

Activity Report

Academic year 2022-23

1.Basic details	
Name of Activity	Trek
Date	4 th February
Faculty in charge	Prof Smitha Gowda, Prof Jagadish A, Prof Shreyas K
Organized by: Name of Department	Eco Club, NCC and Adventure Club
Coordinator/ In-charge of Activity	Prof Smitha Gowda, Prof Jagadish A, Prof Shreyas K
Time	6. 30AM- 8PM
Venue	Shivagange
Activity for Class/Group	All students
Nature: Academic /Co-curricular/extracurricular/other	Extra-Curricular
2.Brief information about Activity	
Topic /Subject activity	<ul style="list-style-type: none"> Outdoor event
Objectives of the activity	<ul style="list-style-type: none"> To promote the need for physical well being To explore the benefits of trekking Clean Drive
Methodology	<ul style="list-style-type: none"> Guidelines and safety measures about trekking was explained to students
Outcome of activity	<ul style="list-style-type: none"> Students successfully completed 7km of trekking. Importance of conserving such hills was explained. A brief lecture was given to NCC

	Students by ANO Prof Shreyas K.
3.Proof to be enclosed Invitation & google tagged photos & any other supporting document	

REPORT

One of the major benefits of trekking is that it improves our physical wellbeing as well as mental wellbeing as well builds stronger muscles and bones, improving one's sense of Balance.

A trek to Shivagange was organized by Prakruthi- Eco Club in association with NCC and adventure club of SSMRV College. Around 110 students and faculties in charge started by 6.30 AM from college and reached the destination by 9.30AM. Students were provided breakfast on the way and trekking snack were given before the trek. A small clean drive was also conducted in the premises of the Hill.

Guidelines on keeping the environment clean, medical emergencies if any and how to trek was explained by Prof Shreyas. There was much enthusiasm and energy by everyone involved in the activity. The trek took nearly 6 hours to complete, and lunch was provided for all and headed back to Bangalore and reached by 8PM.



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Eco club - Prakruthi In association with NCC and Adventure club Organising a trek camp and Clean Drive

**Date: 4-2-2023
Time: 6:30 AM**

Venue: Shivagange

**Prof. Shreyas
NCC ANO**

**Prof. Smitha Gowda
Eco Club convener**

**Prof. Jagadish
Adventure Club Convener
HOD BBA**

**Dr. Geetha R
Director**

**Dr. Anil kumar S
Principal**

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