

## Hikers' Club



**“Developing the spirit of Adventure”**



**Teachers In-charge:** Mrs. Pradnya Nadkarni & Mr. Sanjay Dhage  
**Student Secretary:** Mr. Roshan Palkar

Noticing the recent records of trekking accidents, PHC decided on taking up the responsibility to raise some awareness about the adventure activities amongst our college students. As one can see, the trend of trekking, rappelling, and other adventure activities are quite a topic of interest among college-going students, but they fail to understand that it is not all about having fun. It is important that we understand the risk factors associated with it and also how serious we are about our safety.

PHC jointly with MAC wishes to promote the GR issue (ie. The Govt. Of Maharashtra's latest released policy for Adventure tourism in Maharashtra) and the safety guidelines amongst the students of R. A. Podar college through a seminar. To demonstrate the safety and precautions that one should undertake while performing adventure activities, PHC organised a safety demo of rappelling in R. A. Podar college under the guidance of adventure activity experts Girivihar.

For many of us, it was a first-time experience. We had to rappel our way down from the tower room of Podar to the ground. While preparing for the rappelling session we were made familiar with many types of equipment that were to be dealt with while rappelling. A few major ones were harnesses, ropes of different widths and heights, carabiners, anchors, etc. It is of utmost importance to check whether all the equipment is in good condition.

On the day of rappelling, PHC members assembled at the tower room and helped Girivihar experts (Vikas Sir and Vidyut Sir) set up the equipment. After setting

up the gears it was our turn to perform the safety demo. We were instructed to maintain a 90-degree posture to hold our balance on the vertical tower structure. We were also instructed on how to properly harness ourselves and how to wear other safety gear like helmets and mittens. Can't say it was easy at first, but after the first few steps down, it was a blast! Balancing and working on the rope with my hands I slowly rappelled down the tower and it was the ultimate experience to do something this adventurous.

There is definitely a big difference between rappelling on a building structure and rappelling on a cliff, but for demonstration and learning purposes it was a perfect spot. This was a first-time experience for many, but definitely, a memory worth a lifetime, we all felt extremely safe under the guidance of experts and also learned a lot.

