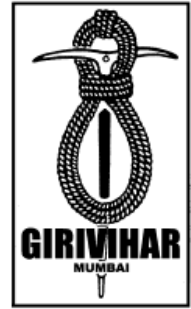


# GIRIVIHAR

## THE 35<sup>th</sup> ROCK CLIMBING CAMP 2006



GIRIVIHAR since its conception in 1954 has been devoted to outdoor adventure activities like hiking, rock climbing and mountaineering. Activities that cultivate love for the environment and respect for nature.

Rock Climbing is an art in itself. It is also developing as an independent outdoor as well as indoor sport. Like any other sports activity, Rock Climbing also calls for perfect physical and mental fitness and mastery over the basic techniques and skills. Some are attracted towards the sheer adventure involved in rock climbing while some towards the calculated risk involved in it. Some people have a natural instinct for this sport and some just love to observe it. But certainly if one loves climbing, learning correct and safe techniques is a must. It will not be correct to claim that rock climbing can be taught through classroom style sessions. So we provide perfect, on-site training from experts in the field what remains to bring out the hidden genuine tough rock climber in you is, real hard practice.

It is with all those in mind that GIRIVIHAR has been conducting the Annual Rock Climbing Training Camp for youth (age above 14) for more than 30 years now.

So if you have started experiencing the urge to climb, we are sure you will find this camp an attractive proposition. Of course, a question most likely to occur to you will be, why you must choose GIRIVIHAR's camp, when you can master the sport just by practicing with your senior fellow climber friends and other options that are available. Here's the answer:

- ❖ GIRIVIHAR is one of the oldest and most reputed mountaineering clubs in Mumbai
- ❖ We have had decades of experience conducting Adventure and Rock Climbing Activities, and have enjoyed an enviable safety record
- ❖ With a long list of pioneering ventures to our name, we are an organisation of genuine mountain experts
- ❖ First Aid facilities are available at climbing site
- ❖ An optimum instructor: trainee ratio of 1: 4
- ❖ We conduct this camp for one reason only - introducing new rock climbing enthusiasts to the sport and moulding them to adapt only the correct and safe techniques.
- ❖ We offer plenty of follow up sessions to fine tune and upgrade your skills
- ❖ And last, but not the least, we conduct the Camp on a NO-PROFIT basis, making it one of your wisest and most economical investments in your hobby

### **Camp Kit (Essential)**

- A sturdy Rucksack /Haver Sack / Any Back-pack which can hold the following items.
- Jogging / Sports Shoes (For Activities other than climbing).
- Snugly fitting Canvas Shoes with Rubber soles or similar Sports shoes (For Climbing e.g. Bata's Fitness pair)
- Slippers / Floater (After activity time)
- Cotton Socks (2 Pairs)
- Loose Tough light weight trousers (Cotton preferred) or Track pants (2 Nos.).Not jeans.
- Loose Tough lightweight Full-Sleeve Shirts (Cotton preferred) (2 Nos.)
- White / Light coloured Cap / Hat

- ❑ Personal Undergarments (2/3 sets minimum); light weight towel
- ❑ Light Bedding, Sleeping Mat & One Full Sleeve Sweater
- ❑ Light Weight Mug, Plate, Spoon, Bowl.
- ❑ Simple Plastic Water Bottle of Min. 1 lit capacity
- ❑ Torch with a spare set of batteries. (Avoid Pencil cell Torch)
- ❑ Note Book, Pen, Sewing Kit, Spare laces, Safety pins, Mosquito repellent cream, Tooth Brush, Tooth Paste, Soap, talcum powder, 4 'Band-Aid' Strips, 2-3 Plastic bags (Assorted sizes).

## Location

- ☞ The Girivihar Rock Climbing Camp will be held at C.B.D hill at different locations as decided by the Instructor
- ☞ The hills near C.B.D are about 1.5 km. away from Belapur Rly station and 1 km from BEST Bus stop. It is just off the Navi Mumbai – Sion – Panvel Express Highway. There are rock sites, which offer one of the finest collections of boulders suitable for copybook type of training routes.
- ☞ Girivihar has conducted International level Rock climbing Competition for the last 3 years in this location, and the fourth is round the corner

For further details visit: [www.girivihar.org](http://www.girivihar.org)

**Dates:** Sunday 24<sup>th</sup> December to Thursday 29<sup>th</sup> December 2006

**Age Limit:** Above 14 yrs (Application from Candidates Below 18 years of age must be attested by the Parent / Guardian)

**Course fees:** Rs.2000/- (Includes Lodging, Boarding Equipments and **Non-refundable** Registration Charges Rs. 100/-)

**Lodging and Boarding:** C.B.D Belapur Navi Mumbai).

**Reporting:** C.B.D Belapur (Navi Mumbai) On 24<sup>th</sup> December 2006 at 07.00 hrs

Correspondence. address :

Mr PRASANNA JOSHI

C-102, Kohinoor Apt ,,380, N. C. Kelkar Marg, Near TITAN Showroom, Dadar (West), Mumbai - 028.

Tel. 2422 9152, 2422 7726 (Between 1030 hrs. to 1930 hrs. - except Monday)

e - mail : [prj4@yahoo.com](mailto:prj4@yahoo.com).

Further Inquiries:

1. Mr Franco Linhares. Tel: 24450601 (08.00 hrs-10.30 hrs & 21.00 hrs –23.00hrs)
2. Mr Abhijit Burman (Bong) Cell: 09869615166 (Res) 25590155(o) Email: [abhijit\\_bong@rediffmail.com](mailto:abhijit_bong@rediffmail.com)

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**For Office Use only**

**Temporary Receipt:** Received Rs. 2000/- from Mr./Ms. \_\_\_\_\_ towards fees for Rock Climbing camp 2006.

Receiver's Signature

# GIRIVIHAR



## THE 35<sup>th</sup> ROCK CLIMBING CAMP 2006 APPLICATION FORM

To  
The General Secretary,  
GIRIVIHAR, Mumbai.

Dear Sir,

I / My Son / daughter /ward: \_\_\_\_\_ desire(s)  
to participate in the 35<sup>th</sup> Rock Climbing Camp which is being organised by GIRIVIHAR from 24<sup>th</sup> to 29<sup>th</sup>  
December 2006 at C.B.D, Belapur, Navi Mumbai .I have gone through the brochure and assure you that I / he /  
she shall abide by the discipline of the camp, as enforced by the instructors. Our family doctor has confirmed my  
/ his / her medical fitness. My/ His /Her participation in the camp is solely on my own responsibility.

Yours Sincerely,

Signature of the Participant Signature of the Parent / Guardian (In case of minor candidates only):

**(Application from Candidates Below 18 years of age must be attested by the Parent / Guardian)**

### Particulars Of The Participant:

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Years.

Telephone No: \_\_\_\_\_ Cell No: \_\_\_\_\_

Email: .....

Emergency Contact Tel /Cell No: \_\_\_\_\_ Hobbies / Sports: \_\_\_\_\_

Fees Rs. 2000/- enclosed (By Cash / Cheque / Demand Draft No. \_\_\_\_\_ dated  
,On \_\_\_\_\_ Bank) in favour of "GIRIVIHAR".(No Money orders please)

Fees handed over to: \_\_\_\_\_

We came to know about this camp through: Newspaper/School/Friend/ Others: \_\_\_\_\_ (Please specify)

**Note:** Camp Charges include Rs. 100/- as Registration Charges **(Non-refundable)**

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### For office use only:

Receipt No. \_\_\_\_\_ Certificate No. \_\_\_\_\_