

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.	NAINITAL RANIKHET ALMORA MOUNTAIN CYCLING CUM TRAINING EXPEDITION-2019	27th Jan 2019 till 10th Feb 2019	7N/8D	Rs.5950/-	Youth Hostel Nainital	Uttarakhand
2.	NATIONAL MOUNTAIN CYCLING CUM TRAINING EXPEDITION - JALORI PASS-2019	24th April - 5th May, 2019	7N/8D	Rs. 4300/-	Aut, Kullu	Himachal Pradesh
3.	NATIONAL MOUNTAIN CYCLING CUM TRAINING EXPEDITION LEH - 2019	01st August to 08th August, 2019	7N/8D	Rs.7500/-	Leh	Jammu & Kashmir
4.	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

5.	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
6.	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
7.	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
8.	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
9.	NATIONAL KODAIKANAL - MUNNAR WINTER TREKKING CUM TRAINING EXPEDITION - 2019	20 to 27 December, 2019	5N/6D	Rs.7500/-	Base Camp Kodaikanal	Tamil Nadu & Kerala
10.	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
11.	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

12.	NATIONAL TREKKING CUM TRAINING EXPEDITION-GOA-2019 -20	15 to 31 December, 2019	7N/8D	Rs.5000/-	Sports Authority Ground, Campal, Panaji, Goa	Goa
13.	GOA MONSOON TREKKING CUM TRAINING EXPEDITION-GOA 2019	July, August, 2019	6 Days	Rs.4000/-	Sateri Wada, Dong urlli	Goa
14.	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
15.	NATIONAL EXPLORE KUTCH TREKKING CUM TRAINING EXPEDITION - 2019	10th & 11th January, 2019	5 Days	Rs.7000/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
16.	NATIONAL EXPLORE KUTCH 3 DAYS TREKKING CUM TRAINING & ADVENTURE PROGRAM - 2019	10th & 11th January, 2019	3 Days	Rs,4500/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
17.	NATIONAL EXPLORE KUTCH CYCLING CUM TRAINING EXPEDITION-2019	10th & 11th January, 2019	3 Days	Rs.4500/-	Shivananda Balkashram, Bhuj-Tapkeswari Road	Gujarat
18.	NATIONAL GIR EXPLORING & TREKKING EXPEDITION CUM TRAINING PROGRAMME-2019	23rd NOVEMBER, AND 24th NOVEMBER, 2019	6D/5N	Rs.6000/-	Junagadh Base Camp	Gujarat

19.	NATIONAL DESERT FESTIVAL & DESERT TREKKING CUM TRAINING EXPEDITION-2019	17th Feb, 2019	6 Days	Rs.6000/-	Vardha Asram, Kalakar Colony, Jaisalmer	Rajasthan
20.	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
21.	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
22.	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
23.	EASTERN GHATS CYCLING CUM TRAINING EXPEDITION - 2019	10th Nov-2019	3N/4D	Rs.4000/-	Sunkaramett a church by 12noon, Sunkarametta	Andhra Pradesh
24.	EASTERN GHATS ARAKU TREKKING CUM TRAINING EXPEDITION - 2019	20th December 2019	3N/4D	Rs.3800/-	Sivalingapuram-Govt School, Visakhapatnam	Andhra Pradesh
25.	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
26.	GODS OWN COUNTRY TREKKING & NATURY STUDY CUM TRAINING PROGRAMME	24 , 25, 26, June, 2019	4N/5D	Rs.6500/-	Kottappuram	Kerala

	2019					
27.	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
28.	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
29.	NATIONAL HERITAGE TREK EXPEDITION & TRAINING PROGRAMME - 2019	05th October to 24th October, 2019	7 Days	Rs.5300/-	Udhampur City	Jammu & Kashmir
30.	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
31.	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.

