



ST. FRANCIS COLLEGE
KORAMANGALA
Affiliated to Bengaluru City University
NATIONAL CADET CORPS
FSFS 1/3 COY



REPORT ON

KUMARA PARVATHA TREKKING EXPEDITION

1. **Event organized By:** National Cadet Corps
2. **Event organized for:** The NCC Cadets of St. Francis College
3. **Date:** 25th December 2024
4. **Time:** 06:00 AM to 08:00 PM
5. **Venue:** Kumara Parvatha, Kukke Subramanya
6. **No. of Participants:** 41
7. **Event Coordinator:** Lt. Amaregouda, Associate NCC Officer
8. **Resource Person:** NA

Objective:

The main objective of this program was “to develop confidence, resilience, a sense of independence, fostering a love of the outdoors connection to nature in cadets.”

Learning Outcomes:

- The event helped cadets to realize their strength.
- The event helped to build confidence in cadets.
- The sense of participation in various adventure activities increased in cadets.

Report or Overall Summary:

St. Francis College's NCC subunit of the 1 Kar Bn NCC, Bengaluru, organized a trekking expedition to Kumaraparvatha on December 25, 2024. With a summit at 5,700 feet (1,700 meters) above sea level, the challenging trek covered 27-28 km. Thirty-two cadet volunteers participated in the trek, including PI Staff CHM Dinesh from 1 Kar Bn NCC Bengaluru and College NCC officer Lt. Amaregouda. The team began at 7 a.m., reached the peak by 2 p.m., and after a brief rest, descended at 3 p.m., completing the journey by 8 p.m.

This expedition imparted valuable life lessons to the cadets. First, it highlighted the importance of teamwork. The success of the trek relied on collaboration, with cadets supporting each other with equipment, ensuring safety, and staying motivated throughout the journey.

The trek also taught resilience and the ability to push beyond limits. The steep climbs and tough terrain tested the cadets' physical and mental endurance. Overcoming fatigue and obstacles, they learned the importance of determination and not giving up, even when the journey seemed difficult. The cadets developed crucial decision-making skills. They had to assess the best path, pace, and handle unexpected challenges, such as weather changes. This experience reinforced the value of making informed decisions and taking responsibility.

Physical fitness was another key takeaway. The trek required stamina and endurance, demonstrating the importance of maintaining physical health for challenging activities and overall well-being. Regular physical training is essential for overcoming such challenges. Finally, the expedition fostered risk-taking abilities. Navigating difficult terrain and enduring harsh conditions required calculated risks, and sound judgment ensured the trek's success.

In conclusion, the trek to Kumaraparvatha was more than a physical challenge; it was a transformative experience that taught teamwork, resilience, decision-making, physical fitness, and risk-taking—all crucial for success in both NCC activities and personal growth.

Photos:





St. Francis College NCC team posing for a group photo after reaching the peak of Kumara Parvatha.

**The event was covered in the Sanje Vani newspaper
on December 28, 2024.**

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