



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

REPORT ON ADVENTURE SPORTS

ADVENTURE Sports

Organised by
MUGBERIA GANGADHAR MAHAVIDYALAYA
Department of Physical Education
Bhupathinagar : Purba Medinipur Pin : 721425
For M.P.Ed 1st Semester 2022

Under the Auspicious of
Sikhar Mountaineering Club, Kolkata
Date : 18.12.2022 to 22.12.2022
Venue : Susunia, Bankura



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

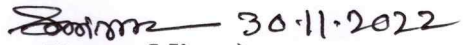
DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiangangadharimahavidyalaya.ac.in

Notice

All students of MPed. 1st Semester are informed that like last year as for as the curriculum (MPPC-103:Adventure Sports) as concern, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya is going to organized the **Adventure Sports Camp** which will be at Shushunia Hill, Bankura from 18th December to 22th December 2022 along with one male and one female teacher. You all are said to attend the same.

Date: 30.11.2022

 30.11.2022
(Dr. Swapan Kumar Misra.)

Principal

Principal
Mugberia Gangadhar Mahavidyalaya



Report on Adventure Sports Camp 2022

List of Participants

MUGBERIA GANGADHAR MAHAVIDYALAYA



ESTD-1964

P.O.-Bhupatinagar Dist.-Purba Medinipur
S.T.D. Code---03220 Ph No. : 270236 Pin- 721425 (W.B)

Name list along with the male (1) & female teacher (1) list for the Adventure Sports 2022 will be held at Susuniya, Bankura from 19.12.2022 to 21.12.2022

ROLL NO	NAME OF THE STUDENT	SEX	AGE	PHONE NUMBER
1	SUBHANKARI DAS Subhankari Das	F	23	9635333566
2	SUBENDU SARKAR Subendu Sarkar	M		7602715713
3	SAIKAT SAMANTA SAIKAT SAMANTA	M	24	7001280043
4	TANMOY GHOSH TANMOY GHOSH	M	23	8918770491
5	SUSMITA SENGUPTA SUSMITA SENGUPTA	F	23	9875626094
6	MOUMITA DAS Moumita Das	F	25	8942831233
7	SUDIPTA PRADHAN Sudipta Pradhan	M	23	8918091713
8	SUSANTA HANSDA Susanta Hansda	M	25	8327625117
9	INDRANIL PARUA Indranil Parua	M	24	8617369959
10	SAMIM AKTAR Samim Aktar	M	25	9733114892
11	SHILPI BISWAS Shilpi Biswas	F	24	7908034361
12	SANJAY SARKAR Sanjay Sarkar	M	26	9775425380
13	RAKHI ROY Rakhi Roy	F	23	9708990162
14	PARAMITA MONDAL Paramita Mondal	F	23	6291969270
15	BIJOY SARKAR Bijooy Sarkar	M	25	9851067754
16	DIPA ROY Dipa Roy	F	23	7029641310
17	AMIT SARKAR Amit Sarkar	M	25	7797255586
18	MOYTREE ROY Moytree Roy	F	23	8250887531
19	SUPRIYA SARKEL SUPRIYA SARKHEL	F	23	8538046766
20	SANANDA BERA Sananda Bera	F	23	9547557378
21	KAPRAMANI TUDU Kapramani Tudu	F	24	9883681698
22	RIYANKA DAS Riyanka Das	F	23	7586934014
23	KALYAN ROY Kalyan Roy	M	24	9547966906
24	SONALI MAITY Sonali Maity	F	24	8617571874
25	PUJA SARKAR Puja Sarkar	F	22	8509925863
26	KINGSHUK DUTTA Kingshuk Dutta	M	23	8967038476
27	KALYAN SAREN Kalyan Saren	M	25	7797345712
28	SOVAN DAS Sovan Das	M	23	9134610365
29	DEBKANTA SAMANTA Debkanta Samanta	M	24	8001682349
30	NITAI GHORAI Nital Ghora	M	24	7718351419
31	PRABIR BERA Prabir Bera	M	23	8670572469
32	RUBI MAHATA Rubi Mahata	F	24	9800237744
33	AMIYA GIRI Amiya Giri	M	23	9547980381
34	DIPAK GIRI Dipak Giri	M	22	9800530976
35	AMIT GIRI Amit Giri	M	27	9319479963
36	KALYANI DAS Kalyani Das	F	24	8116808864
37	PUNAM BUSAMATA Punam Basumata	F	23	8670814599
38	SAMPAD TALUKDAR Sampad Talukdar	M	24	6296100536
39	GOUTAM PAN Goutam Pan	M	22	9647308132
40	DIBYENDU DUTTA Dibyendu Dutta	M	24	7479110780
41	SK. KHABIRUDDIN, ASST. PROF(SACT), DPE, MGM	M	37	9476148418
42	ANJUMANARA KHATUN, ASST. TEACHER, IGM, CHAPRA, NADIA A. Khatun	F	32	9476148418



