

**“The journey matters, the people matter; the destination is meaningless without the path and the companions”**

## **GROUP 4: NILGIRI WARRIORS**





# *A Team Forever*





**KAPTAN  
SAAB-  
SUBODH**





# UPP KAPTAN- ABHISHEK





**TAYYAB**





**PRATEEK**





**VIVEKANANDA**





**PRACHI**





**SANJEEV**





**RAMNIWAS**





**LOKESHWER**





**SUTAPA**





**DAMCHO**





**TUHINA**





**NEHA**





**AYUSH**





**ANJANA**





**DEEPAK**





**MUKHY  
CHIKITSAK-  
DR.MOHIT  
GAARG**





**AASHA**





**KULRAJ**





**AYUSHI**





**HARISH**





*Oh My God!!!! Trekking....*

*Pre trekking Apprehensions*

- **Luggage – accommodating & optimizing bare necessities**
  - **Group Coordination**
  - **Communication facility**
  - **Security**
  - **Accommodation & Food**
  - **Physical Ability**
  - **Weight loss**
  - **Sun tan**
  - **Leech bites**
- 



# *Pre-trek Expectations*

- **Fun**
- **New life experience – curiosity of nature, wildlife, local populace**
- **Meet & make new friends**
- **Develop Physical Endurance**
- **Learn to adjust to difficult conditions**



**7 kms**

**Naduvattam**

**7 kms**

**Kargudi**

**Pandyar**

**7 kms**

**7 kms**

**Distance as mentioned  
by STF Annas**

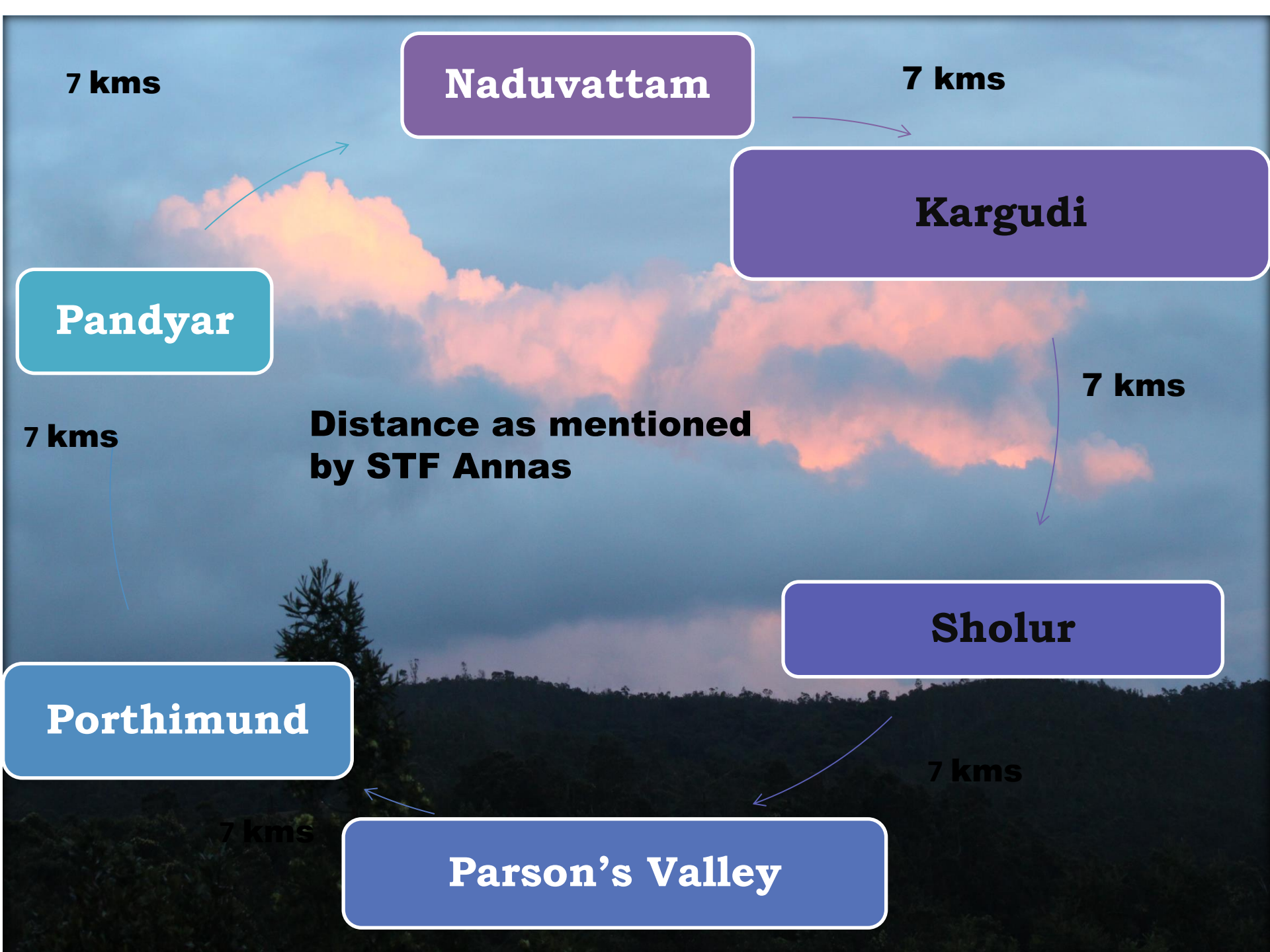
**Sholur**

**Porthimund**

**7 kms**

**7 kms**

**Parson's Valley**





Day 1:

