

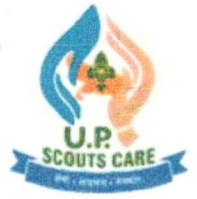


भारत स्काउट्स एण्ड गाइड्स, उ० प्र०

प्रादेशिक मुख्यालय : गोल मार्केट, मदानगर, लखनऊ - 226006

रजिस्ट्रेशन संख्या एस० 1-9407/1969-1960

E-mail : upscoutsguides@yahoo.com, Website : www.bsgup.org मो० नं० : 9839392275



पत्रांक संख्या - SAP/SKT-DIA/966/2026-27

दिनांक 21.07.2026

To,
The Principal / Head of Institution,
All CBSE & ICSE Affiliated Schools,
Uttar Pradesh.

Sub: Participation in Special Familiarization Adventure Camp at State Training and Adventure Centre, Sheetlakhet, Almora (Uttarakhand) from 24 September to 28 September 2026.

Dear Sir/Madam,

Greetings from The Bharat Scouts and Guides, Uttar Pradesh State Headquarters!

The Bharat Scouts and Guides, Uttar Pradesh has established a State Training and Adventure Centre at Sheetlakhet, Almora (Uttarakhand) with the objective of promoting adventure education, leadership development, environmental awareness and experiential learning among school students.

In order to acquaint Principals and Teachers with the facilities and programmes available at the Centre, a Special Familiarization Adventure Camp is being organized from 24 September to 28 September 2026 at the State Training and Adventure Centre, Sheetlakhet, Almora, Uttarakhand.

The camp is specially intended for Principals, Vice-Principals, Physical Education Teachers, Activity Coordinators, Scout Masters, Guide Captains and interested teachers of CBSE and ICSE affiliated schools of Uttar Pradesh.

Special Features of the Programme:

1. The normal Contribution for Welfare of Scouts and Guides for participation in the Adventure Programme is Rs. 3,500/- per participant. However, as a special gesture for this Familiarization Camp, a special concession of 50% has been approved. Accordingly, the contribution payable for participation in this camp shall be Rs. 1,750/- per participant only.
2. Participants will get firsthand experience of:
 - o High Rope Adventure Activities
 - o Trekking and Hiking
 - o Nature Study Programmes
 - o Leadership and Team Building Activities
 - o Environmental Education
 - o Camp Fire and Cultural Programmes
3. The programme will provide participants with an opportunity to personally experience the facilities and educational value of adventure-based learning programmes being offered by Bharat Scouts and Guides, Uttar Pradesh.



Bsgup official



X.com/bsgup



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instagram.com/bsgup/



The purpose of this programme is to encourage participating institutions to promote adventure education and facilitate the participation of students in future adventure programmes organized by Bharat Scouts and Guides, Uttar Pradesh.

You are therefore requested to kindly participate personally or nominate one teacher from your esteemed institution for this programme.

Interested participants are requested to complete their online registration through the link/QRCode given below:

Registration Link: <https://forms.gle/PuD5yYFPaiDzFrd18>



Participants are also requested to bring the following documents in original at the time of reporting to the camp:

1. Duly filled Application Form
2. Medical Fitness Certificate
3. Risk Certificate

As the number of seats is limited, participation shall be considered on a first-come, first-served basis.

We look forward to your active participation and cooperation in promoting adventure education and leadership development among the youth of Uttar Pradesh.

Encl.:

1. Application Form
2. Medical Fitness Certificate
3. Risk Certificate

With regards,

Yours sincerely,



(ANAND SINGH RAWAT)

State Secretary

Copy to:

1. State Chief Commissioner, Bharat Scouts and Guides, Uttar Pradesh.
2. Regional Officers of CBSE and CISCE.
3. All District Education Authorities, Uttar Pradesh.
4. SOC/STC/ASOC (S/G), Bharat Scouts and Guides, Uttar Pradesh.
5. Adventure Coordinator/Centre Manager, STAC, Sheetlakheth, Almora.

INSTRUCTIONS FOR PRINCIPALS / TEACHERS

Special Familiarization Adventure Camp

State Training & Adventure Centre, Sheetlakhhet, Almora (Uttarakhand)

