

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.	3N 4D FAMILY PACKAGE MYSURU - 2019	1st Jan to 30th April, 2019	3N/4D	Rs.6200/-	International Youth Hostel Mysuru	Karnataka
2.	3N 4D DARJEELING FAMILY PACKAGE (JAN TO MARCH)-2019	12th January to 31st March, 2019	3N/4D	Rs.6000/-	International Youth Hostel Darjeeling	West Bengal
3.	NAINITAL RANIKHET ALMORA MOUNTAIN CYCLING CUM TRAINING EXPEDITION-2019	27th Jan 2019 till 10th Feb 2019	7N/8D	Rs.5950/-	Youth Hostel Nainital	Uttarakhand
4.	NATIONAL FAMILY ADVENTURE CUM TRAINING CAMP- SEOBAGH- 2019	24th ,29th April, 4th,9th,14th, 19th, 24th, 29th May, 3rd, 8th June, 2019	4N/5D	Rs.8000/-	Seobagh Base Camp, Kullu	Himachal Pradesh

5.	NATIONAL FAMILY CAMPING CUM TRAINING EXPEDITION SRINAGAR-2019	1st, 7th, 13th, 19th, 25th May, 1st, 7th, 13th, 19th, 25th June, 2019	5N/6D	Rs.7500/-	Harwan Garden, Srinagar	Jammu & Kashmir
6.	NATIONAL FAMILY ADVENTURE CUM TRAINING CAMP LEH - 2019	15th May to 06 Oct 2019	5N/6D	Rs.9500/-	Youth Hostel Leh	Jammu & Kashmir
7.	NATIONAL MOUNTAIN CYCLING CUM TRAINING EXPEDITION - JALORI PASS-2019	24th April - 5th May, 2019	7N/8D	Rs. 4300/-	Aut, Kullu	Himachal Pradesh
8.	NATIONAL MOUNTAIN CYCLING CUM TRAINING EXPEDITION LEH - 2019	01st August to 08th August, 2019	7N/8D	Rs.7500/-	Leh	Jammu & Kashmir
9.	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
10.	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
11.	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

12.	NATIONAL FAMILY ADVENTURE CUM TRAINING CAMP NILGIRIS - 2019(OOTY)	22nd April to 27th May, 2019	5 Days	Rs.8000/-	Ooty Camp Site	Tamil Nadu
13.	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
14.	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
15.	NATIONAL KODAIKANAL - MUNNAR WINTER TREKKING CUM TRAINING EXPEDITION - 2019	20 to 27 December, 2019	5N/6D	Rs.7500/-	Base Camp Kodaikanal	Tamil Nadu & Kerala
16.	NATIONAL FAMILY ADVENTURE CUM TRAINING CAMP NILGIRIS (OOTY) - 2019	1st to 5th Nov , 6th to 10th Nov , 11th to 15th Nov, 2019 & 15th Dec to 19th Dec , 20th to 24th Dec , 25th to 29th Dec , 30th Dec,2019 to 3rd Jan, 2020	4N/5D	Rs.8000/-	Ooty Camp Site	Tamil Nadu
17.	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

18.	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
19.	NATIONAL FAMILY ADVENTURE CUM TRAINING CAMP - GOA-2019 -20	11 December, 2019 to 05 January, 2020	4N/5D	Rs.7000/-	Sports Authority Ground, Campal, Panaji, Goa	Goa
20.	NATIONAL TREKKING CUM TRAINING EXPEDITION- GOA-2019 -20	15 to 31 December, 2019	7N/8D	Rs.5000/-	Sports Authority Ground, Campal, Panaji, Goa	Goa
21.	GOA MONSOON TREKKING CUM TRAINING EXPEDITION- GOA 2019	July, August, 2019	6 Days	Rs.4000/-	Sateri Wada, Dong urlli	Goa
22.	NATIONAL SATPURA FAMILY CAMPING & TRAINING PROGRAMME : PACHMARHI: 2019	12, 16 and 20 Nov. 2019	4N/5D	Rs.7450/-	Bharat Scouts and Guide Camping Ground Bada Mahadev Road, Pachmarhi	Madhya Pradesh
23.	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
24.	NATIONAL EXPLORE KUTCH TREKKING CUM TRAINING EXPEDITION - 2019	10th & 11th January, 2019	5 Days	Rs.7000/-	Shivananda Balkashram, Bhuj- Tapkeswari Road	Gujarat
25.	NATIONAL EXPLORE KUTCH 3 DAYS TREKKING CUM TRAINING &	10th & 11th January, 2019	3 Days	Rs,4500/-	Shivananda Balkashram, Bhuj- Tapkeswari Road	Gujarat

	ADVENTURE PROGRAM - 2019					
26.	NATIONAL EXPLORE KUTCH CYCLING CUM TRAINING EXPEDITION-2019	10th & 11th January, 2019	3 Days	Rs.4500/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
27.	NATIONAL GIR EXPLORING & TREKKING EXPEDITION CUM TRAINING PROGRAMME-2019	23rd NOVEMBER, AND 24th NOVEMBER, 2019	6D/5N	Rs.6000/-	Junagadh Base Camp	Gujarat
28.	NATIONAL DESERT FESTIVAL & DESERT TREKKING CUM TRAINING EXPEDITION-2019	17th Feb, 2019	6 Days	Rs.6000/-	Vardha Asram, Kalakar Colony, Jaisalmer	Rajasthan
29.	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
30.	NATIONAL FAMILY CUM TRAINING DESERT ADVENTURE CAMP, JAISALMER (RAJ.)-2019	10 NOV, 15 NOV 2019	5 Days	Rs.6300/-	The Border Home Guards Ground, Jaisalmer.	Rajasthan
31.	NATIONAL FAMILY CUM TRAINING DESERT ADVENTURE CAMP JAISALMER (RAJ.)- 2019	20th Dec, 25th Dec, 30th Dec.2019	5 Days	Rs.6300/-	The Border Home Guards Ground, Jaisalmer	Rajasthan

32.	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
33.	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
34.	EASTERN GHATS CYCLING CUM TRAINING EXPEDITION - 2019	10th Nov-2019	3N/4D	Rs.4000/-	Sunkarametta church by 12noon, Sunkarametta	Andhra Pradesh
35.	EASTERN GHATS ARAKU TREKKING CUM TRAINING EXPEDITION - 2019	20th December 2019	3N/4D	Rs.3800/-	Sivalingapuram-Govt School, Visakhapatnam	Andhra Pradesh
36.	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
37.	GODS OWN COUNTRY TREKKING & NATURY STUDY CUM TRAINING PROGRAMME 2019	24 , 25, 26, June, 2019	4N/5D	Rs.6500/-	Kottappuram	Kerala
38.	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
39.	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

40.	NATIONAL HERITAGE TREK EXPEDITION & TRAINING PROGRAMME - 2019	05th October to 24th October, 2019	7 Days	Rs.5300/-	Udhampur City	Jammu & Kashmir
41.	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
42.	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.

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.