

No.125/1/2018-19-CCSCSB
Government of India
Ministry of Personnel, Public Grievances & Pensions
(Department of Personnel & Training)

Dated:11.01.2019

CIRCULAR

Sub: Scheme for Promotion of Adventure Sports & Similar Activities amongst Central Government Employees- Programmes to be organized by Youth Hostel Association of India.

Please refer to the Department of Personnel & Training Office Memorandum of even number dated 04.12.2015 regarding Scheme for Promotion of Adventure Sports & Similar Activities amongst Central Government Employees(copy enclosed).

2. The Youth Hostel Association of India has offered the following programme for Central Government Employees eligible under the Scheme:

S.No	Programme Name	Programme Date/Date of Starting & Reporting	Duration	Fee	Base Camp	Region
1.	NAINITAL RANIKHET ALMORA MOUNTAIN CYCLING CUM TRAINING EXPEDITION-2019	27th Jan 2019 till 10th Feb 2019	7N/8D	Rs.5950/-	Youth Hostel Nainital	Uttarakhand
2.	NATIONAL MOUNTAIN CYCLING CUM TRAINING EXPEDITION - JALORI PASS-2019	24th April - 5th May, 2019	7N/8D	Rs. 4300/-	Aut, Kullu	Himachal Pradesh
3.	NATIONAL MOUNTAIN CYCLING CUM TRAINING EXPEDITION LEH - 2019	01st August to 08th August, 2019	7N/8D	Rs.7500/-	Leh	Jammu & Kashmir
4.	NATIONAL HIMALAYAN WINTER TREKKING CUM TRAINING EXPEDITION DALHOUSIE-2019-20	10th Dec, 2019 to 6th Jan, 2020	5N/6D	Rs.5500/-	Youth Hostel Dalhousie	Himachal Pradesh

5.	NATIONAL HIMALAYAN WINTER TREKKING CUM TRAINING EXPEDITION KEDARKANTH A-2019-20	15th Dec, 2019 to 8th Jan, 2020	7N/8D	Rs.5900/-	Youth Hostel Mussoorie	Uttarakhand
6.	NATIONAL HIMALAYAN WINTER TREKKING CUM TRAINING EXPEDITION SANDAKPHU GURDUM - 2019-20	10th Dec, 2019 - 05th Jan, 2020	7N/8D	Rs.6500/-	International Youth Hostels Darjeeling	West Bengal
7.	NATIONAL WESTERN GHATS MOUNTAIN BIKING CUM TRAINING EXPEDITION - 2019 (OOTY)	22nd, 29th April, 6th, 13th, 20st, 27th May, 2019	7 Days	Rs.7500/-	Ooty Camp Site	Tamil Nadu
8.	NATIONAL NILGIRI HILLS TREKKING CUM TRAINING EXPEDITION - 2019 (OOTY)	9th, 10th, 11th, 12th, 13th, 14th, 15th and 16th Oct., 2019	6N/7D	Rs.7500/-	Ooty Camp Site	Tamil Nadu
9.	NATIONAL KODAIKANAL - MUNNAR WINTER TREKKING CUM TRAINING EXPEDITION - 2019	20 to 27 December, 2019	5N/6D	Rs.7500/-	Base Camp Kodaikanal	Tamil Nadu & Kerala
10.	NATIONAL WESTERN GHATS MOUNTAIN BIKING CUM TRAINING EXPEDITION - 2019-20	8th to 14th Dec, 15th to 21st Dec, 22nd to 28th Dec, 29th, Dec, 2019 to 4th Jan, 2020	6N/7D	Rs.7500/-	Ooty Camp Site	Tamil Nadu
11.	NATIONAL BIKING CUM TRAINING EXPEDITION - GOA - 2019-20	10th, 12th, 14th, 16th, 18th, 20th, 22nd, 24th, 26th, 28th, 30th Dec, 2019	7N/8D	Rs.6000/-	Sports Authority Ground, Campal, Panaji, Goa	Goa

