

**MOST URGENT/TIME BOUND**

F.No.P-42-1/2009/NSS/PAC  
Government of India  
Ministry of Youth Affairs & Sports  
NSS PROGRAMME ADVISER'S CELL  
12/11, Jamnagar House, New Delhi – 110 011  
(E-mail: pacell-nss@nic.in)

**February 8, 2012.**

All the Heads of  
NSS Regional Centre,

**Sub.: Deputation of NSS volunteers for Youth to the Edge Adventure Camps in North Eastern Region, February-May 2012**

Sir/Madam

The Ministry of Youth Affairs & Sports in collaboration with the Ministry of Development of North Eastern Region (DONER) has launched a Pilot Scheme "Youth to the Edge" to promote adventure in the North Eastern Region on 30<sup>th</sup> January, 2012. The Scheme envisages to showcase the paradise of North Eastern Region to the rest of the country. In this regard three adventure trails have been identified for NSS volunteers to participate (two in Arunachal Pradesh and one in Nagaland). Each trail will be of 10 days duration. Each batch will consist of 30 volunteers (15 Male + 15 Female) & two Contingent Leaders (1 male + 1 female). The Flag off of all the three trails will take place on 29<sup>th</sup> February 2012 at Tinsukhiya by the Hon'ble Minister of Youth Affairs and Sports and the Hon'ble Minister of DONER. The detailed guidelines and the batches (state-wise) are enclosed herewith for all the three Trails.

In this connection, you are requested kindly to depute the allocated Number of **NSS Volunteers** along with **Contingent Leader(s)** as Liaison Officer from the respective State to participate in the said programme. The batches will report on the evening of the preceding day or the morning of the starting day of the Programme and will leave the institute on the last day of the programme. Accordingly, they may be advised to make their travel arrangements. All the participants will be provided with track suits & training material. The participants will be reimbursed expenses towards to & fro journey by Sleeper Class Rail/ordinary Bus fare by the shortest route from their institution to the respective Training Centre and back as per TA Norms through the organizers on production of the tickets.

Being a National level programme, while selecting and deputing the NSS volunteers, the enclosed guidelines should be followed strictly.

You are requested kindly to send the travel plan, well in advance to the concerned Training Institute under intimation to NSS Hqrs., New Delhi. It is also reiterated that the summary of total detailed participation from your region (state-wise) along with a brief report may kindly be sent to this office immediately after the programme is over. A copy of detailed itinerary and brief on each programme may kindly be seen on the NSS Web-site ([www.nss.nic.in](http://www.nss.nic.in)) under the caption "**Announcement**".

Yours faithfully,

(Satish Kumar Sawhney)  
Deputy Programme Adviser  
(E-mail: [sksdpa\\_nss@yahoo.co.in](mailto:sksdpa_nss@yahoo.co.in))

Encl.: As above.

Copy to:

1. Jt. Secretary, NSS, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
2. Under Secretary, NSS Section, Ministry of Youth Affairs & Sports, Shastri Bhawan, New
3. Col. H.S. Chauhan, President IMF and Adviser Adventure, Ministry of Youth Affairs & Sports, Government of India
4. All the Training Institutes with a request to kindly make arrangements as per the schedule enclosed.

# Pilot Scheme

## “Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

### Arunachal Trail - 1

Roing (Lower Dibang District)

Batch Strength:	30 NSS Volunteers + 2 Escorts (From Rest of India)	32
	05 NSS Volunteers from NER	05
	02 Local youth from Arunachal	<u>02</u>
 Total Strength:		 <u><b>39</b></u>
 Camp Duration:	 06 days	

Arrival & Departure schedule at Transit Camp (TC) & Base Camp (BC)

<b>Batch 1</b> NCT of Delhi	<b>28<sup>th</sup> Feb 2012</b>  <b>29<sup>th</sup> Feb 2012</b>  <b>1<sup>st</sup> Mar 2012</b>  <b>2<sup>nd</sup> Mar to 7<sup>th</sup> Mar 2012</b>  <b>8<sup>th</sup> Mar 2012</b>	<p><b>(i) Arrival at Tinsukhiya (TC) and night stay</b></p> <p><b>(ii) Flag Off Function at Tinsukhiya</b></p> <p><b>(iii) Departure for Roing</b></p> <p><b>(iv) Training at Base Camp</b></p> <p><b>(v) Departure for Tinsukhiya (TC)</b></p>

