

## Adventure Sports In India-A Review

**Dr. K. Romeo Meetei**

Faculty, Dept. of Teacher Education, Manipur University  
Canchipur, Imphal -795003  
Manipur, India

**How to cite this article:** K. Romeo Meetei (2024) Adventure Sports In India- A Review. *Library Progress International*, 44(3), 10785-10791

### ABSTRACT

India's vast geographical diversity provides plenty of scope for the Adventure sports. Adventure sports is an unusual experience or course of events marked by excitement, thrill and suspense. The British systematized the concept of adventure as a tool towards meeting an end leading to the birth of the Outward-Bound movement. It is about taking on challenges, meeting the unknown but more importantly it is about learning. Learning about ourselves and most of all about our potential, a **stress-buster** in the race of life. In order to get rid of the trauma of exams, career and results the best way to de-stress oneself is ADVENTURE SPORTS. Besides providing leisure time, it gives us eternal pleasure and calmness. Through this one can understand one's capabilities and talents, further valuing oneself. It encourages us to think about our own betterment. Adventure sports give us enthusiasm and courage to explore our hidden potentials in ourselves. Adventure sports stimulate balanced growth of body and mind. Thus, adventure sports are a tool, a magic wind that transforms the "CHICKEN HEART" into a "DARE - DEVIL".

The study is to explore the potentials for Adventure sports in India. The study shall also try to find out the different types of adventure sports conducted in India. It is a matter of great concern to highlights the parameters of the adventure sports in its entire perspectives.

**KEYWORDS:** Adventure sport, Mountaineering, Risk taking, Potentials, Adventure Tourism.

### 1. Introduction

Mother Nature has been very generous to India. The salubrious climate and healthy natural environment made the people robust and energetic. India is well known for producing a good number of Adventure Sports persons especially in the field of Mountaineering. With tremendous scope and potential, India is a "GOLD MINE" of adventure sports. India has one of the highest and best mountain ranges in the world. We have the 3rd highest peaks in the World and many more snow-clad mountains, many peaks are still virgin peaks, our mountain slopes are ideally suited for Skiing and Para gliding, the thickest jungles, hundreds of fast flowing rivers, lakes and lush green valley's, India also has a vast coastline, Oceans and Sea shores, Deserts, use and disused airfields/ landing grounds where all types of adventure sports (Land, Air & Water) base could be conducted.

After the ascent of Mt. Everest in 1953 by Tenzing Norgay and Edmund Hillary, the common man in India become interested in Mountaineering and adventure sports. Since then, thousands of youths and students started taking part in various adventure activities. Huge numbers of adventures and mountaineering associations/ Clubs are now spread all over India. The promotion of adventure sports

shall automatically promote adventure tourism which will turn add flavor to tourism industry and improve the economy of the great Nation.

Another milestone decision taken for adventure sports by the Hon'ble Prime Minister Shri Narendra Modi government seems to be resolved to force employees out of their armchairs and nudge them towards a healthier lifestyle. The government has now issued instructions to promote adventure sports among government employees.

According to the Economic Times, the government of India wants to "create and foster spirit of risk-taking" and tackle the "impact of sedentary life" on staffs. This is part of new schemes by the Department of Personnel and Training (DoPT), headed by the Prime Minister for promotion of adventure sports and physical fitness amongst government employees.

In the year 1998, University Grant Commission UGC initiated a scheme of Promotion of Adventure Sports for participation of college and University students in various adventure activities/programmes. The objective of the Scheme is to create and foster amongst the students of Universities / Colleges a spirit of risk-taking, cooperative team work, the capacity to face and effectively deal with challenging situations with courage and determination. This, thus, provides the youth a positive and healthy channelization for their abundant energy, enthusiasm and imagination as also an opportunity for them to take their rightful place as the future leaders of the country in myriad spheres of activity.

