



Indian Mountaineering Foundation

(National Apex Body For Mountaineering, Sport Climbing, & Allied Adventure Activities)

No. 2500/SCW/IMF/2011

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ADVENTURE TRAINING FOR COLLEGE STUDENTS REGARDING PERSONALITY DEVELOPMENT & CONFIDENCE BUILDING

1. **Introduction:-** Indian Mountaineering Foundation (IMF) is the National Apex Body in our Country which organises, supports, equips, mountaineering, trekking, rock climbing and many other Land Based adventure activities. It has been vested with authority of permitting special casual leave upto one month to the Govt. employees undertaking mountaineering expedition and trekking. Activities of IMF are supported and promoted by Ministry of Youth Affairs & Sports and Home Affairs.

2. **Personality Development :-** In order under take the venture of personality development amongst the college students, build self confidence of girls and boys, develop comradeship, under take character building, IMF has developed an adventure training area to nurture following personality traits :-

- (a) Build Self Confidence.
- (b) Team spirit for Building Strong Bonds.
- (c) Leadership, Character Building and Ability to take Risk.
- (d) Develop ability to perform under adverse conditions.
- (e) Strengthen courage to take bold decisions.
- (f) Social Skills.
- (g) Sense of Sacrifice.
- (h) Motivation to perform better.
- (j) Channelise energy in positive direction.
- (k) Association with Swachh Bharat Abhiyan.

3. **Already under gone Training :-** School of Delhi Govt. and ONGC have regularly been making use of these facilities offered by IMF. In year 2017, Approximately 5000 students have availed this facility.

4. **Activities :-** Day based activities being conducted are given as under: -

- (a) Rock Climbing (Natural)
- (b) Tyrolean Traverse
- (c) Commando Net
- (d) Burma Bridge
- (e) Rope Ladder
- (f) Monkey Crawling
- (g) Sports Climbing on Artificial Wall
- (h) Zip Line
- (i) Casualty Evacuation training
- (j) Screening of Adventure Movie
- (k) Visit Tenzing Himalayan Museum

5. **Timings :-** 9.00AM to 4.00PM

6. **Average Strength :-** 100 Students a day

7. **Arrangements by IMF:-** Following arrangements will made by us:-

- (a) Instructors
- (b) Equipment
- (c) First Aid
- (d) Lunch (Veg) & Snacks

8. **Honorarium:-** Rs. 650/- per student per day will be needed for imparting training with the support of facilities mentioned in para 7 above.


9. Teachers/Escorts:- 05 Escorts per day, to control/guide students, would be needed

Special Instructions

10. (a) No Smoking is allowed in IMF.
(b) No Garbage will be spread.
(c) Plucking of flowers is not allowed.
(d) No ill discipline is expected.

11. You are requested to send your students to avail this opportunity at IMF building near South Campus, 6 Benito Juarez Road, New Delhi-110 021. Further clarifications if can be sought by your representative on telephone Nos. 011 24111211, 24111572 &24117935.

Yours sincerely,


Col P C Chaudhary
Director