Arrival at Tinsukhiya (TC)		Departure for Roing (BC)	Training at BC	Departure for Tinsukhiya (TC)
Batch 2 W. Bengal	7 <sup>th</sup> March 2012	8 <sup>th</sup> March 2012	9 <sup>th</sup> to 14 <sup>th</sup> March 2012	15 <sup>th</sup> March 2012
Batch 3 Orissa	14 <sup>th</sup> March 2012	15 <sup>th</sup> March 2012	16 <sup>th</sup> to 21 <sup>st</sup> March 2012	22 <sup>nd</sup> March 2012
Batch 4 Chatisgarh	21 <sup>st</sup> March 2012	22 <sup>nd</sup> March 2012	23 <sup>rd</sup> to 28 <sup>th</sup> March 2012	29 <sup>th</sup> March 2012
Batch 5 Gujarat	28 <sup>th</sup> Mar 2012	29 <sup>th</sup> Mar 2012	30 <sup>th</sup> March to 4 <sup>th</sup> April 2012	5 <sup>th</sup> April 2012
Batch 6 Bihar	4 <sup>th</sup> April 2012	5 <sup>th</sup> April 2012	6 <sup>th</sup> to 11 <sup>th</sup> April 2012	12 <sup>th</sup> April 2012
Batch 7 Andhra	11 <sup>th</sup> April 2012	12 <sup>th</sup> April 2012	13 <sup>th</sup> to 18 <sup>th</sup> April 2012	19 <sup>th</sup> April 2012
Batch 8 Jharkhand	18 <sup>th</sup> April 2012	19 <sup>th</sup> April 2012	20 <sup>th</sup> to 25 <sup>th</sup> April 2012	26 <sup>th</sup> April 2012
Batch 9 U.P.	25 <sup>th</sup> April 2012	26 <sup>th</sup> April 2012	27 <sup>th</sup> April to 2 <sup>nd</sup> May 2012	3 <sup>rd</sup> May 2012
Batch 10 Rajasthan	2 <sup>nd</sup> May 2012	3 <sup>rd</sup> May 2012	4 <sup>th</sup> to 9 <sup>th</sup> May 2012	10 <sup>th</sup> May 2012

### Summary – Total Batches – 10

(a)	Rest of India	=	30 x 10	300
(b)	Escorts	=	02 x 10	20
(c)	NER	=	05 x 10	50
(d)	Local State Youth	=	02 x 10	20
	<b>Total Number</b>	<b>=</b>		<b><u>390</u></b>

# Pilot Scheme

## “Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

### Arunachal Trail – 2

#### Hayuliang / Wolong – District Anjaw

Batch Strength:	30 NSS Volunteers + 2 Escorts (From Rest of India)	32
	05 NSS Volunteers from NER	05
	02 Local youth from Arunachal	<u>02</u>
 Total Strength:		 <b><u>39</u></b>
 Camp Duration:	 06 days	

Arrival & Departure schedule at Transit Camp (TC) & Base Camp (BC)

<b>Batch 1</b> NCT of Delhi	<b>28<sup>th</sup> Feb 2012</b>	<b>(vi) Arrival at Tinsukhiya (TC) and night stay</b>
	<b>29<sup>th</sup> Feb 2012</b>	<b>(vii) Flag Off Function at Tinsukhiya</b>
	<b>1<sup>st</sup> Mar 2012</b>	<b>(viii) Departure for Hayuliang / Wolong</b>
	<b>2<sup>nd</sup> Mar to 7<sup>th</sup> Mar 2012</b>	<b>(ix) Training at Base Camp</b>
	<b>8<sup>th</sup> Mar 2012</b>	<b>(x) Departure for Tinsukhiya (TC)</b>

