

MMK & SDM MAHILA MAHAVIDYALAYA

KRISHNAMURTHY PURAM, MYSORE

TREKKING PROGRAMME

DATE: 26/7/2022

VENUE: KUNTHI BETTA

NUMBER OF PARTICIPANTS: 50 (Ranger Unit and Youth Red cross club)

INTRODUCTION: Trekking is an outdoor activity of walking for more than a day. It is a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery. **Trekking** could be a motive, It could be a commitment, an aim, an objective, a mission, a party, a social gathering. It could be a place where you find friends, and it could be a journey. It could be a slightest chance to save our future generation from losing the nature lovers, mother earth holding within. It can be shortened or extended as per the desire of trekkers.

PURPOSE OF THIS PROGRAMME:


Trekking is not a onetime event. It is a process of **building mental and physical strength** that begins right from the time you reach the base camp to the time you return to base. Being out in the pristine nature also makes us rethink our life choices and our impact on the environment.

Top 8 Benefits of Trekking

- Overall improved fitness: One of the major benefits of trekking is that it improves your physical health immensely. ...
- Reduces Stress: It's hard to argue with science. ...
- Improves Cardiovascular strength: ...
- Social benefits: ...
- Softer skill development: ...
- Cultural Understanding: ...
- Inner Cleanse:

OUTCOMES:

Their dependency on others reduces to a great extent. In that sense, they are expected to solve their own problems and overcome challenges. Overcoming these obstacles through their own devise is a great boost to a child's self confidence


PRINCIPAL
MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004

Topic : Trekking programme [1213]

Register	: Academic Activity Conducted	Record Date	: 27/07/2022
Department	: 1) RANGERS DEPARTMENT	Date From	: 26/07/2022 To 26/07/2022
Type	: Trip	Level	: College Level
Description	: Conducted one day Trekking programme for Ranger (Guide) Unit and Youth Red cross club Obn 26/7/2022 at Kunthibetta Pandavapura Taluq		
Organizer	: 1) MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE		
Location	: Mandya	Venue	: COLLEGE GROUND
Remarks	: 50 students participated 25 Students from Ranger Unit and 25 students from YRC		

Participant(s) / Group	Role	SIGNATURE
MALATHI [I]	CO-ORDINATOR	<i>[Signature]</i>
SAMPATHKUMAR M [I]	CO-ORDINATOR	<i>[Signature]</i>
SHIVA BEERAPPA M [I]	CO-ORDINATOR	<i>[Signature]</i>
AISHWARYA M [I]	PARTICIPANT	<i>[Signature]</i>
AMRUTHA V [I]	PARTICIPANT	<i>[Signature]</i>
BHARATHI [I]	PARTICIPANT	<i>[Signature]</i>
BHAVANI K N [I]	PARTICIPANT	<i>[Signature]</i>
BHOOMIKA R P [I]	PARTICIPANT	<i>[Signature]</i>
BHUVANA A G [I]	PARTICIPANT	<i>[Signature]</i>
BHUVANA S [I]	PARTICIPANT	<i>[Signature]</i>
CHANDANA J [I]	PARTICIPANT	<i>[Signature]</i>
DARSHINI C [I]	PARTICIPANT	<i>[Signature]</i>
DHANUSHREE K S [I]	PARTICIPANT	<i>[Signature]</i>
AGADAMBIKE M [I]	PARTICIPANT	<i>[Signature]</i>
MANYA T R [I]	PARTICIPANT	<i>[Signature]</i>
NIREEKSHA [I]	PARTICIPANT	<i>[Signature]</i>
POORVIKA K S [I]	PARTICIPANT	<i>[Signature]</i>
RADHIKA [I]	PARTICIPANT	<i>[Signature]</i>
RAJALAKSHMI M [I]	PARTICIPANT	<i>[Signature]</i>
RAKSHITHA S [I]	PARTICIPANT	<i>[Signature]</i>
S REKHA [I]	PARTICIPANT	<i>[Signature]</i>
SAHANA A [I]	PARTICIPANT	<i>[Signature]</i>
SHALINI R [I]	PARTICIPANT	<i>[Signature]</i>
SPARSHA K V [I]	PARTICIPANT	<i>[Signature]</i>
SUCHITHRA S [I]	PARTICIPANT	<i>[Signature]</i>
SUMAN S [I]	PARTICIPANT	<i>[Signature]</i>
USHA G [I]	PARTICIPANT	<i>[Signature]</i>
USHA S M [I]	PARTICIPANT	<i>[Signature]</i>

[Signature]

[Signature]
PRINCIPAL



Students participated in State level Trekking programme held at Shringer



PRINCIPAL

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