

## Excursion to Sanasar

An excursion to Sanasar was organized for the students of Army Public School Jammu Cantt to provide a thrilling day filled with adventure activities. Sanasar, known for its scenic beauty and variety of outdoor sports, offered the perfect backdrop for students to engage in exciting activities while promoting teamwork and physical fitness.

The students embarked on the journey early in the morning. The bus ride to Sanasar was filled with excitement as the students enjoyed the picturesque route, passing through lush green valleys and winding roads. The cool weather and the anticipation of the adventure ahead made the journey enjoyable. Upon arrival at Sanasar, the students were welcomed by the staff of the Sanasar Adventure Camp with a delicious breakfast. They were given a brief orientation about the activities available and the safety guidelines to be followed during the day.

The students were divided into groups to participate in various adventure activities throughout the day. Students participated in rock climbing and rappelling activities, which were physically challenging and rewarding. These activities helped boost their confidence and encouraged them to push their limits. One of the most exciting activities was zip-lining, where students took turns flying across the valley, experiencing an adrenaline rush as they soared high above the landscape. The students engaged in various team-building exercises such as relay races, tug-of-war, and obstacle courses. These activities were designed to foster teamwork, communication, and problem-solving skills. Later, the students were treated to a delicious lunch at the camp with refreshments.

After the adventure-packed activities, students gathered in a relaxed environment to unwind. Some students took a stroll through the meadows, while others sat and reflected on their experiences. The cool breeze, combined with the tranquillity of the surroundings, provided the perfect setting for relaxation.

The picnic to Sanasar for adventure activities was a resounding success. The students returned not only with unforgettable memories of the exciting activities but also valuable life lessons in teamwork, perseverance, and self-confidence. The blend of adventure, nature, and fun made this picnic one of the most memorable outings for the students.



