Malviya Nagar,<br>Jaipur - 302 017 (Rajasthan) | <br><b>Kr K N Singh</b><br>Director          | 0141-2750556 (O)<br>0141-2750376 (Fax)<br>09414040401<br>knsingh.mair.jaipur@gmail.com                                     | Life            |
| 2.     | <b>Outdoor Centre Adventure Club</b><br>Outdoor Centre for Promotion of<br>Adventure & Nature,<br>97/A, Ramnagar,<br>Nagpur<br>Maharashtra                                     | <br><b>Ms Bimla Negi Deoskar</b>             |  | Life            |
| 3.     | <b>Himalayan Adventure Institute</b><br>Kempty Falls,<br>Mussoorie - 248179<br>Uttarakhand   | <br><b>Mr S.P. Chamoli</b> FRGS<br>Director  | 01376-224243 (O)<br>01376-224366 (Fax)<br>09412052641, 09871667766<br>07060152641<br>info@himadven.com<br>www.himadven.com | Life            |
| 4.     | <b>Charitable Education Society</b><br>Kozhencherry<br>Pathanamthitta<br>Kerala  | <br><b>Mr Abraham Kalamannil</b><br>Chairman | 0468-2217525   | Life            |
| 5.     | <b>Bhartheeya Vidya Nikethan</b><br>Lakshimibai Towers, 2nd Floor,<br>TD Road, North End, Ernakulam,<br>Kochi - 682035 (Kerala)  | <br><b>Shri PK Krishnadasan</b><br>Secretary | 0484-2384663<br>0484-2385414 (Fax)<br>bvnkochi@gmail.com   | Life            |

## NAF 'AFFILIATE' ADVENTURE ORGANISATIONS

| S. No. | Address   | Managing Director  | Contact Details  | Membership upto |
|--------|---|--|--|-----------------|
| 6.     | <b>Aero Adventurers</b><br>913, Nav Sansad Vihar (CGHS)<br>Plot No. 4, Sector-22, Dwarka<br>New Delhi-110075  | <br><b>Mrs Rita Yadav</b>                               | 09721023483<br>09818263464<br>011-28052657<br>aeroadventurers@yahoo.co.in  | Life            |
| 7.     | <b>Karni Sports Shooting &amp; Adventure Academy</b><br>(Back Side of Global College)<br>Dev Nagar, Loha Jal, Ajmer - 305404<br>(Rajasthan)   | <br><b>Shri Himmat Singh Rathore</b>                    | 09783617171<br>karnishootingajmer@gmail.com  | Life            |
| 8.     | <b>Kailash Mountaineering &amp; Adventure Institute of Rajasthan</b><br>A-70, Model Town, Jagatpura Road,<br>Near P & T Colony, Malviya Nagar,<br>Jaipur - 302 017 (Rajasthan)                  | <br><b>Kr K N Singh</b><br>Managing Director            | 0141-2750556 (O)<br>0141-2750376 (Fax)<br>09414040401  | Life            |
| 9.     | <b>Prahaar Adventure Institute</b><br>Prahaar Samaj Jagruti Sanstha,<br>114, Pandey Layout, Khamla,<br>Nagpur-440 025<br>Maharashtra  | <br><b>Lt Col SW Deshpande, VSM (Retd)</b><br>Chairman | 0712-2263105<br>0712-2260109   | Life            |
| 10.    | <b>Yavatmal District Association of Adventure</b><br>Hanuman Vyayam Shalla,<br>Krida Mandal Physical Education College,<br>Plot No. P-10 & 11, MIDC, Lohara,<br>Yavatmal-455 001<br>Maharashtra | <br><b>Mr U B Pingle</b>                              |  | Life            |
| 11.    | <b>UP PSKN Adventure Tours</b><br>B-114/115, Vibhuti Khand,<br>Gomti Nagar, Lucknow-226 010 (U.P.)  | <br><b>Wg Cdr UK Palat, sc (Retd)</b>                 |  | Life            |
| 12.    | <b>Kayak Adventures</b><br>Arattumukku, Via Thalamukku,<br>Murukkumpuzha,<br>Thiruvananthapuram-695302<br>Kerala  | <br><b>Wg Cdr UK Palat, sc (Retd)</b>                 | 9567764291<br>9447023756<br>9446630228<br>kayakadventure.in@gmail.com<br>contact@kayakadventure.in<br>www.kaayakadventure.in<br>www.facebook.com/kayakadventure.in | 2022            |
| 13.    | <b>Sky Adventure Sports</b><br>Chandravanshi Tent House<br>Opp. Hotel Deoki Niwas<br>Gandhi Colony, Jaisalmer<br>Rajasthan-345 001  | <br><b>Shri Anand Singh Bhati</b>                     | 07426800915<br>09672136146<br>skyadventures@gmail.com  | 2022            |



## NAF 'AFFILIATE' ADVENTURE ORGANISATIONS

| S.No. | Address  | Managing Director   | Contact Details   | Membership upto |
|-------|--|---|---|-----------------|
| 14.   | <b>Jungle Camp</b><br>Retreat Sungreen,<br>Puri-Konark Marine Drive,<br>Near Ramakrushna Matha,<br>Beldala, Puri, Odisha   | <br><b>Shri Rajiv Pujari</b>                                       | 7064478501<br>7064402259<br>(MD) 9437048129<br>rajivpujari2000@gmail.com  | 2022            |
| 15.   | <b>Rathore Aero Sports Adventure Club</b><br>Ashoka Hotel, Opp. Railway Station,<br>Jaisalmer,<br>Rajasthan  | <br><b>Mr A S Rathore</b>  | 09772156965<br>09462093968  | 2021            |
| 16.   | <b>Mercury Himalayan Explorations P Ltd</b><br>Jeevan Tara Building<br>Parliament Street,<br>New Delhi 110 001   | <br><b>Col N Kumar, PVSM, KC, AVSM (Retd)</b><br>Managing Director | 011-23346209 (O)<br>011-23362008 (O)<br>011-23340033 (O)  | 2020            |
| 17.   | <b>Fun Sports Adventure Club</b><br>D-34, Gayatri Nagar<br>21 Bungalow Area,<br>Raipur - 492007<br>(Chhattisgarh)  | <br><b>Shri Rajesh Loiya</b><br>Club Leader                       | 0-8120620620<br>0-9300284015  | 2020            |
| 18.   | <b>Camp India Adventure Pvt. Ltd.</b><br>NGS-11, Nehru Place, Tonk Road<br>Jaipur (Rajasthan)  | <br><b>Shri Gaurav Sharma</b>                                    | 09784574000<br>09414270511<br>08290169700<br>0141-2742211<br>campindia1@gmail.com<br>www.campindia.co.in<br>www.thekailashmansarovaryatra.com | 2019            |
| 19.   | <b>Wilderness Explorer's Academy Pvt. Ltd.</b><br>No. 2/73, Door No. - A,<br>Sree Latha Apartments,<br>Dr. Ambedkar Salai, Mettu Colony,<br>Manapakkam, Chennai - 600125 | <br><b>Ms. Lakshmy Kolary</b>                                    | 08754588428<br>080-56036440<br>wildernessexplorers<br>academy@gmail.com   | 2019            |
| 20.   | <b>India Adventure Sports Centre</b><br>B-1/208, Janak Puri<br>New Delhi - 110058  | <br><b>Wg Cdr Sanjay Thapar (Retd)</b><br>Director General       | 09810229684<br>09311487702<br>011-25537548<br>011-41667548 (Telefax)<br>info@indiaadventuresports.com   | 2019            |

### Life Members

Details of 330 Life Members may please be viewed in the  
NAF Website : [www.nationaladventurefoundation.com](http://www.nationaladventurefoundation.com)



# NAF CHAPTER, MAHARASHTRA

Ms. Bharti Gomase  
Director

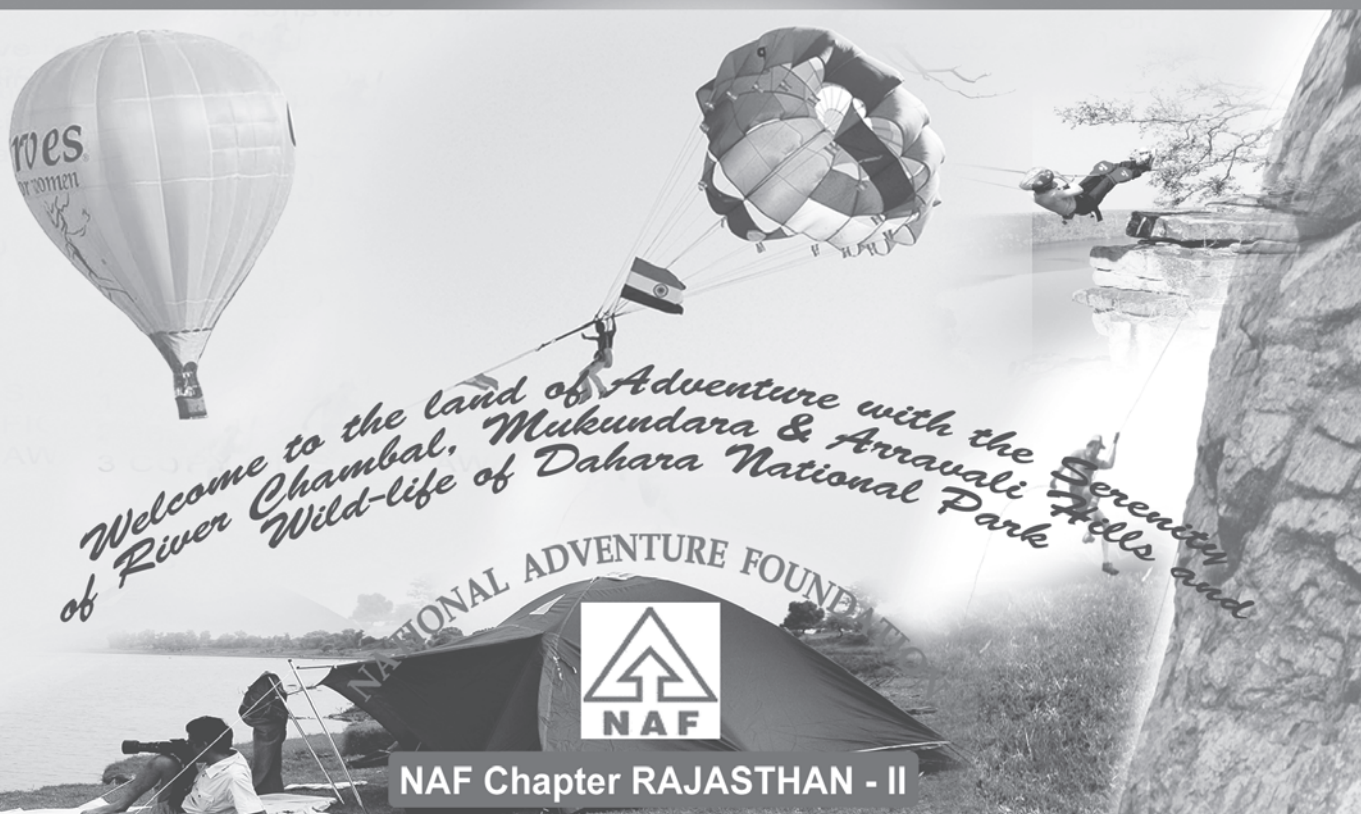


[himalayanexcursion.com](http://himalayanexcursion.com)

**An Expeditionary  
Program For  
School  
&  
College Youth**



**Contact**  
C-25, Hilltop,  
Opp. Water Tank,  
Ramnagar, Nagpur - 440033  
Mob.: 09225214118, 09421747443  
Email : [nafmaharashtra@gmail.com](mailto:nafmaharashtra@gmail.com)



Vickrant Saggat, Director NAF-Chapter RAJASTHAN II, 09928857151



*With Best Compliments from :*



**Ms Rukmini Chandran**  
Director

## NAF CHAPTER, KARNATAKA-II



73, MIG HUDCO, Bannimantap,  
Mysore - 570 015 (Karnataka)  
**Tel.:** 0821-2494648 | **Mob.:** 09448354648  
**E-mail :** leetoms@rediffmail.com

*With Best Compliments from :*

**Dayashankar Mishra**

Director



## NAF CHAPTER, BIHAR

Kokil Bhawan, Near Rajgir Railway Station, Distt. Nalanda, Rajgir, (Bihar)  
09431180148, 09835508148, E-mail : [daya.mishra16@gmail.com](mailto:daya.mishra16@gmail.com)





## LAKSHADWEEP CHAPTER NATIONAL ADVENTURE FOUNDATION

Supported By  
Ministry of Youth Affairs &  
Sports, Govt. of India

Chapter Address :  
Lakshadweep Chapter, NAF, Agatti Island, UTL-682553  
Email : [lakshadweepchapternaf@gmail.com](mailto:lakshadweepchapternaf@gmail.com)  
Website : [www.nafutl.com](http://www.nafutl.com)  
Mob.: +91 8281318535



# NAF

Contact us at : 9475040916, 9832164330

Chapter - West Bengal (Paschim)



Lt Col RK Bhushan (Retd)

## EXECUTIVE DIRECTOR'S ANNUAL REPORT FOR THE FINANCIAL YEAR 2018-2019

### Performance During the Financial Year 2018-2019

1. NAF has performed credibly in terms of Adventure Programmes conducted as also in terms of financial results achieved. The relevant details are as under: -

(a) **Quantitative Target Achieved.** Total Number of Participants covered in all adventure programmes conducted by NAF during the Financial Year 2018-19 aggregated to 50053. These figures cover the programmes conducted by NAF, both as allotted by the Ministry of Youth Affairs & Sports and as part of 'Citizen Scheme'.

(b) **Qualitative Profile of Participants.** In keeping with the aims and objectives of the NAF, the NAF is giving due priority to reaching out to the underprivileged youth, as would be evident from the data given below: -

|   | NO. OF PARTICIPANTS |              |
|---|---------------------|--------------|
|   | FINANCIAL YEAR      |              |
|   | 2018-19             | 2017-18      |
| (i) In Programmes Conducted Free of Cost<br>(Ministry of YA&S, Govt of India) |                     |              |
| (aa) Deaf, Dumb & Handicapped   | 180                 | 135          |
| (ab) Rural/ Underprivileged   | 9300                | 5012         |
| (ac) Others   | 1230                | 827          |
| <b>(ad) Total</b>   | <b>10710</b>        | <b>5974</b>  |
| (ii) In 'Subsidized' Programmes   | 31257               | 28550        |
| (iii) In 'Full Cost' Programmes   | 8086                | 5000         |
| <b>Grand Total</b>  | <b>50053</b>        | <b>39524</b> |

(c) **Financial State.** The Balance Sheet for the Financial Year 2018-2019, shows a reasonable surplus generated after meeting all legitimate expenditure.