Arrival at Tinsukhiya (TC)		Departure for Hayuliang (BC)	Training at BC	Departure for Tinsukhiya (TC)
Batch 2 U.P.	9 <sup>th</sup> March 2012	10 <sup>th</sup> March 2012	11 <sup>th</sup> to 16 <sup>th</sup> March 2012	17 <sup>th</sup> March 2012
Batch 3 Uttrakhand	16 <sup>th</sup> March 2012	17 <sup>th</sup> March 2012	18 <sup>th</sup> to 23 <sup>rd</sup> March 2012	24 <sup>th</sup> March 2012
Batch 4 Punjab	23 <sup>rd</sup> March 2012	24 <sup>th</sup> March 2012	25 <sup>th</sup> to 30 <sup>th</sup> March 2012	31 <sup>st</sup> March 2012
Batch 5 Maharashtra	30 <sup>th</sup> March 2012	31 <sup>st</sup> March 2012	1 <sup>st</sup> to 6 <sup>th</sup> April 2012	7 <sup>th</sup> April 2012
Batch 6 Andhra	6 <sup>th</sup> April 2012	7 <sup>th</sup> April 2012	8 <sup>th</sup> April 13 <sup>th</sup> April 2012	14 <sup>th</sup> April 2012
Batch 7 Haryana	13 <sup>th</sup> April 2012	14 <sup>th</sup> April 2012	15 <sup>th</sup> to 20 <sup>th</sup> April 2012	21 <sup>st</sup> April 2012
Batch 8 J&K	20 <sup>th</sup> April 2012	21 <sup>st</sup> April 2012	22 <sup>nd</sup> to 27 <sup>th</sup> April 2012	28 <sup>th</sup> April 2012
Batch 9 M.P.	27 <sup>th</sup> April 2012	28 <sup>th</sup> April 2012	29 <sup>th</sup> Apr to 4 <sup>th</sup> May 2012	5 <sup>th</sup> May 2012
Batch 10 Chandigarh	4 <sup>th</sup> May 2012	5 <sup>th</sup> May 2012	6 <sup>th</sup> to 11 <sup>th</sup> May 2012	12 <sup>th</sup> May 2012

**Summary – Total Batches – 10**

(a)	Rest of India	=	30 x 10	300
(b)	Escorts	=	02 x 10	20
(c)	NER	=	05 x 10	50
(d)	Local State Youth	=	02 x 10	<u>20</u>
	<b>Total Number</b>	<b>=</b>		<b><u>429</u></b>

# Pilot Scheme

## “Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

### Nagaland Trail

DZUKOU Valley – Kohima – Imphal Axis

Batch Strength:	30 NSS Volunteers + 2 Escorts (From Rest of India)	32
	05 NSS Volunteers from NER	05
	02 Local youth from Arunachal	<u>02</u>

Total Strength: **39**

Camp Duration: 06 days

Arrival & Departure schedule at Transit Camp (TC) & Base Camp (BC)

<b>Batch 1</b> NCT of Delhi	<b>28<sup>th</sup> Feb 2012</b>	<b>(xi) Arrival at Tinsukhiya (TC) and night stay</b>
	<b>29<sup>th</sup> Feb 2012</b>	<b>(xii) Flag Off Function at Tinsukhiya</b>
	<b>1<sup>st</sup> Mar 2012</b>	<b>(xiii) Departure for Dzukou Valley</b>
	<b>2<sup>nd</sup> Mar to 7<sup>th</sup> Mar 2012</b>	<b>(xiv) Training at Base Camp</b>
	<b>8<sup>th</sup> Mar 2012</b>	<b>(xv) Departure for Tinsukhiya (TC)</b>

Arrival at Tinsukhiya (TC)		Departure for Roing (BC)	Training at BC	Departure for Tinsukhiya (TC)
<b>Batch 2</b> Orissa	7 <sup>th</sup> March 2012	8 <sup>th</sup> March 2012	9 <sup>th</sup> to 14 <sup>th</sup> March 2012	15 <sup>th</sup> March 2012
<b>Batch 3</b> W.Bengal	14 <sup>th</sup> March 2012	15 <sup>th</sup> March 2012	16 <sup>th</sup> to 21 <sup>st</sup> March 2012	22 <sup>nd</sup> March 2012
<b>Batch 4</b> U.P.	21 <sup>st</sup> March 2012	22 <sup>nd</sup> March 2012	23 <sup>rd</sup> to 28 <sup>th</sup> March 2012	29 <sup>th</sup> March 2012
<b>Batch 5</b> Rajasthan	28 <sup>th</sup> Mar 2012	29 <sup>th</sup> Mar 2012	30 <sup>th</sup> March to 4 <sup>th</sup> April 2012	5 <sup>th</sup> April 2012
<b>Batch 6</b> Maharashtra	4 <sup>th</sup> April 2012	5 <sup>th</sup> April 2012	6 <sup>th</sup> to 11 <sup>th</sup> April 2012	12 <sup>th</sup> April 2012
<b>Batch 7</b> Andhra	11 <sup>th</sup> April 2012	12 <sup>th</sup> April 2012	13 <sup>th</sup> to 18 <sup>th</sup> April 2012	19 <sup>th</sup> April 2012
<b>Batch 8</b> Karnataka	18 <sup>th</sup> April 2012	19 <sup>th</sup> April 2012	20 <sup>th</sup> to 25 <sup>th</sup> April 2012	26 <sup>th</sup> April 2012
<b>Batch 9</b> Kerala	25 <sup>th</sup> April 2012	26 <sup>th</sup> April 2012	27 <sup>th</sup> April to 2 <sup>nd</sup> May 2012	3 <sup>rd</sup> May 2012
<b>Batch 10</b> Tamil Nadu	2 <sup>nd</sup> May 2012	3 <sup>rd</sup> May 2012	4 <sup>th</sup> to 9 <sup>th</sup> May 2012	10 <sup>th</sup> May 2012

