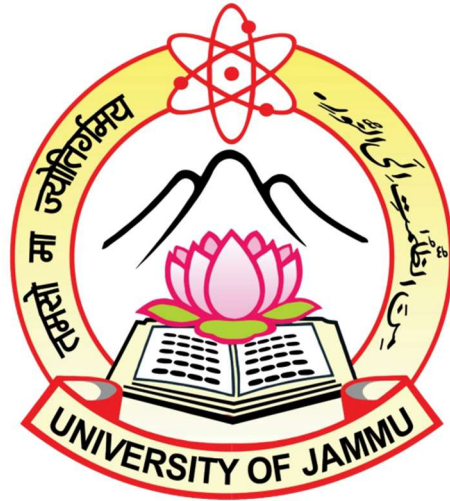


REPORT WRITING ANNUAL CAMP HELD AT LATTI, UDHAMPUR

W.E.F. 14th to 23rd August 2023



Name: Lakshika Jamwal

Class B.P.Ed

Semster-2nd

Roll No: 52-B.P.Ed-22

Subject: Report Writing on Annual Camp

Submission Date: 28th August 2023.

Submitted to: Mr. Vimal Kishore

Submitted by: Lakshika Jamwal

INTRODUCTION

The Directorate of Sports and Physical education organized annual training camp at Latti held from 14 August 2023 to 23 August 2023. The ten days long annual Physical Education Camp for B. P Ed and M. P Ed students as a part of Syllabus, the vibrant spirit of the Annual BPED and MPED Camp brought forth an array of exhilarating activities, further emphasizing the importance of physical fitness, adventure, and cultural enrichment.

The day commenced with an invigorating Morning Workout session, a dynamic blend of walking, jogging, and stretching. Participants also indulged in some fun dares, fostering a sense of camaraderie and spontaneity among the attendees aimed to enhance the skills, teamwork, and overall performance of students.



Following this, the serene backdrop of nature played host to a soul-refreshing Yoga session. Participants engaged in yoga asanas, connecting with their inner selves amidst the tranquility of the outdoors.

A hearty Breakfast awaited the participants, recharging their energies for the thrilling adventures planned for the day. In an adventurous twist, participants from both the MPED and BPED groups experienced the excitement of River Crossing, which included dips in the refreshing waters. This activity not only tested their physical prowess but also added an element of thrill and challenge.

Post-lunch, a Workshop on Rappelling was conducted, equipping participants with essential skills for descending safely from heights. This workshop was a testament to the camp's commitment to imparting valuable knowledge and outdoor skills. In a change of pace, participants embarked on a Market Visit, providing them with an opportunity to explore the local culture and traditions, as well as interact with the local community.

As the day transitioned into evening, the cultural richness of the camp came to the forefront during the Culture Night. Participants showcased their talents, and the event featured music, dance, and other performances that celebrated diversity and unity. The night concluded with a hearty dinner, fostering further bonds among participants, and leaving everyone eagerly anticipating the adventures yet to come in

the remaining days of this enriching camp.



Day 1: 14.08.2023 -The camp commenced with great enthusiasm, as participants from diverse backgrounds came together to embark on this thrilling journey. The inaugural day included a warm welcome, orientation, and ice-breaking activities to foster camaraderie.

Day 2: 15.08.2023 -The campers were treated to an invigorating Morning Assembly, followed by an energetic Morning Workout. The day was filled with trekking and running, returning to camp after an adventurous outdoor experience. The day concluded with a Volleyball Match, where the rising stars triumphed.

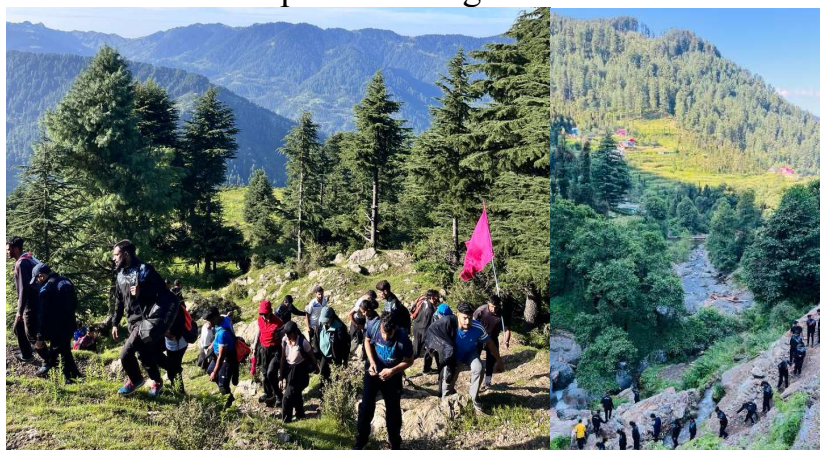


Day 3: 16.08.2023 - A dynamic day began with more activities, including Morning Workout, trekking, running, and an engaging workshop on mountaineering equipment. In a spirited Volleyball Match, the local team won, adding a touch of local flair to the camp.



Day 4: 17.08.2023-The day featured a rich blend of adventure, cultural exploration, and a twist of spontaneity. Activities included yoga, river crossing, rappelling, a visit to the local market, and a Culture Night highlighting the talents within the camp.

Day-5: 18.08.2023 - Participants embarked on a challenging 12-kilometer trek, followed by a late breakfast. After lunch, rappelling skills were honed, and another Cultural Night with a bonfire lit up the evening.



Day 6: 19.08.2023 - Campers woke early for a journey to Latti from the department, where they reached at 2 pm, indulging in Lunch and well-deserved rest.

Day 7: 20.08.2023-A Day of early rises began at 5:00 am, followed by a refreshing tea at 5:30 am. Morning workouts energized the participants, while the BPED group ventured into rappelling, and the MPED group competed in an exciting Volleyball Match. The day concluded with a visit to the local market and another vibrant Culture Night.

Day 8: 21.08.2023 - The day was filled with more outdoor adventures, including trekking and a thrilling Cricket Match. The Head of the Department graced the participants with a culturally enriching evening.



Day 9: 22.08.2023 -Participants set off for a thrilling session of River Crossing, a test of physical prowess and teamwork.

Day 10: 23.08.2023 - The camp concluded with MPED participants engaging in one final round of rappelling. The journey ended on a high note with a memorable Campfire, where participants reminisced about their incredible experience.



The University of Jammu's Annual BPED and MPED Camp was a testament to the institution's dedication to promoting physical fitness, adventure, and cultural enrichment. The camp featured a diverse range of activities designed to challenge and develop participants' physical, mental, and tactical abilities. These activities included Physical Conditioning, Skill Development Sessions, Tactical Workshops, Team Building Exercises and Friendly Matches/Competitions. These activities provided participants with opportunities to explore their potential, embrace camaraderie, and forge lasting connections.