Date: 24 September to 28 September 2026

1. Participation in the camp is open to **Principals, Vice-Principals, Physical Education Teachers, Activity Coordinators, Scout Masters, Guide Captains and interested teachers** of CBSE and ICSE affiliated schools of Uttar Pradesh.
2. The camp is being organized to familiarize school representatives with the facilities and adventure programmes available at the State Training & Adventure Centre, Sheetlakhhet.
3. Interested participants are requested to complete their **online registration** through the link provided in the invitation letter within the prescribed time.
4. Participants shall carry the following original documents at the time of reporting:
 - Duly filled Application Form.
 - Medical Fitness Certificate.
 - Risk Certificate.
 - Two recent passport-size colour photographs.
 - Copy of Aadhaar Card and School Identity Card/Authorization Letter from the Principal.
5. Participants should carry suitable clothing and personal items, including:
 - Track suit, T-shirts and extra clothing.
 - Warm clothes, jacket and comfortable sports shoes.
 - Personal toiletries and medicines, if any.
 - Water bottle, torch, notebook and pen.
6. Accommodation shall be arranged in rooms and tents available at the Adventure Centre campus.
7. Participants will be provided exposure to various activities, including:
 - High Rope Adventure Activities
 - Ground Level Adventure Activities
 - Trekking and Hiking
 - Nature Study Programmes
 - Environmental Education
 - Leadership and Team Building Exercises
 - Camp Fire and Cultural Programmes
8. The nearest railway station is **Haldwani**, which is approximately **90 km** from Sheetlakhhet. Transport facilities are available from Haldwani Bus Stand.
9. Participants are requested to report at the camp site on the **forenoon of 24 September 2026** and will depart on the **afternoon of 28 September 2026**.
10. Sheetlakhhet is a **Polythene-Free Zone**. Participants are requested not to carry polythene bags or plastic waste.
11. Bharat Scouts and Guides, Uttar Pradesh shall take all reasonable care of the participants; however, the organization shall not be responsible for any accident, illness, injury or loss during the programme.
12. After attending the programme, participants are requested to disseminate information regarding the Adventure Centre and encourage participation of students from their respective schools in future adventure programmes organized by Bharat Scouts and Guides, Uttar Pradesh.

Contact Details

Website: www.bsgup.org

Email: stcsheetlakhhetbsgup@gmail.com

Office Contact: +91-9838726066



BHARAT SCOUT AND GUIDE, UTTAR PRADESH

State Headquarters : Mahanagar, Lucknow

State Adventure Cum Trekking Program Application form

Date :

PHOTO

Place : State Training and Adventure Centre, Sheetlakheth Almora.

1. Name : (हिंदी में) :

Name (Capital Letters) :

2. Father's :

3. Date of Birth : *BSG UID

4. Address :

Pin Code

5. District :

6. Mobile No. : Whatsapp No :

7. Email ID :

8. Adhaar No. :

9. Blood Group : Gender

10. Education Quatification : Scouting/Guiding Qualification:

11. Hobbies:

Date :

(Participants Signature)

BHARAT SCOUT AND GUIDE, UTTAR PRADESH

State Training Centre and Adventure Institute

MEDICAL CERTIFICATE

CAMP NAME : _____
CAMP DATE : _____ to _____
CAMP PLACE : _____

1. Name : _____
2. Address : _____
3. Height : _____ Weight: _____ Blood Group : _____ Age : _____
4. Present/Past illness of Significance : _____
5. Injuries / Operations undergone and present condition : _____
6. Any known allergy to drugs or food stuff _____
7. Is the Applicant Suffering from
 - (i) Any Infectious disease Yes / No
 - (ii) Any Skin disease Yes / No
 - (iii) Mental disease Yes / No
 - (iv) Heart Trouble Yes / No
 - (v) Asthma/Respiratory Diseases Yes / No
 - (vi) Any other disease/defect Yes / No
 - (vii) Any Major Fracture in the Past Yes / No

8. I, on this date _____ have examined Mr./Miss _____ and found Him / Her medically fit/unfit to undergo an Adventure Programme in mountains.

Signature of the Candidate

Medical Officer
Registration Number &
Designation Office Seal

Date : _____

RISK CERTIFICATE/PARENT-CONSENT

It is certified that my son/daughter / ward Mr./ Miss _____ is joining the Sheelakhet Centre Adventure Programme with my consent and the organizers shall not be responsible for any illness, injury or accident during the event or journey periods for the purpose. It is further certified that he/she is physically fit to undergo the said Adventure Programme.

Signature of Parent / Guardian

Relationship with participant : _____

Name : _____

Address : _____

Aadhar No: _____

Mobile No _____ Date _____

Nature Study Cum Trekking

Explore the beauty of nature while trekking through scenic trails! Discover local flora, fauna, and breathtaking landscapes as you learn about the environment. Perfect for nature lovers, this activity combines fun, fitness, and environmental awareness. An unforgettable journey awaits!