The promotion of adventure sports shall automatically promote adventure tourism which will in turn add flavor to tourism industry and improve the economy of the state. We need to develop adequate infrastructure in-form of procuring adventure sports equipment, camping stores, identification of suitable sites, training manpower etc. It is needless to mention the importance of adventure sports in building a healthy Nation. Few Universities in India namely Pune University, Swarnim Gujarat Sports University, LNIPE Gwalior, Manipur Central University Canchipur, National Sports University (NSU) Manipur and other Institutes run the Diploma & Certificate courses in adventure sports successfully.

The Indian Mountaineering Foundation IMF, New Delhi is the Apex National body for Mountaineering, Sport Climbing and allied sports in the country. As we all know adventure is an unusual experience or course of events marked by excitement, thrill and suspense. The British systematized the concept of adventure as a tool towards meeting an end leading to the birth of the Outward-Bound movement. Outward Bound is an adventure movement. It is about taking on challenges, meeting the unknown but more importantly it is about learning. Learning about oneself and most of all about our potential. The ideas of the Outward-Bound School were incorporated into Adventure courses which were introduced for the first time in the Himalayan Mountaineering Institute (HMI) Darjeeling in 1964.

An unusual, exciting or dangerous experience. These adventure activities often involve speed, height, a high level of physical exertion, and high specialized gear or spectacular stunts. These adventure sports can be competitive or non-competitive and often involve individual participants rather than teams. The high danger associated with the activities places the participants at high risk for injury and or death in the case of an accident or mistake.

The objective of the adventure sports is to stimulate a spirit of Adventure, to reveal and develop sturdier qualities of character, both physical and mental, to instill a sense of comradeship, discipline, selflessness, service to the community, self-reliance, physical fitness and the proven ability to think and

live adventurously.

Adventure sports can be divided into three groups:

1. **LAND BASE ADVENTURE SPORTS (Terrestrial):** Sports that carried out on land. such as,
  - i. Mountain climbing.
  - ii. Snow skiing / Heli Skiing.
  - iii. Rock climbing/ Sport Climbing.
  - iv. Trekking/ Hiking/ Camping.
  - v. Mountain Terrine Biking (MTB).
  - vi. Long-distance cycling/ touring
  - vii. Base jumping,
  - viii. Bungee jumping,
  - ix. Jungle safari,
  - x. Wildlife photography
  - xi. Desert safari
  - xii. Elephant safari
  - xiii. Motor safari
  - xiv. Camel safari,
  - xv. Wildlife safari
  - xvi. Caving
  - xvii. Zip Lining
  - xviii. Land Zorbing, etc.
- ii. **WATER BASE ADVENTURE SPORTS (Aqua):** Sports that carried out in water. The potentials of the Aquatic Adventure Sports are not yet exploited in the Country. The common water base adventure sports are,
  - i. Canoeing.
  - ii. Kayaking.
  - iii. White water rafting.
  - iv. Sailing.
  - v. Yachting.
  - vi. Bare foot skiing.
  - vii. SCUBA diving.
  - viii. Jet ski.
  - ix. Speed boat para sailing.
  - x. Snorkeling.
  - xi. Water zorbing.
  - xii. Wind surfing
  - xiii. Angling.
  - xiv. Hydroflying/ Flyboard etc.
- iii. **AERO BASE ADVENTURE SPORTS (Air):** Sports that carried out with Air are,
  - i. Para sailing,
  - ii. Para gliding,
  - iii. Hang gliding,
  - iv. Hot air ballooning,
  - v. Micro light flying,
  - vi. Para motor flying.
  - vii. Sky diving
  - viii. Para Jumping.
  - ix. Base jumping
  - x. Wing suit flying
  - xi. Flyboard etc.
  - xii. Aeromodelling.

To participate in, one certainly gets the rush in one's blood streams. It takes courage, strength, endurance, determination and perseverance to participate in adventure sports which in a way may be described as challenge to nature. The competition is as much between ourself and nature as between you and your own survival instinct. Adventure sports provide a good platform for leadership training, character building, confidence building, and generation of environmental awareness. The future of a country is largely dependent on the quality and physical, moral and intellectual strength of its youths. If we have youths, with strong moral strength and sense of dedication to any noble cause for the nation, we need not worry for our future. We need physically and mentally healthy, positive, confident, patriotic and responsible citizens for the growth of our nation. This is where we find the importance of adventure sports.

