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## ADVENTURE SPORTS: A MIND BLOWING REMEDY

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### **Abstract**

*The Present paper is highlighted about the adventure sports influences the youth life. The sports and recreational activities are always attracting to youth and man in general. The youth likes such activities which have a sort of Entertainment, Learning, Recreation and adventure. There are many sports influences the youth in this manner. The paper elaborated the venues of adventure sports in terms to develop the youth personality and overall development.*

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**Key words:** *Youth, Sports, Adventure, Tourism, Action Sports.*

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### **Introduction:**

The population of India is a youth population. It's a huge and diversified nation. Many of the countries are impressed about its culture, art and civilization our youth are wary talented and working around the world in terms to serve their countries. We have a rich geographical surrounding and weather conditions. We can enjoy the four seasons of weather and can attract many tourists in this regards. The tourists are freak to wonder such places where, beautiful cannery and some adventure exist. In India, we are full of natural climate and huge scope of adventure sports as compared to the developed countries although adventure sports is a dangerous and risky activities to do so, still mass attract towards its uniqueness.

### **Adventure Sports**

Adventure Sports are such sports played or performed under natural circumstances and environments. The activity of adventures give excitement and a great experience with uncertain outcomes. Due to uncertain outcomes person doing it can get or exposed to injury. These sports activities are taken under huge expertise and supervision through the trained personals. Adventure sports are combination of skills and confidence. It cannot traditional sports; these activities are usually competitive in nature and involve risk and excitement. It's a bold activities package, which involve danger action and outcome is uncertain. Adventure sports are various types such as land, water, air and artificial.

### **Land related adventure sports:-**

**Camping :** A day night stay out door in a tent near a scenic spot

### **Mountaineering**

It is a sport of climbing mountains, with group or solo.

**Rock Climbing :** It is a sport of climbing on rocks and hills with ropes or assistive tools.

**Trekking :** It is an act of making a long journey across difficult country on foot, usually for lea sure. It may be in jungles or any area.

### **Water related adventure sports:-**

#### **River Rafting**

It is recreational activity in water, especially in white water. This outdoor activity uses an in flat able raft to navigate a river or body of water.

**Surfing :** Surfing is a sport of riding on waver while standing on a narrow board.

### **Air related adventure sports:-**

**Paragliding:** It is a sport in which a wide canopy resembling a parachute is attached to a person's body by harness in order to allow them to glide through the air after jumping from or lifted to a height

### **Water related adventure sports:-**

River rafting: - River rafting is also named as white water rafting. It is a challenging recreational outdoor activity using a boat or raft to over the flow of river. It is a river journey under taken on a raft or boat made of inflatable material. This is usually done over fast flowing river in order to provide thrill and excitement to rafter. The development of this sports has become popular in Himalayan Rivers. The most important requirement of rafting are the aquatic abilities, physical fitness and mental confidence of a rafter. This activity is dangerous if safety measures are not considered.

### **Material Required:-**

1 Raft/Boat 2 Life jacket 3 Helmet 4 Inflating Pumps 5 Gloves 6 Knowledge of swimming

7 Camera 8 Binocular

**Surfing:-** Surfing is a balance and dangerous Sports in which the wave rider referred to us “surfer” rides on moving wave balancing on the surfing board. The wave usually carries the surfer near the shore. The waves suitable for surfing are primarily found in river in from of standing wave. The important requirements of surfing are the physical fitness and mental balance of a rider.

**Material required:**

1 Surfing Board 2 Shoes 3 Complete kit for rider

**Identification of natural resources**

Today adventure activities are common and natural environment is good for these activities. This gives of humanities, fun, recreation, enjoyment, along with thrill and creativity. This environment is found every, where and we should identify these natural resources for adventure activities. There are many places for adventure activities all around the world.

(1) National Parks: - Ranthambore National Park, Sanjay Gandhi National Park, Raja Ji National Park

(2) Himalayan Mountain Ranges

(i) J&K-Srinagar, Gulmarg, Ladakh etc.

(ii) Himachal Pradesh: - Manali, Solan, Shimla

(iii) Uttarakhand: - Badrinath, Kedarnath, Gangotri etc

(2) Central India: - Jaisalmer, Jaipur, Gwalior etc

(3) Other India-Chennai. Nandi hills, Goa, Mumbai, Vishakhapatnam etc

**Backpacking**

Backpacking is a way of transportation, carrying weight equipments and important belonging during going to the recreation or adventure tour the backpacker of today transports basic necessities and fun with only a minimum of equipment and a little knowledge, the hiker can reach places that are inaccessible by any other form of transportation.

**Equipment:**

Modern backpacking equipment is highly efficient and well designed to minimize the weight that must be carried. Hiking boots and socks are needed to be good quality leather made. All Sort of footgear may be seen on the trail, even gym shoes, etc.

Youth are very often uses the sacks now a days instead of a big backpack, but they carry compact equipments and tools that are needed in their voyage good clothing, sleeping bags pads and air mattresses re useful while camping, cooking and food equipment, trails stoves, pocket equipments are used of tiny while planning a trip. Youth gets full idea, reviews,

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and details about what and where they are going to hiking or camping they get information through internet and read the blogs about travels this makes them more independent

**Mountaineering:**

It a sport evolved from a desire to fulfill the need of adventure, to satisfy curiosity, for Scientific research and studies, and to test the human limits and his ability to perform under un Certain dangerous Conditions. The challenges of earth bound advent users can be successfully met with the knowledge of the dangers involved and with the training necessary to handle them. A mountaineer shares and appreciates the beauty of nature and at the same time learns to venture into the mountains with respect. Physical conditions, weather considerations, equipments, clothing's and allied equipments are needed to achieve this high peck goal.

**Kayaking and Canoeing**

Canoeing and kayaking have evolved over hundreds of years. It can be traced to the Indian tribes and Eskimos of North America. Kayaks are smaller and for one person, having double blade paddles. Open boats are called Canoes. It is 12-17 feet long for one person. Whereas most outdoor recreation and Sports develop muscles of the lower limbs, Canoeing and Kayaking primarily develop the Muscle upper limbs and create an excellent aerobic activity as most canoe and kayak outing last for at least half hours adventure.

**Orienteering**

Orienteering is a sport of land navigation enjoyable activity with proper.

Both aspects of orienteering qualify its Inclusion in the “environ mental Sports”, family along with running, Cross-country skiing king, Kayaking, Camping etc. People from 10 to 70 years can Participate in this lifetime sport with no extraordinary physical or mental abilities orienteering can be conducted as a conducted, Activity; it is appropriate for male and female youth too.

**Conclusion:**

Some activities has no exceptions Adventure Sports is one of them. The youth involving to do adventure sports are more Sustainable, reliable and Confident in terms of Physical Fitness, environmental education, social behavior, group dynamics, and National integration. Through adventure sports skill can be tested in action sports, agriculture sports, and extreme sports, many of local agencies are getting involved in it. They have packages and offers to provide a safe, natural and attractive environment to all those who want to do some adventure.

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