



CHRIST

COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA

Reaccredited by NAAC A'++' & SAAC A'++'

REPORT

ON

Trablizer

ADVENTURE
TRAINING

&

LEADERSHIP
CAMP

AT MALAPURAM, PERINTALMANNNA
KUMARAGIRI ESTATE, MANKADA



THE TEAM BEHIND THE SUCCESSFUL JOURNEY

EVERY EVENT, PROGRAM NEEDS A TOP NOTCH TEAM TO MAKE IT SUCCESSFUL AND THIS WAS THE TEAM THAT MADE THIS CAMP SUCCESSFUL

01

THE PRINCIPAL CHRIST COLLEGE, AND THE BPE DEPARTMENT FOR GIVING US THIS OPPURTUNIY TO SHARPEN OUR SKILLS

02

PRITHAM MENON AND HIS TEAM

03

Dr. ANOOP SEBASTIAN WHO DID THE BCKGROUND WORK AND AKHIL SIR AND LISA MISS FOR BEING OUR GUIDES



DAY 1

INTRODUCTION AND ICE BREAKING SESSION



ON THE FIRST DAY WE INTRODUCED OURSELVES TO PRITHAM SIR



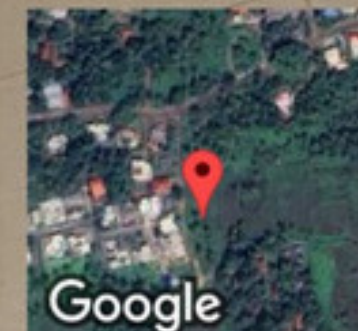
PRITHAM SIR TAUGHT US THE BASICS AND IMPORTANCE OF SELF INTRODUCTION



THE SESSION INCLUDED MAKING THE STUDENTS MORE CONFIDENT WHILE INTRODUCING THEMSELVES



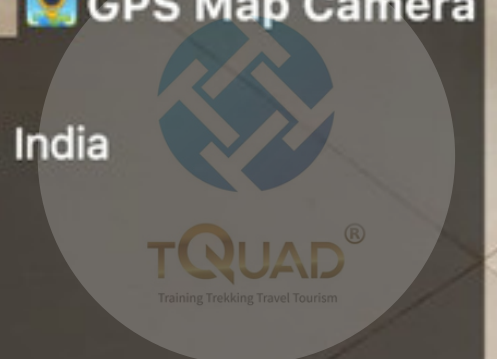
WE ALSO LEARNED THE IMPORTANCE OF EXPERIENTIAL LEARNING WITH ACTIVITIES



Google

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DAY 2

INTRODUCTION TO MOUNTAINEERING

01

MOUNTAINEERING EQUIPMENT

WE WERE INTRODUCED TO MOUNTAINEERING EQUIPMENT LIKE CARABINER, HARNESS, HELMET, A VARIETY OF ROPES



02 KNOTS AND HITCHES

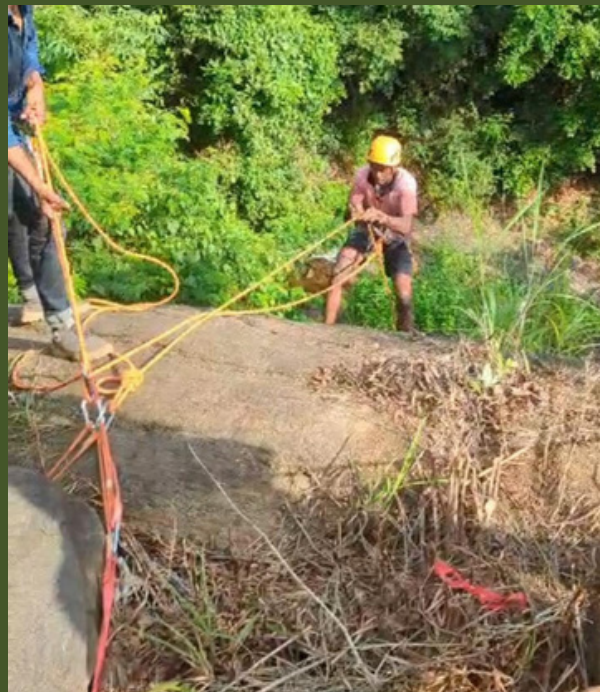
THE DIFFERENT TYPES OF HITCHES AND KNOTS USED IN MOUNTAINEERING FOR DIFFERENT PURPOSES AND WE WERE ASKED TO EXECUTE IT PRACTUCALLY

DAY 3

JUMARRING, RAPPELING AND CULTURAL PROGRAMS

JUMMARRING

Is a technical mountaineering activity that utilizes a mechanical clamp device – jumar, ropes, carabiners, and harnesses. The activity is used to ascend vertical cliff faces in a safe and technical manner



RAPPELLING

Rappelling is a technical mountaineering activity that teaches the participants the skill of descending from a vertical rock face. The activity utilizes technical mountaineering equipment like harnesses, anchors, carabiners, descenders and ropes.



