

## **A report on Awareness Session on Advanced Sports – Trekking and Rappelling with Demonstration**

On 10 July 2019, an **Awareness Session on Advanced Sports – Trekking and Rappelling with Demonstration** was conducted to introduce participants to the exciting world of outdoor adventure sports, focusing specifically on trekking and rappelling. The session aimed to raise awareness about these activities, provide foundational knowledge, and offer a hands-on experience through practical demonstrations. The event was organized by Sahas Adventures, Baramati, with the support of expert facilitators who have extensive experience in adventure sports.

The primary objectives of the session were: To provide participants with an introduction to the basics of trekking and rappelling and raise awareness about the physical and mental benefits of these adventure sports. To demonstrate safety measures, techniques, and equipment used in both trekking and rappelling and to engage participants in practical, hands-on demonstrations for a better understanding of the activities.

1. **Introduction to Trekking and Rappelling:** The session began with an engaging presentation by the facilitator, who introduced the participants to the concepts of trekking and rappelling. The presentation included an overview of the history of both sports, their evolution, and their significance in outdoor adventure sports.
2. **Safety and Precautionary Measures:** Safety was a key theme throughout the session. The facilitator emphasized the importance of safety gear, such as helmets, harnesses, ropes, and shoes. They explained how to conduct proper risk assessments before embarking on trekking expeditions and rappelling activities. Key topics covered included:
3. **Demonstration of Rappelling Technique:** The highlight of the session was the live demonstration of rappelling techniques. A designated area was set up for the demonstration, with a rock-climbing wall or a steep incline used for rappelling. Participants had the opportunity to observe and ask questions about the demonstration, making the learning experience more interactive.

There are so many participants were actively participated. This activity encouraged participants to consider outdoor adventure sports as a means of physical fitness, personal growth, and connection with nature. We look forward to organizing more such sessions to continue promoting a healthy and adventurous lifestyle.





**Introductory talk by Rahul Shaha sir**



**Guidance by Sahas Adventures**



### Attendance Report

Sr. No.	Name of Participant	Signature
1.	Neeraj Tirtha Nilesh	<i>Neeraj</i>
2.	KALE SARTHAK PRAVIN	SKALE
3.	Shende Gauri MADHUKAR	Gauri
4.	Khairi Ganesh D	<i>Khairi</i>
5.	Tate Aananya Sanjiv	<i>Tate</i>
6.	Rode Ganesh Ashok	<i>Rode</i>
7.	Gaikwad Yash Rahul	<i>Yash</i>
8.	Bhagwat Pranav shrikant	<i>Bhagwat</i>
9.	Nakwade ONKAR RAJU	<i>Nakwade</i>
10.	Athani Ritesh Ramesh	<i>Athani</i>
11.	GIRIGOSAVI YASH DNYANESHWAR	G.Y.D.
12.	Sayyad Shahid Mustafa	S.S.M
13.	Gawade Shreyash Babaso	S.S.B.
14.	Khairat Gitanjali Popal	<i>Khairat</i>
15.	Gaikwad Tanuja Ravindra	<i>Tanuja</i>