### Progress Report

#### 2. Ministry of Youth Affairs & Sports

(a) **Allotment for the FY 2018-19** was made in two parts. First was sanctioned on 17 May, 2018. The programmes were duly allotted to various Chapters and Final Implementation Report along with requisite documents was submitted to the Ministry on 10 Sept, 2018.

Second instalment was made on 25 Jan, 2019. Programmes were duly allotted and requisite documents were submitted to Ministry on 17 Jun, 2019.

(b) **Submission of Proposals for the Financial Year 2019-20.** Proposals for 2019-20 have been submitted to the Ministry on 26 Jun 2019. Allotment is awaited.

3. **Citizen Schemes.** NAF has continued to conduct programmes under these Schemes, the number of which had, relatively, gone down in the recent past due to the general economic slowdown. A few details of the major programmes conducted are as follows:-

(a) **AMITY Programmes.**

(i) Amity Programmes for the academic session 2018-2019 commenced in Aug 2018 and continued till May 2019. The programmes for the current academic session have commenced in Sep 2019 and are in progress.

(ii) There was a marked increase in the number of students who were put through the programme. A total of 10850 students were put through adventure programmes during 2018-2019 as against 9306 in 2017-18, an increase of 1544 students.

(b) **All India Council for Technical Education (AICTE).** Demonstration was conducted at AICTE HQ on 15 Aug 2019. Rappelling, Zorbing, Zip Line and Burma Bridge were conducted which was appreciated by Chairman who himself had first hand experience of Zorbing and Burma Bridge. Other staff members also tried their hand at the activities.

(c) **OBTs Conducted for Tata Consultancy Services (TCS).** There has been a steep decline in numbers of OBT for corporates. This year, TCS allotted to us only 02 OBT Programmes. We are keeping in touch with them in order to obtain more such programmes.


4. **Audit of NAF Accounts by the Office of Comptroller and Auditor General of India.** The accounts of the NAF are likely to be audited in Feb 2020.

5. **'NAFER 2019-20'.** The process for putting together the 'NAFER 2019-20' was commenced in beginning Aug 19, in order to have the 'Publication' ready for release during the AGM on 22 Sep, 19. Letters to all concerned for articles and advertisements were however initiated well in advance in May /Jun 2019.

6. **Membership Status.** As on date, NAF has 330 Life Members.

New Delhi

Date : 04 Sep 2019

  
**Lt Col RK Bhushan (Retd)**  
 Executive Director  
 National Adventure Foundation



## NATIONAL ADVENTURE FOUNDATION : MEETINGS

1. Two Executive Council Meetings (ECM), Annual General Body Meeting (AGM) and Director's Conference were held during the year 2018-2019.

### Annual General Body Meeting (AGM)

2. AGM for the year 2018-19 was held on 30 Sep 2018 from 1500 hrs onwards in the Lecture Room II, (Annexe), India International Centre (IIC), 40 Max Mueller Marg, New Delhi 110003. It was attended by 82 members and chaired by **Brig KP Singh Deo, AVSM (Retd)**, Chairman NAF.

3. **Points by the President.** The President informed the House about :

- (a) Financial Health of the NAF being satisfactory.
- (b) Details of GST Registration of NAF.
- (c) Release of Government Adventure Programmes.
- (d) Update on Property Tax Case.

4. All present unanimously expressed their satisfaction with the progress made by the NAF and approved all the resolutions.

5. **Release of NAFER 2018-2019.** The Annual Souvenir NAFER 2018-2019 was released jointly by **Brig KP Singh Deo, AVSM (Retd)**, Chairman NAF, **Brig Ravi Kumar, SM (Retd)**, President NAF and **Lt Gen GL Bakshi, PVSM (Retd)**.

6. **NAF Achiever Awards.** The 'NAF Achiever Award 2017-18' was awarded jointly to **Ms Neelam Rawat** and **Mr Mahesh Chand Nodiyal** of HQ NAF. The awards were presented to them by the Chairman, NAF, **Brig KP Singh Deo, AVSM (Retd)**. The award carries a cash award of Rs. 5000/- each, sponsored this year by NAF Chapter Himachal Pradesh.



AGM in progress



Release of NAFER 2018-2019



Presentation Cash Award : NAF Achiever of the Year 2017-18  
Ms Neelam Rawat, HQ NAF  
Award Courtesy NAF Chapter, Himachal Pradesh



Presentation Cash Award : NAF Achiever of the Year 2017-18  
Mr Mahesh Chand Nodiyal, HQ NAF  
Award Courtesy NAF Chapter, Himachal Pradesh

## 7. Election of NAF President and Nine Members of Executive Council for the Next Three Years 2018-2021.

- (a) The Executive Director (ED), explained in detail, the procedure for the elections. **Shri Barun Ray**, Director, West Bengal Chapter NAF was requested to preside over the election proceedings.
- (b) **Election of President NAF.** **Lt Gen GL Bakshi, PVSM (Retd)** and **Shri Avinash Deoskar** among others proposed the name of **Brig Ravi Kumar, SM (Retd)**. Since no other names were proposed, **Brig Ravi Kumar, SM (Retd)** was unanimously elected by all present, as President NAF upto 2021.
- (c) **Election of Nine Executive Council Members.** The following members were unanimously elected as members Executive Council, NAF upto 2021.

- (i) **Mrs Bimla Negi Deoskar**
- (ii) **Mrs Sushma Bissa**
- (iii) **Mrs Indu Talwar**
- (iv) **Ms Anuja Sahgal**
- (v) **Lt Gen RK Gaur, PVSM (Retd)**
- (vi) **Col Ravinder Nath (Retd)**
- (vii) **Wg Cdr Sanjay Thapar, VM (Retd)**
- (viii) **Kr KN Singh**
- (ix) **Maj KS Dhami, SM (Retd)**

8. The AGM was followed by tea and interaction by



## Directors Conference

9. (a) Director's Conference, chaired by **Brig Ravi Kumar, SM (Retd)**, President NAF, was held on 30 Sep 2018 at 1000 hrs in the 'Lecture Hall – II (Annexe), IIC, New Delhi

(b) It was attended by

- (i) 17 Chapter Directors.
- (ii) Eight Chapters were represented by their functionaries, since these Chapter Directors could not attend due to unavoidable reasons.
- (iii) President/ MDs/Directors of six Affiliates.

(iv) Two Ex Officio members viz, Executive Director and Honorary Secretary.

(c) All present were apprised about the achievements of the NAF during the year. In addition the following points were explained in detail to all.

- (i) Conduct of Ministry Programmes.
- (ii) Review of Existing Linkages between HQ NAF and Chapters in view of the latest IT Laws, Financial and Legal Regulations.





- (iii) Equipment Management by Chapters including condemnation of unserviceable equipment.
- (iv) Financial support from Chapters.
- (v) Conduct of Programmes by Chapters in other's areas.
- (vi) Applicability of GST to HQ NAF.
- (vii) Implementation of Public Funds Management System (PFMS) by HQ NAF and it's implications.

10. Interaction, between individual Chapter Directors / Functionaries with President NAF and Executive Director, NAF was carried out on 01 Oct 2018 at HQ NAF from 1000 hrs onwards. A number of individual issues were discussed and resolved.

ECM 17 Sep 2017

### Executive Council Meetings (ECMs)

11. Two ECMs were held during the year 2018-2019.

(a) **30 Sep 2018 at 1230 hrs in Lecture Room No.II (Annexe) IIC.**

(i) Chaired by **Brig KP Singh Deo, AVSM (Retd)** and attended by **Brig Ravi Kumar, SM (Retd)** President NAF, six elected members, seven nominated members and two ex officio members viz Executive Director and Honorary Secretary. **Lt Gen GL Bakshi, PVSM (Retd)** attended as Special Invitee.



(ii) All present were apprised about the  
(aa) Financial Health of the NAF and proposals to maintain it at a comfortable level.

(ab) Property Tax Arrears and it's resolution.

(ac) Progress on the released Government Adventure Programmes.

(ad) Registration of NAF for GST.

(iii) All proposals were unanimously approved by all members present and satisfactory functioning of the NAF commended and appreciated by all.

(iv) The ECM was followed by lunch.

(b) **03 Mar 2019 at 1130 hrs in the Private Dining Hall of the Main Building, IIC.**

(i) Chaired by **Brig Ravi Kumar, SM (Retd)** President NAF, attended by eight elected members, seven nominated members, two Ex officio members viz Executive Director and Honorary Secretary.



(ii) All present were informed about the progress in the following matters:-

(aa) Financial Health of NAF.

(ab) Property tax case.

(ac) Release of additional programmes in Jan 2019 for FY 2018-2019, and their subsequent allotment to various chapters.

(ae) Relationship between the HQ NAF and Chapters.

(iii) The ECM Meeting was followed by lunch.



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

### Uttarakhand

**Adventure Training Camp : Rishikesh : 13-19 Mar 2019**



Rock Climbing

**Parasailing Camp : Dehradun : 25-29 Mar 2019**



Para Sailing

### Himachal Pradesh

**Adventure Training Camp : Kufri : 27 Mar - 02 Apr 2019**



White Water Rafting during Adventure Camp

**Rock Climbing Camp : Himri Camp (Kufri) : 05 - 09 Apr 2019**



Rappelling

### Uttar Pradesh-II (Kanpur)

**One Day Adventure Camp : Koyala Nagar, Kanpur : 18-19 Mar 2019**



Zorbing

**Rock Climbing Camp : Koyala Nagar Kanpur : 01-05 Apr 2019**



Artificial Wall Climbing



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

PROGRESS AMES

### Bhatinda - Ganga Nagar

05-09 Apr 2019



Preparing to Take-Off

### Parasailing Camps : Suratgarh

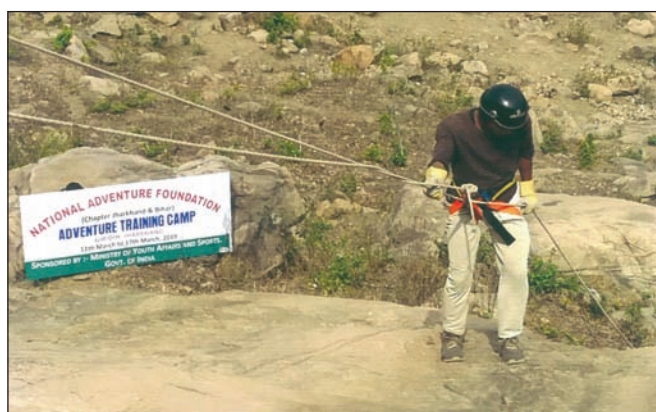
12-16 Apr 2019



Landed After Enjoying Parasailing

### Jharkhand & Bihar

### Adventure Training Camp : Girdih : 11-17 Mar 2019



Rappelling



Leisure Game

### Para Gliding Camp : Girdih : 22-26 Mar 2019



Taking-Off under supervision of Shri Ajit Singh, Director NAF Chapter Jharkhand & Bihar

### Kayaking Camp : Maithan Dam, Dhanbad : 28 Mar - 01 Apr 2019



Practising Kayaking



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

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### Odisha

**Parasailing Camp : Banki (Cuttack) : 26 Feb - 02 Mar 2019**



Parasailing being done by Shri RK Bhuyan, Director, NAF Chapter Odisha

**Para Gliding Camp : Lalitgiri (Jajpur) : 20-24 Mar 2019**



Ground Handling of Para Glider by Participants

**One Day Weekend Camp : Mahabinayak : 30-31 Mar 2019**



Trekking

**Rock Climbing : Boudh : 04-08 Apr 2019**



Rappelling

### Karnataka-I

**One Day Weekend Camp : Coimbatore : 09-10 Mar 2019**



Rappelling

**Parasailing Camp : Coimbatore : 13-17 Mar 2019**



Parasailing



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

PROGRESS AMMIES

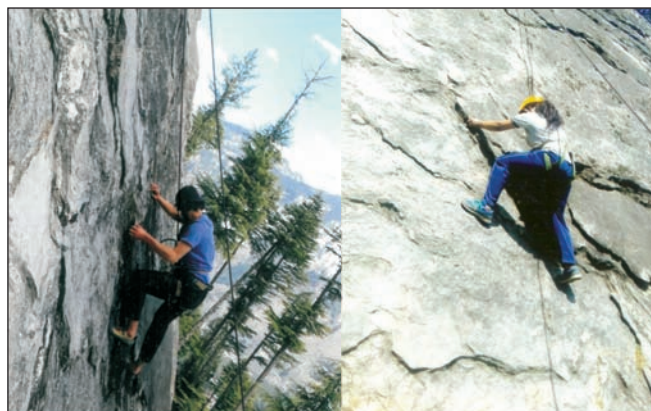
### Manali

**Snow Skiing Camp : Nasogi, Hadimba : 10-14 Mar 2019**



Practising Snow Skiing

**Rock Climbing Camp : Nasogi, Hadimba : 16-22 Mar 2019**



Rock Climbing

### West Bengal

**Rock Climbing Camp : Mudidih : 26 Feb -02 Mar 2019    One Day Weekend Camp : Barabhum : 22-23 Mar 2019**



Rappelling

**Kayaking Camp : Hoogly : 26-30 Mar 2019**



Practicing Kayaking

### Mumbai

**Rock Climbing Camp : Tungareshwar Hills : 03-07 Apr 2019**



Coming Down a Tree with Rope Ladder and Rope



Artificial Wall Climbing



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

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### Western UP, Agra

Rock Climbing Camp : Agra : 24-28 Feb 2019



Participant Climbing Wall with Jhumar (Jhumaring)