CULTURALS

For culturals we had fun, two programmes from each group were presented after that we had campfire.



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DAY 4

ENDURANCE TREKKING, RIVER CROSSING, BASIC MOUNTAIN FIRST AID



TREKKING



We were divided into groups and assigned the task of covering a steep hill forest terrain within a stipulated time period. The students will need to cover the distance within the stipulated time working as a team.



RIVER CROSSING and FIRST AID

The students will be taught how to rig a basic river crossing system for the purpose of crossing a fast-flowing river. The students will be taught the basics of being a first aider in the mountains during an emergency.



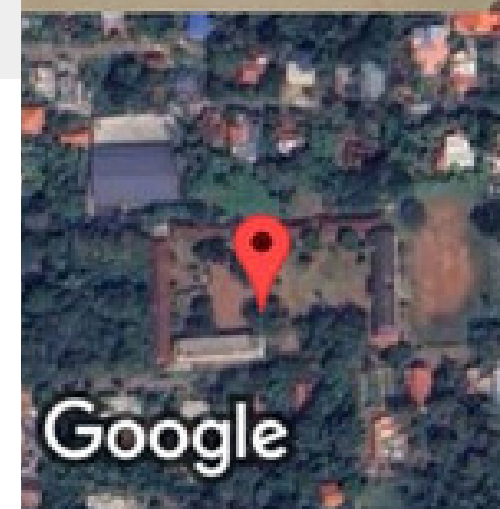
DAY 5

COMMUNICATION AND BODY LANGUAGE

The theoretical aspects of this training will focus the students on the importance of non-verbal skills in communicating their message to an audience. The students will then engage in practical training on the communication aspects taught.



 **GPS Map Camera**



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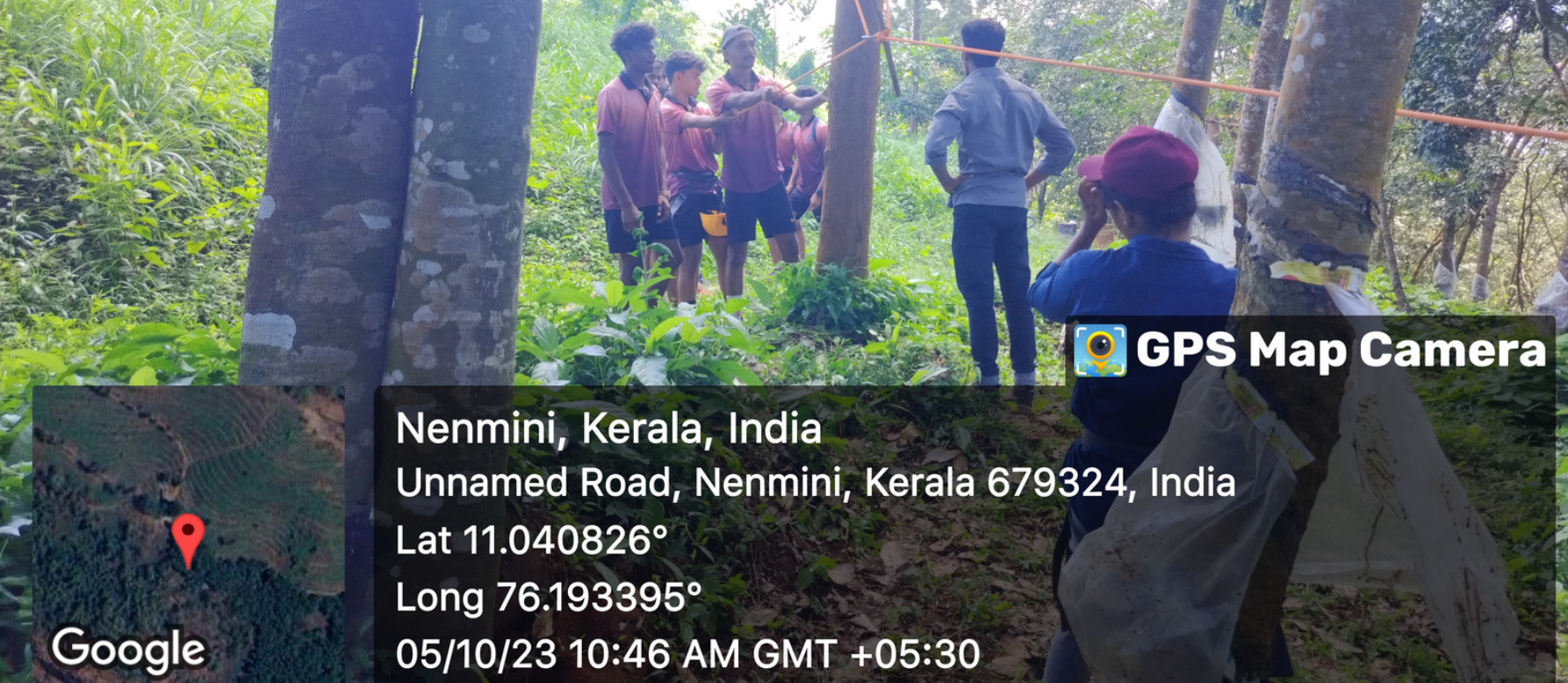
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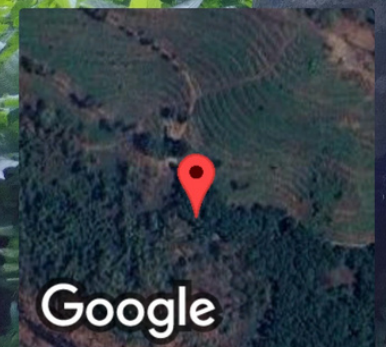


