



SELF LEARNING CAMP NEWSLETTER|2024

VOLUME VIII| ISSUE 1| OCTOBER 20 & 21, 2024 | JUNGA



Unleash the Adventurer Within!

Highlights October 20|Day 1

- Departure from Ludhiana at 6:00 a.m. and arrival at Junga at 1:35 p.m.
- Post Lunch Orientation and Cottage Allocation.
- Ice Breaking Session and Group Distribution.
- Evening Fun Activities.

An Enthusiastic Beginning!

"No single drop can form a river on its own, but together, they create a powerful current." In the same way, true success is built on teamwork and mutual support. It's essential to recognize each other's contributions, celebrate victories, and encourage growth. When we help one another, we build a stronger, more unified community where everyone thrives. The beauty of living in harmony and sharing life's journey with others is something truly special.

In this spirit, a Self-Learning Camp has been organized for the students of Class XI from October 20 to 24, 2024. The excitement was palpable as students eagerly gathered at the school campus at 5:30 a.m. on the morning of October 20. The air was filled with excitement as students eagerly kicked off their journey. The buzz of anticipation was contagious, as everyone gathered with a sense of adventure and enthusiasm.

After a quick attendance check, the bus rolled out at 6:00 a.m., signalling the start of their journey. Before heading out, the students were introduced to the purpose of the camp. Following a hearty breakfast, they enjoyed the scenic drive toward the serene Junga campus. The ride was filled with cheerful chatter, laughter, and music, while some took in the breathtaking views from their windows.

Upon arrival at the campsite, the students were greeted with a warm welcome and escorted to the dining area, where a delicious lunch awaited them. After indulging in the delightful meal, it was time for the ice-breaking session. Split into two groups—the **Lakkarbaghas** and the **Alpha**—the students were introduced to the planned activities and the "**Five Finger Rule**," emphasizing Appreciation, Avoiding the Blame Game, Respectful Language,

Commitment to Teamwork, and Inclusivity. They also met their instructors and were briefed on expectations, including essential self-reliance tasks like washing their own utensils.

To get familiar with the surroundings, the students embarked on a short trek, during which they learned valuable life skills.

Afterwards, they enjoyed a series of engaging and fun-filled activities following their evening snacks. Before they knew it, the day had flown by, and they gathered for a hearty, delicious dinner. With full bellies and tired but happy spirits, the students headed to bed, eager and excited for the adventures awaiting them the next day.





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Highlights October 21 | Day 2

- Power Up Session
- Wonderful Outdoor World (W.O.W.)
- Post Lunch Activities
- Evening Fun Activities.

Explore the Unexplored!

On the second day of the camp, the instructors began the morning with wake-up calls at 6:00 a.m., ensuring everyone was ready to seize the day. By 6:45 a.m., the students gathered for **choti haazri**, where they enjoyed warm milk and coffee. Energized and refreshed, they kicked off their day with a power-up session, which included stretching exercises and lively activities to build team spirit.

Team Lakkarbagha

Activities Performed

- Friendship Ladder
- Fear Point
- Jumaring

The first challenge for the team was a task that required students to ascend a Friendship ladder with the help of a partner. This activity fostered deep teamwork, compassion, and the importance of relying on others for support. Next up was the

thrilling Fear Point. Blindfolded and carefully guided to a scenic lookout, the students were instructed to remove their blindfolds at the right moment to witness the stunning natural surroundings. The exercise was designed to help them overcome their fears, embrace the beauty around them, and bond with nature. With safety as the top priority, each student was securely harnessed, allowing them to enjoy this exhilarating moment with confidence.

Lunch brought a delicious array of foods, from garlic bread and French fries to pasta and an assortment of Indian dishes, providing both comfort and nutrition. After recharging, the students took part in **Jumaring**, where they learned to climb ropes using a **jumar**. This fun-filled and challenging activity not only offered

excitement but also taught essential life skills such as perseverance, teamwork, and self-reliance.

