

# **NATIONAL CADET CORPS**



## **KERALA & LAKSHADWEEP DIRECTORATE**

**KERALA TREK-II TRIPRAYAR- 2017**

**(27 AUG 2017 TO 03 SEPT 2017)**

**ADMINISTRATIVE AND JOINING INSTRUCTIONS**

## General

1. All India Trekking Camp, **Kerala Trek-2017** for Senior Division boys and Associated NCC officers will be conducted by NCC Directorate (Kerala & Lakshadweep), under the aegis of **NCC Gp HQ Ernakulam**. The Trekking Camp will be conducted from 27 AUG 2017 to **03 Sep 2017**.

## Location

2. The Trekking Camp will be organised in the coastal area covering the old spice route town of Kodungallur under **Thrissur** district of Kerala. There will be **one Staging Camp**, at SN college, Nattika. Nattika is on the west coast of Thrissur. Nattika is 60 km away from Cochin International Airport and 25 km away from Trichur Railway Station. Modern transportation and communication facilities are available in the village.

## AIM

3. The aim of organizing the All India NCC trek is to initiate NCC Cadets into trekking with a view to:-

- (a) Inculcate spirit of adventure, exploration and inquisitiveness.
- (b) Develop stamina, endurance, self-confidence, team spirit and esprit-de-corps.
- (c) Develop love for nature, flora and fauna.
- (d) Develop concern for preservation of wildlife and ecological balance.
- (e) Visit new areas to understand the vastness and diversity of our Country.
- (f) Visit places of historical and educational importance near camp Site.
- (g) Promote National Integration by making Cadets from various NCC Dtes live together and familiarize with one another.

## NRS

4. The nearest railway station for the 'Kerala Trek 2017' is **Thrissur**. This is a major stop for all long distance trains plying through Kerala.

## Reception

5. A reception centre will be established at Thrissur railway station with effect from **26 Aug 2017 (6 am to 10 Pm)**. Buses will be arranged on payment at the reception centre to ferry Cadets to the Staging Camp located at a distance of approx 25 KMs.

## Strength

6. The Camp will have a total strength of **485** Cadets and 15 ANOs from Senior Divisions & Junior Division. For ease of management and control, the trekkers have been divided into various batches. The **Directorate wise allotment of vacancies** is given at **Appendix A**.

## Arrival and Departure Schedule

7. The Camp will commence on **27 Aug 2017** and conclude on **02 Sep 2017**. ETA of each Dte contingent may be informed to the **co-coordinating unit** i.e. **24 Kerala Bn NCC, Kuttanellur, Thrissur, District** well in advance, so that adequate arrangements for reception can be made. Batches arriving earlier than the scheduled dates cannot be accommodated in the Camp and will have to make their own arrangements for accommodation and messing. Late arrival must be avoided. Directorates should ensure that their contingents reach Thrissur **latest by 1400 hrs on 27 Aug 2017**.

## Train Timing and Reservation

8. **Train timings** at Thrissur Railway Station are attached at **Appendix B**. However, Railway authorities should be contacted to know the exact timings as there can always be changes in the time table. To and from Rail reservation will be the responsibility of the participating Directorates and no arrangements on this score can be made by the trek organizers. Since it is peak season owing to **Onam Seasons**, Dtes are requested to arrange reservations well in time.

## Duration

9. The duration of Trek is from **27 Aug to 03 Sep 2017 (08 days)**. The **planned trek routes** are given at **Appendix C**. **Calendar of Events** is attached as **Appendix D**. The broad schedule is as follows:-

- |     |   |   |        |
|-----|---|---|--------|
| (a) | Arrival, Reception, Kitting and Documentation | - | 01 day |
| (b) | Briefing and famialiarisation                 | - | 01 day |

(c)	Conduct of Trek and Educational / Study Tour	-	05 days
(d)	Administration and Dispersal	-	01 day
	<b>Total</b>	-	<b>08 days</b>

### **Selection of Cadets and ANOs / PI Staff**

10. In order to have an effective and proper selection of Cadets, ANOs and PI Staff, following guidelines should be adhered to:-

- (a) Cadets, ANOs and PI Staff must be physically fit with good stamina.
- (b) Must be volunteers and willing to face the hardships of the trek.
- (c) Cadets who are physically weak and less than 14 years of age shall not be detailed.
- (d) All participants must have **good personal discipline**.