Summary – Total Batches – 10

(a)	Rest of India	=	30 x 10	300
(b)	Escorts	=	02 x 10	20
(c)	NER	=	05 x 10	50
(d)	Local State Youth	=	02 x 10	<u>20</u>
	<b>Total Number</b>	=		<b><u>390</u></b>

# Pilot Scheme

## “Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

### General Information / Instructions for Escorts & NSS Volunteers Arunachal Trail - 1 (Roing)

**Training Location** - **Roing (Lower Dibang District) Arunachal Pradesh**

**Roing** – is the Headquarters of the Lower Dibang District. The District is bounded on the North by the Dibang Valley, the East by the Lohit District and on the South by the Tinsukia District of Assam. The District rises from the Himalayan foothills to the middle ranges with the highest point of Mayudia at a height of 2655 meters from sea level. Snow-capped peaks, turbulent rivers, mystic valleys and abundance of rich flora & fauna are a few attraction of the District. Roing is a picturesque town in a valley by the side of the mighty Dibang River.

#### **How to reach Guwahati / Tinsukia (Railhead):**

- By train to Guwahati & Tinsukia
- Reception Centre at Railway Station Tinsukia
- Guide will escort the team to Transit Camp after arrival at Tinsukia
- Night stay at Tinsukia Transit Camp
- Move by road (Bus / Sumo etc) to Roing over terry (Brahmaputra River)
- Travelling time by road approx 6 hours
- Reception on arrival at Roing (Base Camp)

Guwahati to Tinsukia is connected by train. Buses also (day and night) ply between Guwahati and Tinsukia. Tinsukia to Roing is connected by local buses as well as Tata sumo service. It takes approx 6 / 7 hours to reach Roing from Tinsukia after crossing Dhola Ghat (Brahmaputra River) by ferry service.

**Facilities** – Participants will be received at Tinsukia Railway Station and escorted to the transit camp for the night stay. The participants will be accompanied by Escorts from Transit Camp onwards to Base Camp and back. The Trainees will be provided temporary built up / tented



accommodation with temporary bathrooms at Base Camp. Trainees will be served sumptuous hygienic vegetarian and non-vegetarian food.

## **Tentative Training Schedule**

### **D-Day tentative adventure training activities**

#### **DAY**

#### **ACTIVITIES**

- D Minus (-) 2    Arrival at Railhead / Transit Camp (Tinsukia)
- D Minus (-) 1    Departure Transit Camp & Arrival at Base Camp (Roing)
- D Plus (+) 1    Morning – Briefing, Registration, Issue of Equipment. Knot practice of the rope, games for physical fitness.
- Evening – Lecture on local traditions and culture.
- D Plus (+) 2    Morning – Exercises, familiarisation trek and visit to neighbouring village to learn about local traditions and culture.
- Evening – Camp Fire and group debate / discussion
- D Plus (+) 3    Morning – Exercises, Rock Climbing, Rappelling Tent Pitching, Nature Watch, Games.
- Evening – Camp Fire and Cultural programme by the locals at Base Camp.
- D Plus (+) 4    Morning – Exercises, River Crossing, Self-Cooking to built confidence and awareness about Camp Hygiene & Healthy Environment & Games Evening – Camp Fire and Group Games
- D Plus (+) 5    Morning – Exercises, Rock Climbing, Rappelling, Search & Rescue Awareness and Casualty Evacuation related with Disaster Management
- D Plus (+) 6    Morning – Trek to the neighbouring village, interaction with villagers and lunch with village functionaries.
- Evening – Cultural programme with locals.
- D Plus (+) 7    Forenoon – Equipment deposit, farewell and departure for Transit Camp / Railhead.

