

M.A. RANGOONWALA COLLEGE OF DENTAL SCIENCES AND
RESEARCH CENTRE, PUNE

A REPORT

'MOUNTAIN CLIMBING DAY' WAS SUCCESSFULLY ORGANISED BY NSS UNIT OF OUR COLLEGE ON 1ST AUGUST' 23 AT DATTA GAD MANDIR, BHONGWALI, PUNE-412205 TO COMMEMORATE FIRST SUCCESSFUL ASCENT OF GRAND TEATON, WYOMING. THIS DAY SERVES AS A REMINDER OF THE HISTORY AND SPIRIT OF ADVENTURE IN MOUNTAIN CLIMBING.

THE EVENT COMMENCED FROM 10 AM ONWARDS. OUR TEAM OF 10 NSS VOLUNTEERS AND STAFF MEMBERS ASSEMBLED AT THE FOOTHILLS OF DATTA GAD MANDIR. THIS EXPEDITION BROUGHT US CLOSER TO THE NATURE AND HELPED US TO CONNECT WITH IT CLOSELY. PATH WAS TRECHEROUS AND POSED A LOT OF CHALLENGES BUT DID NOT STOP US FROM PURSUING IT NONETHELESS. THE ASCEND WAS 800 METERS TILL THE PEAK. RAINY WAETHER ADDED MORE THRILL TO OUR EXPIRIENCE. OUR TEAM WAS DETERMINIED TO REACH THE TOP BEFORE 12 PM, THEREFORE WE SPED UP OUR FEET TO REACH THE TOP BEFORE TIME. WE FOLLOWED THE TRAIL FOLLOWING THE EDGE OF MOUNTAIN. THE RIPPLING WATER DUE TO RAIN CARRYING ROCKS FLOWING DONWARDS ALONG THE ASCENT'S TRAIL HELPED TO CALM OUR NERVES. FINALLY, WE REACHED THE TOP BY 11:45 AM. WE ALSO TOOK A SHELTER IN THE TEMPLE SITUATED AT TOP AND DESCENDED BY 1:30 PM. THIS ACTIVITY TAUGHT US ABOUT FACING CHALLENGES AND OVERCOMING OUR FEARS.

THESE TYPE OF ACTIVITIES DEFINITELY GIVE AN INSIGHTFUL EXPIRIENCE AND PUMP OUR ADRENALINE RUSH LIKE NEVER BEFORE. MOREOVER, IT ALSO HELPS IN REJUVENATING OURSELVES MAKING US FITTER BOTH MENTALLY AND PHYSICALLY.

DR. RAHUL KALE,
N.S.S. PROGRAM OFFICER



**MOUNTAIN
CLIMBING
DAY**

**VENUE: DATTA GAD
MANDIR,
BHONGWALI, TAL. BHOR,
PUNE- 412205**



1ST AUGUST 2023