As the sun began to set, the students relaxed with a warm cup of tea, reflecting on the day's accomplishments. Their sense of achievement and excitement carried them forward, ready for the evening's activities and the adventures still to come.

Team Alpha

Activities Performed

- Skill Building
- Mountain Camping

Following breakfast, an important session on skilling activities took place. Group Alpha, having decided the previous day to spend the night of October 21 camping on a mountain, received a detailed briefing on essential camping skills.

These included lessons on setting up tents, using a compass for navigation, and efficiently packing their backpacks. The session was crucial in preparing them for the challenges of the night ahead.

After the skilling session, the students enjoyed a lunch break. With their appetites satisfied, the group was reminded to pack their bags according to the guidelines they had just learned. Following a refreshing bath, all the students geared up, excited and ready to embark on their adventure for the night camp.

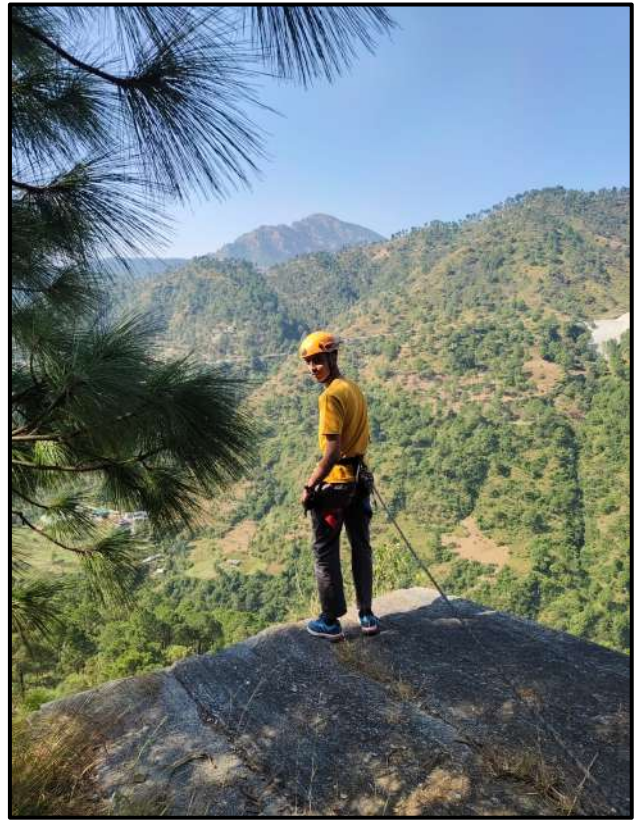
The instructors handed Group Alpha a pair of compasses and a map, and the students set off on their journey. The weather was perfect, and walking through the scenic hilly terrain, surrounded by pine trees and rocky climbs, was a unique experience for everyone.

By the time they reached the campsite, most students were tired but quickly got to work setting up their tents. Each tent was shared by 2-3 students. Meanwhile, the wood collection team gathered firewood, and tea was soon prepared, refreshing everyone.

As evening approached, the students helped chop vegetables for a simple dinner of rice, mixed vegetables, and dal. It was a fun, memorable evening, and darkness soon settled in.

Glimpses of Oct 20 & 21, 2024









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VOLUME VIII ISSUE 2 | OCTOBER 22, 2024 | JUNGA



Embarking on an Adventure: Together We Conquer New Heights!

Highlights October 22 | Day 3

- Power Up session
- Outdoor Activities – Wilderness Craft and Tyrolean Traverse
- Campus Fun
- Night Camp

A DAY OF DISCOVERY AND ADVENTURE!

TEAM LAKKARBAGHA

Day 3 began with a 6:30 am wake-up call. After tea, students participated in Chhoti Hazari, engaging in exercises to energize them for the day. A nutritious breakfast was served at 9:00 am, followed by a session on essential skilling activities.

