



JAI HIND !

ADVENTURE

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● INTRODUCTION ABOUT ADVENTURE

- Different people means it differently.
- An activity that comprises uncertainty, thrill, unusualness, enthusiastic and exciting experience.

An outdoor leisure activity that takes place in an unusual, exotic, remote or wilderness destination, involves some form of unconventional means of transportation and tends to be associated with low or high levels of activities

Elements of Adventure Tourism

- ✓ Space:-The most important element for performing any activity
- ✓ Will:- Determines the strong will power of person to attempt adventure activity
- ✓ Sense of unknown:- Means which is beyond the imagination
- ✓ Thrill:-Means to be affected with a strong emotion whether it may be shivering emotion or an exciting event.
- ✓ Enthusiasm:-Means strong feeling of interest to do something.



The Inner Game of Leadership

ACTIVITIES OF ADVENTURE

- Mountaineering
- Trekking
- Bungee jumping
- Rafting
- Rock climbing
- Rappelling
- Paragliding





What is Mountaineering?

- A sport that combines climbing and hiking up mountains
- Done on regular terrain, rocky areas, and ice or snow slopes
- It merges a series of techniques and requires a highly technical approach



HIKING AND TREKKING

- **Hiking** is to move from one place to another using your feet as the only 'means of transport'.
- Any physical activity in the open air requires movements and these movements are made on foot.
- Hiking is an aerobic activity, you burn more calories walking than running.

Its benefits are uncountable:

- It improves your heart resistance.
- It relaxes the nerve system.
- It burns calories.

- **Trekking** is an increasingly popular activity.
- We can walk in the countryside to enjoy the landscape, the ground, the climate and also the trees, plants and animals. These are the ecological paths.



ROCK CLIMBING

Rock climbing is an activity in which participants, climb up down or across the natural rock formation or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre - defined route without falling. Rock climbing is a physically and mentally demanding sport, one that often test a climbers strength, endurance, ability and balance with mental control



PARAGLIDING

- Paragliding Paragliding is a recreational and competitive flying sport. A paraglide is a free-flying, foot-launched aircraft.
- The pilot sits in a harness suspended below a fabric wing, whose shape is formed by its suspension lines and the pressure of air entering vents in the front of the wing



RAPPLING


- A single rope rappel with prussik backup.
- A prussik backup, set on the rope below the rappel device and clipped to a leg loop... ..
- Tie bulky knots in the end of each rappel rope.
- Be careful.
- Dont be afraid.



Bungee jumping....what is it???

- **Bungee jumping (or bungy jumping)** is an activity in which a person jumps off from a high place with one end of an elastic cord attached to his/her body or ankles and the other end tied to the jumping-off point.





ADVANTAGE OF ADVENTURE

- True adventure lovers look for the opportunity to challenge themselves and learn from their experiences. The emotional and physical benefits of adventure sports are impressive such as improved problem solving, increased health and a positive thinking. According to Openskywilderness.com, participants that complete their program of wilderness therapy finish with increased fitness, and a healthy emotional balance.
- Teambuilding built into the process, plus can build confidence while completing the activities.
- Adv can be educational fun relaxing social (with internet facilities)



Thank you

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