### **Medical Examination of Cadets**

11. Medical exam of all cadets must be done religiously before dep of cdt's under respective unit arrangements.

### **Pre -Trek Training**

12. All nominated participants should be asked to practice 10-15 kms of walking every day in the morning and evening with the same pair of shoes they intend to use during the trek. Such practice should be carried out at least 15 days in advance. Training in first aid with special emphasis on treatment of burns, snake bite, blisters, pains and fracture injuries must be given to participants.

### **Escorts**

13. ANOs / PI Staff of all Dtes will escort the cadets during the trek. They will be responsible for the safety, security and discipline of cadets throughout the Trek. Therefore, only eligible, fit and volunteer ANOs be detailed.

### **Kitting**

14. Proper kitting of Cadets especially suitable footwear must be ensured. Directorates are requested to have uniformity of dress of their cadets. Trekkers will wear **only proper uniform (combat dress / Track suit)**. The **list of items** to be brought by Cadets during the trek is given at **Appendix E**. Each trekker will be required to carry necessary items in man pack rucksacks/pack for the entire duration. Hence it is mandatory that all trekkers are in possession of trekking gear as per these instructions.

## **Documents**

15. Participating Directorates will submit the following documents through Party- in- Charge, on arrival:-

- (a) **Nominal Roll** as per format at **Appendix F.**
- (b) **Medical Fitness Certificate** as per format at **Appendix G.**
- (c) **Willingness Certificate** as per format at **Appendix H.**
- (d) **Indemnity Bond** as per format at **Appendix J.**
- (e) **Drowning / Accident Certificate** as per format at **Appendix K.**
- (f) **Certificate by Commanding Officer** as per **Appendix L.**

## **CONDUCT**

### **Security and Safety**

16. **All water bodies including rivers, dams, lakes, swimming pools, ponds and wells are permanently placed out of bounds.**

In addition, forests, shops and civilian houses are also out of bounds. Other out of bound areas will be mentioned in the Camp Routine Order and included in the daily briefing to Cadets. The ANOs/PI Staff will strictly implement the orders. Trekkers are to strictly follow the route chart and timings. They should follow all instructions given by the guides in letter and spirit.

17. A list of “**Dos and Don'ts**” is given at **Appendix M**

### **Messing**

18. Mess detachment will be located at the Staging Camp. Hot meals including breakfast, lunch and dinner will be provided on all days. Packed lunch will be provided on days of study tour/educational tour. While no efforts will be spared to provide Trekkers with sumptuous

healthy food, constraints of the regional menu and budget restrictions may be borne in mind. The ANOs/PI Staff accompanying the Cadets must ensure that no food or water is wasted nor consumed from unauthorized sources. PI Staff escorting cadets will have to pay their mess charges.

### **Medical Cover**

19. (a) **Base Camp** : Doctor / Nursing Assistants will be available at the Staging Camp.
- (b) **During Trekking**: First Aid Kit will be carried by each party. Ambulance shall be ready at all times. Serious cases will be immediately shifted to Govt / Civil hospitals located at Kodungallur.
20. Following personnel will not be detailed for Trekking:-
- (a) Cadets/ANOs suffering from chronic ailments.
  - (b) Persons allergic to dust, moisture, insects etc.
  - (c) Persons with breathing problems.
  - (d) Persons with unhealed injuries.
  - (e) Persons who cannot withstand tough terrain conditions.
  - (f) Persons who do not have proper kit especially comfortable/ sturdy foot wear.
  - (g) Persons who follow special/particular meal habits or who do not eat onions.