Energizing Morning Activities

> Zumba Sessions :-



> BP Six Exercises :-



> Sunrise Yoga & Meditation:-

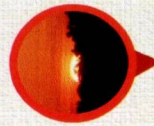


SIGHTSEEING

Panoramic Himalayan Views

Sunset Views

Halidakhn Babaji



Syahi Devi Temple

Historical Dak Bangla

DEV VAN

BHARAT SCOUT AND GUIDE UTTAR PRADESH



How to Book

1. Go to our official website: www.bsgup.org. Navigate to the Adventure Section
2. Click on the Adventure tab. You will be redirected to the Adventure Website.
3. Locate the Activity Calendar Table Scroll down the page until you find the Activity Calendar Table.
4. Select Your State Adventure Program Review the available programs and select the one that suits your preferences.
5. Click on Book Now next to your chosen program. Complete the Registration Form
6. Click on submit, your registration will be successfully submitted.

Our Services



FOOD HOSTEL SAFETY GIFT'S

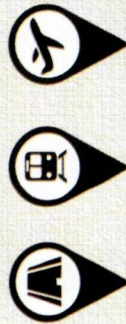
Contact Us

E-mail - upscoutsguides@yahoo.com

Mobile No. -

Whatsapp No. - 87073241B2

How to Reach



By Road — By Train — By Air —

By Road Then You Will Have to go to Kathgodam. Via Haldwani And Then Come to Sheethlakhet by the way. Convenient and Easy Route.

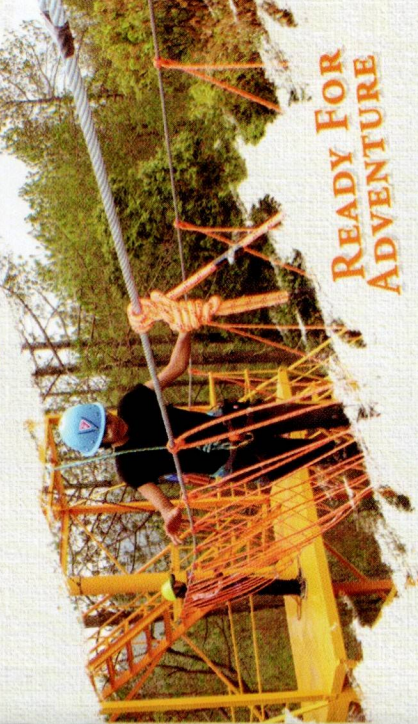
By Train You Have to Reach Kathgodam Railway Station By Train, After That Sheet-lakhet is 7km Away You Take Local Train Which Stop at Sheethlakhet and it takes 3hr.

By Air You Will Have to Reach The Nearby Airport Pantnagar Airport And Then From There Take Local Train Which Stop at Sheethlakhet and it takes 3hr.



Bharat Scout and Guide Uttar Pradesh
State Training/

Adventure
CENTRE



READY FOR
ADVENTURE

Visit Here - www.bsgup.org

Introduction of STAC

Nestled in the serene hills of Sheetlakheth, Almora, the State Training and Adventure Centre of Bharat Scouts and Guides, Uttar Pradesh, stands as a hub of skill-building and outdoor adventure. Under the visionary leadership of Dr. Mahendra Kumar Singh, President, and Dr. Prabhat Kumar, State Chief Commissioner, the centre blends the values of scouting with the thrill of exploration and learning.

The centre offers a range of adventure programs, providing participants with unforgettable experiences amidst the stunning Himalayan landscape. Designed to foster teamwork, resilience, and leadership, these activities are complemented by interactive training sessions that empower young minds with life skills and environmental awareness.



ADVENTURE ACTIVITIES

HIGH ROPE ACTIVITY

Feel the thrill as you navigate suspended bridges, rope ladders, and swinging logs at daring heights! Perfect for all skill levels, this adrenaline-pumping activity boosts confidence, teamwork, and fun. Safe, guided, and unforgettable—dare to rise above!

- ZIP LINE
- SKY CYCLING
- VERMA BRIDGE
- LOOP HANGING
- CROSS HANGING
- HORIZONTAL LADDER HANGING BRIDGE
- LOG HANGING
- TIRE HANGING
- ROPE HANGING
- RAPLING
- TIRE BRIDGE
- NET BRIDGE
- VALLEY CROSSING
- CLIMBING



GROUND LEVEL ACTIVITY

Test your agility and strength with exciting ground-level obstacles like balance beams, crawling tunnels, rope webs, and tire hurdles. Designed for all ages, these activities build teamwork, coordination, and determination. Fun, safe, and energizing—get ready to power through!

- LOG BALANCING
- PLANK WALK
- TIRES CHIMNEY
- ZIG ZAG TIRES WALK
- MONKEY CRAWL
- TIRE TUNNEL
- COMMANDO BRIDGE
- MONKEY BAR
- COMMANDO WALL CLIMBING
- HORIZONTAL LADDER WALK
- ARCHERY
- STILT BALANCING
- RUSSIAN WALL
- TIRE JUMPING
- RIFLE SHOOTING
- NET CRAWLING
- SLOT WALK
- VERTICAL ROPE LADDER
- TARZAN SWING