Parasailing Camp : Agra : 06-10 Mar 2019



Enjoying Parasailing

### Karnataka-II (Mysuru)

One Day Weekend Camp : Mysuru : 24-25 Apr 2019



Zip Line during One Day Adventure Camp

Kayaking Camp : Mysuru : 12-16 Mar 2019



Enjoying Kayaking and Capsize Drill

### Rajasthan-I

Parasailing Camp : Bikaner : 01-05 Apr 2019



Enjoying Parasailing

Hot Air Balloon : Bikaner : 30 Apr - 02 May 2019



Preparing to Take-Off

One Day Weekend Camp : Bikaner : 05-06 Apr 2019



Zorbing



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

PROGRESS GRAMMES

### Madhya Pradesh

**Para Gliding Camp : Indore : 16-22 Mar 2019**



Briefing and Ground Work before Para Gliding

**Parasailing During Workshop : Gwalior : 27 May 2019**



Enjoying Parasailing

### Bihar

**Parasailing Camp : Ara, Bhojpur : 24-28 Mar 2019**



Taking-Off

**One Day Weekend Camp : Rajgir : 18-19 Mar 2019**



Rappelling Down a Building

### Manipur

**Para Gliding Camp : Telou : 03-07 Mar 2019**



Taking-Off for the Flight

**One Day Weekend Camp : Telou : 11-12 Mar 2019**



Struggling to Climb : Searching for Holds



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

### Kerala

**Microlite Camp : Thiruvananthapuram : 28 Feb - 03 Mar 2019**



Briefing of Participant in Cockpit before Take-Off

**One Day Weekend Camp : Thiruvananthapuram : 30-31 Mar 2019**



Jhummering

**Parasailing Camp : Thiruvananthapuram : 21-25 Apr 2019**



Taking-Off in Tandem

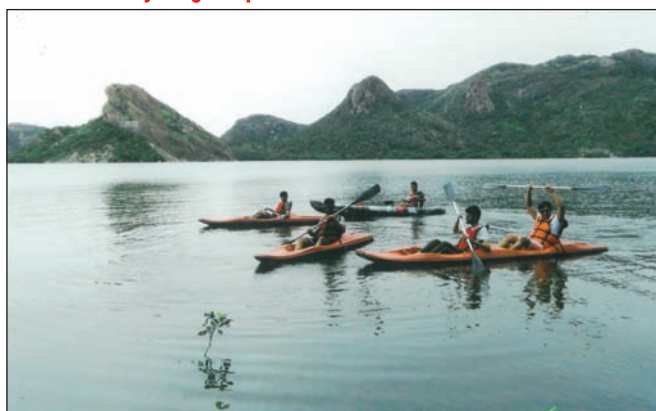
**Trekking Camp for Differently Abled : Thiruvananthapuram : 22-28 Apr 2019**



Participants receiving Certificate by Local Police Chief and Gifts by Social Worker

### Tamil Nadu & Puducherry

**Kayaking Camp : Trimurti Dam : 01-05 Mar 2019**



Practising Kayaking

**Hot Air Balloon : Sulur, Coimbatore : 13-15 Mar 2019**



Spectators Watching the Balloon Soaring in the Sky



## GLIMPSES OF ADVENTURE ACTIVITIES BY NAF CHAPTERS

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### Tamil Nadu & Puducherry

**One Day Weekend Camp : Trimurti Hills : 09-10 Mar 2019**



Negotiating Commando Net

**Trekking Camp : Trimuti Hills : 18-27 Mar 2019**



Trekking in the Hills

### Maharashtra

**Kayaking Camps : Madan Dam, Wardha : 25 Feb - 28 Mar & 05-10 Mar 2019**



Practising Kayaking



Lecture on HIV, AIDS

**Rock Climbing Camp : Madan Dam, Wardha : 14-19 Mar 2019**



Artificial Wall Climbing



Jhummering



## GLIMPSES OF ADVENTURE ACTIVITIES AND SEMINARS BY NAF CHAPTERS

### Rajasthan-II (Kota)

One Day Weekend Camp : Kota : 26 - 27 Feb 2019



Zip Line

Parasailing Camp : Kota : 28 Feb - 04 Mar 2019



Parasailing in Progress

### Rajasthan-II (Kota)

Kota : 11-13 May 2019



Lt Col RK Bhushan (Retd), Executive Director NAF addressing the Audience



Audience



Inauguration of Adventure Exhibition.



Lt Col RK Bhushan, Executive Director NAF explaining about Adventure Equipment to the Chief Guest

PROGRAMMES  
SEMINARS | EXHIBITIONS | WORKSHOPS



## GLIMPSES OF ADVENTURE SEMINARS BY NAF CHAPTERS

SEMINARS | EXHIBITIONS | WORKSHOPS

**Bihar**

**23-25 Apr 2019 : Patna**



Brig Ravi Kumar, SM (Retd) President NAF alongwith Shri Daya Shankar Mishra, Director NAF Chapter Bihar, Smt. Hemlata Pandey and Shri Purshotam Prakash, Vice President, Khadi Gram Udyog, Bihar on the Dias



Audiences of the Seminar listening attentively to the address by Brig Ravi Kumar, SM (Retd), President NAF

### Activities During Exhibition and Workshop



Spectators being explained about exhibits during exhibition



Negotiating Commando Net and Rappelling Down the Building during Workshop

**Karnataka-II (Mysuru)**

**02-04 May 2019 : Mysuru**



Brig Ravi Kumar, SM (Retd), President NAF, Lighting the Lamp.  
Ms Rukmini Chandran, Director NAF Chapter, Karnataka-II (Mysuru) looking on



Brig Ravi Kumar, SM (Retd), President NAF, Mr Natraj, State President, NYK Karnataka, Chief Guest and Rev Dr. Bernard Prakash, Rector to St. Philominas College, on the Dias



## GLIMPSES OF ADVENTURE SEMINARS BY NAF CHAPTERS

SEMINARS | EXHIBITIONS | WORKSHOPS

### Karnataka-II (Mysuru)

02-04 May 2019 : Mysuru



Audiences during the Seminar



Mrs & Brig Ravi Kumar, SM (Retd), President NAF, Ms Rukmini Chandran, Director NAF Chapter Karnataka-II (Mysuru) alongwith Some Participants during Workshop

### Madhya Pradesh

25-27 May 2019 : Jivaji University, Gwalior



Brig Ravi Kumar, SM (Retd), President NAF addressing the Seminar



Brig Ravi Kumar, SM (Retd), President NAF, Brig SK Bahl, vsm (Retd), Member Executive Council, NAF, Col Mukesh Yadav, Ms Poonam Yadav, Director NAF Chapter Madhya Pradesh and Lt Col RK Bhushan (Retd), Executive Director NAF and Dr Gurjar of Jivaji University alongwith the Audience



Brig Ravi Kumar, SM (Retd), President NAF, Brig SK Bahl, vsm (Retd), Member Executive Council, NAF, Col Mukesh Yadav, Ms Poonam Yadav, Director NAF Chapter Madhya Pradesh and Lt Col RK Bhushan (Retd), Executive Director NAF and Dr Gurjar of Jivaji University at the Exhibition



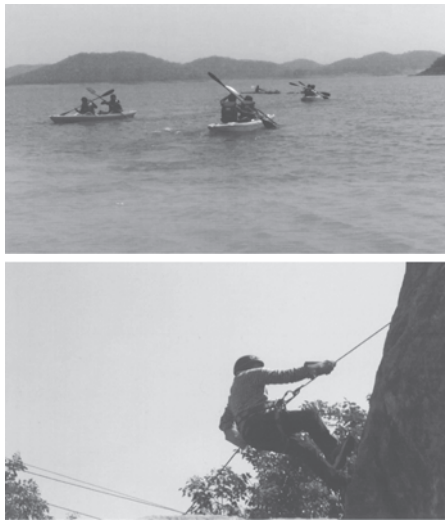
Students being explained the exhibits by an Instructor in the Exhibition

*With Best Compliments from :*



**Sardar Ajit Singh**  
Director

## NAF CHAPTER, JHARKHAND & BIHAR



Saluja Complex,  
Behind Murli Manohar Musical Store,  
Court Road, Giridih-815301 (Jharkhand)  
Tel.: 06532-222969 | Mob.: 09431335305  
E-mail : [nafchapterjharkhandbihar@rediffmail.com](mailto:nafchapterjharkhandbihar@rediffmail.com)

## ADVENTURE FACTS AND NEWS →

*With Best Compliments from :*



## NAF CHAPTER, SHIRDI

**Appasaheb Bhimraj Dhus**  
Director



Post Deolali Pravara, Taluka Rahuri,  
Distt. Ahmednagar - 413716 (Maharashtra)  
**Mob.:** 09823035936 | **E-mail :** [appa\\_dhus@yahoo.com](mailto:appa_dhus@yahoo.com)





## NAF Chapter, Jammu

**Er. Ashish Katoch**

Director

41-A, Karan Nagar Extn., Jammu - 180005 (J&K)

Mobile : 09906085349

E-mail : [pyresorts@gmail.com](mailto:pyresorts@gmail.com) | [katochashish@gmail.com](mailto:katochashish@gmail.com)



### Adventure Sports

Trekking, Rock Climbing, Paragliding, Zorbing, Mountain Biking, Rappelling, Rifle firing, Flying Fox, Burma Bridge, Winter sports, etc.)

### Special Camps for

Children, Sr. Citizens, Families, Spiritual Retreats, Reunions, Artists, Corporate

### Awareness Programmes for

Forest, Wildlife, Water Harvesting, Gender Sensitization

## NAF Chapter, Rajasthan-III

**Priyadarshini Singh**

Director

A-70, Model Town, Jagatpura Road, Near P&T Colony,

Malviya Nagar, Jaipur - 302017 (Rajasthan)

Tel.: 0141-2750556 (O), Mob.: 09414040401

E-mail : [knsingh.mair.jaipur@gmail.com](mailto:knsingh.mair.jaipur@gmail.com)



## NAF CHAPTER, MANIPUR

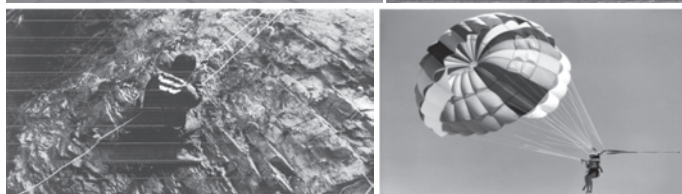
**Lt Col K A Singh (Retd)**

Director

Takhelambam Leikai, Lalambong, Imphal - 795004 (Manipur)

Tel.: 0385-2410754, Mob.: 0-9862189332

E-mail : [nafmanipur@yahoo.co.in](mailto:nafmanipur@yahoo.co.in)



### Adventure Sports

Trekking, Rock Climbing, Rappelling, Paragliding, Parasailing, Zorbing, Rifle firing, Flying Fox, Burma Bridge, etc.)



## NAF CHAPTER DELHI NCR

**Sangeeta Pokhriyal**

Director

09717586003



**A-51-G, Vijeta Vihar, Sector-13,  
Rohini, Delhi-110085**

**E-mail : [nafdelhincr@gmail.com](mailto:nafdelhincr@gmail.com)**

# ADVENTURE NEWS

## TERRESTRIAL

### An Indian is Fastest Asian Woman To Cycle around the Globe

On 23 Dec 18, (Sunday) **Vedangi Kulkarni**, 20, from Pune, probably became the fastest Asian woman to cycle around the Globe, when she reached Kolkata, completing the mandatory 29000 kms required to qualify for bicycling across the globe. She left for Perth in Australia from where she had commenced her record breaking feat in Jun 18. She spent 159 days, cycling almost 300 kms daily. Certification of the feat would take time, almost eight to nine months.



The journey apart from being adventurous had been very eventful also. She was mugged at knife point, rode through forest fires and also had close encounters with wild life.

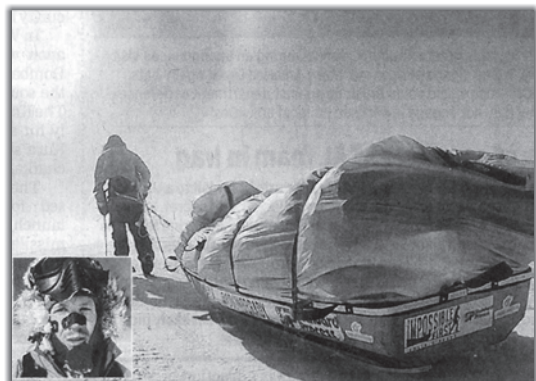
Courtesy TOI 24 Dec 2018



### First Solo Trek Across Antarctica

**Colin O'Brady**, 33, an American adventurer, became the first person in history to traverse Antarctica, coast to coast, solo, unsupported and unaided, when on Wednesday 26 Dec 18 he crossed the edge of the Ross Ice Shelf, the point where Antarctica land mass ends. It took 54 days to complete the approximately 921 miles (1474 kms) journey.

**Colin O'Brady** and an Army Captain, **Louis Rudd**, 49, set off individually on 03 Nov 18 from Union Glacier, in a bid to become the first to cross the Antarctica solo and unassisted. **Colin** crossed the finish point on 26 Dec 2018. **Rudd** was a day or two behind.



Both undertook the journey on cross country skis dragging sleds called 'pulk' weighing almost 180kg. **Colin's** voyage was tracked by GPS and live updates of the trip provided daily on his website. **Colin** reached the South Pole on 12 Dec 2018, the 40th day. According to **Colin O'Brady's** Instagram Post, the last 32 hours journey in which he covered the final 77.5 miles were the most challenging, but the best moments, of his life.

In 1996-97, a Norwegian polar explorer, **Borge Ousland**, made the first solo crossing of Antarctica but he was wind aided by kites.

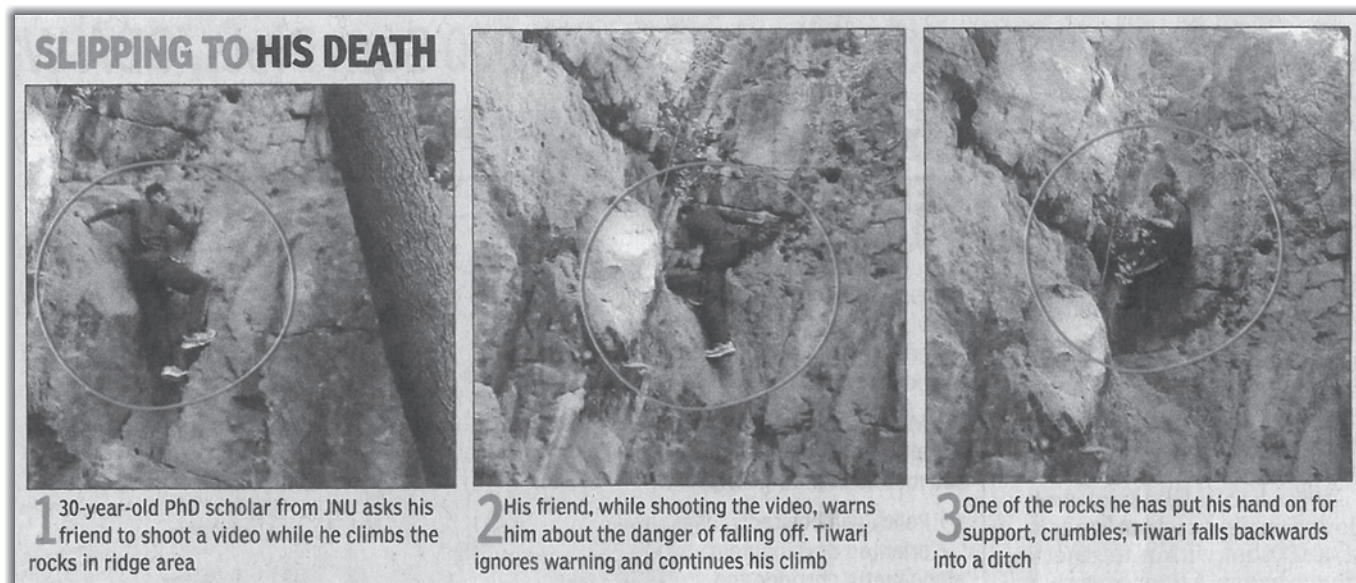
Courtesy TOI 28 Dec 2018





## Jawaharlal Nehru University (JNU) Scholar Dies During Rock Climbing

On 30 Dec 2018, a PhD scholar of JNU, **Praveen Tiwari**, 30, died while doing rock climbing in the ridge area adjacent to JNU, known as the Parthasarthy Rocks.