The vibrant energy of our youths, unless channelized to constructive activities like adventure sports, could be diverted to anti national and anti-social misadventures of chaos and conflict. Moreover, an adventure sports, one gets down to earth training for emotional and moral conditioning and also top-quality leadership. Ability to takes the right decision at the time of disaster, accidents and rescue missions is of holistic import.

Yet another valuable facet of adventure sports is the connectivity between nature and the adventure sports persons.

## K. Romeo Meetei

Modern education attaches great importance to learning through doing or through practical experience. The knowledge gained through actually doing the task is more effective than merely reading or writing. The participants are practically learning in every step, be it, mountaineering, rafting, and sky diving. One wrong step may even mean end of life.

Emotional bonds among the participants become stronger, surmounting the narrow barriers of cast, creed and colour. Friendship among the adventure lovers is beyond the international boundaries. Organizing adventure sports activities involving participants from different parts of the country will promote emotional integration of our Nation. Every adventure sport requires professional and dedicated training from a qualified instructor or recognized institutes/school/ organization. Safety in any adventure sport is of prime importance and NO laxity can be accepted. DO NOT just plunge into it for the sake of sheer thrill. So safety first...

There are a few National Institutes of Adventure sports and Mountaineering in India. A few Institutes were run by State Government and other Organizations. they are,

**TABLE - I**  
**NAME OF ADVENTURE, MOUNTAINEERING& ALLIED INSTITUTES IN INDIA**

SL NO	NAME OF THE INSTITUTE	LOCATION/ STATE	COURSES OFFERED
1.	Himalayan Mountaineering Institute (HMI)	Darjeeling / WB	ADV. BMC, AMC, MOI, S&R.
2.	Nehru Institute of Mountaineering (NIM)	Uttarkashi, Uttarakhand.	ADV. BMC, AMC, MOI, S&R, MTB, SPORT CLIMBING ETC
3.	National Institute of Mountaineering and Allied Sports, NIMAS	Dirang, Arunachal Pradesh	ADV. BMC, AMC, MOI, S&R. MTB, SCUBA, W. W. RAFTING, PARA GLIDING COURSES. PARA MOTOR ETC.
4.	Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, ABVIMAS	Manali, Himachal Pradesh	ADV. BMC, AMC, MOI, WATER SPORTS, AERO SPORTS, SNOW SKING, GRASS SKING, DISASTER MANAGEMENT CRS. ETC
5.	Jawahar Institute of Mountaineering & Winter Sports, JIM & WS	Pahalgam, Jammu and Kashmir.	ADV. BMC, AMC, MOI, RESCUE CRS & SKING CRS. ETC.
6.	Indian Institute of Skiing and Mountaineering. IISM.	Gulmarg, Jammu and Kashmir	SNOW SKIING WATER SKIING PARASAILING TREKKING HOT AIR BALLOON SHORT CORPORATE AND SCHOOL TRAINING
7.	Pandit Nain Singh Surveyor Mountaineering Training Institute	Munsiyari, Uttarakhand.	ADV. SNOW SKING, WATER SPORTS. ETC
8.	Sonam Gyatso Mountaineering Institute, SGMI	Gangtok, Sikkim	MOUNTAINEERING CRS FOR DEFENCE PERSONALS.
9.	High Altitude Warfare School, (HAWS)	Gulmarg, Jammu and Kashmir	MOUNTAINEERING, SNOW SKING CRS FOR DEFENCE PERONALS
10.	Indian Himalayan Center for Adventure & Eco Tourism (IHCAE)	CHEMCHHEY, NAMCHI SIKKIM.	ADV. BMC, AMC, SNOW SKING, PARA GLIDING, MTB, SPORT CLIMBING CRS ETC.