## Instructions

- (i) **Duration & Strength: The course will be of 06 days duration (excluding journey period). Batch strength will be 39 participants (Rest of India - 30 + Escorts – 02 + NER - 05 + Local Arunachal youth - 02)**
- (ii) **Escorts: One escort after every 15 participants (rest of India) will be accommodated free of cost by the training organization. Participants will be required to report at the Tinsukia Transit Camp / Reception Center as per the vacancies distributed to the NSS.**
- (iii) **Training Camp Fee: The Training Camp fee includes: Boarding, Lodging, Training, Equipment, Porterage, Insurance Cover and First Aid Medical etc.**
- (iv) **Training Organisation will provide: Ruck Sack / Day Sack, Sleeping Bag, Carry Matt, Tents, Technical equipment, Instructors/Guides except Personal Clothing.**
- (v) **Journey Expenses: Travelling expenditure (Trains / State Transport Buses) will be reimbursed by the NSS at Guwahati / Tinsukia / Roing based on actual plus DA @ Rs.100/- per day for journey and training.**
- (vi) **Students to bring: Loose/comfortable clothing as per season, Sports Shoes, Water Bottle, Sun Hat, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream. Volunteers are also advised to carry Mosquito Coils / Anti Mosquito Cream.**
- (vii) **Physical Fitness: No specific pre training / pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed – refer Annexure – ‘A’.**
- (viii) **Undertaking: School / College Principal / Parents / Sponsoring Organisation have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed – refer Annexure – ‘B’**
- (ix) **Weather Effect: Proposed daily programme may have minor changes subject to local weather condition.**

(x) Contact persons:

- (a) **Mr Sunil Kumar Basumatary**  
**Incharge Guwahati Section of NSS**  
**Tel (0361) 2229031**  
**Mobile: 09706050305**  
**E-Mail: [basum68@rediffmail.com](mailto:basum68@rediffmail.com)**
- (b) Dr K Romeo Meetei  
Incharge (Adventure Cell) Govt of Arunachal  
Mobile: 09436052286  
E-Mail: [advcellsya@gmail.com](mailto:advcellsya@gmail.com)
- (c) Mr Raju Mepi  
District sports officer (DSO)  
Mobile: 09402476508, 09436447944
- (d) Ms Tine Mine, Everester  
Mobile: 0943875102
- (e) For overall conduct  
Col H S Chauhan, SM, VSM, FRGS  
Adviser Adventure  
Ministry of Youth Affairs & Sports  
Mobile: 09818807710

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**Medical Certificate**

1. Name \_\_\_\_\_
2. Age \_\_\_\_\_ Weight \_\_\_\_\_
3. Respiration rate at Rest \_\_\_\_\_
4. Chest Expansion \_\_\_\_\_
5. Pulse Rate \_\_\_\_\_
6. Blood Pressure \_\_\_\_\_
7. Condition of Upper limb, \_\_\_\_\_  
Toes and Feet \_\_\_\_\_
8. Urine Examination \_\_\_\_\_
9. Blood Test \_\_\_\_\_
10. Blood Group \_\_\_\_\_
11. Applicant should not have Asthma, Epilepsy or other fits and any other major deformity, hernia and chronic diseases \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In my opinion Mr/Mrs/Miss \_\_\_\_\_ whose signature and address is given below is fit to undergo special adventure training.

Signature of the applicant

Signature of Medical Officer with seal

Date \_\_\_\_\_

Place \_\_\_\_\_

Note: The medical officer should be MBBS and give his registration number of the council.

**Annexure 'B'**

**Undertaking**

It is certified that I agree to detail my son / daughter / ward / Mr / Myself \_\_\_\_\_ for Special Adventure Course being held in Arunachal Pradesh / Nagaland at my own risk and no compensation will be paid to me in case of accident and I will not hold the organizers or its staff wholly or partially responsible for any mis-happening.

Date:.....

Signature of Parents / Guardian / Principal –  
School - College / Applicant

Place:

**COUNTERSIGNED**

**Note:** The risk certificate for applicants below 18 years of age is to be signed by the Parents/Guardian & for other by applicant himself / herself and countersigned by sponsoring authority.

# Pilot Scheme

## “Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

### General Information / Instructions for Escorts & NSS Volunteers Arunachal Trail - 2 (Hayuliang / Wolong)

**Training Location** - Hayuliang / Wolong – District Anjaw

**Hayuliang** – a town in Anjaw District and Headquarter of Lohit District is located around 300 kms from Tinsukia (the roadhead) at an altitude of 750 metres above mean sea level. The closest tourism destination includes Roing, Namdapha and Dibru-Saikhowa. The beautiful panoramic view of the confluence of Dalai and Lohit Rivers and scenic surrounding make the place worth visiting.

**Wolong** – the administrative town of Anjaw District on the Western bank of Lohit River is 200 kms from Tezu situated at an altitude of approx 1094 meters above sea level. Wolong is cool and pleasant valley adorned by beautiful sight scenes and endowed with spectacular landscapes.