Scheme for Promotion of Adventure Sports & Similar activities amongst  
Central Government Employees

**Application Form**

Name of Programme/Institute\* \_\_\_\_\_

1. Name of Applicant\* \_\_\_\_\_

2. Designation\* \_\_\_\_\_

3. Group of Services with level/grade pay(revised)\* \_\_\_\_\_

4. Father's Name\* \_\_\_\_\_

5. Date of Birth\* \_\_\_\_\_

6. Address\* \_\_\_\_\_  
\_\_\_\_\_

7. Telephone No(mobile)\*1. \_\_\_\_\_ 2. \_\_\_\_\_

8. Landline No.\* \_\_\_\_\_

9. Ministry/Department\* \_\_\_\_\_

10. Next of kin to be informed in case of  
emergency \_\_\_\_\_

\* mandatory fields

I, \_\_\_\_\_ understand that the  
programme may involve serious risk to me. I am undertaking the  
programme at my own violation cost, risk and consequence.

11. I hereby undertake that I will not held responsible Central Civil  
Services Cultural & Sports Board/Government of India for any  
untoward incident/mis-happening.

Date:

Place:

(Signature of Applicant)

Name in Block Letters \_\_\_\_\_

Ministry/Department \_\_\_\_\_

This is to certify that the applicant is a Central Government  
Employees working in the main Ministry/Department and information  
given above is correct. The applicant is medically fit for the adventure  
activities opted by him/her.

( \_\_\_\_\_ )  
Welfare Officer

## 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](http://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.



**No.125/1/2015-16/CCSCSB**  
**Government of India**  
**Ministry of Personnel, Public Grievances & Pensions**  
**Department of Personnel & Training**

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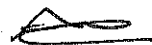
**Lok Nayak Bhawan, New Delhi**  
**Dated 04<sup>th</sup> December, 2015**

**OFFICE MEMORANDUM**

**Sub: Scheme for promotion of Adventure Sports and similar activities amongst Central Government Employees.**

The undersigned is directed to enclose herewith a copy of the Scheme for promotion of Adventure Sports and similar activities amongst Central Government Employees with the request that the contents of the Scheme may please be disseminated amongst the employees who are eligible to avail the benefits of the Scheme.

2. The details of the programmes etc. will be circulated/placed on the website of the Department of Personnel & Training separately.



**(Abhay Jain)**

**Under Secretary to the Govt. of India.**

**Tel:24646961**

**To**

**Director/Deputy Secretary (Administration) of all  
Ministries/Deptt.**

**No.125/1/2015-16-CCSCSB**  
**Department of Personnel & Training**

New Delhi, the 4<sup>th</sup> December, 2015.

**SCHEME FOR PROMOTION OF ADVENTURE SPORTS & SIMILAR**  
**ACTIVITIES AMONGST CENTRAL GOVERNMENT EMPLOYEES**

1. **Background:** The Department of Personnel and Training recognizes that welfare of employees is one of the prime tasks of personnel management and sports activities play an important role in improving their efficiency and morale. Participation by Central Government Employees in adventure sports and similar activities will give them a platform where they would learn lessons from nature and use the knowledge acquired for welfare of the society.
2. **Vision:** To foster spirit of risk-taking, cooperative team work, capacity of readiness, vital response to challenging situations, endurance and environmental awareness.
3. **Mission:** The Mission of the Scheme for promotion of adventure sports and similar activities is to encourage Central Government Employees working in the Ministries/Department of the Government of India to take part in these activities by giving financial assistance and other incentives. The Central Civil Services Cultural & Sports Board, a Society registered under the Society Registration Act, 1860, which is under the aegis and control of the Department of Personnel & Training will be the nodal agency for the Scheme.
4. **Objectives:**
  - (i) The Scheme would tackle the alarming situation of stress and impact of sedentary life on Government servants as highlighted in several studies conducted so far;
  - (ii) It would provide a creative outlet to Central Government Employees;
  - (iii) It would create and foster spirit of risk – taking, cooperative team work, capacity of readiness and vital response to challenging situations and of endurance;
  - (iv) Central Government Employees would be prepared for better Disaster Management; and
  - (v) Environmental awareness would be inculcated amongst the Central Government Employees.
5. **Scope of the Scheme:** The scope of the Scheme is limited to Central Government Employees working in the Ministries/Departments of Government of India. It will also be limited to the programme run

by Institutes/Organizations approved by the Department of Personnel & Training.