**Praveen Tiwari** had gone along with a friend to the area, to shoot a video of his climbing the rocks. During the climb, a rock he had held for support, crumbled, and he fell backwards into a ditch, hitting his head on a stone, resulting in severe injuries. He was declared "brought dead" in the hospital. In the video, it is seen, **Tiwari's** friend, also warned him about the danger of falling off the rocks.

**The above tragedy clearly, shows the need and importance of safety and safety measures while attempting any adventure activity.**

Courtesy TOI 02 Jan 2019



## First Dog to Scale A Himalayan Peak

In first week of Mar 2019, a stray is believed to be the first dog to scale a 7000 meter high Himalayan Peak.

A stray named **Mera** befriended climbers in a Mountaineering Expedition in Nepal and joined them as they made their way up Baruntse, a peak just South of Everest.



**Mera** appears to be a cross between a Tibetan Mastiff and a Himalayan Sheep Dog. The stray joined the team descending from the summit of Mera Peak, and crossed a glacier and made a beeline past other climbers for the Group Leader **Don Wargowsky**. Thereafter she shared his tent for three weeks. At one point during bad weather conditions, the stray spent two nights alone on a glacier. Encouraged by two

sherpas the stray managed to cross the difficulty section and join the climbers in their ascent. At a point when **Wargowsky** tied her up at the base camp, thinking that it would be very difficult and risky for the stray to climb, the vertical snow and traverse the ridge, with drops of thousands of feet on both sides, **Mera**, chewed through the rope and caught up with the team.

At the next camp, **Mera** shared the tent and food with **Wargowsky** for four days.

When the team set out for the Summit at 0200 hrs, they left **Mera** sleeping in the tent. But she again caught up with the team, on getting up, crossing the terrain in just two hours which had taken the mountaineers seven hrs to cross.

On the final ridge **Mera** ran ahead of the climbers. In spite of the minus 20 degrees C temperature, she was on the summit with the team.

Though **Wargowsky** could not take **Mera** with him, she was adopted by the Base Camp Manager, **Kaji Sherpa**.

Courtesy TOI 09 Mar 2019

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## Longest Salt Cave Discovered in Israel

Israeli researchers have discovered and mapped 10 kms of passages and chambers inside Malham Cave, overlooking the Dead Sea. It took two years to map the cave. The site was near where according to the Bible Lot's wife was turned into a pillar of salt. The cave of 'Three Nudes', 6.85 kms Salt cave in Iran's Qeshm Island, had earlier held the record for the longest cave for 13 years since 2006.



Courtesy TOI 29 Mar 2019

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## Mountain Man : Aiming for Greater Heights



India's Mountain Man, **Arjun Vajpai**, was at base camp of Annapurna, world's 10th highest peak, to move forward towards his goal of all 14, 8000M peaks. He aims to be the only Indian and the youngest in the world to do so. So far only 32 mountaineers have achieved this feat. No news was received after mid May regarding his climbing of Mt Annapurna,





which was hampered by inclement weather.

**Arjun Vajpai** has already become the world's youngest mountaineer to summit six 8000 m peaks.

As we await the good news of **Arjun Vajpai's** success on Annapurna, NAF wishes him all the best in his endeavours to become the youngest in the world to summit all 14, 8000 m peaks.

Courtesy # Instacities 20 Apr 2019

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## 49 Year Old Sherpa Sets World Record Climbs Everest 23 Times

On Wednesday 15 May 2019, at 0750 hrs, **Sherpa Kami Rita**, Set a world record of summiting the world's highest peak Mt Everest, when he summited Everest for a record 23rd time. He had set the world record of climbing Mt Everest for the 22nd time last year. In 2017, he had become the third person to summit Everest 21 times. **Apa Sherpa** and **Phurba Tashi Sherpa** are the two **Sherpas** who had climbed Mt Everest 21 times till 2017. Both have since retired.



Courtesy TOI 16 May 2019

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## Tragedy Strikes Expedition To Nanda Devi East

An international Expedition, consisting of 12 members including seven foreign climbers from US, UK and Australia, and an Indian Liaison Officer, set off from Munsyari on 13 May 2019 for climbing Nanda Devi East, 7434M. The expedition was led by renowned British Climber **Martin Moran** 40.

On 31 May 2019 it was reported that eight members including the seven foreign climbers had gone missing.

According to the Deputy Leader, **Mark Thomas**, who was among the four members left at the Base Camp, he, alongwith the three members and two Sherpas, were tasked to open the route to Nanda Devi East, while the other eight would attempt an unnamed peak for acclimatisation and final training before attempting Nanda Devi East. They were scheduled to return to Base Camp by 26 May 19. However, when this team of eight members did not return till 31 May 2019, Pithoragarh district authorities were informed and search for the missing climbers by State Disaster Response Force (SDRF) along with ITBP Jawans was immediately launched.



**Martin Moran**

On 03 Jun 2019, Indian Air Force helicopters, also searching for the missing climbers, sighted five bodies near an unscaled and unnamed peak, the team was attempting to summit. Though the resolution was not good, it was almost certain that the five bodies were of the climbers who were missing. Chances of survival of the remaining three, also were

very bleak. It was further confirmed by the district authorities that multiple avalanches had occurred in the area during this period. It was therefore presumed, that the renowned British mountaineer, **Martin Moran** had also died along with the other climbers, and that there were no survivors.

**Moran**, had over 30 years of trekking experience, had conducted 40 exploratory treks and climbs across the Himalayan Ranges, and was also well accustomed with the twin peaks of Nanda Devi.

Four members of the expedition including the Deputy Team Leader **Mark Thomas** were rescued from the Base Camp on 02 Jun 2019.

This is one of the worst tragedies during a Nanda Devi Expedition.

Courtesy TOI 02, 04 & 06 Jun 2019

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## Mt Makalu Tragedy

On 16 May 2019, one Army Person **Naik Narayan Singh** died while descending from Mt Makalu, after successfully summiting it. It is not clear how he died.

Another Civilian, **Dipankar Ghosh**, 53, who had undertaken 47 successful Mountaineering expeditions including Mt Everest and Mt Lhotse, went missing, again, while descending from Mt Makalu after having successfully summiting it. He had descended upto 8300 metres by 2030 hrs, and was walking slowly. He asked his Sherpa to carry on. When **Dipankar**, did not reach camp IV after quite some time, five Sherpas went out to search for him, but he could not be located till 17 May 2019 evening.



Dipankar Ghosh

Courtesy TOI 18 May 2019

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## Tragedy Strikes West Bengal Climbers Attempting Mt Kanchenjunga

Two members of a five member Team from West Bengal lost their lives in an attempt on Kanchenjunga in May 2019. While one of them **Biplab Baidya** (48) died due to hyperthermia and snow blindness during the descent after summiting, **Kuntal Karar** (46) fell sick during the ascent and could not make it to the top.

Their bodies were recovered and flown to Kathmandu on 19 May 2019.

Courtesy Press Trust of India May 2019

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## First Kashmiri Lady Summits Everest

On 21 May 2019, **Nahida Manzoor**, 26, from Srinagar along with her Sherpa, **Nima Kancha**, summited Mt Everest, making her the first Kashmiri woman to summit Everest. It was her maiden attempt to climb Mt Everest.

**Nahida Manzoor**, daughter of a mutton seller in Srinagar, had been passionate about snow peaks and took to mountains at a very young age. She climbed mountains in the valley since childhood. She had to resort to crowd funding to gather the required funds for financing her Everest expedition.



Courtesy TOI 23 May 2019



## Horror Tales of Everest This Year

**Aditya Gupta** (50), a Delhi based businessman, recalls takes of horror, during his Everest Climb this year.

This year the Nepal Government issued a record number of 381 permits to scale the peak. This led to a 'traffic jam' on the world's highest peak.



**Anjali Kulkarni**, from Mumbai, was very excited to climb Everest. She had been briefed about the tough climb beyond Hillary Step. **Aditya Gupta** had smiled at her eagerness when in the Base Camp. A few days later, while descending from the peak, **Aditya Gupta** learned from **Anjali's** husband, that she had died on 22 May 19, due to exhaustion, the day **Aditya** had scaled the Mountain.

**Aditya Gupta** also recalls that while making his way through the chaotic beeline of mountaineers, he saw bodies, some several days old, clinging to ropes, that climbers use to heave themselves up. The race to the mountain has turned ugly, with climbers shoving and walking over bodies in a bid to reach the top. People were jostling for space. At the final ridge, climbers have to climb, holding onto a five metre rope, which they are attached to bodies of climbers who died on the way were still hanging on the rope. Long lines were seen at the Hillary Step, a 12m vertical rock face, one of the trickiest ascents to Everest.



At least 11 deaths were recorded this season due to various reasons.

Reasons for this increase in deaths are commercialisation and the greed for glory by inexperienced trekkers lured by travel operators, making false promises of safety and success. Having done a few treks does not mean one is ready to climb Everest. One has to prepare diligently for it. Sherpas and guides also often desert the climbers or do not give proper guidance or help their climbers.

Courtesy TOI 01 Jun 2019

## Ghaziabad Boy Battles Storm and Sickness to Summit Everest

On 22 May 2019, 21 years old, **Sagar Kasana**, from Loni in Ghaziabad summited Mt. Everest, despite being unwell and the weather being inclement.



**Sagar** had commenced his journey on 06 Apr 2019. **Krick Wood** from Australia, **Alexander** from Russia and **Evan Tommo** from Bulgaria were in the team along with **Sagar**. The team lost **Tommo** to high altitude sickness, early during the expedition, lowering the morale of the team. **Wood** and **Alexander** decided to call off their expedition after reaching Lhotse. **Sagar**, however, did not give up and battling severe snow storms, summited Everest on 22 May 2019. He had earlier scaled Mt Kilimanjaro and Mt Alburse in Europe.



Courtesy TOI 27 May 2019



## Tragedy for Kolkata Trekkers

Tragedy struck a seven member trekking group from Bengal in May 2019.

One member of the group died while trekking from Rohru in Shimla District to Brua in Kinnaur District, while another member whose condition was critical, was airlifted to PGI Chandigarh.

The trekkers were on their last leg of the trek when the tragedy occurred.

Courtesy TOI 26 May 2019



## Felicitating the First Everest Summiteers

To celebrate the 66th anniversary of the first ascent of Mt Everest, **Sara Hillary**, daughter of **Sir Edmund Hillary**, garlanded the statues of **Hillary** and **Tenzing Norgay** in Kathmandu on 29 May 2019. She was accompanied by **Shri GP Baskota** a Nepal Minister.

Courtesy TOI 30 May 2019





## Mountaineers Utilised for Search of AN- 32 Crash Survivors

An AN- 32 aircraft of the IAF had gone missing since 03 Jun 2019 and reported to have crashed in a remote thickly forested area in Arunachal Pradesh. 15 Mountaineers, nine from IAF, four from Army and two civilians were helidropped near the wreckage site on 12 Jun 19 to search for the Survivors from among the personnel on board and crew, and the Cockpit Voice Recorder (CVR) and Flight Data Recorder (FDR).



Courtesy TOI 13 Jun 2019

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## 10 Year Old Girl makes Rock Climbing History



**Selah Schneider**, 10, of Colorado, US, scaled the nearly 3000 ft 'The Nose', route on 12 Jul 2019, along with her father, an experienced climber and a family friend. **Selah** became the youngest person to scale Yosemite's iconic 'El Capitan.' She achieved the feat in five days.

Courtesy TOI 20 Jun 2019

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## Nepal Government Sets New Rules to Limit Climbers on Everest

After the death of at least 11 climbers and injuries to many more, as a result, of the unusual rush and 'traffic jam' en route to the summit of Mt Everest, this year, Nepal Government has decided to set stringent rules to limit permits for Everest Expeditions. These rules will limit inexperienced climbers getting permits for Everest. Climbers will not only have to have experience of having climbed at least one major peak but also pay a minimum of \$35000 for the permit. The tour operators / firms will also require to have at least three years experience in organising high altitude expeditions. These measures will hopefully reduce the casualties on Everest.



Courtesy TOI 17 Aug 2019

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## AERO

### Paraglider Mishaps in Himachal : Paragliding Activities Suspended

Himachal Pradesh stopped all Para Gliding activities with effect from 24 Oct 2018 in Bir and Billing, in Kangra District, which is amongst the best paragliding sites in the world, after the IAF complained about security breach by para gliders into restricted zone.

Prior to the stopping of activities, a number of mishaps had also taken place during this season as under :-

- (a) **Sanjay KR Devarkonda** (50), an Australian paraglider of Indian Origin, was killed, in a crash on Dugli Hills in Mandi District, after taking off from Bir-Billing on 24/25 Oct 18. His body was recovered on 25 Oct 18. This was the second death during this season. Earlier, on 23 Oct 18, a Singapore paraglider, **Kok Choong Na**, had also died in the Dhaulader Mountains near Baijnath, after taking off from Bir Billing.
- (b) A Spanish para glider pilot, **Jos Lewis** (40), who was stuck in the mountains since 20 Oct 18 was rescued on 24 Oct 18 from Bandla Hills.
- (c) One Russian and one Latvian paraglider were earlier injured in mishaps in the previous week.



Courtesy TOI 26 Oct 2018



### World's Oldest Skydiver at 102 years

On 09 Dec 2018, **Irene O' Shea**, became the world's oldest skydiver, when she skydived from a height of 14000 ft in Southern Australia, at an age of 102 years and 194 days. She had completed her first skydive on her 100th birthday in 2016.

She undertook this adventurous activity to raise funds for a 'Motor Neurone disease' charity, after her daughter died from this disease.

Courtesy TOI 13 Dec 2018





## Overcoming Fear with Adventure

Actress **Rakul Preet** decided to overcome her fear of falling, by Skydiving. She did so in Dubai in Mar 2019. *"Nothing is more beautiful than overcoming the fear of falling. It was probably the most beautiful 50 secs of my life"*, she said after skydiving.

Courtesy Noida Times 17 Mar 2019



## Indian Woman Crosses Atlantic In Light Plane



On 13 May 2019 (Monday), at 1829 hrs, an Indian Woman, **Aaroohi Pandit**, 23 created history when she landed at Iqaluit airport in Canada, to become the first Indian Women, and perhaps the only woman in the world, to cross the Atlantic Ocean, Solo in an ultra light sport aircraft 'Sinus 912', the first light sports aircraft (ac) registered in India.