### **Finance**

21. The funds allotted for the trek as under:-
- (a) Messing - Rs 95/- pd per Cdt, Rs 100/- pd per ANO.
  - (b) Incidental - Rs 18/- pd per head.
  - (c) POL - Rs 134.17 per head.
  - (d) TA - Actual or Railway Sleeper Class fare whichever is less
  - (e) Rank pay - As per rank of ANOs.
  - (f) DA for journey - Rs 125/- pd for Cdts

**Note:**

- (i) ANOs are against the vacancies of Cadets and are, therefore, NOT authorised first class/AC train fare.
- (ii) Original Tickets / Bills along with statement of accounts duly signed by all concerned should be deposited on the first day of arrival.
- (iii) Regular Officers, PI Staff and Civilian Staff will not be paid any amount from the Trek fund. They will draw the TA/DA on normal temporary duty scales from their respective paying authorities. They will move to the Camp on railway warrants/ public transport as applicable from the Central Govt/State Govt funds under own arrangements.
- (iv) All Officers, PI Staff and Civilian Staff will pay messing charges @ Rs 95/- pd to the Accounts Officer on arrival.
- (v) All participating Gps/Units will arrange for to and fro reservation from their Regtl fund and the same shall be reimbursed on production of Expenditure statement as attached at as **Appendix N**. A photocopy of all rail tickets purchased along with original tickets is required to be produced to the Camp Accounts Officer on the day earmarked for documentation. A certificate of Bus / Train fare duly signed by CO Unit as per **Appendix O** attached will be submitted by each Dte on arrival, for re-imburement of rail/bus fare.

**Miscellaneous**

- 22. **Baggage.** Trekkers should restrict their baggage and make it as light as possible. All trekkers should be able to carry their baggage on man pack.
- 23. **Places of Interest.** Details of places of interest around Trekking Area are listed at **Appendix P** attached.
- 24. **Discipline.** Participating Directorates will issue instructions on discipline enroute and during the Camp. The ANOs/PI Staff and Cadets should be briefed in detail on these aspects prior to departure. The Trek Manager/Camp Commandant will explain these on arrival at the Camp. Any violation of these instructions will be dealt with severely. Important issues that require special attention are as follows:-
  - (a) Participating Gp/Unit will assign specific responsibilities to ANO/PI Staff.
  - (b) Cadets will be in uniform on the days of arrival and departure.
  - (c) Cadets will not mix with/interact with unauthorized persons in the Camp areas or during Trek.

(d) No Cadet will bring excess cash and valuables to the Camp. Each Dte contingent will be responsible for the safe custody of their own belongings. Control stores, excess cash or valuable; if any, will be deposited with Camp Commandant for safe custody. No report of theft or loss will be entertained.

(e) Consumption/possession of alcohol/drugs is prohibited

### **Cultural Activities**

25. During the Trekking Camp, cultural programme by the Trekkers will be organized as follows :-

(a) All Directorates should be prepared to give a Presentation on their respective States, for about 20 mins.

(b) All Dtes will be prepared to present a Cultural Programme of their region.

(c) Prizes will be awarded to the best performers.

### **Feedback**

26. All ANOs and selected Cadets from each Dte will render a “**Feed Back Report**” to the Trek Manager prior to their departure. The ANOs should select the Cadets for writing the feedback well in time; so that the Report is constructive and realistic. Specimen Feed back/ Report form is attached at **Appendix Q**.

### **Appointments for the Trek**

27. Various Appointments for the Trek are as follows:-

- (a) Trek Manager : Cmde Anand Balakrishnan  
Group Commander  
NCC Group Headquarters  
Ernakulam
- (b) Camp Comdt : Officer Commanding  
24 Kerala Bn NCC, Thrissur

\*Other appointments will be detailed later.



