

SPORTS AND ADVENTURE ACTIVITIES

Since the 1970s there has been an increase in adventure sports of various kinds. The rise of Adventure sport must be seen on one hand on the background of developments inside the sports Field itself. On the other hand the popularity of adventure sports needs to be seen on the background Of central aspects of modern societies. Adventure sports certainly have things to offer that are Difficult to find in other sports. There is a possibility for mastery and perfection in relation to Challenging environments. There is a need for skills related not only to the body but the mind. One Has to cope with anxiety and stress and yet perform. The reward is a strong blend of wonderful Sensations and experiences. There are few arenas where one in a similar way can get emotionally “high” on the body’s own chemistry with mixtures of adrenaline .

Adventure sports involve activities which are unusual, risky and exciting as well. An adventure sport is a bold undertaking which involve hazardous action and whose outcome is uncertain. Adventure sports comprise of a very wide range of activities.

Mountaineering, rock climbing, trekking, skiing, river rafting ,scuba diving etc. are some popular adventure sports. Adventure sports are undertaken at various places depending on the nature. Of the topography and weather conditions. Most of the adventure sports are undertaken in hilly and mountain areas. On snow covered mountains, it is possible to carry out activities like skiing and sledging. Hang gliding is a very popular adventure sport. In this sport, one pilots a flexible wing aircraft by shifting one’s weight on to it. Paragliding is another adventure sport. Its sites are located in Lahaul and Spiti, Solan and Billing in Himachal Pradesh. Hot air ballooning is fast becoming a popular adventure sport in India. In this sport one rises to high altitudes and sails across the sky in a basket hanging from a giant nylon balloon which is filled with hot air. Rock climbing is carried out in the western Ghats and Aravalli hills near Delhi. Some water sports like sailing, surfing, are practised off the coast of Gujarat, Goa and Kerala. Bird watching ,camping and wildlife safaris attract a number of tourists from abroad.

With liberalisation adventure sports are becoming popular. India is full of exciting natural resources. Mother nature has gifted our country with rivers, mountains oceans, forests which can be explored to the maximum. Trekking of the mountains tops the list of all adventure sports. To climb the Himalayas is not an easy joke. It is awe-inspiring and an out of the world experience. There are many organizations which organize for these wonderful sports activities and guide the participants safely to their adventures. Speed biking is also another activity which gives them a lot of thrill. Riding across new places is also a new trend which is very much happening.

Adventure sports by their nature can be extremely dangerous, conducive to fatalities, near-fatalities and other serious injuries, and sometimes consist in treading along the brink of death.

By

SUO Shivam Singh Rana

21 UP BATTALION NCC