Background of the Adventure Sports Camp :

To fulfill the regular curriculum of MPPC-103 (Adventure Sports), The Department of Physical Education has arranged the Adventure Sports camp at Shushunia Hill, Bankura. Mountraining is known as a supreme sport, and rock climbing is one of the basic fundamentals of it. Apart from having sporting and physical activity it provides a harmonious synthesis of man's ever-expending knowledge of Science, Geography, Engineering etc. Rock climbing offer us thrill, honest fun, adventure and the rear opportunity to discover wonder of nature.

Adventure Sports Camp Site:

Shushunia Hill, Bankura is nestles in southern West Bengal, India. On the way to Bankura-Purulia, this ancient hill is 10 kilometers North-East of Chahatna which is 13 kilometers distant from Bankura town.

Nature and specification of the Shushunia Hill:

Amid the spectacular landscape of lavish green and red soil, Shushunia hill owns a height of 1200 feet approx.

Date of Adventure Sports Camp:

Date of journey to Shushunia: 18th December

Date of Return back to Mugberia: 22th December

Organizing Committee of Adventure Sports December'2022**Advisory Committee :**

Dr. Swapan Kumar Misra , Principal, MGM
Dr. Debasish Ray, Professor & HOD, DPE, MGM
Mr. Sk. Khabiruddin, Asst Prof., (SACT), DPE, MGM
Dr. Bodhisattwa Pradhan, Asst Prof., (SACT), DPE, MGM
Mr. Arup Mahata, Asst Prof., (SACT), DPE, MGM
Mrs. Sudipta Das, Asst Prof., (SACT), DPE, MGM
Dr. Adityanarayana Adak, Asst Prof., (SACT), DPE, MGM
Dr. Mimu Seikh, Asst Prof., (SACT), DPE, MGM
Mr. Biswajit Dhali, Asst Prof., (SACT), DPE, MGM



Mr. Arnab Barman, Asst. Prof., DPE, MGM
Dr. Mirtuanjay Biswas, Asst Prof., DPE, MGM
Miss. Moumita Sen, Asst Prof., DPE, MGM
Dr. Anjan Konai, Asst Proff., DPE, MGM

ASC Director: Mr. Sk. Khabiruddin (SK), Asst Prof (SACT), DPE, MGM

ASC Captain: Amit Guri

ASC Vice Captain: Kalyani Das

Unit :1(Roll-1-10)

ASC Leader: Tanmoy Ghosh

Assistant Leader: Moumita Das

Unit :2(Roll-11-20)

ASC Leader: Sananda Bera

Assistant Leade: Sanjay Sarkar

Unit :3(Roll-21-30)

ASC Leader: Debkanta Samanta

Assistant Leader: Kapramani Tudu

Unit :4(Roll-31-40)

ASC Leader: Sampad Talukdar

Assistant Leader: Rubi Mahata

Transport Committee: Saikat Samanta, Kalyansaren, Sonali Maity & Susanta Hansda.

Refreshment Committee: Subendu Sarkar, Sudipta Pradhan, Dipa Roy & Moytree Roy.

First-Aid Committee: Nitai Ghorai, Amiya Giri, Riyanka Das & Paramita Mondal.

Audit Committee: Kingshuk Dutta, Indranil Parua, Rakhi Roy & Supriya Sarkel.

Organized for :

The Adventure Sports organized for M.P.Ed. 1st semester students (Session:2022-2024)

Collaboration Institution:

Sikhar Mountaineering Club, p-296, Durga Road, Kolkata-700017

The Adventure camp (rock climbing) provide the practical knowledge as given below :



- ❖ Basic knowledge and practice in rock climbing.
- ❖ Camp craft, tracking and survival.
- ❖ First aid and rescue.
- ❖ Knowledge of mountaineering equipment and use of the few of these.
- ❖ Rope management.
- ❖ River crossing.
- ❖ Knowledge of flora and fauna.