The Sinus 912 ac, was built in Slovenia in 2016. It is a single engine, two seater ac, with a high wing and tricycle design. It's strutless motor glider is made for gliding and equipped with a ballistic parachute, for emergency landing. It has a glass cockpit with advance avionics and special satellite trackers. Formerly, registered as a VT-NBF, the ac was named 'Mahi',

meaning Great Planet Earth in Sanskrit, and weighs less than a family of four.

**Aaroohi** embarked on the expedition on 30 Jul 2018, along with her best friend and fellow pilot **Keithair Misquitta**, 24. Both, residents of Mumbai, met at Bombay Flying Club while training for commercial pilot licence (CPL).

They took off from Patiala and set their course for the Expedition across Punjab, Rajasthan, Gujarat, Pakistan, Iran, Turkey, Serbia, Slovenia, Germany, France, UK, Faroe Islands and Iceland before landing in Kulusuk, Greenland, where they parted ways. **Aaroohi** then had to complete the mission solo.

**Aaroohi** clocked 120 hrs of flying across 18 countries and 37000 kms over the 10 months to create this history. Everything was not as smooth as it looks. They had to return to Mumbai also after being grounded in Greenland in extreme harsh weather. Extra precautions and preparations had to be taken for the most challenging leg of the Expedition ie across the North Atlantic Ocean and the Greenland ice cap.

**Aaroohi** says *"I am so honoured and grateful that I could do this for my country and for women everywhere. Flying over the Atlantic Ocean has been a humbling experience. The challenging part was of course the North Atlantic part but I would do it all over again"*.

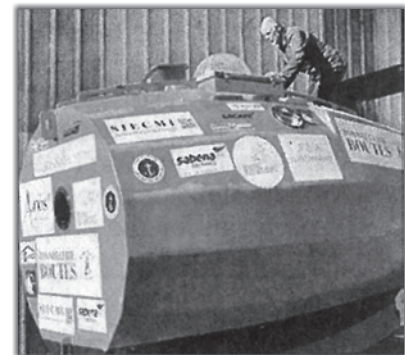
Courtesy TOI 15 May 2019



# AQUA

## Across Atlantic in a Barrel !!

On Wednesday, 26 Dec 2018, Frenchman **Jean Jacques Savin**, 71, set off from El Hierro in Spain's Canary Islands to Sail across Atlantic in a barrel shaped capsule measuring 10ft long and 2.10 metres across, made of resin coated plywood, heavily reinforced to resist waves and orca whales. The capsule has a 6 Sq Metre living space including a kitchen, sleeping bunk and storage space. It also has a porthole at the bottom to see fishes passing by.



The adventurous voyage is likely to take three months and terminate at the Caribbean.

Courtesy TOI 28 Dec 2018



## Braveheart J&K Guide Sacrifices Life to Save Five



On 31 May 2019, a tour guide, **Rauf Ahmed Dar**, 32, was out on a rafting trip with five tourists from West Bengal, in Lidder River, in Pahalgam, J&K. Though white water rafting is not permitted after 7pm, the tourists insisted that **Dar**, take them out, after the scheduled time.

The raft capsized due to strong winds and the tourists fell into the raging water. **Rauf Ahmed** rushed to their rescue and managed to rescue all five tourists. He however could not save himself and drowned.

**Rauf Ahmed Dar** had completed BA and B.Ed. He also had a diploma in rafting. He was pursuing Masters Degree in Political Sciences.

**Rauf Ahmed** was hailed as a "Real Life Hero". His family was also compensated monetarily.

Courtesy TOI 02 Jun 2019



## Encouraging Adventure In Russia

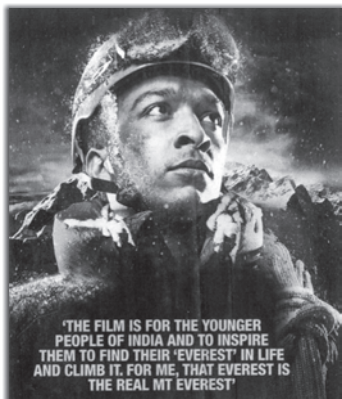
On 20 Jul 2019, people in Russia participated in a 'Stand Up Paddle Boarding' festival in Saint Petersburg.

Courtesy TOI 22 Jul 2019



# MISCELLANEOUS

## Documentary Film on Mountaineer Arjun Vajpai



A 51 minutes documentary film, 'The Mountain Within', based on Noida mountaineer **Arjun Vajpai** was released on 01 Mar 19, in six cities, viz Noida, Gurgaon, Delhi, Mumbai, Pune and Chandigarh. It chronicles **Arjun's**

mountaineering journey from 2010, when he became the youngest Indian to summit Mt Everest, to 2019. It presents his ambition to climb all 14 over 8000m peaks in the world, six of which he has already done till 2018. The documentary film consists of real life footages and stories never told before. It depicts the challenges, the obstacles faced by mountaineers and what exactly goes on

in the minds of Indian Mountaineers. Footages captured by Italian cameraperson and photographer, **Alex Demilia**, who specialises in filming extreme conditions, are shown in this documentary. The film also gives boost to adventure tourism and sports.



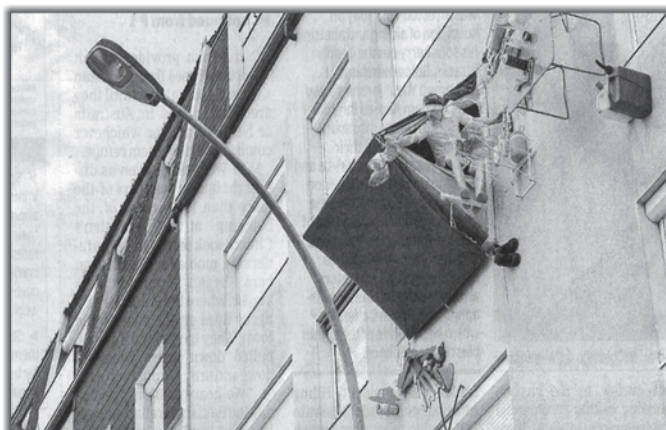
Courtesy Noida Times 02 Mar 2019



## Gravity Defying Act By The Tent man

A French street theatre artiste **Monsieur Bourgogne**, had established a tent on the facade of a building in the Bellevue neighbourhood of Saint Herblain, near Nantes, Western France, on 25 Apr 2019, as a gravity defying act. The installation is at a height of more than 10 meters and was for public viewing for a week.

Country TOI 26 Apr 2019



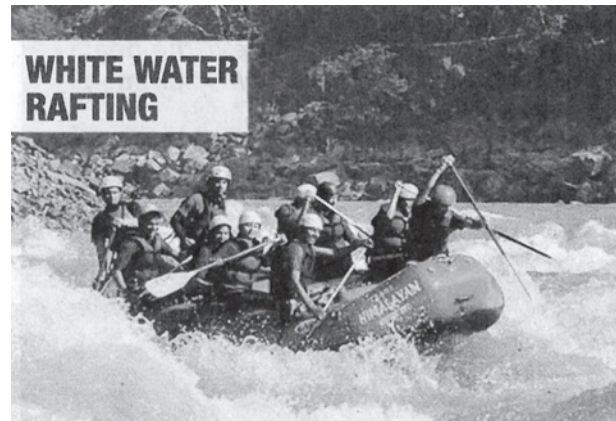


## Adventure Tourism in Uttarakhand Gaining Popularity

Geography and picturesque landscapes in Uttarakhand are ideal for adventure tourism, which is gaining popularity by leaps and bounds.

Mussoorie, Mukteshwar, Ranikhet and Naukuchiatal for paragliding, River Ganges for white water rafting, Rishikesh, Mussoorie, Nainital and Dehradun for Zip Line and Corbett, Auli, Rishikesh, Deoria Tal, Nainital and Kanatal for camping, are the numerous places gaining popularity for these adventure activities from May to Sep every year.

Courtesy Noida Times 23 May 2019



## Internet On Everest : But At A Price

A local entrepreneur, **Tsering Gyatsen Sherpa** has set up an Everest Link, a solar powered wi-fi station at the Base Camp, but, at a price.

It will help expedition members acclimatising and awaiting their turn, to climb Everest at Khumbu Glacier Base Camp to remain in touch with their families and friends, and send pictures and information to them.

Courtesy TOI 09 Jun 2019



## NAF Chapter Tamil Nadu & Puducherry Makes the NAF Proud

**NAF Chapter Tamil Nadu & Puducherry** has been selected by the Hospitality and Tourism Congress (HTC) for **"HTC National Award of Excellence"**.

HTC is jointly organised by the Department of Tourism, Government of Puducherry and Entrepreneurs Council of India. The HTC national award of excellence aims to promote the hospitality & tourism industry in India, by giving recognition and to encourage companies and organisations involved in this industry nationally. The Award is a great Mile Stone for the Awardees and motivation for others. The award was given on 22 Feb 2019.

The NAF congratulates NAF Chapter Tamil Nadu & Puducherry on this spectacular achievement and wishes it many more such achievements to come.



## *A Tribute to Distinguished Members of NAF*

**Ms Shalinee Kothare**, an academician of repute, based in Nagpur, a keen and enthusiastic mountaineer and an extremely active member of NAF, passed away on 25 May 2019. Her passing away has left a void in the NAF family which will be difficult to fill. NAF prays to the Almighty to rest the departed soul in eternal peace and give all the strength and courage to bear this irreparable loss with fortitude.



She was amongst the first women mountaineers of India, having been initiated into mountaineering in 1958 by Late Brig Gyan Singh, then Principal Himalayan Mountaineering Institute (HMI), Darjeeling. Had done Basic Course at HMI Darjeeling and HIM, Manali. Was a member of **Brig Shalinee Kothare Gyan Singh's** recce party to locate rock climbing sites in and around Nagpur and was the Founder member of Nagpur Mountaineering Club 'SAHAS'.

A prolific write, **Ms Shalinee** wrote articles on mountaineering for International Magazines like 'Caravan'. She was a regular contributor to extremely interesting and educative articles for NAFERs. Also did a short stint as Director of Seven Sisters Adventure Club and Institute at Uttarkashi, after superannuation from the post of Principal of Shrimati Binzani Mahila Mahavidyalaya, Nagpur.

Her contribution to the NAF will always be valued and gratefully remembered. **Ms Shalinee Kothare** will be sorely missed by the NAF fraternity for many years to come.

**Shri Amulya Sen**, 84 years veteran mountaineer and an active member of NAF and NAF Chapter West Bengal, popularly known as '**Amudaya**' in the mountaineering fraternity, passed away on 31 May 2019. His passing away has left a void in the NAF family which will be difficult to fill. He is survived by his wife and daughter. NAF prays to the Almighty to rest the departed soul in eternal peace and give all the strength and courage to bear this irreparable loss with fortitude.



**Late Shri Amulya Sen** attended basic and advance mountaineering courses in Himalayan Mountaineering Institute (HMI), Darjeeling in 1960-61, and the first 'Method of Instruction' course also in HMI, with legendary **Tenzing Norgay**. He was also an instructor for the first Adventure Course for teenagers in HMI.

He participated in numerous mountaineering expeditions. Was first to ascend Nilgiri Parvat in 1962 and Chandra Parvat in 1965. Was also leader of the 1993 Everest Expedition. **Shri Amulya Sen** was awarded the prestigious **National Adventure Award** (presently known as **Tenzing Norgay Adventure Award**) in 1998. He held appointments of Secretary East Zone Committee and member, Governing Council IMF, and Member Executive Council of HMI.

**Shri Amulaya Sen's** contributions to NAF Chapter West Bengal and NAF, as an active life member will always be valued gratefully, remembered and solely missed by the NAF fraternity for many years to come.

# Mountaineering Expedition To Mt Elbrus, West Summit, (5642 Metres 18511 ft).



Shri Gajpal Rathore

My dream of attempting Mt Elbrus, the highest peak in Europe, commenced in April 2018, when I got a message from my friend **Debu Da (Debabrata Mukherjee, Kolkata)** that he was organising an expedition to climb Mt. Elbrus in August and whether I would like to join. I promptly confirmed my participation.

**Mt. Elbrus is the highest mountain of Europe, positioned towards southern Russia. It is also one of the mountains listed in the 'Seven Summits' which is a very famous and difficult mountaineering challenge.**

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Unfortunately, after about a month, I was informed that the plan was being cancelled due to some passport issues for two other members of the group. I then decided to undertake the expedition on my own and started checking for a climbing agency, along with finding suitable weather days for climbing. After some research I shortlisted an agency based at Russia and confirmed my booking for the expedition from 04 to 15 August. I also commenced my fitness preparation, including climbing up the stairs, to my 11th floor office, daily.

On 04 Aug 2018, I started a long journey of around 30 hours from Bangalore, through cab, flights & bus, to reach Terskol village in Russia. Terskol is situated at ~2000mtrs (6500ft) above sea level and is the last village

towards Mt. Elbrus. It is a famous location for snow-skiing and is fully occupied by skiers from across the globe during the season. After reaching the hotel, the remaining day was over in settling down and meeting with the other members of the climbing group. There were total 11 climbers in our group, three women and eight men. Apart from myself from India, the other 10 were from Italy, Scotland, Russia, UK, Germany & Japan.

Our acclimatization schedule commenced the next day. We left around 9AM in the morning, to trek to a point called 'Observatory' which is a weather station situated on a hill top, at an altitude of ~3200mtrs (10500ft). It was a nice clear day.

Within ~45min we moved away from road and got on a mountain trail. Enjoying the views



and taking short breaks we continued up, and took a long break at a beautiful waterfall called 'The Virgin's hair'. It is five minutes' walk, off the main trekking route and worth the efforts. Around 1PM we reached the top, took rest and had our pack-lunch.

We returned along the same route and reached the hotel around 5 pm. I kept my speed steady throughout so as to not over exert. I had a slight headache but thankfully it was over in some time after returning to the hotel. It was a long trek of total 20kms which took us 8hrs to complete.

In the evening we got our technical equipments hired from the agency, which included climbing shoes, crampons, ice axe, down jackets, etc. The entire packing was done at night itself as we had to leave early in the morning for our next stay at a refuge called 'Barrel huts' at 3847mtrs (12600ft).

Next morning was also bright & sunny. The journey from Terskol to Barrel huts was to be done through Ski-lifts. The ski-lifts start from Azau station and are in a series of three sectors for which the passengers (along with their luggage) have to change lifts at each connecting station. The view from the glass

**The heavenly sight we saw during this window is one of the most fulfilling and delightful view for any mountaineer. The hypnotic view of unending mountain ranges standing tall with so much grace and poise, colourful sky above them with interesting twists of clouds sprinkled a little here & there makes one get lost in the bliss of nature, wishing such relaxed and empowering feeling never comes to an end.**

cabins throughout the lift journey was amazing. It took us two hrs from Terskol to Barrel huts. This was the last staging point on way to Mt. Elbrus through Southern route.

