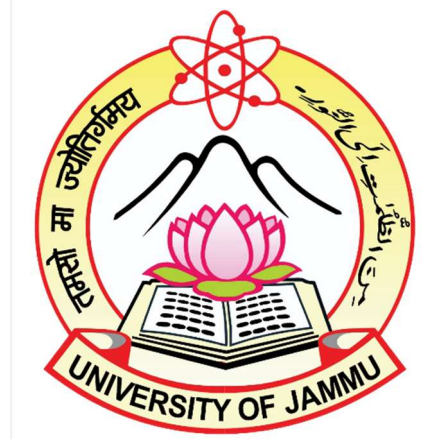


REPORT WRITING ANNUAL CAMP HELD AT LATTI, UDHAMPUR

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



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Subject: Report Writing on Annual Camp

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INTRODUCTION



The Directorate of Sports and Physical education organized annual training camp at Latti , Udhampur held from 14th August 2023 to 23rd August 2023. The ten days long annual Physical Education Camp for B. P Ed and M. P Ed students as a part of Syllabus, aimed to enhance the skills, teamwork, and overall performance of students. 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. The detailed report of the daily activities of the camp is as follows:

Date & Day: 14 August 2023

The participants left the university at 10:00 am in 3 buses along with the teachers and coaches and reached the destination i.e., Diamond Hills resort, Latti at 4:00 pm. The rooms were allotted to the students and the staff. The students arranged their lodging in the rooms and got fresh. After that the students were assembled in the ground and were briefed about the rules and regulations of the camp. The students were then engaged in camp pitching. They were told about the equipment and accessories of tents and how to pitch different types of tents. After tent pitching, the students were dispersed and allowed to rest for half an hour followed by the evening tea. After tea, the students were assembled again. They were divided into different groups and assigned a group leader who will report to the supervisor for any group activity like attendance, number of sick or injured students, etc. Each group have to perform duties daily. They were given the duties for the next day. The duties include mess duty, discipline

duty, first aid duty, cultural duty etc. After breakoff, the dinner was served to the students and staff at 8:00pm. After dinner, the students were gathered for cultural programme where the students showed their talents like singing, dancing, poetry, mimicry, etc. Afterwards the students were let off to their respective rooms for sleep.



Date & Day: 15 August 2023

The students woke up early in the morning as already instructed and got ready for the day's programme. The students were assembled in the ground at 5:45 am for the morning assembly followed by the morning walk and light warning up in the local area of Latti which concluded at 8:00 am. The breakfast was served immediately after morning conditioning. After the breakfast, the students moved to their rooms and got ready for the trekking to unexplored area of Latti. The students equipped themselves with essential requirements needed for the trek. The participants left for the trekking at 10:00 am. It was a very difficult trek with elevated features and scenic beauty. The students were guided all along the trek by the staff and were also educated about the environment and its importance for the mankind. After returning from trek the students were provided Lunch. After lunch, the Intra- Class volleyball match for boys and girls was conducted. Despite being tired by trek the students performed with full spirit. Afterwards the students were given rest. The students were assembled in the ground and attendance was taken by group leaders and then group leaders report to the supervisor. After that the students were given time to rest followed by evening tea, evening assembly where the activities for next day were briefed and then dinner is served. After dinner cultural programme was organised and then the students let off to their respective rooms for sleep.

Date & Day: 16 August 2023

The students woke up early in the morning and got ready for the day's programme. The students were assembled in the ground at 5:45 am for the morning assembly followed by morning conditioning and breakfast. After that students were re-assembled and were taken to the location where the students will perform rappelling. After returning the students were provided Lunch. After lunch, the volleyball matches were conducted. Afterwards the students were given rest. The students were assembled in the ground and attendance was taken by group leaders and then group leaders report to the supervisor. After that the students were given time to rest followed by evening tea, evening assembly where the activities for next day were briefed and then dinner is served. After dinner cultural programme was organised and then the students let off to their respective rooms for sleep.



Date & Day: 17 August 2023

The day started with morning assembly followed by morning conditioning and breakfast. Then the students were taken for river crossing. It was exciting and memorable experience providing an opportunity for hands on exploration and adventure. Students may feel a sense of challenge and accomplishment as they navigate across the water, especially if they are encouraged to work together and problem solving as a team. Additionally, it can foster a deeper appreciation for nature and the outdoors sparking curiosity and a desire to learn more about the environment. Then the students returned to the basecamp and then they were provided lunch. After lunch they were taken to Government school of Latti, where the volleyball match is played between our team against local team of Latti. It offers a chance to showcase their skills teamwork and sportsmanship in a competitive yet friendly setting. Win or lose, the match provides valuable, learning opportunities allowing students to improve their game, build resilience and forge connections with players. Our team won the match. The local team had arranged evening tea for us. After tea, the students returned to the basecamp and followed by evening assembly, dinner, cultural programme and back to their rooms.

Date & Day: 18 August 2023

The day started with morning assembly followed by morning conditioning and breakfast. Afterwards the students were taken for challenging 12-kilometer trek and they returned at noon followed by Lunch. After lunch, Rappelling skills were honed. Afterwards Intra- class volleyball match was conducted followed by evening tea, evening assembly, dinner and another Cultural Night with a bonfire lit up the evening and then students returned to their rooms.



Date & Day: 19 August 2023

Campers woke early. The day started with morning assembly followed by morning conditioning and breakfast and then they went for a journey to Latti from the department, where they reached at 2 pm, indulging in Lunch and well-deserved rest.

Date & Day: 20 August 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.



Date & Day: 21 August 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.



Date & Day: 22 August 2023

Participants set off for a thrilling session of River Crossing, a test of physical prowess and teamwork.



Date & Day: 23 August 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 experiences.



Achievements:

The training camp yielded several notable achievements:

- **Improved Fitness Levels-** Participants demonstrated significant improvements in their physical fitness levels, as evidenced by enhanced endurance, strength, and agility.
- **Enhanced Skills:** Participants exhibited refined technical abilities, with noticeable improvements in ball control, shooting accuracy, and defensive manoeuvres.
- **Increased Tactical Awareness:** Participants displayed a deeper understanding of game strategies and tactics, resulting in more cohesive team play and strategic decision-making during matches.
- **Team Cohesion:** The camp fostered strong bonds among participants, leading to improved communication, trust, and teamwork both on and off the field.
- **Individual Growth:** Many participants showed personal growth and development, gaining confidence, resilience, and a stronger work ethic through the challenges encountered during the camp.

Conclusion:

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. These activities provided participants with opportunities to explore their potential, embrace camaraderie, and forge lasting connections. Despite the overall success of the training camp, several challenges were encountered which includes Unfavourable weather conditions, such as extreme heat or rain, Injuries of students, Time Constraints etc.

The annual training camp proved to be a valuable opportunity for participants to enhance their skills, teamwork, and overall performance. Despite encountering challenges, the camp yielded significant achievements and provided valuable insights for improvement in future editions. With careful planning and implementation of recommended measures, future training camps can continue to serve as catalysts for individual and team success in sports.