### **Clearance Certificate**

28. All Directorates will obtain Clearance Certificate from the Camp Commandant before dispersal.

### **Communication**

29. All communications be addressed to the following:-

(a) **Coordinating Unit**

Officer Commanding

24 Kerala Bn NCC, Thrissur

PO Kuttanellur

PIN - 680014

Tele (Office/FAX) - 0487 2358124

Mob - 9954357179

Mob (Sub Maj) - 8139835467

Email id - ncc24keralabnthrissur@gmail.com

(b) **Coordinating Group / Trek Manager**

Trek Manager (Kerala Trek)

C/o NCC Group Headquarters

Ernakulam, Kochi-682 035

Tele/Fax: 0487-2358124,

### **Summary**

30. Important points given in the above mentioned paras are reiterated for special attention:-

- |     |                               |   |
|-----|-------------------------------|---|
| (a) | Trek dates                    | - 27 Aug to 03 sep 2017                 |
| (b) | Location                      | - Kodungallur Coastal Area              |
| (c) | NRS                           | - Thrissur                              |
| (d) | Altitude                      | - sea level                             |
| (e) | Weather                       | - Moderate. No winter clothing required |
| (f) | Dist from NRS to Staging Camp | - 25Kms                                 |

- |     |                               |                              |
|-----|-------------------------------|------------------------------|
| (g) | Date of arrival all Batches   | 27 Aug 2017                  |
| (h) | Date of Departure all Batches | - 03 Sept 2017               |
| (j) | Co-ord NCC Group HQ           | - Ernakulum                  |
| (k) | Conducting Unit               | - 24 Kerala Bn NCC, Thrissur |

31. The participating Units/Groups/Directorates are advised to go through these instructions carefully and ensure that all actions are completed in time.

32. The success of the Trek will depend on judicious selection of Cadets, proper adherence to prescribed physical and medical standards, proper kitting and correct documentation.

33. The Trek involves movement through protected areas of planned and under jurisdiction of Camp Comdt. Cadets must understand the need to keep the environment clean and are advised not to litter the trek area. Special care should be taken not to cause any damage to the precious wild life. The motto of a trekker should be **“To carry kaleidoscopic memories of the area and be the Brand Ambassadors of the respective Directorates”**.

136/G/Trek 17/

May 2017

NCC Group HQ

Ernakulum, Kochi-682 035

(Anand Balakrishnan)  
Cmde

Trek Manager

Kerala Trek II –2017

KERALA TREK II : AUG 2017

ALLOTMENT OF VACANCIES TO DTEs PARTICIPATING

Ser No.	DTE	CDTS		ANO	TOTAL
		SD	JD		
1	AP	70	50	03	123
2	Kerala & Lakshadweep	75	50	06	131
3	MP & CG	70	50	03	123
6	ORISSA	70	50	03	123
	GRAND TOTAL	285	200	15	500

Note - ANOs to travel along with Cadets in Sleeper Class.

**IMPORTANT TRAINS ARRIVAL AT THRISSUR**  
**ON 26/27 AUG 2017)**

TRAIN NO	NAME OF TRAIN	TIMING		STATION		ARRIVAL AT ALUVA
		ARR	DEP	FROM	TO	
16381	MUMBAI KANYAKUMARI EXP	0250	0253	MUMBAI	KANYAKUMARI	DAILY
12644	SWARNAJAYANTHI EXP	0357	0400	NIZAMUDIN	TVM	SUN
12623	CHENNAI MAIL	0517	0520	CHENNAI	TRIVANDRUM	DAILY
22639	ALLEPPEY EXP	0637	0640	CHENNAI	ALAPPUZHA	DAILY
16526	KANYAKUMARI BANGALORE EXP	0547	0550	BANGALORE	KANYAKUMARI	DAILY
12626	KERALA EXP	0737	0740	DELHI	TVM	DAILY
12618	MANGALA LAKSHADWEEP EXP	0747	0750	NIZAMUDDIN	EKM	DAILY
17230	SABARI EXP	1152	1155	HYDERABAD	TVM	DAILY
16345	NETRAVATI EXP	1122	1125	LOKAMANYA TILAK	TVM	DAILY
13351	DHANBAD EXP	1542	1545	DHANBAD	ALAPPUZHA	DAILY
12511	RAPTI SAGAR	1052	1055	GKP JUN	TVPM	SAT
22644	PATNA EKM EXP	1422	1425	PATNA	EKM	SAT
16335	NAGERCOIL EXP	2327	2330	GANDHIDHAM	NAGERCOIL	SAT