Group Lakkarbagma had chosen to camp on a mountain overnight. They received instructions on pitching tents, using a compass, and efficient packing. After lunch, they prepared for the night trek.

Equipped with compasses and maps, they embarked on the journey, enjoying clear weather and beautiful pine-filled terrain. Upon reaching the site, they immediately set up tents, 2-3 students per tent. A team gathered firewood, and tea was prepared.

The group worked together to cook dinner, chopping vegetables for a simple meal of rice, mixed veggies, and dal. This experience under the night sky was enjoyed by all, marking the end of a day filled with adventure and learning.

TEAM ALPHA

Everyone woke up at 6:30 am, packed their tents, and began trekking down the mountain. After reaching

camp, they enjoyed breakfast, rested, and prepared for the day's activities.

The day began with **"Share Your Experience,"** where students reflected on the night camp, sharing lessons on endurance, cooperation, teamwork, and perseverance. Following this, they were divided into two groups and tasked with forming a perfect square using a rope while blindfolded. After completing the task, the teams silently observed their results and later gathered in the Baithak to discuss performance and key learning outcomes.

The instructor then posed a profit and loss question, prompting students to brainstorm, reason logically, and practice persuasive communication. This was followed by **"Fun with Maths,"** which focused on multiples of a given number.

Post-lunch, students engaged in the **Tyrolean Traverse**, crossing between two anchor points using a traverse rope. The activity fostered teamwork, cooperation, and courage. In the evening, students wrote about their camp experiences. They later participated in **"Camp Fun,"** where they created group advertisements, showcasing creativity, talent, and quick thinking under time pressure.

The day concluded with positive reflections on teamwork and skill-building.

Glimpses of Day 3 - October 22, 2024







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VOLUME VIII ISSUE III | OCTOBER 23, 2024 | JUNGA



Blazing New Trails Together: Adventure Awaits!

Highlights October 23 | Day 4

- Power Up Session
- Activities – Friendship Ladder, Fear Point, Share your Experience, Tyrolean Traverse Self-Reflection
- Campus Fun

Mountain Adventures: Team Spirit, Challenges, and Unforgettable

TEAM ALPHA

The students kicked off the day with an energetic power session, including fun games and stretching exercises. After a hearty breakfast, they prepared for their first challenge: climbing the **Friendship Ladder**, a rope-and-wood structure that tested their physical strength and teamwork. The activity emphasized trust, endurance, and mental resilience, which the students enjoyed despite its difficulty.

The next activity, "**Fear Point**," took students on an exciting journey. Blindfolded, they were led to a scenic spot where they removed their blindfolds to appreciate the view. The goal was to help them overcome fear and connect with nature, with safety as the top priority.

Later, the group was divided into teams for a star-forming challenge using only a rope, without speaking. After several strategy sessions, both teams succeeded.

The day concluded with a reflection on the activities, where students discussed their satisfaction levels and key lessons learned, like problem-solving and teamwork.

TEAM LAKKARBAGHA

After a fun-filled bonfire the previous night, the students retreated to their tents for a peaceful sleep. By 6:30 am, they packed their gear and descended the mountain. Back at the campsite, they enjoyed breakfast and took a short rest before starting the day's activities.

The first activity, "**Share Your Experience**," allowed students to reflect on the camp, discussing lessons in endurance, teamwork, and cooperation. They were then divided into two teams for a challenge: forming a perfect star with a rope without speaking. Both teams strategized and completed the task. Afterwards, they discussed the learning outcomes, expressing their insights and satisfaction.

Next came a coordination challenge. The teams had to carry a ball using a web of threads and place it on a pole 100 meters away. They succeeded after four attempts, highlighting planning and leadership.

In the afternoon, the students took part in the **Tyrolean Traverse**, eagerly pulling themselves across a rope, building life skills through teamwork and determination.

Glimpses of Day 4, October 23, 2024