Date wise Activity of the Adventure camp (rock climbing):

Date: 19/12/2022

- 05:00Hrs. to 05:30Hrs. - Tea time & Refresh yourself
- 06:00Hrs. to 07:00Hrs. - Administrative instruction and distribution of ropes.
- 07:00Hrs. to 07:30Hrs. - Inauguration.
- 07:30Hrs. to 08:00Hrs. - Break Fast.
- 08:00Hrs. to 08:30Hrs. - March towards rock.
- 09:00Hrs. to 13:00Hrs. - Rock Climbing and Practice.
- 13:00Hrs. - March towards campsite.
- 13:30Hrs. to 14:30Hrs. - Lunch Break.
- 14:45Hrs. to 15:30Hrs. - Lecture on ropes.
- 15:30Hrs. to 16:30Hrs. - Knot practice with rope instructor.
- 16:30Hrs. to 17:00Hrs. - Tea break.
- 17:00Hrs. to 17:30Hrs. - Manners in hill area.
- 17:30Hrs. to 18:30Hrs. - First Aid & Illness of Mountaineer, Trekker at high altitude.
- 18:30Hrs. to 19:30Hrs. - Self Introduction.
- 19:30Hrs. to 20:30Hrs. - Cultural program.
- 20:30Hrs. to 21:30Hrs. - Dinner.
- 22:00Hrs. - Light off.

Date: 20/12/2022

- 04:45Hrs. to 05:00Hrs. - Tea time.
- 05:15Hrs. to 06:00Hrs. - P.T.
- 06:30Hrs. to 00:00Hrs. - March towards rock site for rock Climbing practice.
- 09:00Hrs. to 09:30Hrs. - Breakfast at breakfast point.
- 09:30Hrs. to 13:00Hrs. - Rock climbing practice.
- 13:00Hrs. to 00:00Hrs. - March towards campsite and rapelling practice.
- 13:30Hrs. to 14:30Hrs. - Lunch break.
- 14:45Hrs. to 15:30Hrs. - Care maintenance & use of Mountaineering equipment.
- 15:30Hrs. to 16:30Hrs. - Lecture of survival & improvisation.
- 16:30Hrs. to 17:00Hrs. - Self preparation.



17:00Hrs. to 17:30Hrs. - Tea break.
17:30Hrs. to 18:00Hrs. - Track sings & formation of rock.
18:00Hrs. to 19:00Hrs. – Cultural program.
19:00Hrs. to 19:30Hrs. - Group wise discussion on preparation of self cooking.
19:30Hrs. to 21:30Hrs. - Collection of utensils, ration etc form quarter master and preparation of food for dinner.
22:00Hrs. - Light off.

Date : 21/12/2022

04:45Hrs. to 05:00Hrs. - Tea time.
05:15Hrs. to 06:00Hrs. - P.T.
06:30Hrs. to 00:00Hrs. - Treak to Silalipi and practical test & Demonstration on river crossing & Rescue.
09:00Hrs. to 09:30Hrs. - Breakfast at breakfast point.
12:30Hrs. to 00:00Hrs. - March towards campsite.
13:30Hrs. to 14:30Hrs. - Lunch break.
15:00Hrs. to 16:00Hrs. – Self & Group study.
16:00Hrs. to 16:30Hrs. - Written test.
16:30Hrs. to 17:00Hrs. - Tea break.
17:00Hrs. to 18:00Hrs. - Interview.
18:00Hrs. to 18:30Hrs. - Preparation for camp fire.
18:30Hrs. to 21:00Hrs. - Camp fire.
21:00Hrs. to 21:30Hrs. – Diner
21:30Hrs. to 22.00 Hrs. - Camp site cleaning.
22:30Hrs. - Light off.

Date: 22/12/2022

04:00Hrs. to 04:15Hrs. - Tea time.
04:14Hrs. to 04:45Hrs. – Room cleaning.
05:00Hrs. – Departures from Shushunia.

Outcome of Adventure Sports (rock climbing):

- ❖ To generate the spirit of adventure.
- ❖ To offer healthy & outdoor recreational activities in natural environment.
- ❖ To train the techniques of rock climbing, camping, trekking, nature study and survival.
- ❖ To inculcate self confidence, courage, and discipline.
- ❖ Develop the team unity and leadership quality.
- ❖ Adapt the time management through busy schedule of different task.



Poster Presentation of Adventure Sports



Figure 1: Honorable Guest : Dr.P.Ghosh & Dr. B. C. Samanta, MGM



Photo Gallery of Different Activity of Adventure Sports



Figure 2: Group photo of MPED 1st Semester Students (2022-24) with SK sir.



