

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: pacnss@gmail.com)

29 January 2013.

Heads of NSS Regional Centre
Bhopal, Chennai, Delhi & Lucknow.

**Sub.: Deputation of NSS volunteers for Youth to the Edge Adventure Camps in North Eastern Region
February-March 2013**

Sir,

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 30th January, 2012. First phase of the programme has already been completed, the second phase is scheduled to be organized during February-March 2013 in Arunachal Pradesh. The Scheme envisages to showcase the paradise of North Eastern Region to the rest of the country. The duration of the adventure camps is 9 days including arrival and departure as mentioned in the schedule attached in this letter. Each batch will consist of 38 volunteers (19 boys & 19 girls) & two contingent leaders (1 male + 1 female). The detailed guidelines and the batches (RC wise) are enclosed herewith. Heads of Regional Centres are requested to give due representation to the States under their jurisdiction.

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 Regional Centres 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 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 Regional Centre, Guwahati and PA Cell (NSS), 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) under the caption "**Announcement**".

Yours faithfully,

Sd/-

(Satish Kumar Sawhney)
Deputy Programme Adviser
(E-mail: sksdpa_nss@yahoo.co.in)

Encl.: As above.

Copy to:

1. Jt. Secretary, NSS, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
2. Sh. U.K.Sangama, Secretary, NRC, Nongrim Hills, Shillong, Meghalaya
3. Sh. Rajesh Mishra, Director (BM), Ministry of Development of North Eastern Region, Vigyan Bhawan, Annexe, Maulana Azad Road, New Delhi-110011.

4. Under Secretary, NSS Section, Ministry of Youth Affairs & Sports, Shastri Bhawan, New
5. Col. H.S. Chauhan, President IMF and Adviser Adventure, Ministry of Youth Affairs & Sports, Government of India
6. Training Institutes with a request to kindly make arrangements as per the schedule enclosed.
7. Sh. Sunil Basumatary, Youth Officer, NSS Regional Centre, Guwahati
8. Guard file.

Pilot Scheme

“Youth to the Edge”

(Promotion of Adventure in the North Eastern Region)

Arunachal Trail - 1

Roing (Lower Dibang District)

Batch Strength: 38 NSS Volunteers + 2 Escorts 40
(From Rest of India)
06 NSS Volunteers from NER 06
Total Strength: **46**

Camp Duration: 09 days (including arrival & departure)

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

Sl. No.	Name of RC	States	No. of Vol.		No. of Prog. Off.	Arrival at Guwahati	Training Period	Departure from Tinsukia to respective states
			Male	Female				
1.	Lucknow	U. K. U. P.	8 11	8 11	1Female 1Male	18.02.2013	21.02.13 to 26.02.13	27.02.2013
2.	Delhi	Delhi Haryana	10 9	10 9	1Female 1Male	25.02.2013	28.02.13 to 5.03.13	06.03.2013
3.	Chennai	Tamilnadu Puducherry	14 5	14 5	1Female 1Male	04.03.2013	07.03.13 to 12.03.13	13.03.2013
4.	Bhopal	M. P. Chhattisgarh	12 7	12 7	1Female 1Male	11.03.2013	14.03.13 to 19.03.13	20.03.2013
	Total		76	76	8			

Summary - Total Batches - 04

(a) Rest of India = 38 x 4 152
(b) Escorts (Pos) = 02 x 4 8
(c) NER = 06 x 4 24

Total Number = 184

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-to-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, Portage, 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
 - (b) Dr K Romeo Meetei
Incharge (Adventure Cell) Govt of Arunachal
Mobile: 09436052286
E-Mail: 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

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.

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.