12.	NATIONAL TREKKING CUM TRAINING EXPEDITION-GOA-2019 -20	15 to 31 December, 2019	7N/8D	Rs.5000/-	Sports Authority Ground, Campal, Panaji, Goa	Goa
13.	GOA MONSOON TREKKING CUM TRAINING EXPEDITION-GOA 2019	July, August, 2019	6 Days	Rs.4000/-	Sateri Wada, Dong urlli	Goa
14.	NATIONAL SATPURA TREKKING & TRAINING PROGRAMME : PACHMARHI: 2019	12,16 and 20 Nov. 2019	4N/5D	Rs.6850/-	Bharat Scouts and Guide Camping Ground Bada Mahadev Road, Pachmarhi	Madhya Pradesh
15.	NATIONAL EXPLORE KUTCH TREKKING CUM TRAINING EXPEDITION - 2019	10th & 11th January, 2019	5 Days	Rs.7000/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
16.	NATIONAL EXPLORE KUTCH 3 DAYS TREKKING CUM TRAINING & ADVENTURE PROGRAM - 2019	10th & 11th January, 2019	3 Days	Rs,4500/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
17.	NATIONAL EXPLORE KUTCH CYCLING CUM TRAINING EXPEDITION-2019	10th & 11th January, 2019	3 Days	Rs.4500/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
18.	NATIONAL GIR EXPLORING & TREKKING EXPEDITION CUM TRAINING PROGRAMME-2019	23rd NOVEMBER, AND 24th NOVEMBER, 2019	6D/5N	Rs.6000/-	Junagadh Base Camp	Gujarat

19.	NATIONAL DESERT FESTIVAL & DESERT TREKKING CUM TRAINING EXPEDITION-2019	17th Feb, 2019	6 Days	Rs.6000/-	Vardha Asram, Kalakar Colony, Jaisalmer	Rajasthan
20.	NATIONAL ARAVALLI RANAKPUR KUMBHALGAR H TREKKING CUM TRAINING EXPEDITION (RAJ.)-2019	10 Nov. 2019 to 13 Nov. 2019	5 Days	Rs.4800/-	Ranakpur (Pali)	Rajasthan
21.	NATIONAL DESERT TREKKING CUM TRAINING EXPEDITION-2019-20	21th Dec. to 28th Dec. 2019	6 Days	Rs.5300/-	The Border Home Guards Ground, Jaisalmer	Rajasthan
22.	THE GREAT DESERT THAR CYCLING CUM TRAINING JAISALMER EXPEDITION-2019-20	15 to 31 December, 2019	5N/6D	Rs.6400/-	The Border Home Guards Ground, Jaisalmer	Rajasthan
23.	EASTERN GHATS CYCLING CUM TRAINING EXPEDITION - 2019	10th Nov-2019	3N/4D	Rs.4000/-	Sunkaramett a church by 12noon, Sunkarametta	Andhra Pradesh
24.	EASTERN GHATS ARAKU TREKKING CUM TRAINING EXPEDITION - 2019	20th December 2019	3N/4D	Rs.3800/-	Sivalingapuram-Govt School, Visakhapatnam	Andhra Pradesh
25.	NATIONAL MUNNAR (KURINJI HILLS) TREKKING & TRAINING EXPEDITION: 2019	05, 06, 07, 08, 09, 10, 11, 12, 13 and 14 of October 2019	5D	Rs.6800/-	Munnar	Kerala
26.	GODS OWN COUNTRY TREKKING & NATURY STUDY CUM TRAINING PROGRAMME	24 , 25, 26, June, 2019	4N/5D	Rs.6500/-	Kottappuram	Kerala

	2019					
27.	OLD SILK ROUTE JEEP SAFARI TREKKING CUM TRAINING PROGRAMME 2019	1st Feb'19, 5th Feb'19, 9th Feb'19, 13th Feb'19	4N/5D	Rs 5200/-	Sillerygaon	West Bengal
28.	UNESCO WORLD HERITAGE SUNDERBAN ADVENTURE CUM TRAINING CAMP: 2019	3rd Nov, 10th Nov, 17th Nov, 24th Nov, 1st Dec, 8th Dec'19	4N/5D	Rs.6300/-	Moulali, Kolkata	West Bengal
29.	NATIONAL HERITAGE TREK EXPEDITION & TRAINING PROGRAMME - 2019	05th October to 24th October, 2019	7 Days	Rs.5300/-	Udhampur City	Jammu & Kashmir
30.	NATIONAL SEA BEACH TREKKING-BOATING & TRAINING EXPEDITION - ODISHA - 2019	16 to 24 December, 2019	6N/7D	Rs.4650/-	Government Youth Hostel, Chaka Tirtha Road, PURI	Odisha
31.	NATIONAL WESTERN GHATS COORG TREKKING CUM TRAINING PROGRAMME: 2019	16TH TO 25TH 2019	7N/8D	Rs.6800/-	Base Camp Talath Mane	Karnataka

- The programme fees are tentative for some of the programmes and can be changed. We will update the same if any changes occur.