**IMPORTANT TRAINS LEAVING THRISSURON 02/03 SEPT**

TRAIN NO	NAME OF TRAIN	TIMING		STATION		DAYS
		ARR	DEP	FROM	TO	
12512	RAPTI SAGAR EXP	1142	1145	TVM	GKP	SUN
13352	DHANBAD EXP	0817	0820	ALLEPPEY	DHANBAD	DAILY
17229	SABARI EXP	1300	1303	TVM	HYDERABAD	DAILY
12617	MANGALA EXP	1425	1428	EKM	NIZAMUDDIN	DAILY
16346	NETRAVATI EXP	1525	1528	TVM	LOKAMANYA TILAK	DAILY
12515	TVM GUWAHATI EXP	1817	1820	TVM	GUWAHATI	SUN
16525	KANYAKUMARI BANGALORE EXP	1938	1940	KANYAKUMARI	BANGALORE	DAILY
12625	KERALA EXP	1655	1658	TVM	DELHI	DAILY
16042	CHENNAI RXP	1900	1903	ALAPUZHA	CHENNAI	DAILY
12624	CHENNAI CENTRAL MAIL	2000	2003	TVM	CHENNAI	DAILY
16332	TVPM MUMBAI EXP	0937	0940	TVM	MUMBAI	SAT
22646	AHILYA NAGRI EXP	1142	1145	TVM	INDORE	SAT
12645	NIZAMUDDIN EXP	2007	2010	EKM	NIZAMUDDIN	SAT
22641	SHALIMAR EXP	2217	2220	TVM	SHALIMR	SAT
16359	PATNA EXP	0010	0013	EKM	PATNA	SAT

**KERALA TREK – II 2017 TRIPRAYAR**

DAY	ACTIVITY					LOCATION
	<u>SQL 1</u>	<u>SQL2</u>	<u>SQL3</u>	<u>SQL4</u>	<u>SQL5</u>	
<b>D DAY</b>	<b>Doc</b>	<b>Doc</b>	<b>Doc</b>	<b>Doc</b>	<b>Doc</b>	Base camp
<b>D+1</b>	R1	R2	R3	R4	<b>TOUR</b>	Resp routes
<b>D+2</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>TOUR</b>	R1	Resp routes
<b>D+3</b>	<b>R3</b>	<b>R4</b>	<b>TOUR</b>	R1	<b>R2</b>	Resp routes
<b>D+4</b>	<b>R4</b>	<b>TOUR</b>	R1	<b>R2</b>	<b>R3</b>	Resp routes
<b>D+5</b>	<b>TOUR</b>	R1	<b>R2</b>	<b>R3</b>	<b>R4</b>	Resp routes
<b>D+6</b>	<b>cultural</b>	<b>cultural</b>	<b>cultural</b>	<b>cultural</b>	<b>cultural</b>	
<b>D+7</b>	<b>depart</b>	<b>depart</b>	<b>depart</b>	<b>depart</b>	<b>depart</b>	Resp routes

**Appendix D**

(Ref Para 9)

# CALENDER OF EVENTS

- ARRIVAL & RECEPTION OF CONTINGENTS - 26/27Aug 2017
- DOCU, BRIEFING, ADM & FAMILIARISATION - 27/28 Aug 2017
- TREKKING - 5 DAYS
- DEKITTING & DEBRIEFING DISPERSAL - 03 SEPT 2017 (AN)

Appendix E  
(Ref Para 14)

LIST OF ITEMS TO BE CARRIED BY CADETS

Ser	Items	Qty	Remarks
1.	Trekking shoes/Jungle shoes	01	
2.	Overall Combination/Uniform	02	
3.	Dress combat complete	02	
4.	Shoes leather DMS/DVS	01	
5.	Light Blankets	01	
6.	Ground sheet /Durries IT	01	
7.	Rucksack	01	
8.	Water bottle with strap	01	
9.	Small bucket with mug	01	
10.	Plate, Glass, Katori, Spoon etc	01 Set	
11.	Small tiffin box	01	
12.	Towel	02	
13.	Rain capes	01	
14.	Torch	01	
15.	Needle & Thread	01	
16.	Slippers/Chappals	01	
17.	Pocket Diary and pencil	01	
18.	Personnel clothing	-	As required
19.	Toiletries	-	As required
20.	Writing material	-	As required
21.	Musical instruments	-	As required
22.	Band aid	-	As required
23.	Binoculars & Cameras	-	Recommended / optional

Notes :

Combat dress/Track suit will be worn during trekking.

