



NATIONAL SERVICE SCHEME KALIABOR COLLEGE UNIT

POST OFFICE : KUWARITOL, NAGAON (ASSAM), 782137
Email Id: nss@kaliaborcollege.ac.in



Date.....

Ref.....

ADVENTURE PROGRAMME AT NATIONAL INSTITUTE OF MOUNTAINEERING AND ALLIED SPORTS (NIMAS), DIRANG, WEST KAMENG (ARUNACHAL PRADESH).

Dated 4th of November to 11th of November /2018,

Six NSS volunteers and the programme officer of Kaliabor college NSS cell participated in adventure programme at National Institute of Mountaineering and Allied Sports (NIMAS), Dirang, West Kameng (Arunachal Pradesh). This was a basic adventure programme consisting rock climbing (both artificial and natural), tracking and water sports etc. which was knowledgeable, interesting and appropriate for NSS volunteers to become a part of expeditions eventually. Instructors and guides were very cooperative, friendly, inspiring to all volunteers in both theory and practical. This institution is an institution with a holistic approach towards an adventure sports lover. The area housing NIMAS is a cradle of attraction which can boast of comparison to beautiful sports of the Himalayas.

Dated 4th of November 2018

Arrival NIMAS camp at 5 p.m. Over 60 NSS Volunteers and 6 Programme officers of three states namely Assam, Manipur and Nagaland took part in this 10 days long training programme.

Dated 5th November 2018

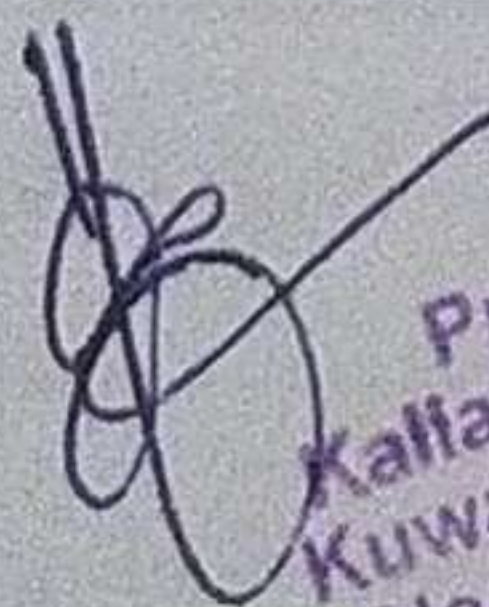
| Daily Activity | Experience | Remark |
|--|--|---|
| <p>Introduction to Climbing Ropes: Starting with a single rope, given the idea of lifespan of a Climbing ropes, shock loading capacity, coiled or uncoiled, care, cleaning and technique to keep them from fraying.</p> | The volunteers enjoyed the action very much and learned the basic technique of mountaineering. | All of the volunteers and programme officers participated |

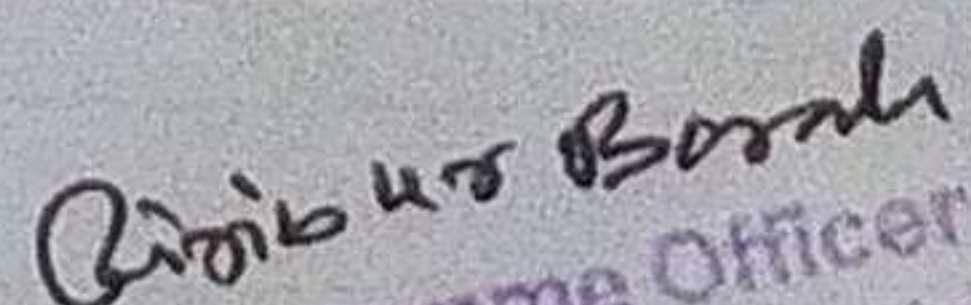
Dated 6th of November 2018

| Daily Activity | Experience | Remarks |
|---|--|---|
| <p>Types of Climbing Ropes & Knots usually used in climbing: Introduction with different types of rope. Climbing ropes are classified into three categories i.e., single ropes, twin ropes and double ropes. Types of knots usually used in climbing that is Clove Hitch, Figure 8, Fisherman's Knot, Reef knot etc.</p> | The volunteers enjoyed the activity and learned the techniques of mountaineering | All of the volunteers and programme officers participated |

Dated 7th of November 2018

| Daily Activity | Experience | Remarks |
|--|--|---|
| <p>Artificial Rock Climbing: Artificial Rock Climbing programme is an artificially constructed multiplex board wooden wall over a metal frame with grips for hands and feet used to practice for climbing. The wall have attached with belay ropes for safety of climbers</p> | This gave the volunteers the finer knowledge of rock climbing. | All of the volunteers and programme officers participated |


Principal
Kaliabor College
Kuwaritol-782137
Nagaon, Assam


Programme Officer
National Services Scheme
Kaliabor College



NATIONAL SERVICE SCHEME KALIABOR COLLEGE UNIT

POST OFFICE : KUWARITOL, NAGAON (ASSAM), 782137

Email Id: nss@kaliaborcollege.ac.in



Ref.....