Very soon the weather changed drastically from sunny to cloudy, and from 18°C to 9°C within a short span. Notwithstanding

this, we had to comply with the acclimatization rule of climbing (climb high, sleep low). We climbed up to 4300mtrs (~14000ft) to a point named as Shoulder-11. While climbing up we were lucky for a while to have the first look at



the Mt. Elbrus peaks standing tall among a cloudy sky. The west summit of Mt. Elbrus is the taller one at 5642mtrs (~18500ft) and east summit is 5621mtrs (~18400ft).

We practiced 'self-arrest' (stopping oneself during a fall on snow/ice terrain using body position, ice-axe & crampons) for about an hour. I felt fine as the exhaustion was not much, possibly due to better acclimatization. We were back around lunch time. The weather continued deteriorating and it was not a good sign for us. Snowfall had also commenced and temperature decreased to -1°C. Anticipating better weather next day. We all retired for rest into our cozy sleeping bags.





Anticipating a tough day, we started climbing early to reach Pashtukov rocks which is at the height of 4800mtrs (~15700ft). It took us five hrs to climb up and two hrs to descend. During the climb I felt exhausted a couple of times, but kept moving on. The weather was still not better and snow was falling. We were lucky when we reached at ~4200mtrs, to get a clear weather window for about an hour. The heavenly sight we saw during this window is one of the most fulfilling and delightful view for any mountaineer. The hypnotic view of unending mountain ranges standing tall with so much grace and poise, colourful sky above them with interesting twists of clouds sprinkled a little here & there makes one get lost in the bliss of nature, wishing such relaxed and empowering feeling never comes to an end. We were soon engulfed back in bad weather. We reached Pashtukov rocks in another hour and stayed there for half an hour and then descended to the refuge.

The snowfall continued and the temperatures were gradually falling down. We all were concerned and trying to avoid the scepticism of abandoning the expedition due to bad weather.

Next full day was a rest day for us, so that we recharge our bodies, to prepare for the summit attempt, the following day. We would have to commence climbing at 1am and the ascent and descent would involve 9 to 11 hrs. We had a brief harness fitting session after breakfast and checked all our personal and technical climbing gears. Further into the day we kept everything ready to start right on time the next day. During the day we kept getting updates regarding a Taiwanese climbers group which had left at 4am in the morning but hadn't returned until 3pm. It snowed throughout the day and many other climbers

**This was the final push towards the summit and the steepest and most tiring one..... During this stretch I started to feel the physical exhaustion and kept reminding myself to keep going and managing my energy levels. I was competing with myself and stretching with every step, controlling my breathing and not letting the high-altitude pressure take over me.**

were also praying for the safe return of the Taiwanese group. To everyone's delight the Taiwanese group returned at 5pm and all the climbers had summited as well. We got to know through some other climbers that they could complete their expedition as they had used 'Ratrak'

(snow vehicle) upto some height, to save time & energy in this bad weather. Our guide had informed us regarding this option also, and our group agreed, considering the unwavering weather conditions & feedback from other climbers. We all decided that we would use 'Ratrak' to get upto 300 meters above and save some time. This was the height which was last stop for the 'Ratraks'.

On the summit day, we woke up at 1am and finished our breakfast on time. We soon reached the Ratrak point and from there it took us ~45min to reach the height of 5100mtrs (~16700ft). It was still dark and we had our headlights on. We put on our crampons, rechecked our essential stuff and started climbing slowly towards the summit. I knew I didn't go through a continuous fitness regime hence was very cautious in preserving my energy throughout this expedition. We were the second group to start on this day and there were some more groups coming after us. I kept a slow but steady pace and was at the rear of our group. One of the Russian members of our group **Mr. Mikhail Romanov** was a true inspiration. He was a well built 60 years old happy fellow who loved to talk, and he was always ahead of many of us. There were two Japanese friends in our group, **Mr. Yuichi Osano** and **Mr. Takashi Naganeyama** who couldn't speak or hear, but their energy and coordination was admirable.

Our summit route to west peak was called the South route and the east summit is closer from this side. We started moving uphill

towards the east summit, and after some time traversed to left towards the saddle between both the summits. Soon it was day break and we could see the entire white snow all around us. It kept snowing intermittently. We kept taking short breaks every hour. After moving towards the saddle, we moved to the right towards the west summit climb. Gradually our group reached the fixed rope point where each climber is attached to the fixed rope for safety.

This was the final push towards the summit and the steepest and most tiring one. Our group had got divided in two and I was in the rear one. We had 10-15min time gap between us. During this stretch I started to feel the physical exhaustion and kept reminding myself to keep going and managing my energy levels. I was competing with myself and stretching with every step, controlling my breathing and not letting the high-altitude pressure take over me.

I also knew that I must be very careful not to let the headache or any other altitude sickness problem cross the danger level as a slight miss could jeopardise the entire efforts. Many of the times various climbers have had to return while they were just short of summit, due to health or weather conditions. With all these regular alerts, we kept moving one small step at a time and after around 40-45min of fixed rope climbing we saw our leading group coming back towards us. It was the first rush of joy I felt in my whole body as it meant that they were successful in their summit and we were not far from having one of the most cherishable lifetime memories. The weather was still cloudy & snowfall was continuous, and hence we were not able to see the peak but we were charged up with the thoughts of soon reaching the top of Mt. Elbrus. We exchanged very brief wishes with our leading group and kept moving towards the summit. In next 10min the hazy view started getting clearer as we moved

**While the truth started seeping in, I realized that some tears of happiness rolled out of my eyes. The mix of emotions was so exhilarating that I forgot all physical & mental exhaustion for a while.**

forward and in moments the summit was within a few metres of our reach. It was a small hump fenced by makeshift snow-wall of ~1ft height, probably made by the climbing

guides for safety of climbers standing on top. At 0838 AM (Russian Time) on 10 Aug, 2018, I fulfilled my dream of summitting Mt Elbrus, the highest mountain of Europe.

While the truth started seeping in, I realized that some tears of happiness rolled out of my eyes. The mix of emotions was so exhilarating that I forgot all physical and mental exhaustion for a while. Thoughts of my family, friends and all those who matter in my life started hustling in my mind. I bent down and touched the top with my head and then took the much-awaited step on the summit of mighty Mt. Elbrus and what a feeling it was! I don't know whether I can explain the feeling properly but it was one of the most fulfilling that I have ever felt. I was using my phone for taking pics all these days and took it out to click the most memorable ones. To my surprise, it froze and didn't start. Fortunately, I had kept one back up camera which saved the day and got my pics clicked by the guide standing close to me. It was 08:38am and the first pic I got clicked was with our Indian national flag and the other one was with a t-shirt with my son's name on it. I could not capture the view of the surroundings of the peak which is always the most beautiful, since the weather was still cloudy with reduced snowfall.

And as it demands that in mountains one has always to be level headed, we decided to start back after spending 4-5min on top so that we free up space for others and get back at our refuge in time. I checked and packed my backpack and got back on the trail. The physical exhaustion was there but I had to be more careful while descending to avoid any accident.

I was facing some difficulty due to my



spectacles which kept getting foggy. Though I tried the OTG (over the glasses) ski-goggles this time, it was not of much help in avoiding the fog inside the glasses. The ski-goggles did help a lot in saving half of my face from the cold temperature & later when the snowfall had increased into a snow blizzard for some time.

I kept walking on the track and following the climbers & guides in front of me at a visible distance. Throughout the climb the guides

were very helpful in managing the concerns related to the climb. We were back at Pashtukov rocks in 1 ½ to 2 hrs. Getting back on the 'Ratrak' this time was a completely different feeling from what it was on the way up. The feeling of anxiousness had converted into relief and a sense of achievement. By 11:00-11:30am we were back at our refuge and got into relaxed outfits. We decided to move to Terskol the same day, after lunch. As the last ski lift took off at 4pm we had just enough time to have our lunch and pack our bags to move down to Terskol.

Everyone turned around quickly and there we were at the take off point all set to go down. Seated in the ski lift and enjoying the beautiful view, it was like rewinding a movie. Flashes of memories while we were going up the same route some days ago and feeling the difference in the stories we all now had with ourselves will be something to cherish throughout our lives!

### AUTHOR

**Shri Gajpal Rathore**, an active life member of NAF is a keen adventurer. He is presently working as General Manager and Head Visual Merchandising and Projects for Arrow Aeropostale and Izod brands at Arvind Fashions Limited at Bangaluru.

*If my mind can concieve it,  
My heart can believe it,  
I know I can achieve it.*



# Mountaineering as an Adventure Activity



**Col RC Patial, SM, FRGS (Retd)**

Adventure means an exciting or an unexpected experience. Adventure activities can be conventional or unconventional. Conventional Adventure Activities are those outdoor activities that can involve the person in situations where there is a risk to injury as well as risk to life. Some of these activities are mountaineering, rock climbing, ice climbing, caving and skiing. Unconventional Adventure Activities are those activities in which there is comparatively a lesser risk involved. Conventional activities are not

**Traditionally it has been seen rishis ventured into mountains in search of salvation. A large number of religious shrines are situated in the mountains. Travellers climb in search of knowledge and mental satisfaction. Earlier traders travelled across high mountains for trade.**

always suitable for groups of young people as there is generally a need of specialised expensive equipment and a Natural Environment. Some of the activities are Gorge Exploration, River Running, and Dinging, forest journeys, and stream walking.

"Mountaineering as described in the encyclopaedia is the sport of attaining or attempting to attain high points in mountainous regions difficult of access, primarily for the pleasure of the climb." Mountaineering comprises of Trekking, Rock Climbing and Snow and Ice Climbing.

Mountaineer can be defined as - One who is sufficient fond of climbing mountains and masters the technique required for his chosen method of climb.

Adventure Activity should be challenging, difficult and must involve element of personal risk, should not be of routine nature but should stretch endurance limits of participants. It should involve minimum inescapable logistic backup including manpower and be financially viable.

## Mountaineering Popularity

"Why people climb a Mountain(s)?" When the famous mountaineer **Mallory** was asked he said "Because it is there". The answer though may look funny but it is a fact and only mountaineers can really understand. Traditionally it has been seen rishis ventured into mountains in search of salvation. A large number of religious shrines are situated in the mountains. Travellers climb in search of knowledge and mental satisfaction. Earlier traders travelled across high mountains for trade. The famous old silk trade route of the Himalayas is a classic example of this trade in the high mountains across various countries without frontiers. Some of the reasons why people climb mountains are:

- ❖ Some climb for money and earning a livelihood like Sherpas, Guides, mountaineering instructors and porters.

- ❖ Some to explore and study the land like Geologists and Surveyors.
- ❖ Some for the advancement of science and carrying out experiments.
- ❖ Some for name, fame for self, organisation and the country they belong to.
- ❖ Some for the adventure sake.
- ❖ And of course some to satisfy their urge as because the mountain is there.

Mountaineering is one of the most popular sports in the world and some of the factors contributing to its popularity are:

- In mountain climbing a man finds spiritual satisfaction and develops respect for the mountains as from time immemorial mountains have been considered as the Abode of Gods.
- Men who are tired of their routine work need some healthy diversion for mental relaxation.
- Mountaineering is a sport whose essence is cooperation and builds camaraderie amongst team members towards accomplishment of the mission.
- Opportunities to develop individual leadership qualities.
- Provides the opportunity of being closer to nature.
- It can be undertaken by a large or a small group.
- It presents a mysterious challenge which helps in achieving confidence.
- Provides organisational, planning skills along with developing creative thinking.
- It provides scope to maintain close relations with the people of remote areas of the country.

**Historically a large number, of invasions have taken place across the high mountain passes and trade routes also passed through these areas. India has long mountainous frontiers all along the Himalayas of J&K in the NW and Arunachal Pradesh in the NE and has frontiers along with a number of countries. These remote and difficult areas have been the highest battle fields in the past and continues to beat all records with the Siachen Glacier battle ground including the 1999 Kargil War.**

➤ Bonds of long lasting friendships are created which promote national integration.

Mountaineering provides the opportunities for the study of:-

- Glacial Studies
- Acclimatisation and Mountain survival.
- Survival techniques under adverse terrain and weather conditions.
- Use of equipment and food.
- Mountain Hazards.

Mountaineering indirectly benefits an all-round economic development of the area if undertaken in a controlled and systematic manner. The following tourism schemes and themes can be encourages as part of an overall mountaineering package.

- Mountaineering and religious tourism. Many religious temples and monasteries are located in the high mountains.
- Mountaineering and heritage tourism.
- Mountaineering and environmental preservation awareness
- Keeping the Himalayas clean,

pollution and plastic free.

### **Mountaineering and Mountain Warfare- Indian Army**

Historically a large number, of invasions have taken place across the high mountain passes and trade routes also passed through these areas. India has long mountainous frontiers all along the Himalayas of J&K in

**It is but evident that the services should be well versant with mountaineering so as to effectively guard its frontiers all along the Himalayas and show its effective presence in the most inhospitable high altitude terrain where normally troops cannot be stationed for prolonged periods due to health hazards.**

the NW and Arunachal Pradesh in the NE and has frontiers along with a number of countries. These remote and difficult areas have been the highest battle fields in the past and continues to beat all records with the Siachen Glacier battle ground including the 1999 Kargil War. Mongols and the famous Dogra **General Zorawar Singh** have fought battles in high altitude inhospitable terrain in the days when equipment and food was much inferior to what we get these days as part of high altitudes rations.

The Indian Army has a long standing tradition of Adventure Spirit and has been in the fore front for undertaking high risk adventure activities be it in the Himalayas or in the air or at sea. The army has been the pioneers in undertaking adventure activities in all spheres within the country. However lately we are losing this standing to the other services and paramilitary forces especially the ITBP.

Learning lessons from our past history prior to our occupation of the Siachen Glacier Pakistan's successful campaign of war of maps through mountaineering expeditions was successful in convincing the western

world that the area in question around Siachen Glacier belonged to them. Some of the western nation maps reflected it accordingly.

It is but evident that the services should be well versant with mountaineering so as to effectively guard its frontiers all along the Himalayas and show its effective presence in the most inhospitable high altitude terrain where normally troops cannot be stationed for prolonged periods due to health hazards. Mountaineering expeditions on peaks along the border can be termed as a "Show of Force" and projection of the nation's power to prove to the world that the area is under their effective control. Mountaineering expeditions indirectly cater towards human surveillance and Defence of the Border Areas of the nation.

Kargil War in recent times has proved the importance of Mountaineering and mountain warfare. The future wars are likely to be in our Northern Borders with our main adversary of the future the Chinese along the Himalayas.