A famous quote, why do people climb mountains? "Because they are there", Mellory said. They pose a challenge to one and all but only the stout heart takes to mountaineering, which is a fascinating sport. Mountaineering is not only a sport but a way of life. Some people climb for money, for the sake of earning livelihood e.g., Sherpas, Guides etc. Some to explore and study the land and advancement of

science land like Geologist, Surveyors, researchers etc. some for name and fame, some for seek of adventure, some for home and country, Defence of the border areas of the country, some to satisfy their urge as “it is there”. The latest trend in mountaineering is “Alpine style” or Alpinism which provides opportunities to oneself for carrying out Recce, route opening, carry stuffs, camp, cook and climb alone.

**TABLE-II**  
**WATER SPORTS TRAINING CENTERS IN INDIA**

SL No	NAME OF THE INSTITUTE	LOCATION/ STATE	COURSES OFFERED
1	The National Institute of Water Sports (NIWS)	Panaji Goa	Windsurfing, Dinghy Sailing Waterskiing, Kayaking, River Rafting, Life Saving Techniques for Water-sport Operator, Life Saving Techniques for Lifeguard, CPR Training, Jet Ski Conversion, Parasail Operations, etc.
2.	Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, ABVIMAS	Manali, Himachal Pradesh	Basic and Advance water sports, sailing, water skiing, Rafting crs. Etc.
3.	National Institute of Mountaineering and Allied Sports, NIMAS	Dirang, West Kameng Dist. Arunachal Pradesh	Basic and Intermediate white water rafting course. Basic and Advance SCUBA diving, S&R SCUBA diving crs etc.
4.	Indian Institute of Scuba diving & Aquatic Sports. IISDA.	Tarkali, Maharashtra	Scuba Diving, Snorkeling/ Swimming, Conservation, First Aid/ CPR etc.

**TABLE -III**  
**AERO SPORTS TRAINING CENTERS IN INDIA**

SL No	NAME OF THE INSTITUTE	LOCATION/ STATE	COURSES OFFERED
1.	National Institute of Mountaineering and Allied Sports, NIMAS	Dirang, Arunachal Pradesh	Basic and Intermediate Para Gliding crs. Advance Para Gliding Crs P-3. Combined Para Gliding Crs.
2.	National Institute of Paragliding.	Bir Himachal Pradesh	P-1, P-2 & P-3 Crs
3.	Temple pilots Paragliding,	Kamshet Maharashtra.	Para Gliding and Para Motor crs.
4.	Wings and Flights- Institute of Paramotoring & Paragliding,	Pune, Maharashtra.	Para Gliding and Para motoring crs.
5.	National Adventure Foundation (NAF) Chapters.	Different locations/ Chapters.	Basic Para Sailing, Para Gliding crs. Para motors and Microlight flying. Hot Air Ballooning etc.
6.	Indian Airforce Paratroopers School	Agra, UP	Para Jumping & Sky Diving Trg centre
7.	Sky High- Sky Diving School	Narnaul Haryana	Sky Diving – Free Jump/ Tandem etc.

## SCHEMES OF ADVENTURE SPORTS UNDER GOVT. OF INDIA

1. Ministry of Youth Affairs & Sports MoYASGoI- Rajiv Gandhi **Adventure Scheme**, under which **adventure** camps are conducted for National Service **Scheme** (NSS) volunteers and the **adventure** activities undertaken in these camps include trekking (mountain and desert), white **water** rafting, para-sailing, para-gliding and basic skiing etc.
2. Ministry of Personal & Training, GOI. Scheme for promotion of Adventure sports amongst the central Govt employees.
3. Central Board of Secondary Education, CBSE introduced Adventure sports in the curriculum.
4. UGC, Ministry of Human Resources GOI initiated a scheme of promotion of Adventure Sports for the students through NAF- National adventure Foundation.
5. Indian Mountaineering Foundation (IMF)- New Delhi, An Apex Body of Adventure sports sponsors Mountaineering courses, Mountaineering Expeditions, Sport Climbing competitions, Training etc.
6. National Adventure Foundation (NAF) New Delhi, organizes many adventure activities for the youths of the country.