Trekking shoes/track suit jungle shoes will be used.

Winter clothing is NOT required while in Kerala, however a light blanket and light cardigan/wind cheater may be carried for journey.

**ITEMS TO BE CARRIED WHILE ON TREK**

1. Water bottle with water
2. Tiffin box when required
3. Diary and pencil/pen
4. Band aid
5. Cameras/Binoculars if available



(Ref Para 15)

**NOMINAL ROLL OF ANOs AND CADETS**

Unit .....NCC Gp HQ.....

NCC Dte .....

<b>Ser No</b>	<b>Regt No.</b>	<b>Rank and Name</b>	<b>Institution</b>	<b>Name of Unit</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>Name of Father, Home Address, Telephone No</b>	<b>Date of Birth</b>	<b>Age</b>	<b>Date of Enrolment</b>	<b>Veg/ Non Veg</b>	<b>Remarks</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>

Unit Seal

Signature of Gp Cdr

Date :

**Appendix G**

(Ref Para 11 & 15)

**MEDICAL CERTIFICATE**

1. Certified that I have examined No .....Rank .....

Name .....

Son/daughter/ward..... of .....of  
.....institution and.....unit in

accordance with the standards laid down in the NCC Act & Rules and found him fit/unfit to  
undergo training of strenuous nature in Kerala Trek II-2016 (name) being conducted from  
24/12/16 to 31/12/16 at Kodungallur under **Thruissur** district of Kerala

2. I also certify that the above mentioned officer/cadet has been inoculated /vaccinated  
against :-

a) Typhoid (TAB)

(b) Tetanus (TT)

(c) Tuberculosis (BCG)

Place :

Date :

(Signature of Govt Medical Officer)

Name & Designation

**(Seal)**

(Ref Para 15)

**WILLINGNESS CERTIFICATE**

This is to certify that I, No.....Rank .....

Name.....College/

School .....volunteer to attend **Kerala Trek II-2016** being held at Kodungallur under **Thruissur** district of Kerala from ..... to .....at my own risk.

Place :

Date : (Signature of applicant)

**Countersignature of Parent**

This is to certify that I, .....Father/Guardian of Cadet  
No.....Rank .....Name .....

Have no objection for detailing him to the Camp **Kerala Trek II -2016** being held at Malayattoor  
from 24/12/16 to 31/12/16

Place:

Date ...

(Signature of Father/Guardian)

Name .....

Full Address.....

**Appendix J**

(Ref Para 15)

No .....Rank .....Name .....

Institution .....

**FORM OF INDEMNITY BOND**

In consideration of my being nominated at my request to undergo all types of training and also participate in any camp/course/adventure training activities in/outside NCC and TRAVELLING. Administrator will not make any claim against the Government of India or against any Officer, JCO/OR of Armed Forces/Civilian MT Driver or against any person in the service of the Government of India in respect of any lose or injury to the property or person (including injury resulting in death) which I may suffer while or in consequence of my being in training/participation in camp/course. Adventure training activities in/outside NCC and traveling, understand that no compensation will be paid by the Government of India or any Officer, JCOs/OR, Armed Forces/Civilian MT Driver or against any person injury (including injury resulting death) and I agree so as not to bind any Officer, JCOs/OR, Armed Forces/Civilian MT Driver and any person in the Service of Government of India against any claim which may be made by any third party against them or any of them arising out of any act of default on my part during or in connection of said training/camp/course, Adventure training and injury while traveling by road/rail/bus/river and flight.

The Government has agreed to bear the stamp duty on this account.