Figure 3: Bouldering Practices with & without Rope.



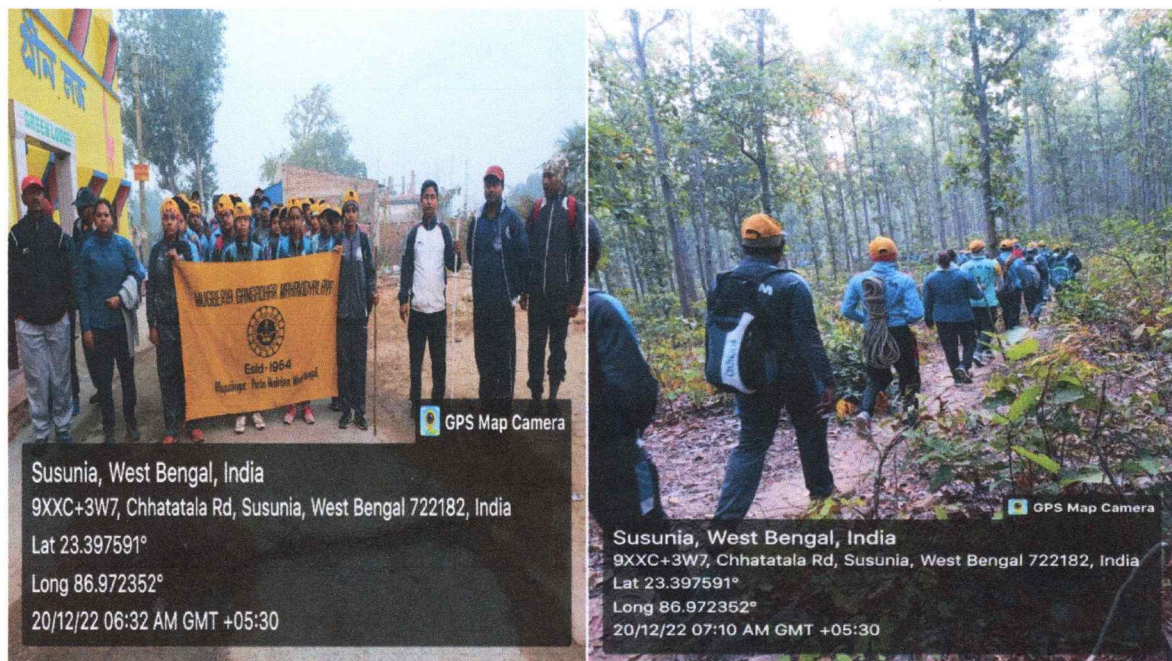


Figure 4: Before & During the trekking with SK sir & AK Madam and others members.