Date.....

Dated 7th of November 2018

| Daily Activity | Experience | Remarks |
|---|--|---|
| Rock Climbing: Practice with Climbing shoes, Helmet, Climbing Harness, Carabineers, Belay Device etc. | The volunteers got the opportunity to test their skill learnt from the previous activities | All of the volunteers and programme officers participated |

Dated 8th of November 2018

| Daily Activity | Experience | Remarks |
|--|--|---|
| 40km.trekking: 40 km Trekking from NIMAS to Sangti valley and return which gave the trainees a whole body workout thus improving strength, agility and cardio fitness. In Sangti valley there is a stream and every participant had a picnic nearby. | The tested the volunteers the need of stamina for good mountaineering. | All of the volunteers and programme officers participated |

Dated 9th of November 2018

| Daily Activity | Experience | Remarks |
|--|--|---|
| Natural Rock Climbing & video show of Mount Everest summit by NIMAS officials: NSS volunteers and programme officers also participated with the help of instructors. | This helped to boost up the confidence of the volunteers for real mountaineering | All of the volunteers and programme officers participated |

Dated 10th of November 2018

| Daily Activity | Experience | Remarks |
|---|---|---|
| Demonstration of Para gliding & Para motoring & cultural Programme: Demonstration of Para gliding & Para motoring was done by professional trainers. In the cultural programme, each of the 3 states performed their unique style of dance & music wearing traditional dresses. | Para gliding helped introduce the volunteers to a new sport that can be used for boosting tourism in N.E India. The cultural programme bonded the linkage between the youths. | All of the volunteers and programme officers participated |

Dated 11th of November 2018

| Daily Activity | Experience | Remarks |
|--|--|---|
| Water sports Demonstration of river rafting at Sangti valley. | The volunteers learnt the details of this important potential sport for boosting tourism in NE India | All of the volunteers and programme officers participated |

Principal
Kaliabor College
Kuwaritol - 782137
Nagaon, Assam

Pris'le Basu
Coordinator (P.O)
NSS Cell Kaliabor College
Programme Officer
National Services Scheme



NATIONAL SERVICE SCHEME
KALIABOR COLLEGE UNIT
 POST OFFICE : KUWARITOL, NAGAON (ASSAM), 782137
 Email Id: nss@kaliaborcollege.ac.in



Date.....

Ref.....



NATIONAL SERVICE SCHEME
GAUHATI UNIVERSITY
 Guwahati-781014, Assam (India)



Dr. Ranjan Kr. Kakati, M.Sc., M.Phil., Ph.D., B.Ed., PGDCA
 Director, Students' Welfare, Gauhati University
 & Programme Co-ordinator, NSS,
 Gauhati University

Ref. Memo No/G.U./NSS/Adv. Camp/2018/3246

Date: 1-11-2018

To,
 The Director
 Directorate of NSS
 NER, Guwahati

Sub:- List of NSS Volunteers from Gauhati University NSS Cell for Adventure Camp to be held w.e.f. 5 - 11 November, 2018 at NIMAS, Dibang, Arunachal Pradesh

Sir,

With reference to the subject cited above, I would like to inform you that following is the list of NSS Volunteers along with the Programme officer from Gauhati University NSS Cell scheduled to participate in the Adventure Camp to be held w.e.f. 5 - 11 November, 2018 at NIMAS, Dibang, Arunachal Pradesh.

| S/N | NAME | Gender | D.O.B. | INSTITUTION | CONTACT NO |
|-----|----------------------|--------|------------|-------------------------------|------------|
| 1 | Sidhartha Batsya | M | 03/10/1993 | Gauhati University PG Classes | 9085841981 |
| 2 | Manas Protim Boruah | M | 13/11/1998 | Kaliabor College | 7576896908 |
| 3 | Bhaskar Jyoti Phukan | M | 31/03/1998 | Kaliabor College | 7662492852 |
| 4 | Shilpi Shikha Borah | F | 14/03/1998 | Kaliabor College | 9435293837 |
| 5 | Pollobi Hazarika | F | 06/09/1998 | Kaliabor College | 9101055824 |
| 6 | Himani Kalita | F | 21/10/1998 | Kaliabor College | 7002032404 |