#### **How to reach Guwahati / Tinsukia (Railhead):**

- By train to Guwahati & Tinsukia
- Reception Centre at Railway Station Tinsukia
- Guide will escort the team to Transit Camp after arrival at Tinsukia
- Night stay at Tinsukia Transit Camp
- Move by road (Bus / Sumo etc) to Hayuliang
- Travelling time by road approx 6 hours
- Reception on arrival at Hayuliang (Base Camp)

Guwahati to Tinsukia is connected by train. Buses also (day and night) ply between Guwahati and Tinsukia. Tinsukia to Hayuliang / Wolong is connected by local buses as well as Tata sumo service. Tinsukia to Tezu is 199 km and Tezu to Hayuliang is 107 km and Wolong 205 km. It takes approx 10 to 12 hours to reach Hayuliang and Wolong respectively.

**Facilities** – Participants will be received at Tinsukia Railway Station and escorted to the transit camp for the night stay. The participants will be accompanied by Escorts from Transit Camp onwards to Base Camp and back. The Trainees will be provided temporary built up / tented

accommodation with temporary bathrooms at Base Camp. Trainees will be served sumptuous hygienic vegetarian and non-vegetarian food.

## **Tentative Training Schedule**

### **D-Day tentative adventure training activities**

#### **DAY**

#### **ACTIVITIES**

- D Minus (-) 2    Arrival at Railhead / Transit Camp (Tinsukia)
- D Minus (-) 1    Departure Transit Camp & Arrival at Base Camp
- D Plus (+) 1    Morning – Briefing, Registration, Issue of Equipment. Knot practice of the rope, games for physical fitness.
- Evening – Lecture on local traditions and culture.
- D Plus (+) 2    Morning – Exercises, familiarisation trek and visit to neighbouring village to learn about local traditions and culture.
- Evening – Camp Fire and group debate / discussion
- D Plus (+) 3    Morning – Exercises, Rock Climbing, Rappelling Tent Pitching, Nature Watch, Games.
- Evening – Camp Fire and Cultural programme by the locals at Base Camp.
- D Plus (+) 4    Morning – Exercises, River Crossing, Self-Cooking to built confidence and awareness about Camp Hygiene & Healthy Environment & Games Evening – Camp Fire and Group Games
- D Plus (+) 5    Morning – Exercises, Rock Climbing, Rappelling, Search & Rescue Awareness and Casualty Evacuation related with Disaster Management
- D Plus (+) 6    Morning – Trek to the neighbouring village, interaction with villagers and lunch with village functionaries.
- Evening – Cultural programme with locals.
- D Plus (+) 7    Forenoon – Equipment deposit, farewell and departure for Transit Camp / Railhead.

## Instructions

- (xi) Duration & Strength: The course will be of 06 days duration (excluding journey period). Batch strength will be 39 participants (Rest of India - 30 + Escorts – 02 + NER - 05 + Local Arunachal youth - 02)
- (xii) Escorts: One escort after every 15 participants (rest of India) will be accommodated free of cost by the training organization. Participants will be required to report at the Tinsukia Transit Camp / Reception Center as per the vacancies distributed to the NSS.
- (xiii) Training Camp Fee: The Training Camp fee includes: Boarding, Lodging, Training, Equipment, Porterage, Insurance Cover and First Aid Medical etc.
- (xiv) Training Organisation will provide: Ruck Sack / Day Sack, Sleeping Bag, Carry Matt, Tents, Technical equipment, Instructors/Guides except Personal Clothing.
- (xv) Journey Expenses: Travelling expenditure (Trains / State Transport Buses) will be reimbursed by the NSS at Guwahati / Tinsukia / Roing based on actual plus DA @ Rs.100/- per day for journey and training.
- (xvi) Students to bring: Loose/comfortable clothing as per season, Sports Shoes, Water Bottle, Sun Hat, Torch with Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream. Volunteers are also advised to carry Mosquito Coils / Anti Mosquito Cream.
- (xvii) Physical Fitness: No specific pre training / pre course is required except normal medical fitness and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed – refer Annexure – ‘A’.
- (xviii) Undertaking: School / College Principal / Parents / Sponsoring Organisation have to give undertaking for participation in the adventure camp in favour of the trainee in the prescribed format enclosed – refer Annexure – ‘B’
- (xix) Weather Effect: Proposed daily programme may have minor changes subject to local weather condition.
- (xx) Contact persons:

### Guwahati – NSS HQ

- (a) Mr Sunil Kumar Basumatary  
Incharge Guwahati Section of NSS  
Tel (0361) 2229031  
Mobile: 09706050305  
E-Mail: [basum68@rediffmail.com](mailto:basum68@rediffmail.com)