### **Opportunities for Mountaineering in the Services**

**Army Adventure Wing (AAW)** as part of the DG Military Training (MT) of the Army HQ was established with the objective of exposing young men in the Army to Adventure activities. AAW plans, coordinated and executes all major high risk adventure activities on land, air and water. Similarly the other two services are also conducting their own adventure activities.

**High Alt Warfare School (HAWs)** is purely an army institution running basic and advance courses on mountain and winter warfare.

**Himalayan Mountaineering Institute (HMI) Darjeeling - Nehru Institute of Mountaineering (NIM) Uttarkashi - Western**



Mountaineering commands respect because it demands courage, endurance and tries one's capacities and capabilities to the extreme. Mountaineering is a great sport and inculcates in all young and old the spirit of adventure which is so essential in the development of physical and mental courage, stout heart and above all camaraderie.

**Himalayan Mountaineering Institute (WHMI) Manali** run adventure courses, basic and advance mountaineering courses for the youth.

Indian Mountaineering Foundation (IMF) is presently controlling all mountaineering activities in India including foreign expeditions. Some of the functions of the IMF are organizing mountaineering expeditions, Advanced Mountaineering Camps, Assistance to expeditions both Indian and Foreign, Weather Forecast, Rescue Work, provide Liaison Officers, provide Store and Equipment at concessional rates. IMF Gold Medals are awarded for outstanding and sustained performance in

the field of mountaineering and not for any solitary act to Indian Mountaineers. The majority of the recipients so far have been from the Army.

### Conclusion

In the end to conclude Mountaineering is not only a sport but it is a way of life. Mythological King **Ravana** of Lanka used to visit Kailash Parvat the abode of **Shiva** regularly. **Lord Christ** gave sermons on mountains. It was the Karakorum's through which the famous invasions of Persians, Greeks, Huns, Turks and Mughals took place. Importance of Mountaineering in the services and especially in the army needs no further emphasis.

Mountaineering commands respect because it demands courage, endurance and tries one's capacities and capabilities to the extreme. Mountaineering is a great sport and inculcates in all young and old the spirit of adventure which is so essential in the development of physical and mental courage, stout heart and above all camaraderie.

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*"The mountaineer is always the gainer even if he does not reach the summit. He at least gains the qualities of sacrifice, physical exertion almost beyond human Endurance and above all comradeship of one's fellowmen".*

**- Maj Nandu Jayal**  
(Legendary Indian Mountaineer)

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### AUTHOR

**Col RC Patial, SM, FRGS, (Retd) PhD (11 GR)** has served with the NSCS as a Senior Defence Specialist and with the NTRO as a Chief Editor of Open Source Intelligence. Was the first DD of the NTRO Training Academy. Inaugural Editor of the HAWS magazine. A keen mountaineer and has trekked all along the Himalayas from J&K to Arunachal Pradesh. Climbed Saser Kangri in 1979 and has organised few expeditions. A prolific writer on matters military and travelogues. Presently is the Principal of Amity Indian Military College.

# A JOURNEY TO BASIC MOUNTAINEERING COURSE



**Shivam Thapa**

It was an early morning in the first week of March 2019 in Doon, a wonderful spring season with cool air blowing, flowers blooming all around, sipping a cup of tea after the routine morning exercise, when there was a call from my friend **Shaurayan**. In an excited mood he rattled off lot many things within seconds. In brief, he said that "an 'Adventure Training & Awareness Camp' for one week was being organised in Rishikesh, Dehra Dun for 100 participants by 'National Adventure Foundation'. It's a free camp from the government side, and we don't have to pay even a single paisa, it includes Rafting, Rock Climbing & Rappelling, Para Gliding, Zip Lining, Burma Bridge, Trekking and lot many other things. **Roshan** and **Sourav** are also keen to attend this camp. What are your views?" It was a dream come true, I immediately said "Okey, let us plan, guys."

The details were sorted out, and on 13 Mar 2019 we were in Rishikesh. The camp was scheduled for 13- 19 Mar 2019. Almost fifty percent were girls. The camp area was nicely planned on a hillock with six rows of tents at different heights with a small swimming pool and a big dining hall within the campus. It was a treat to stay in such tents. The programme commenced, as per the directions,

with total discipline, safety and security being the key issues. Training was very enjoyable and motivating. We spoke to the Director NAF, that we would love to go for Mountaineering Expeditions. Almost everybody was impressed and motivated to make it a profession/career or go for Peak climbing. After lot of discussions, four of us were selected for Basic Mountaineering Course at Jawahar Institute of Mountaineering (JIM) at Pehalgaum, Jammu and Kashmir. It was possible because of the Director NAF, Uttarakhand Chapter, had a good liaison with **Col I S Thapa**, Principal JIM, Pehalgaum.

The four of us i.e. **Shaurayan Thapa**, **Sourav Malick**, **Roshan Rana** and myself always wanted to prove our self in our sphere of life. So when we got the opportunity, we grabbed it and never looked back. We went through the guidelines and noted everything that was required for the 25 days training that was to be conducted by Jawahar Institute of Mountaineering. We watched some videos in YouTube and thought; it would be great fun.

The date of joining at JIM was 05 May 2019. We reached JIM on 04 May evening, eagerly looking forward to the training. In the campus when we looked around, we saw almost everybody with blank looks on their

The daily tough P.T parade was followed by Mountaineering classes, including Rock climbing, Rappelling, River crossing, Zip line etc. During these events, we had to run for miles together and do push-ups for every mistake. Our legs were bruised, hands, ankle, knees, infact every part of our body were fatigued. But yes, our 'Souls' were fresh.

faces and no one knew what we all were in for. We were briefed by one Instructor about our schedule. Some of us were very excited, some confident, some of us were perplexed.

Next day, in the morning at about 0530 hrs, an Instructor came yelling at our door, gave us just five minutes to change and get ready. None of us had been ever treated like this nor were we used to getting ready in five minutes. We could get ready in about 30 minutes or so. The angry look on the Instructor's face made us feel that we had committed a big mistake. We were made to run and do push-ups. Many of us literally collapsed on the floor. Nobody knew whether it was a part of training or a punishment. But we all wondered, why such a heavy dose on the very first day. We hated these exercises, but later, when we built our stamina, we realized, it was for our benefit. It made us rough and tough, that which was required for mountaineers. The participants lost weight ranging from one to 12 Kg, surprisingly some gained weight. It was not that easy to compete with service personnel including some from Para Commandos. But there were some sloggers from IIT's also which could give us some respite.

We hardly got any rest. The daily tough P.T parade was followed by Mountaineering classes, including Rock climbing, Rappelling, River crossing, Zip line etc. During these events, we had to run for miles together and do push-ups for every mistake. Our legs were bruised, hands, ankle, knees, in fact every part of our body were fatigued. But yes, our 'Souls' were fresh. With the passage of time we got better and better. Soon the day came when we had to compete in an eight Km endurance test in High Altitude area. Some drank a bottle of Glucose, some said, "do not brush your teeth in the morning, otherwise it will make your mouth dry," and some said "do not eat chicken at night." The run was a total fun. I was at 20th



place out of 52 participants. Yes, **Roshan Rana** was at 7th position while competing with so many faujis including a Wing Commander from the Indian Air Force. All four of us had done reasonably well.

Next step was to move to Chandanbari, close to a small Glacier. The day we arrived at Chandanbari, we pitched the tents and set up our camp. It was a beautiful location with high snow covered peaks. It was a treat to see such places. Next morning we went to a small glacier and practiced the essentials of Ice Craft.

One evening we were all sleeping when suddenly the Instructors ordered us to fall-in. To our surprise they started playing loud music and exhorted everybody to dance. Our expressions changed from horror to delight and we danced whole heartedly for the rest of the night. During these 07 days in Chandanbari we did not bathe and coined a term for a Mountaineer - "ROUGH, TOUGH AND DIRTY".

It was a great experience, memories of which I will always cherish. We all received a badge each and earned the title of



Mountaineer. All four of us i.e. **Shaurayan, Roshan, Sourav** and myself were now changed personalities. We promised to make best use of our experience. The results are awaited, but we all are very confident that we will be soon going for the Advance Course and subsequently climb many peaks of the world.

We are thankful to :-

- (a) The Ministry of Youth Affairs and Sports for providing such opportunities to the people from such remote villages.
- (b) The National Adventure Foundation for motivating and selecting us for such a good programme.
- (c) Our special thanks to **Shri Ravi Kiran Thapa**, Director NAF, Uttarakhand Chapter, for his efforts to send us for Basic Mountaineering Course.

### AUTHOR

**Shivam Thapa** is from a small village named Kutalwali in Dehra Dun. Has just completed his B Tech and looking further to serve the Nation. A very positive and humble person, friendly to all and always looking for better opportunities, specially Mountaineering.

## Healing Forest

Come home to the forest  
Where time goes slow  
And the breath is mellow  
Where thoughts find rest  
And calm comes to nest  
Come home to the woods  
To be friends with trees  
And listen to the breeze  
To wander through trails

And mend your sails  
Come home to the nature  
When your heart is hurting  
Or your soul needs healing  
When something feels wrong  
Or you just need a place to belong  
The forest awaits  
Come home be healed

Contributed by  
Gp Capt SS Puri, FRGS (Retd)

# Nine Tribal Students of Maharashtra Climb Mt Everest



Mrs Bimla Negi Deoskar

Mt Everest has always attracted adventure seekers and is a dream of every mountaineer.

There are 1100 tribal schools in Maharashtra. Today tribal youth need youth 'Icons' to inspire and motivate them and to bring a sense of pride and self esteem.

Government of Maharashtra decided to send some tribal students to climb Mt Everest to create leadership from within the community.

An ambitious project, "Mission Shaurya" was launched by **Mrs Manisha Verma** IAS, Principal Secretary, Department of Tribal Development, Government of Maharashtra with the blessings of Hon'ble Chief Minister **Shri Devendra Fadnavis**. **Bimla** and **Avinash Deoskar** were given the task of selection and training to all the students.



From among 200 prospective students, 11 were shortlisted through intense training. The team comprised of : **Suraj Ale, Hemlata, Chandrakala, Munna Dhikar, Shivcharan, Anil Kunde, Antubai, Sushma, Sugriv, Ketan, and Manohar**. These students were then trained at Gyan Bharti Skill Development Centre named after NAF founder **Brig Gyan Singh** at Wardha. Team doctor **Dr**

**Aarti Kelkar** and expedition was conducted by **Shekhar Babu**.

It was a moment of pride for Maharashtra and the mountaineering community when these 11 school students climbed above 8000 mtrs on 23 May 2019, early morning. Out of these nine students reached the summit of Mt Everest on the same day and returned safely.



**Bimla Negi Deoskar**, President NAF Maharashtra climbed with the students upto 22500 ft and lead them through the emotional and physical challenges of Mountaineering.

Government of Maharashtra honoured the climbers with a cash award of Rs 25 lakh each and for those who missed the summit by few meters, Rs 10 lakh each along with other facilities for education of the students.

## AUTHOR

**Smt. Bimla Negi Deoskar** is President of NAF Chapter Nagpur. She is a keen mountaineer, having climbed more than 13 major peaks in the Himalaya. She is the recipient of the First National Adventure Award in 1994. She successfully led the IMF Golden Jubilee All Women Expedition to Mt Satopanth in 2008. She is an active life member of NAF.

## NAF Chapter, Mumbai

**Swati Shivshankar Acharya**  
Director



E/302, Vasant Mandir CHS, Ambadi Road,  
Manav Mandir Area, Vasai Palghar - 401202 (Maharashtra)  
Mobile : 09049111002 | E-mail : [swati.acharya2007@gmail.com](mailto:swati.acharya2007@gmail.com)

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**Zuben Y Contractor**  
Director

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09300640660



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Kabir Nagar, Raipur-492001 (Chhattisgarh)  
E-mail : [amarmodi12@gmail.com](mailto:amarmodi12@gmail.com)



# YETI REVISITED:

## By Army Makalu Expedition



Gp Capt S S Puri, FRGS (Retd)

In the heat and dust of the Indian General Elections in this summer, came a blast from the Himalayas. A tweet posted by the Indian Army on its official channels of communication of the ADG PI, shared on the media page, quote “For the first time, an Indian Army mountaineering expedition team has sited mysterious footprints of mythical beast ‘Yeti’ measuring 32 x 15 inches close to the Makalu Base Camp on 09 April 2019. This elusive snowman has only been sighted at Makalu-Barun National Park in the past (sic)”.

This latest tweet created quite a stir. Apart from causing excitement among the twiterrati, much of it mixed with ridicule, the army (everyone takes them seriously) was also at the receiving end with many rebuking it for propagating theories, that are at odds with scientific claims.

The legend of abominable snowman Yeti has captured the interest of generation scanning across countries. As the tale goes, the Yeti or ‘Abominable Snowman’ roams the high peaks of the Himalayas in Nepal and Bhutan (even a Yeti Park exists there), similar to the legends of bigfoot or Sasquatch in North America and ‘Lochness Monster’ in Scotland, most of the literature on Yeti comes from folklore.

Perhaps due to romance of travel and exploration attached to the Himalayan Regions, the Yeti has remained an iconic and legendary figure. The Yeti is seen in pop culture as a mysterious creature, living in a far away land, has been adapted as a Hero of many films, fairy tales, computer games.

Termed differently in Brazil as ‘Mapinguary’, in Australia as ‘Yowi’, as ‘Sajarang Gigi’ in Indonesia and in our North East, in Meghalaya, as ‘Mande Barung’ or ‘Forest Man’.

The Sherpas believed the creature was dangerous and coined the word ‘Yeti’ meaning ‘wild man’. Stories of the Yeti, as they were passed down from generations, were used as lessons to warn children of wild animals and against wandering away from the community. There are also reports to suggest that this fiction was created to make Sherpas stronger against the harsh weather.

Locals also refer to Yeti as ‘Meh-Teh (Man Bear)’ and ‘Kang-Mi (Snowman)’. The first western documentation of the Yeti was by British explorer **Charles Howard Burn** in 1921, and later by **Henry Newman**. Both their accounts of the creature sparked great interest and led to several expeditions to Himalayan countries. In many accounts, explorers claimed to have encountered the YETI, or seen its footprints in the snow.

The Yeti became a topic of world-wide fascination, thanks to a footprint (now photo being auctioned) clicked by English mountaineer **Eric Shipton** in 1951, during an

expedition to Mt Everest. The image drew mountaineers (including **Sir Edmund Hillary** and Italian **Messner**), researchers and Yeti enthusiasts to Nepal, to spot the fabled humanoid.

Taking notice of this attraction, Nepal in its age old practice of commercialisation of its Himalayan treasure, in 1950, started issuing Yeti hunting licences. Russians were not far from copying it, to make some quick buck.