Programme Officer: Mr. Rijib Kumar Borah, Kaliabor College, M-7002020990

Yours faithfully

Rijib Kumar Borah
 01/11/2018

Director, Students' welfare
 & Programme Coordinator NSS Cell
 Gauhati University

Date: Programme Co-ordinator
 National Service Scheme
 Gauhati University

Memo No./GU/NSS/Adv. Camp/2018/

Copy for information to:

1. The Secretary, University Classes, G.U.
2. The Principal Kaliabor College.
3. The Secy to the hon'ble Vice-Chancellor, G.U.
4. The Secy. to the Registrar, G.U.
5. Office file.

Director, Students' welfare
 & Programme Coordinator NSS Cell
 Gauhati University

Contact details :- Office of the Director of Students' Welfare, Gauhati University, Guwahati - 14
 Email :- ranjandgc@gmail.com, dsw@guhati.ac.in, Ph. No. +91 94357-10670
 Fax No. 0361-2700311

Principal
 Kaliabor College
 Kuwaritol- 782137
 Nagaon, Assam

Rijib Kumar Borah
 Programme Officer
 National Services Scheme
 Kaliabor College



NATIONAL SERVICE SCHEME KALIABOR COLLEGE UNIT

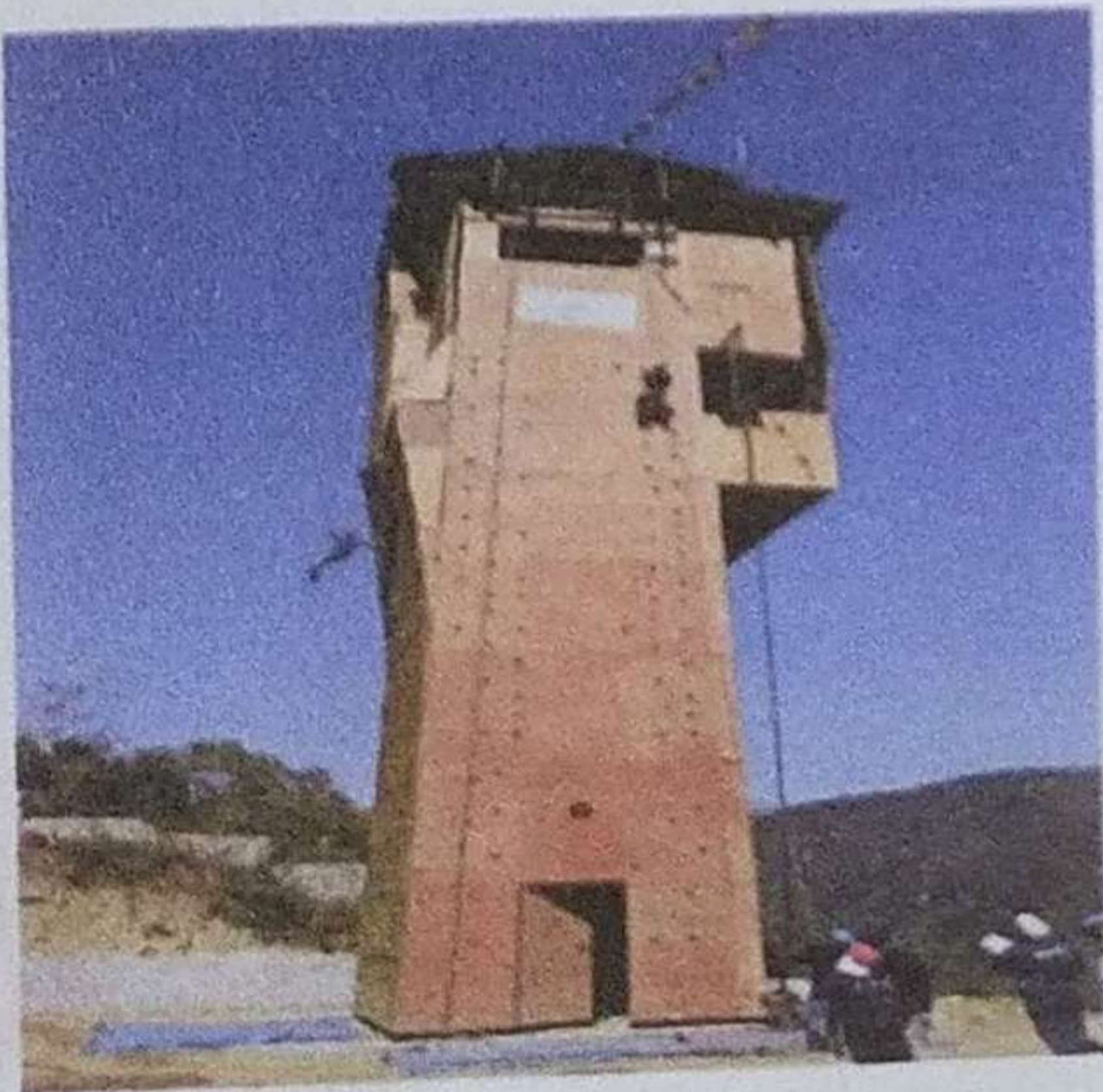
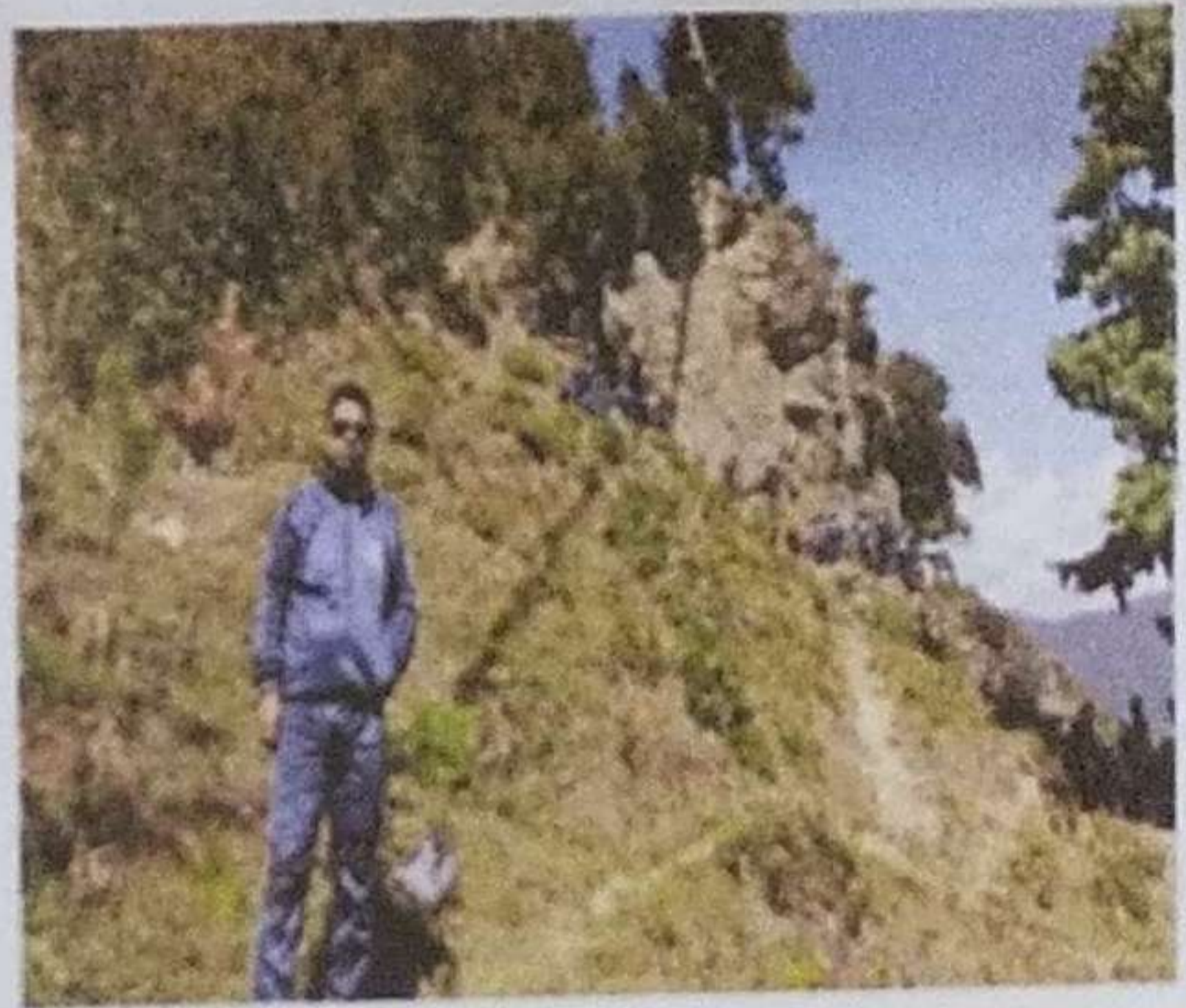
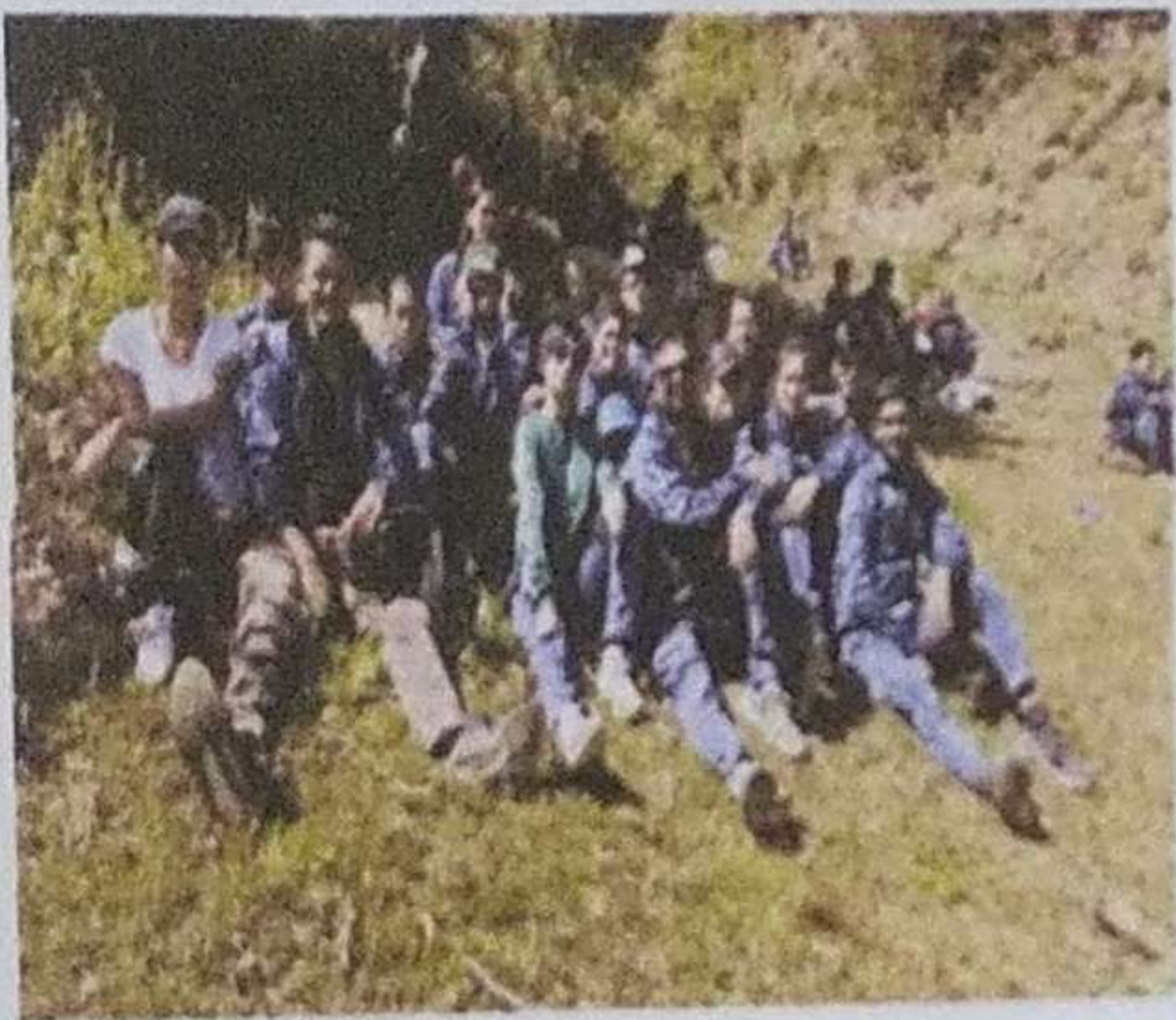
POST OFFICE : KUWARITOL, NAGAON (ASSAM), 782137

Email Id: nss@kaliaborcollege.ac.in



Ref.....

Date.....



Principal
Kaliabor College

Principal
Kaliabor College
Kuwaritol-782137
Nagaon, Assam

Chirib uo Borah
Coordinator (P.O)
NSS Cell Kaliabor College

Programme Officer
National Services Scheme
Kaliabor College