Figure 5: During the Rock Climbing



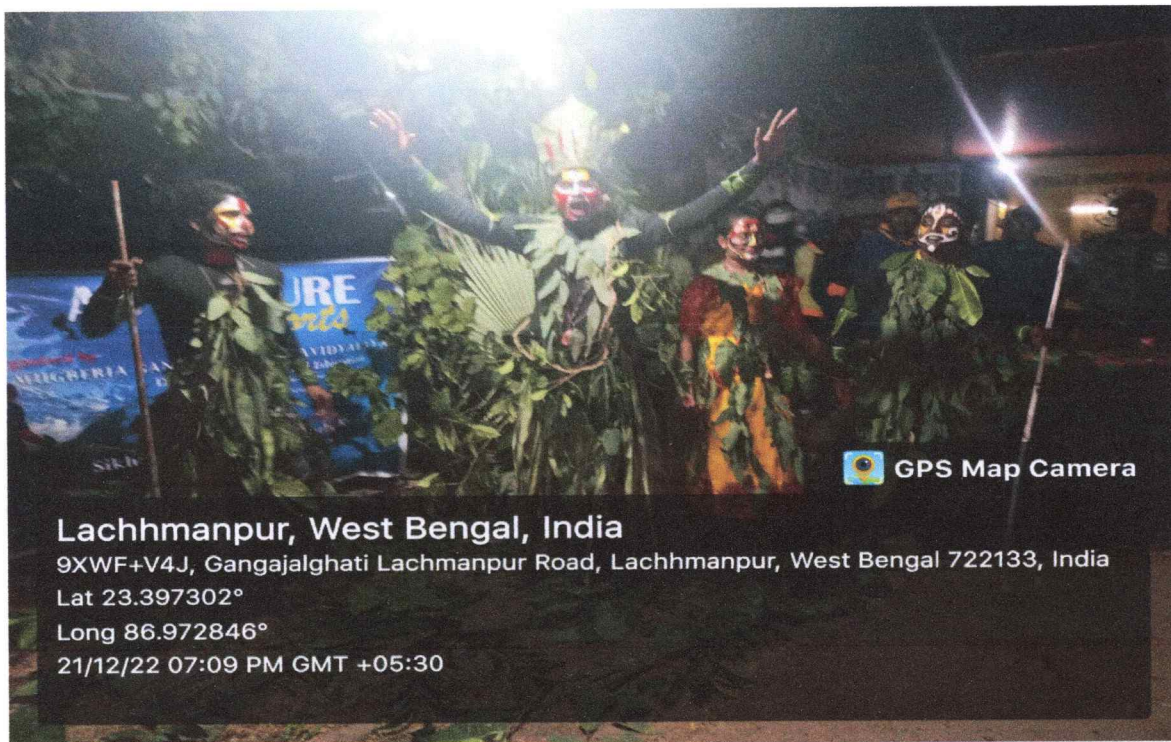


Figure 8 : Raja & Rani Show off during Camp Fire



Figure 9 : Camp Fire & Tribal Dance



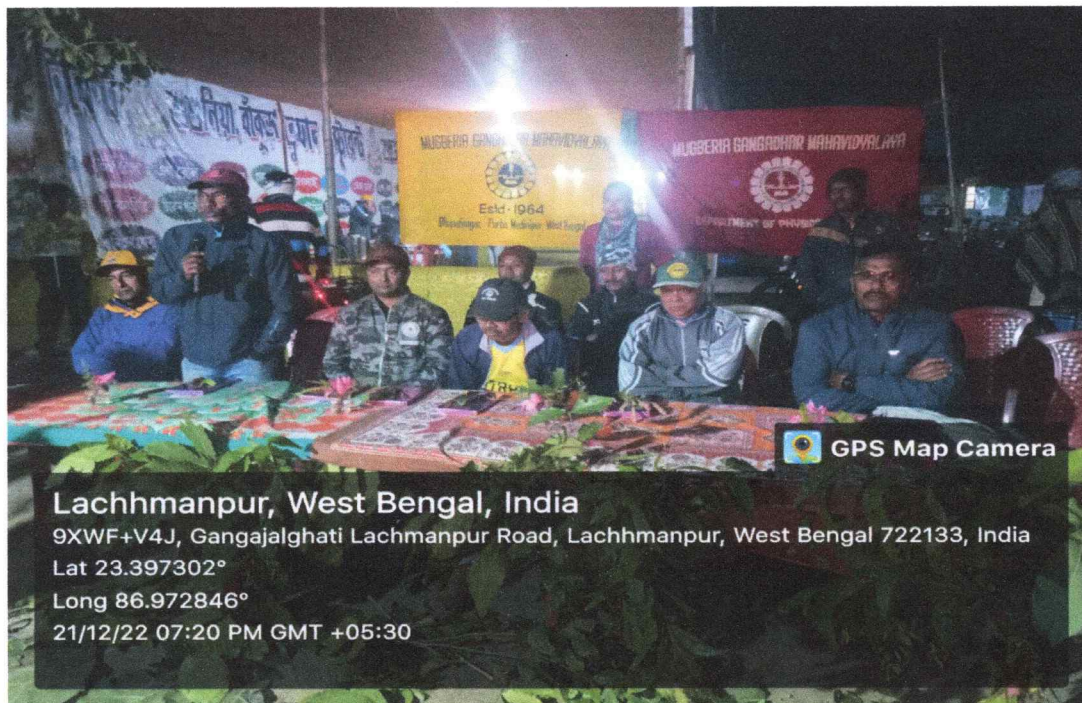


Figure 10 : Closing Ceremony of Adventure Sports (Rock Climbing)

Dr. S.K. Misra
 22.12.2022
Dr. S.K. Misra
 Principal, MGM
 Mugberia Gangadhar Mahavidyalaya

Dr. D. Ray
Dr. D. Ray
 HOD, DPE, MGM
 HEAD
 Department of Physical Education
 Mugberia Gangadhar
 Mahavidyalaya
 Bhupatnagar, Purba Medinipur

Sk. Khabiruddin
Sk. Khabiruddin
 SACT, DPE, MGM