Perhaps due to romance of travel and exploration attached to the Himalayan Regions, the Yeti has remained an iconic and legendary figure. The Yeti is seen in pop culture as a mysterious creature, living in a far away land, has been adapted as a Hero of many films, fairy tales, computer games, TV shows and novels. Some of the movies on the subject are the Mummy: Tomb of the Dragon Emperor, Game of the Throne, Curse of the Snow Demon, Sasquatch Mountain and own Bengali movie Yeti Obhijaan, which counters the myths around Yeti. In the print media, TinTin in Tibet, a children's comic, written in 1960, as the best story about Yeti.

The representation of Yeti in these entertainment media, satisfies some psychological needs of human beings in believing in myths and legends, even in an era where science has debunked it as hoax or fabrication, as most of the scientists consider current evidence of Yeti's existence to be weak and better explained as a hoax or misidentification of known species.

**Deniel Taylor**, born in India, spent 60 years trying to solve the Yeti mystery. Having

done the DNA analysis of samples of hair, scalp (brought by **Sir Edmund Hillary**, bones etc and having determined in 1985 that the Yeti was an Asian Black Bear, he spearheaded the creation of several National Parks, including Nepal's Makalu-Barun National Park (where the present army Makalu expedition has found the footprints).

Regarding the 35 inches footprints, Taylor has commented that only Dinosaurs make prints of that size, and population of Dinosaurs on Mt. Everest would be a more remarkable find than Yeti.

The eye roll claim by Oxford's Oriental Institute Instructor **Dr. Young-Hae Chi**, that aliens are breeding with humans to produce a new hybrid (earlier some Indian Army expeditions have even sighted UFOs)

**So, is the Yeti legend finally put to rest? Countering the claims of having seen the 'supposed' Yeti, are publicity stunts or signs of hallucinations or of the fact that the climbers spend a great deal of time sitting at the Base Camp (acclimatising, waiting for a clear weather window) and Base Camps have always provided a fertile environment for active imaginations hallucinations, heightened anxieties and colourful story telling.**

Not much has been heard lately about Nessie (The Ness Monster, Yeti's chimerical big sister), or the Ogopogo (A Canadian sea monster), but stand by for updates on these and other similar imagined

creatures. Apparently, the gratuitous excesses of our own species are not sufficiently alarming, so we have to invent others.

But **Daniel Taylor**, who even after 60 years of search for the Yeti, is not swayed by DNA testing. "*How can you prove what a Yeti is, if you don't have Yeti DNA in the first place*"? And his statement is supported by others, in the sense that over 15,000 new species are 'discovered' every year (albeit mostly insects, but some 'larger' specimens), why so many doubt even the possibility of a 'bigfoot'? Until a full carcass (or better yet, a live Yeti) is provided, for scientists to study

this abominable monster, it will probably remain a secret of the Himalayas forever.

So, is the Yeti legend finally put to rest? Countering the claims of having seen the 'supposed' Yeti, are publicity stunts or signs of hallucinations or of the fact that the climbers spend a great deal of time sitting at the Base Camp (acclimatising, waiting for a clear weather window) and Base Camps have always provided a fertile environment for active imaginations hallucinations, heightened anxieties and colourful story telling.

By and large, it has been agreed, that the sighted flattened footprint like indentations are attributed to erosion and subsequent widening of the original footprint by wind and particles.

But lack of proof probably won't mean the end of the search, though. The fact that there has never been any evidence, hasn't stopped people from searching. As **Messner** puts it – "People don't like reality, they like crazy stories. They like Yeti as a Neanderthal, the Yeti, as a mix between human and an ape."

As **Lindquist** said – *"I don't know any scientific evidence that can prove the existence of a new human did or a primate – like creature. But the myth is important to the Himalayan region and local folklore, similarly to myths in many other cultures. Our scientific work can help explore such myths- and possible their biological roots – but I imagine that they will still live on and be important in any culture"*.

It is true, we, especially, 'we Indians' seem to like mythologies more than what is extant on earth. The Yeti straddles the world of both folklore and scientific enquiry. So let science and wonder for Nature work together for the betterment of whole society (*sarbat da bhala*, as **Guru Nanak** said).

In this world, full of science and knowledge, we all secretly want to believe, there is something unexplained, lurking out of sight. So let's not consign the Yeti to the dustbin just yet- the mystery continues to live on.

**In this world, full of science and knowledge, we all secretly want to believe, there is something unexplained, lurking out of sight. So let's not consign the Yeti to the dustbin just yet- the mystery continues to live on.**

#### AUTHOR

**Gp Capt SS Puri, FRGS, (Retd)** is an ardent adventurer. He was principal of Jawahar Institute of Mountaineering (JIM) for seven years. Even after four decades of active participation in every conceivable land, aero and water sports, at this ripe age, travels all over the world, to explore new vistas.

*Courage is rightly esteemed the first of human qualities because it is the quality which guarantees all others.*



# Mountaineering Expedition to Mt Elbrus (5642 Meters)



Wg Cdr (Dr) Satinder Singh Malik (Retd)

*"A person, who didn't come here, who did not risk - never experienced himself. For all his happy life even if he grabs the stars from heaven down there below he will not find even a little part of such beauties and wonders ...no matter how hard he tries"*

(V.S.Vysotsky on Elbrus)

Mt Elbrus is a dormant volcano in the Caucasus Mountains in Southern Russia, near the border with Georgia. It is the highest mountain in Europe, as the Caucasus Mountains are at the intersection of Europe

**The day was very tiring, making the mind a little hazy and feet lazy. However the descent initially appeared very dangerous, due to chances of slipping in snow, which at places were beginning to turn into slush. However, I quickly learnt the art of slipping and was able to descend safely.**

and Asia. Elbrus has two summits, both of which are dormant volcanic domes. The taller west summit is 5,642 M (18,510 ft) and the east summit is 5,621 M (18,442 ft). The east summit was first ascended on 10 July 1829 (Julian calendar) by **Khillar Khachirov**, and the west summit in 1874 by a British expedition led by **F. Crauford Grove** and including **Frederick Gardner**, **Horace Walker**, and the Swiss guide **Peter Knubel** of **St. Niklaus**.

My bid to climb Elbrus took me through an eight hour flight to Moscow followed by 2 ½ hour flight to Mineralnye Vody and a three

hour journey to holiday town of Terskol. All other members of my group, viz **Shuskov Sergey**, **Rodion Rajon**, **Dmitry Kozlov**, **Alexandara** were from Belarussia and our guides **Alaxander**, **Sergey** and **Anatoly** were Russians. All were younger and fitter than me. While **Rajon** is a boxing coach in Moscow, **Alaxandara** is an expert snowboarder and had summited Mt Elbrus earlier. She was also a great help to me, personally, being the only vegetarian in the group, apart from me. Relying on her info, I could safely eat what she was choosing. There was plenty of milk, cheese, honey, vegetables, and breads.

We arrived in Tereskol on 03 Jun 19 and



spent the time familiarizing with each other. On 04 Jun 19, we went for an acclimatization hike to Prielbrussia National Park.

The weather forecast was scary. Heavy snowfall, heaviest during Sat afternoon, Temperatures well below freezing (max -9°C on Sun afternoon, min -12°C on Fri night), winds decreasing (fresh winds from the SW on Fri night, light winds from the WSW by Sat night).

On 05 Jun 19 after inspection of equipment and packing, we moved to Base Camp, which involved a tough climb through snow.

On 06 Jun 19, we went up to 4800 M, little higher than Pastukhov rocks. These rocks are named after **Pastukhov Andrei Vasilyevich** (1860-1899), a Russian military topographer. He had done research on the most prominent and less researched areas of Central Caucasus, and surveyed Elbrus (1890-1896), Ararat, Kazbak, Ushbi and others mountain ranges. The obelisk of **Pastukhov** is installed in Mineralnye Vody which we visited later.

The day was very tiring, making the mind a little hazy and feet lazy. However the descent initially appeared very dangerous, due to chances of slipping in snow, which at places were beginning to turn into slush. However, I quickly learnt the art of slipping and was able to descend safely.

The next day ie on 07 Jun 19, we practiced climbing safely on steep ice slopes. There was also a test, before guides could clear participants for steep slopes. The practice was done in full gear, ie crampons, ice-axe and harnesses. In the afternoon, we caught up on sleep, because we were to leave base camp at 00.30 hrs on 08 Jun 19 for climb to the summit. The weather forecast was scary. Heavy snowfall, heaviest during Sat afternoon, Temperatures well below freezing (max -9°C on Sun afternoon, min -12°C on Fri



night), winds decreasing (fresh winds from the SW on Fri night, light winds from the WSW by Sat night).

At 01:30 hrs on 08 Jun 19, we were all rearing to go for the summit. Contrary to the forecast, it was a beautiful night with hardly any winds. Wanting to take full advantage of the good weather, we all kept climbing steadily. We climbed up to Pastukhov rock and took a short break. We could see some people passing us by using snowtracks, some of them skiers and snowboarders. By 3:45 AM, the sky got brighter and the first rays of the morning, lit up the Caucasian ridge, making a number of peaks visible. The fresh view of the early morning was worth a fortune. The tiredness disappeared and all worries were pushed to the background. The weather was better than predicted. We restored our breath and continued up the dizzying heights. We kept climbing steadily, munching a chocolate, which had grown harder due to cold, drinking some warm fluid, halting off and on, on the steep slope to catch our breath. We saw the snow rolling down as we kept moving up.

**Alexandara** led the way, at a comfortable pace, breath being regular now, trying to squeeze in as much oxygen into the lungs. We went up the first mountain and then towards the pass from where we would begin the final climb.

We made one final halt. **Sergei** offered



me the last sip of warm lemon water, I ate my last chocolate and dropped my bag which had started hurting my back. We were feeling very tired but our sights were set on the summit. From here on the climb was completely on will power. I volunteered to lead and initially continued on a slow pace. As we approached the steep slopes, my experience took over and as other climbers were cautious and faltering, I continued to pass them one by one. I could feel the rush of adrenaline and continued to climb. I looked back and saw **Sergei** smiling. He said, "Go for the summit Max don't stop now, you have a good pace, maintain it". I could see the summit now after the final rope and continued going for it at a measured pace. I reached the summit 15 minutes before anyone else could arrive from the team.

I bowed to Mt Elbrus, **stood up at the top and sang the National Anthem**. As it finished, a group of climbers clapped and we congratulated each other. We were high.... and literally at 5642 meters.

### AUTHOR

**Wg Cdr (Dr) Satinder Singh Malik (Retd)** hailing from Rewara, is an ex IAF Fighter Pilot, presently with Go Air Airlines. A very keen adventurer, has vast experiences in Paragliding, mountaineering, skydiving and deep sea diving. Utilizes all his spare time in doing adventure activities.

Having been Director in Indian Mountaineering Foundation (IMF) and Air Force Adventure Wing, he has done PhD in Adventure Tourism from Kurukshetra University.

*You don't know how high you can fly until  
you give a real try. Just do your best in each try.  
Let the sky have to shift little higher.*



With best wishes to NAF



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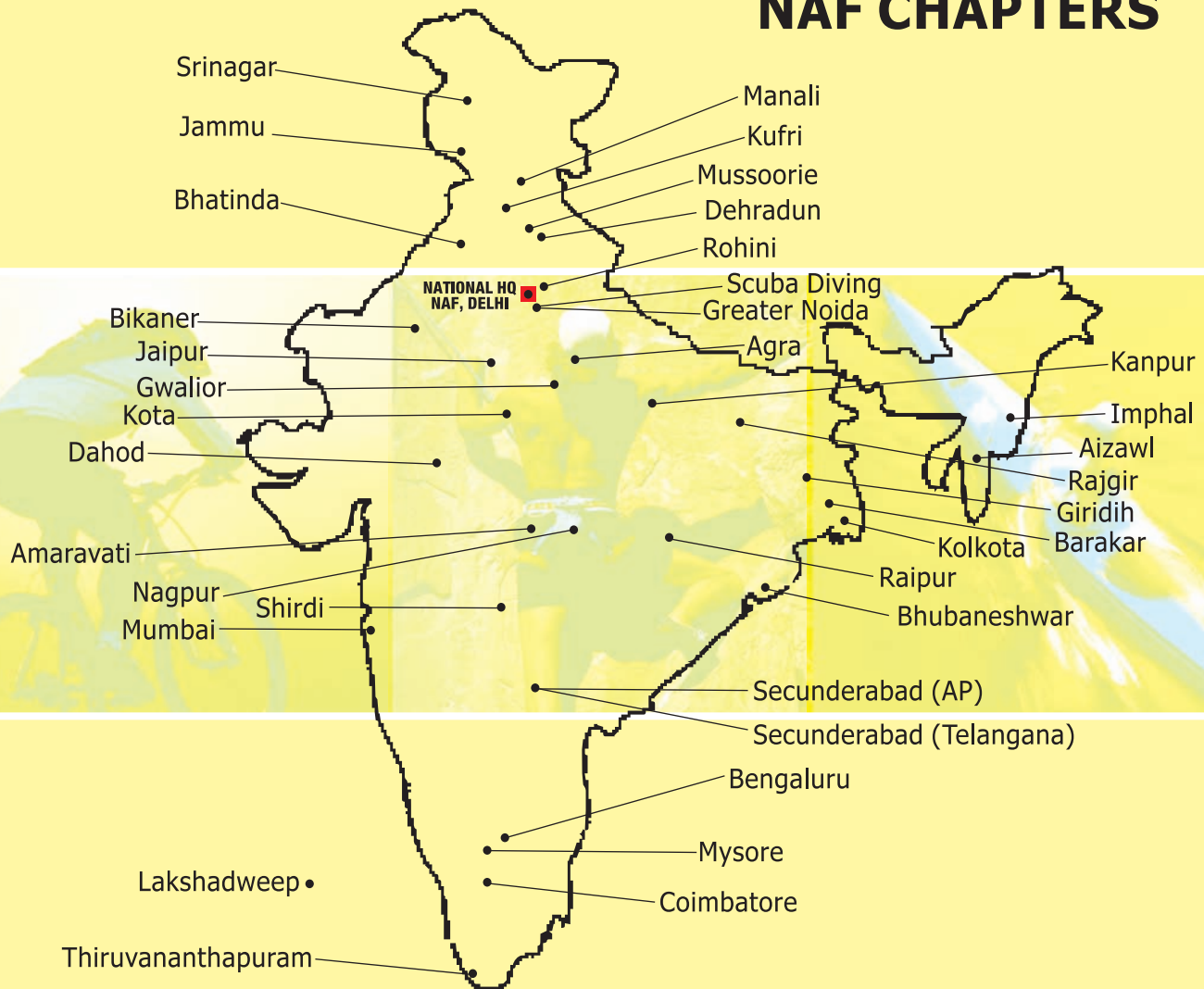
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DGL 102 (1st Floor), DLF Galleria  
Mayur Vihar Phase-I Extension, Delhi-110 091  
Tel.: 011-49858215, Mobile : 9818055859  
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