Signed by the Applicant  
Sri .....

Signature of applicant  
No., Rank & Name  
Address & Designation

In the presence of

.....  
Date .....

**WITNESS**

1. Signature with date .....  
Name (in Block Capital).....  
Address

2. Signature with date .....  
Name (in Block capital).....  
Address.....

**COUNTERSIGNED BY OC UNIT**

Station:

Date :

**DROWNING/ACCIDENT CERTIFICATE**

1. I know that there are rivers/deep water near the Campsite, en route and the area of the water is **OUT OF BOUNDS**. If I go there, I shall do so at my own risk.

2. I have been explained the orders regarding the precautions to be taken against drowning accident and have understood them. **I have been told that all the water bodies are out of bounds and not to go near any water in the vicinity.** If I go to any one of these out of bound areas, I shall do so at may own risk. During **Kerala Trek II -2017** being held at Kodungalloor from .....

Name of Unit :

Name of Group Headquarters:

Name of Directorate :

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Sl No.	Rank	Name	Signature
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**CERTIFICATE BY CO/GROUP CDR**

It is certified that I have explained orders regarding precautions to be taken against drowning accidents and cautioned the Cadets of the risks involved. The a/m cadets have signed in my presence.

Signature of CO/ Group Commander

Station :

Date :

**Appendix L**

(Ref Para 15)

**CERTIFICATE BY COMMANDING OFFICER**

It is certified that I have personally briefed the ANOs/PI Staff and Cadets regarding the Kerala Trek II - 2017 as per Adm and Joining Instruction. I have also ensured the following:-

- (a) Selection of Cadets and ANO as per Para 10 of Adm and Joining Instructions.
- (b) Onward and return journey reservation for the Cadets has been done.
- (c) Route to be followed up to the Staging Camp has been explained.
- (d) Dos and Dont's and safety precautions have been explained to all Cadets and ANOs.

Unit:

Signature of CO

## DO's AND DONT's

### DO's

1. Ensure medical examination of Cadets is done by a qualified doctor as per format given in general instructions before departure for trek.
1. Ensure Cadets are trained to walk approx 12-16 KMs daily for about a week prior to the move for trek.
2. Ensure Cadets are physically and mentally conditioned and fit to attend the trek.
3. Ensure the Cadets are given training in first aid and anti snake bite.
4. Ensure the Cadets are in possession of items listed including trek shoes & ruck sacks.
5. Ensure onward and return rail reservation well in advance.
6. Ensure Cadets are briefed about the trek in advance based on these instructions.
7. Ensure Cadets are in possession of all documents.
8. Ensure that the Cadets possess adequate cash for their pocket money and expenditure connected with educational and sightseeing tours.
9. Ensure Cadets are in possession of all documents required for the trek.
10. Ensure mobile No of CO/AO of the unit conducting the trek is given to the ANO/PI Staff I/C taking cadets to the trek.
11. They must be briefed about the environmental protection.
12. They must follow all instructions issued by the Camp authorities.
13. They must be well prepared to take part in all Camp activities including cultural activities.
14. Take bath only at the earmarked places at the appointed time.
15. Follow **buddy system** and do not leave your batch throughout the Trek.
16. Beware of risks enroute and be watchful.

### DONT's

1. Do not detrain or debus without instructions from the contingent in charge.
2. Don't take any lift from strangers.
3. Don't divert from original trek routes.
4. Don't over eat or waste food.
5. Don't enter civilian living area or property.
6. Don't take any lift from stranger's enroute.
7. Don't take any eatables or drinks from any unknown person.
8. Don't throw litter around the trek zone.
9. Don't drink water from any unauthorised source en-route.
10. Don't walk or rest in the middle of the road.
11. Don't run. Always walk with a steady speed.
12. Don't carry big trunks or heavy baggage.
13. Don't eat anything from shops en-route.
14. **Don't go near ponds, lakes, rivers or any water source. All such water bodies are out of bounds.**
15. Don't come on the trek if you have high BP, URTI, Asthma or any other medical problems.

