



# MMK & SDM MAHILA MAHAVIDYALAYA

KRISHNAMURTHY PURAM, MYSORE



Youth Red Cross

REPORT ON ANNUAL CAMP AT KUNTI BETTA

PRINCIPAL

MMK & SDM Mahila Mahavidyalaya  
Krishnamurthy Puram, Mysore-570 004

**PREPARED BY:**

SHIVABEERAPPA.M

PROGRAM OFFICER

YOUTH RED CROSS

## 1. INTRODUCTION: -

MMK & SDM Mahila Mahavidyalaya in association with IAMAS (international academy of mountaineering and allied sports) conducted an adventure camp. The Youth Red Cross Adventure Camp offers an exhilarating experience for young enthusiasts. Focused on teamwork, leadership, and first aid skills, the camp blends exciting outdoor challenges with valuable learning. Through adventurous activities and community engagement, participants gain resilience and compassion, empowering them to become responsible global citizens.

## 2. OBJECTIVES:

1. **Foster Leadership Skills:** The Youth Red Cross Adventure Camp aims to develop leadership qualities among participants through team-based challenges and group activities, empowering them to take charge and make a positive impact in their communities.

2. **Promote First Aid and Emergency Preparedness:** Participants learn essential first aid techniques and emergency preparedness strategies, equipping them with life-saving skills to respond effectively during crises and emergencies.

3. **Cultivate Teamwork and Collaboration:** The camp encourages teamwork and collaboration through adventure-based activities, enabling participants to work harmoniously with others from diverse backgrounds and cultures.

4. **Enhance Resilience and Self-Confidence:** By overcoming various physical and mental challenges, participants build resilience and self-confidence, preparing them to face life's obstacles with determination and a positive mindset.

5. **Instill Humanitarian Values:** The camp instils the fundamental principles of humanity, impartiality, and compassion, inspiring participants to become empathetic and proactive contributors to humanitarian causes and community service.

## 3. PROCEEDINGS OF THE PROGRAM:

### Details of the activities

- **Trekking and Hiking:** Participants engaged in challenging treks and hikes, allowing them to explore nature and build physical endurance.
- **Mountaineering:** The camp provided basic mountaineering training, teaching participants essential climbing techniques and safety measures.
- **Rock Climbing:** Participants learned rock climbing skills under the guidance of experienced instructors, boosting their confidence and overcoming fears.
- **Community Engagement:** The camp encouraged participants to engage with local communities, promoting cultural exchange and empathy.

  
PRINCIPAL  
MMK & SDM Mahila Mahavidyalaya  
Krish: amurthypuram, Mysore-570 004

**Impact:**

- Participants gained an exhilarating and unforgettable experience through thrilling adventures.
- Life skills such as leadership, teamwork, and resilience were nurtured, helping participants grow personally and professionally.
- First aid training provided participants with essential life-saving knowledge and boosted their confidence in handling emergencies.
- Community engagement activities fostered a sense of social responsibility and empathy towards others.
- Participants were inspired to become responsible global citizens, contributing positively to society.

**4. NO OF STUDENTS ATTENDED**

25 Students

**5. TIMETABLE OF THE PROGRAM**

**DATE:** 08-07-2023 TO 09-07-2023

**TIME:** 6 AM Onwards

**NAME OF FACULTY INVOLVED:** Shivabeerappa.M, YRC program officer, Mahadevaswamy, assistant professor of commerce and management, Dr. Shivashankar, Assistant professor of Environmental science

**VENUE:** Kunti Betta, Pandavapura Taluk, Mandya District

**6. OUTCOME**

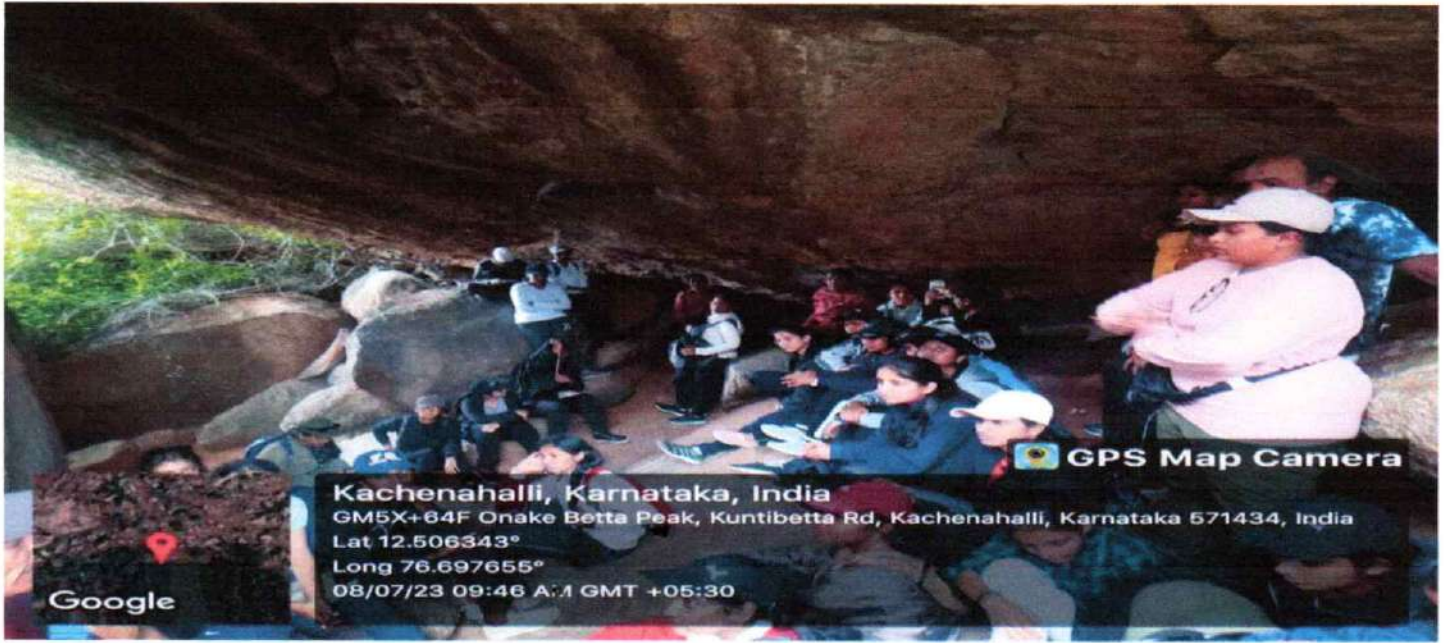
The Youth Red Cross Adventure Camp has proven to be a transformative experience for the 25 students who attended. Throughout the camp, they embraced challenges, honed their leadership and first aid skills, and fostered strong bonds with their peers. The camp's focus on teamwork and collaboration has instilled in them a sense of unity and empathy, encouraging them to become proactive humanitarians in their communities. As these young individuals return home with newfound confidence, resilience, and compassion, they carry the spirit of the camp, poised to make a positive difference in the world around them. The memories and lessons from this adventure will undoubtedly shape their futures, creating a generation of responsible and caring global citizens.



PRINCIPAL

MMK & SDM Mahila Mahavidyalaya  
Krishi: amurthypuram, Mysore-570 002

8.PHOTO GALLERY:



*[Signature]*  
**PRINCIPAL**  
MMK & SDM Mahila Mahavidyalaya  
Kriah: amurthypuram, Mysore-570 004





PRINCIPAL

MMK & SDM Mahila Mahavidyalaya  
Krishi, amurthypuram, Mysore-570 002