There are many hurdles in the practical implementation of promotional programmes mainly in adventure tourism. Some of the problems are, economic backwardness of the region, lack of trained persons, lack of infrastructure, communication facilities, hospitality services, Inner line permits, Restricted Area permits etc.

Another headache is the promotion of adventure sports and adventure tourism in the regions of Jammu and Kashmir and North Eastern States of India where volatile law and order situation in the Areas.

The global Adventure Tourism market size was valued at USD 489112.14 Million in 2022 and will reach USD 882979.04 Million in 2028, The India's adventure industry is expected to grow at a rate of 20 per cent per annum in the next five years and reach a value of \$2 billion by 2028.

Adventure sports is gaining popularity in Indian market with its domestic travelers. According to ATOAI (Adventure Tour Operators Association of India) in the last five years the demand by domestic tourists for adventure sports has shown a 400% rise as compared to international tourist's demand.

### FOREIGN AND INDIAN MOUNTAINEERING EXPEDITIONS IN INDIAN HIMALAYAS FROM 2018 TO 2023, REGISTERED UNDER INDIAN MOUNTAINEERING FOUNDATION (IMF) NEW DELHI.

YEAR	FOREIGN	INDIAN
2018	34	119
2019	41	75
2020	Nil due covid-19 pandemic	19
2021	02	65
2022	33	103
2023	33 As on date	93 As on date

Source, IMF data base.

This data shows that Indian Himalayas has become a hunting ground for the elite mountaineers of the World and also enhance the economy of the country.

## YOGA AND MOUNTAINEERS

As more and more mountaineers take to yoga and spirituality, many have started dreaming of reaching Mt. Everest by practicing yoga. Yoga isn't just about asanas or body postures. Yoga and Spirituality make for a winning combination. Recent studies have found that Yoga factors often play an important part in the careers of top Mountaineers. Mountaineers could benefit tremendously from spiritual practices like yoga, Pranayama and meditation. Such practices not only calm the mind it increases focus, energy level, flexibility, quick and positive decision making, increase the vital capacity, but also bring greater self-confidence, better bonding and leadership, and less anxiety and fear. Breath is the most powerful tool while scaling Mt. Everest. At that altitude, being able to breathe isn't easy and Art of Living techniques prepare one for that, resilience and control over breath is a must. The breathing techniques, called the Sudarshan Kriya in particular, really helped the mountaineers when they were gasping for breath at extreme altitudes.

Our youths must develop the spirit of adventure in their blood. Adventure & youth are interrelated & it has rightly been said that any nation that fosters adventure in its youth, remains young and proves invincible.

The promotion of adventure sports shall automatically promote adventure tourism which will turn add flavor to tourism industry and improve the all-round development of the Nation. There is no doubt that India is the destination for adventure sports in the World. The future of Adventure Sports in India is very bright and promising under the patronization of the Government.

If you have not had adventure in India, you do not know what India and adventure is all about!

*It is not the mountain we conquer but ourselves.*

**-Sir Edmund Hillary**

### **SUCCESS LIES IN COURAGE**

#### **References**

1. Gian Chand Manohar Puri, Mountain Climbing, International Publishers (India) New Delhi.
2. Brig T.P.S Chowdhury (2004) Adventure sports, National Book Trust, India, New Delhi 110016.
3. Dr. Upendra Nayak, Factors influencing participation in Adventure Sports, Emerging Trends of Physical Education and Sports Science
4. Dr. Pradeep Kumar, Deepshikha B, Rinku Kumar. Career in Adventure Sports, International Journal of Physical Education and Sports Sciences Vol. 13, Issue No. 07, October-2018, ISSN 2231-3745.
5. Himalayan Mountaineering Institute, Darjeeling, Mountaineering Precis.
6. J.C. Dhondiyal, Mountaineering A Practical Guide. Lancers Book, New Delhi
7. <https://www.indmount.org/>
8. <https://hmidarjeeling.com/>
9. <https://nimasdirang.com/>