### Hayuliang / Wolong – District Sport Officer Anjaw District

- (b) Mrs Mala Linggi  
Mobile: 09402478147



**Incharge (Adventure Cell) Govt of Arunachal Pradesh**

(c) Dr Dr K Romeo Meetei  
Mobile: 09436052286  
E-Mail: [advcellsya@gmail.com](mailto:advcellsya@gmail.com)

Ministry of Youth Affairs & Sports, New Delhi (for overall conduct)

(d) Col H S Chauhan, SM, VSM, FRGS  
Adviser Adventure  
Mobile: 09818807710

\*\*\*\*\*

**Medical Certificate**

12. Name \_\_\_\_\_

13. Age \_\_\_\_\_ Weight \_\_\_\_\_

14. Respiration rate at Rest \_\_\_\_\_

15. Chest Expansion \_\_\_\_\_

16. Pulse Rate \_\_\_\_\_

17. Blood Pressure \_\_\_\_\_

18. Condition of Upper limb, \_\_\_\_\_  
Toes and Feet

19. Urine Examination \_\_\_\_\_

20. Blood Test \_\_\_\_\_

21. Blood Group \_\_\_\_\_

22. Applicant should not have Asthma, Epilepsy or other fits and any other major deformity,  
hernia and chronic diseases \_\_\_\_\_

\_\_\_\_\_

In my opinion Mr/Mrs/Miss \_\_\_\_\_ whose  
signature and address is given below is fit to undergo special adventure training.

Signature of the applicant

Signature of Medical Officer with seal

Date \_\_\_\_\_

Place \_\_\_\_\_

Note: The medical officer should be MBBS and give his registration number of the council.

**Annexure ‘B’**

**Undertaking**

It is certified that I agree to detail my son / daughter / ward / Mr / Myself \_\_\_\_\_ for Special Adventure Course being held in Arunachal Pradesh / Nagaland at my own risk and no compensation will be paid to me in case of accident and I will not hold the organizers or its staff wholly or partially responsible for any mis-happening.

Date:.....

Signature of Parents / Guardian / Principal –  
School - College / Applicant

Place:

**COUNTERSIGNED**

**Note:** The risk certificate for applicants below 18 years of age is to be signed by the Parents/Guardian & for other by applicant himself / herself and countersigned by sponsoring authority.

# Pilot Scheme

## “Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

### General Information / Instructions for Escorts & NSS Volunteers Nagaland Trail

**Training Location** - **DZUKOU Valley – Kohima – (Imphal Axis)**

**The Dzukou Valley** – The Dzukou Valley is tucked away at 2438 metres above sea level, behind the Japfu range in the north eastern state of Nagaland in India. The Valley is surrounded by hills, natural caves & rocks and is thus, ideal for camping. This is one of the most frequented trekking spots in the entire North East India. Its emerald green rolling hills interlinked by gentle flowing streams are trekker's fancy.

Dimapur in Nagaland is bounded by Kohima District on the South and East, Karbi Anglong District of Assam on the West. The distance from Dimapur to Kohima is 74 and further to Dzukou Valley is just 30 km from Kohima.

#### **How to reach Dimapur (Railhead):**

- By train to Guwahati and Dimapur
- Reception Centre at Railway Station Dimapur
- Guide will escort the team to Transit Camp after arrival at Dimapur
- Night stay at Dimapur Transit Camp
- Move by road (Bus / Sumo etc) to DZUKOU Valley
- Travelling time by road approx 3 hours
- Reception on arrival at DZUKOU Valley (Base Camp)

**Facilities** – Participants will be received at Dimapur Railway Station and escorted to the transit camp for the night stay. The participants will be accompanied by Escorts from Transit Camp onwards to Base Camp and back. The Trainees will be provided temporary built up / tented accommodation with temporary bathrooms at Base Camp. Trainees will be served sumptuous hygienic vegetarian and non-vegetarian food.