**KERALA TREK: TA/DA EXPENDITURE STATEMENT**

1. Name of Contingent Commander :
2. Strength of Contingent :
3. Full Postal Address:-  
Unit .....  
GP HQ.....  
Dte .....
4. Move details

Journey No Commenced Date/Time	Concluded Date/Time	Journey		Mode	Fare	Ticket
		From	To			

5. DA admissible for Officers .....Pd, for .....days, Rs.....
  6. DA admissible for Cadets .....Pd, for ..... Days, Rs.....
- Received a sum of Rs.....

Certified that I / We have actually performed the journey as per the details given above. Actual expenditure incurred by me/us is not less than the amount claimed in the bill. Particulars furnished above by me/us are correct. In case, if any excess amount is paid at the trek and found later to be more it will be refunded by me/us as ordered.

Date : \_\_\_\_\_ Signature of the  
Contingent Commander/Senior Cadet

No.....Rank .....Name .....

Accepted and passed for payment of

Paid by me on

Rs.....(Rupees .....

Signature of Authority  
Making payment)





**Appendix P**

(Ref Para 23)

**KERALA TREK II - 2017 AT KODUNGALLUR SEA AREA**  
**IMPORTANT PLACES OF INTEREST**

<b><u>S.NO</u></b>	<b><u>PLACE</u></b>	<b><u>SIGNIFICANCE</u></b>	<b><u>DISTANCE</u></b>	<b><u>REMARKS</u></b>
1.	ST THOMAS RELIC	St. Thomas, the apostle landed in kodungallur on November 21st, 52 A.D. he is believed to have formed seven churches in Kerala, the first one being in Kodungallur	<b>27</b>	
2.	CHERAMAN MASJID	the Cheraman Juma mosque is a mosque in methala, kodungallur taluk, thrissur district in the indian state of kerala. built in 629 ad, it is the first mosque in india	<b>27</b>	
3.	KODUNGALLUR TEMPLE	worship incorporates ancient Dravidian customs	<b>27</b>	
4.	PARADESI SYNAGOGUE	Paradise synagogue is the oldest active synagogue in the commonwealth of nations constructed in 1567	<b>30</b>	
5.	AZHICODE BEACH	Azhikode Old harbour situated on the shores	<b>24</b>	
6.	PATTANAM ASI LOCATION	According to the recent archaeological excavations, Pattanam seems to have been first occupied by an indigenous population around 1000 BC and continued to be active till the 10th century AD Some archaeologists identify it as the ancient <u>Muziris</u>	<b>35</b>	
7.	CHINESE NETS	India they are mostly found in the Indian cities of Kochi and Kollam, where they have become a tourist attraction. The Indian common name arises because they are unusual in India and different from usual fishing nets in India.	<b>24</b>	

**Appendix Q**

(Ref Para 26)

**NATIONAL CADETS CORPS**  
**KERALA TREK II -2017 AT KODUNGALLUR**  
**FEED BACK REPORT FORM FOR ANO OF PARTIES (EACH BATCH)**

1. Rank.....Name.....
2. Unit.....Gp HQ.....  
Dte.....
4. Dates From.....To.....
5. Equipment/Trekking stores issued on loan
  - (a) Brought by Cadets/Units :
  - (b) Provided by Unit/participating Dte :
  - (c) Provided by Trek Manager :
  - (d) Items needed but not available :
6. Transport & Reception arrangements at Railway Station
7. State of amenities (Good as well as bad points including type of accommodation/Shelter, Food Bathing security privacy)
8. Recreation/Educational activities organised during the Trek.
9. Sight seeing arrangements after the Trek (places seen):
10. (a) Activities Cadets enjoyed most.  
(b) Activity Cadets did not benefit.

11. Railway journey arrangement:
  - (a) Onward journey
  - (b) Return journey
12. Difficulties experienced
  
13. Suggestion for improvement of Trek plan, route, adm, food :
  - (a) Organizational
  - (b) Route/Trek plan
  - (c) Administration
  - (d) Food (menu, items and quantity per day)

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(Signature)

Rank & Name