Scheme for Promotion of Adventure Sports & Similar activities amongst
Central Government Employees

Application Form

Name of Programme/Institute* _____

1. Name of Applicant* _____

2. Designation* _____

3. Group of Services with level/grade pay(revised)* _____

4. Father's Name* _____

5. Date of Birth* _____

6. Address* _____

7. Telephone No(mobile)*1. _____ 2. _____

8. Landline No.* _____

9. Ministry/Department* _____

10. Next of kin to be informed in case of
emergency _____

* mandatory fields

I, _____ understand that the
programme may involve serious risk to me. I am undertaking the
programme at my own violation cost, risk and consequence.

11. I hereby undertake that I will not held responsible Central Civil
Services Cultural & Sports Board/Government of India for any
untoward incident/mis-happening.

Date:

Place:

(Signature of Applicant)

Name in Block Letters _____

Ministry/Department _____

This is to certify that the applicant is a Central Government
Employees working in the main Ministry/Department and information
given above is correct. The applicant is medically fit for the adventure
activities opted by him/her.

(_____)
Welfare Officer

I. SCHEDULE OF ALL PROGRAMMES:

Day 1: Reporting at Base Camp

Day 2: Orientation, Acclimatization & Training

Day 3: Acclimatization walk up to 5 Km, about high altitude sickness, Flora & Fauna etc.

Day 4, 5 etc.: Move to Higher Camps through trail & trek/cycling through forest, uphill, downhill, fields with night stay at every camp.

Last Day: Check out after Breakfast.

II. INCLUSIONS FOR THE PROGRAM

- a) Group Insurance
- b) Tented/Built accommodation on sharing basis whichever is available
- c) Forest Entry
- d) All meals including Buffet Breakfast, Buffet/Packed Lunch, Evening Snacks, Buffet Dinner and Milk, Nutritious vegetarian food
- e) Trained Guides all along the trekking route
- f) Rucksacks on returnable basis
- g) Blanket, Sleeping sheets & Sleeping bags at every camp site
- h) Bus transfers where required.
- i) Participation Certificate after successful completion of the trek
- j) First Aid & Medical Assistance
- k) Equipment if required

III. TENTATIVE SCHEDULE OF MEALS

S. No.	Particulars	Timing	Remarks
1	Breakfast	07:30am to 08:30am	Buffet Breakfast
2	Lunch	01:00pm to 02:00pm	Packed Lunch during Trek day
3	Dinner	07:30pm to 08:30pm	Buffet Dinner

IV. THINGS TO BE BROUGHT BY PARTICIPANTS:

Wearable Items : Trekking shoes, T-shirts/Dry fit (3), Track pants (2), Track suit, Woolen/Poly fill/Down Jacket(1), Wind Jacket(1), Monkey cap, Gloves, Thermals, Inner garments, Light raincoat with hood, 3 pairs of woolen socks.

Accessories : Water bottle, lunch box, enameled, steel mug or tumbler, Steel or plastic plate, spoon, water purifying tablets, pen-knives, needle, thread, spare buttons, goggles (other than blue glasses), cold cream or Vaseline, soap, toilet paper, towel, medicines which are normally used at home.

Youth Hostels Association of India is having vast experience in organizing economical adventure activities for last 48 years in which large number of Central & State Government Employees already participated.

This is also to inform you that **Mr. Ankit Gupta, Marketing Officer** of YHAI will be the Nodal Officer. If there is any query by your Department or other Central Govt. Department/employees, they may contact him as per the following contact details:

Phone : 011-45999026
E-mail : ankit@yhaindia.org

If you need more information, we will be pleased to furnish. Detailed information is also available on our website: www.yhaindia.org.

4. The interested and eligible Central Government Employees may submit his/her application directly to YHAI and a copy of the same may be endorsed to Secretary, CCSCSB, Room No. 361-B wing, Lok Nayak Bhawan, Khan Market, New Delhi. Advance payment for the programme has to be paid directly to the organiser and reimbursement as admissible will be made after successful completion of programme. On completion of said activity, applicant may submit expenditure details (fee receipt & Tickets in original) along with Aadhar Number and Bank Details (Name of Bank, Account Number, IFSC Code and Branch Code) for smooth reimbursement of claim.



(Kulbhushan Malhotra)
Secretary (CCSCSB)

To

Director/Deputy Secretary (Administration) of all Ministries/Department.
Copy to : Shri Ankit Gupta, Marketing Officer, YHAI.