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CERTIFICATE COURSE IN OUTDOOR EDUCATION

SYLLABUS AND COURSE OUTCOME

Module 1: Introduction to Adventure Leadership (2 hours)

- Welcome and orientation
- Overview of adventure leadership concepts
- Goal setting and expectations

Module 2: Communication and Teamwork (3 hours)

- Effective communication skills
- Building trust within the group
- Team-building exercises

Module 3: Outdoor Survival Skills (4 hours)

- Basic wilderness first aid
- Shelter building and campsite selection
- Fire making and outdoor cooking

Module 4: Navigation and Orienteering (3 hours)

- Map reading and compass skills
- GPS usage and geocaching
- Navigation challenges in the wilderness

Module 5: Rock Climbing and Rappelling (4 hours)

- Introduction to rock climbing equipment
- Climbing techniques and safety procedures
- Rappelling and belaying

Module 6: Wilderness Ethics and Leave No Trace (2 hours)

- Environmental awareness and ethics
- Leave No Trace principles
- Responsible outdoor recreation

Module 7: Leadership in Challenging Situations (4 hours)

- Decision-making under pressure
- Leadership styles and approaches
- Simulated leadership challenges

Module 8: Adventure Planning and Risk Management (3 hours)

- Trip planning and logistics
- Risk assessment and mitigation
- Emergency response procedures

Module 9: Final Expedition (5 hours)

- Group-led outdoor adventure
- Application of leadership skills in a real-world scenario
- Debrief and reflection

Module 10: Certification (2 hours)

- Important certificate providing bodies, National outdoor leadership school (NOLS).
- Evaluation and certification.

References:

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3. Forsyth, D. R. (2014). *Group Dynamics* (6th ed.).i
4. Kjellström, B. (2014). *Be Expert with Map and Compass* (3rd ed.).
5. Canterbury, D. (2012). *Bushcraft 101: A Field Guide to the Art of Wilderness Survival*.
6. Leave No Trace Center for Outdoor Ethics. (2021). *Leave No Trace Principles*.
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8. Sturges, S., & Robison, C. (2009). *The Complete Whitewater Rafter*.
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13. NOLS curriculum for outdoor leadership training.



TQUAD[®]
Training Trekking Travel Tourism



CHRIST
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DEPARTMENT OF BPE
Christ College (Autonomous) Irinjalakuda

CERTIFICATE COURSE ON OUTDOOR EDUCATION

CCOE2023

Certificate of Merit

This is to Certify that

Mr. / Ms. _____

_____ *B.P.E. Student*

*has successfully completed the Certificate Course on **Outdoor Education** conducted by the*

Department of BPE in association with TQUAD

*He / She has secured _____ **Grade***

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