6. **Activities to be sponsored and Institutes:** The Department of Personnel & Training will sponsor programmes of 5-7 days duration to be organized by the Institutes/Organizations listed at **Annex-I**. The programme will have components of environmental awareness, disaster management, team spirit, capacity building, and Swachchh Bharat Campaign. The activities under the programme will be Trekking, Mountaineering, Rock-Climbing, Cycling in a difficult terrain, Skiing, Surfing, Boat Sailing, Snorkeling, Rafting, Para Sailing, Ballooning, Para Gliding, Jungle Safari/Trekking, Desert Safari/Trekking, Beach Trekking and Environmental Awareness Camps etc. A Calendar of the programmes admissible under the Scheme will be circulated by the Department of Personnel & Training from time to time.

#### 7. **Financial Assistance and other incentives:**

- 7.1 The Department of Personnel & Training will provide financial assistance to the eligible Central Government Employees for the programme of approved activities and conducted by the Institutes listed in **Annex I**.
- 7.2 Financial assistance will be in the form of reimbursement of Travel Expenses, programme fee and Hiring Charges of the equipments as per the terms and conditions specified in paragraph 7.3 and with a maximum ceiling of Rs.20,000/- (Rs. Twenty thousand only) per person per camp. The assistance will be limited to one activity in a block period of two year. Financial Assistance of 100% of programme fee would be provided in a calendar year to two officials of each Ministries/Departments who have been awarded by the Ministry/Department for excellence in service and nominated for the programme.
- 7.3 The following Heads are admissible for financial assistance under the Scheme:
- i) To and fro travel expenses as per the entitlements under Leave Travel Concessions Rules with a maximum ceiling of Rs. 4,000/-;

- ii) Re-imburement of Programme fee:
  - (a) 90% for Group `C` Central Government Employee;
  - (b) 80% for Group `B` Central Government Employee; and
  - (c) 75% for Group `A` Central Government Employee.
- iii) Actual hiring charges if the necessary equipment are hired from any Government agency with adequate proof subject to maximum of Rs. 2000/-.

7.4 Special Casual Leave will be granted to eligible participants in accordance with Department of Personnel & Training Office Memorandum No. 6/1/1985-Estt.(Pay-I) dated 16<sup>th</sup> July, 1985 and No. 6/1/85-Estt(Pay-I) dated 7<sup>th</sup> November, 1988.

#### **8. Procedure for availing benefits of the Scheme:**

- 8.1 The Central Government Employee will register himself with the Institute/Organization for the approved programme and make payment for it. He/she will simultaneously also submit his/her application to Central Civil Services Cultural & Sports Board duly forwarded by the Welfare Officer of their respective Ministry/Department.
- 8.2 The Ministry/Department will forward nominations of officials who have been awarded by the Ministry/Department for excellence in service and eligible for Financial Assistance of 100% of programme fee.
- 8.3 The Welfare Officer of the Ministry/Department in each case will certify that the recommended official is a Central Government employee working in the main Ministry/Department and medically fit for the adventure activities opted by him.
- 8.4 The financial assistance will be given on successful completion of the programme and submission of participation certificate to the Central Civil Services Cultural and Sports Board.

9. **Flexibility to expand the scope:**The Department of Personnel& Training will reserve the rights to modify the scheme, addition or deletion of activities, Institutes/Organization, change in pattern of financial assistance and other conditions of the Scheme without any prior notice.

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**ANNEX I**

**LIST OF APPROVED INSTITUTES/ORGANISATIONS FOR SCHEME FOR  
PROMOTION OF ADVENTURE SPORTS AND SIMILAR ACTIVITIES  
AMONGST GOVERNMENT EMPLOYEES**

1. Nehru Institute of Mountaineering, Uttarkashi, Uttarakhand.  
(Recognized by Ministry of Defence and Government of Uttarakhand)
2. Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports,  
Manali, Himachal Pradesh. (Government of Himachal Pradesh)
3. Indian Institute of Skiing & Mountaineering, Department of  
Tourism, Gulmarg, Jammu & Kashmir. (Ministry of Tourism)
4. National Institute of Water Sports, Vasco da Gama, Goa. (Ministry  
of Tourism)
5. Swami Vivekanand Institute of Mountaineering, Mount Abu,  
Rajasthan. (Government of Gujarat)
6. Garhwal Mandal Vikas Nigam Ltd, Dehradun, Uttarakhand.  
(Government of Uttarakhand)

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