## **Tentative Training Schedule**

### **D-Day tentative adventure training activities**

#### **DAY**

#### **ACTIVITIES**

- D Minus (-) 2    Arrival at Railhead / Transit Camp (Dimapur)
- D Minus (-) 1    Departure Transit Camp & Arrival at Base Camp
- D Plus (+) 1    Morning – Briefing, Registration, Issue of Equipment. Knot practice of the rope, games for physical fitness.
- Evening – Lecture on local traditions and culture.
- D Plus (+) 2    Morning – Exercises, familiarisation trek and visit to neighbouring village to learn about local traditions and culture.
- Evening – Camp Fire and group debate / discussion
- D Plus (+) 3    Morning – Exercises, Rock Climbing, Rappelling Tent Pitching, Nature Watch, Games.
- Evening – Camp Fire and Cultural programme by the locals at Base Camp.
- D Plus (+) 4    Morning – Exercises, River Crossing, Self-Cooking to built confidence and awareness about Camp Hygiene & Healthy Environment & Games Evening – Camp Fire and Group Games
- D Plus (+) 5    Morning – Exercises, Rock Climbing, Rappelling, Search & Rescue Awareness and Casualty Evacuation related with Disaster Management
- D Plus (+) 6    Morning – Trek to the neighbouring village, interaction with villagers and lunch with village functionaries.
- Evening – Cultural programme with locals.
- D Plus (+) 7    Forenoon – Equipment deposit, farewell and departure for Transit Camp / Railhead.

#### **Instructions**

- (xxi) Duration & Strength: The course will be of 06 days duration (excluding journey period). Batch strength will be 39 participants (Rest of India - 30 + Escorts – 02 + NER - 05 + Local Nagaland youth - 02)**
- (xxii) Escorts: One escort after every 15 participants (rest of India) will be accommodated free of cost by the training organization.**

- Participants will be required to report at the Tinsukia Transit Camp / Reception Center as per the vacancies distributed to the NSS.
- (xxiii) Training Camp Fee: The Training Lodging, Training, Equipment, First Aid Medical etc. Camp fee includes: Boarding, Porterage, Insurance Cover and
- (xxiv) Training Organisation will provide: Bag, Carry Matt, Tents, Instructors/Guides except Personal Clothing. Ruck Sack / Day Sack, Sleeping Technical equipment,
- (xxv) Journey Expenses: Travelling Transport Buses) will be Guwahati / Tinsukia / Roing based on actual plus DA @ Rs.100/- per day for journey and training. expenditure (Trains / State reimbursed by the NSS at
- (xxvi) Students to bring: per season, Sports Shoes, Water Spare Cell, Writing Material, Antiseptic/Anti-sunburn cream. Volunteers are also advised to carry Mosquito Coils / Anti Mosquito Cream. Loose/comfortable clothing as Bottle, Sun Hat, Torch with
- (xxvii) Physical Fitness: No specific pre except normal medical fitness should not have any major ailment history or on medication at present. Medical Certificate format enclosed – refer training / pre course is required and motivation. Participants should not have any major ailment history or on medication at present. Medical Certificate format enclosed – refer Annexure – ‘A’.
- (xxviii) Undertaking: School / Sponsoring Organisation have participation in the adventure camp in favour of the trainee in the prescribed format enclosed – refer Annexure – ‘B’ College Principal / Parents / to give undertaking for
- (xxix) Weather Effect: Proposed daily changes subject to local programme may have minor weather condition.
- (xxx) Contact persons:

- (a) Director Sports, Nagaland  
Mobile: 09436435636  
E-mail: [keleiz@yahoo.com](mailto:keleiz@yahoo.com)
- (b) Mr Sunil Kumar Basumatary  
Incharge Guwahati Section of NSS  
Tel (0361) 2229031  
Mobile: 09706050305  
E-Mail: [basum68@rediffmail.com](mailto:basum68@rediffmail.com)
- (c) For overall conduct  
Col H S Chauhan, SM, VSM, FRGS  
Adviser Adventure  
Ministry of Youth Affairs & Sports  
Mobile: 09818807710

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**Annexure 'A'**

**Medical Certificate**

23. Name\_\_\_\_\_

24. Age \_\_\_\_\_ Weight\_\_\_\_\_

25. Respiration rate at Rest\_\_\_\_\_

26. Chest Expansion\_\_\_\_\_

27. Pulse Rate\_\_\_\_\_

28. Blood Pressure\_\_\_\_\_

29. Condition of Upper limb, \_\_\_\_\_  
Toes and Feet

30. Urine Examination\_\_\_\_\_

31. Blood Test\_\_\_\_\_

32. Blood Group\_\_\_\_\_

33. Applicant should not have Asthma, Epilepsy or other fits and any other major deformity, hernia and chronic diseases \_\_\_\_\_

\_\_\_\_\_

In my opinion Mr/Mrs/Miss\_\_\_\_\_ whose signature and address is given below is fit to undergo special adventure training.

Signature of the applicant

Signature of Medical Officer with seal

Date \_\_\_\_\_

Place\_\_\_\_\_

Note: The medical officer should be MBBS and give his registration number of the council.

**Annexure 'B'**

**Undertaking**

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Date:.....

Signature of Parents / Guardian / Principal –  
School - College / Applicant

Place:

**COUNTERSIGNED**

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