*Naduvattam*



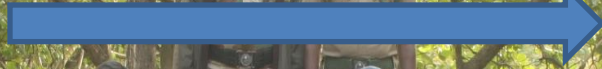
*Kargudi*





**Day 2:**

*Kargudi*



*Sholur*





**Day 3:**

*Sholur*



*Parson's  
Valley*





**Day 4:**

*Parsons  
Valley*



*Porthimund*





**Day 5:**

*Porthimund*



*Pandyar*





**Day 6:**

*Pandya*

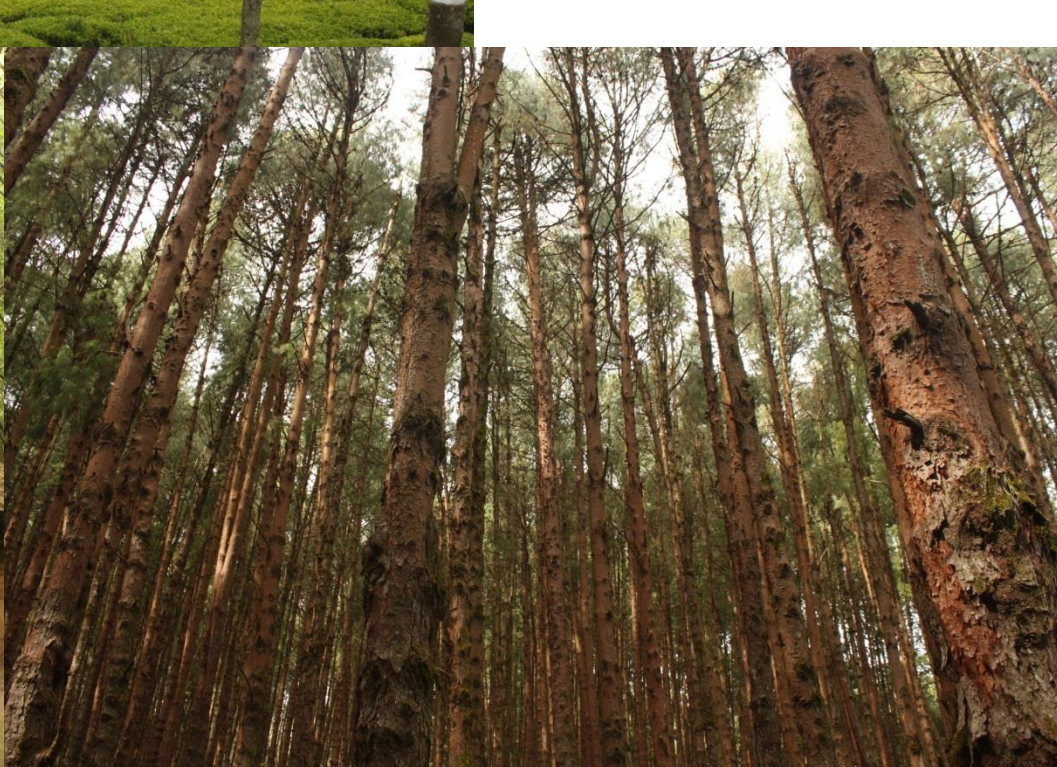


*Naduvattam*





# FLORA

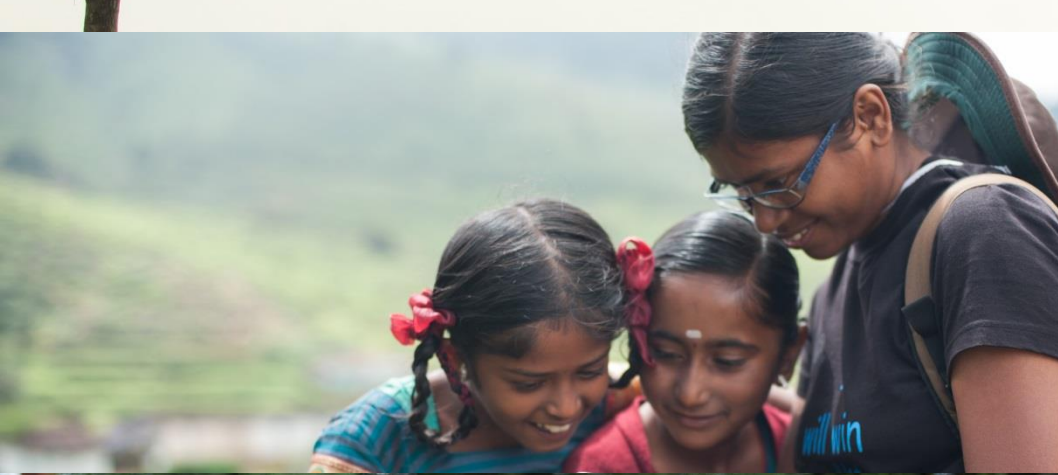








# PEOPLE AROUND US





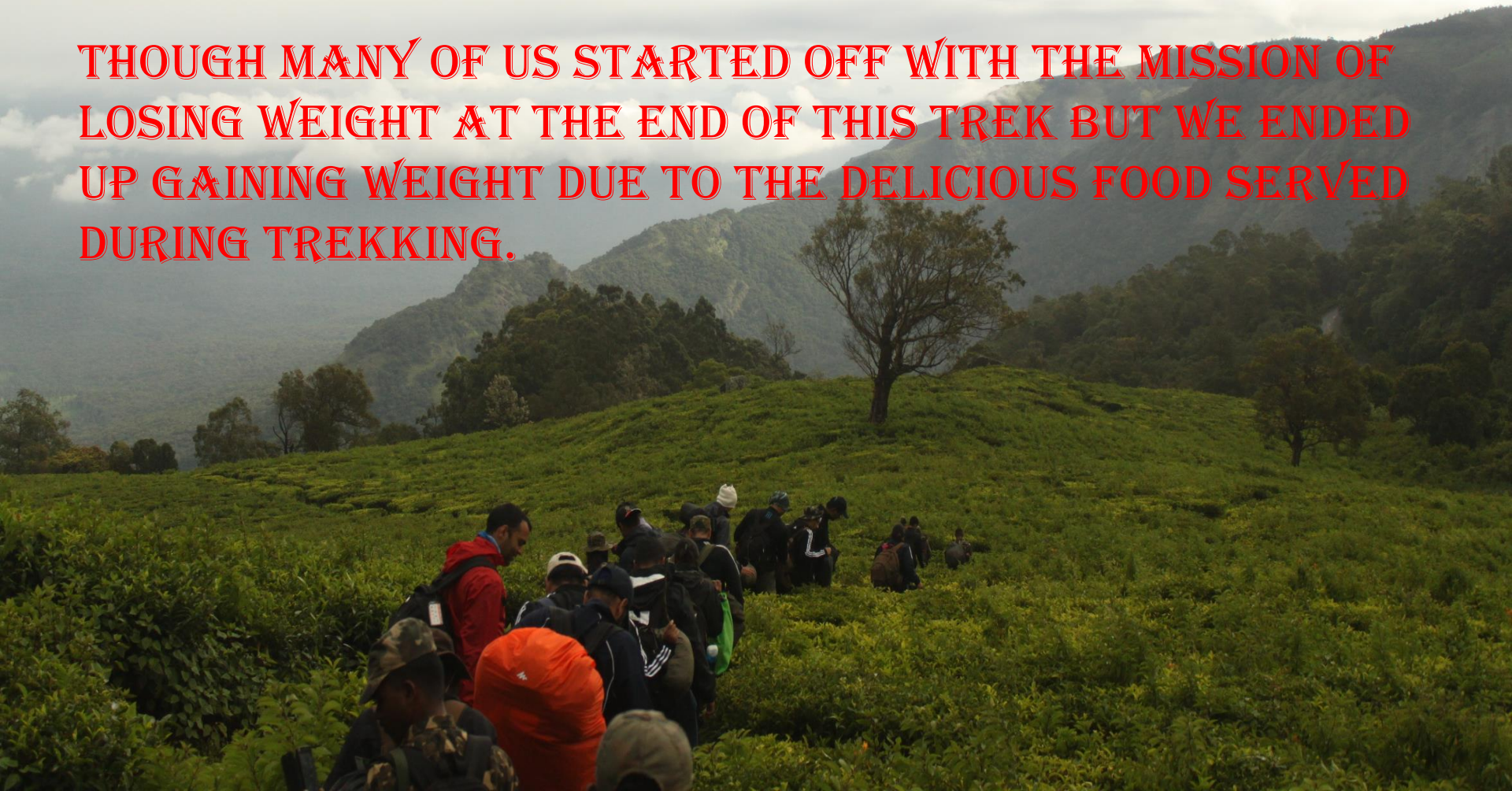




# *Miscellaneous Achievement*

- **Weight Loss or rather Weight gain**

THOUGH MANY OF US STARTED OFF WITH THE MISSION OF LOSING WEIGHT AT THE END OF THIS TREK BUT WE ENDED UP GAINING WEIGHT DUE TO THE DELICIOUS FOOD SERVED DURING TREKKING.





- **Bluff masters in action**





- **Bonfire**

**From  
wet  
woods**





- **Honing of Dancing Skills**





# *We are no less than warriors - So the Battle Marks*

- **Leech Bites**





# *We are no less than warriors - So the Battle Marks*

- **Sun Burn**





- **Cold Nights with not so warm sleeping bags**





- **Rain rain come again another day when little johhny wants to play...**





- **Blisters – Every trekkers nightmare...**

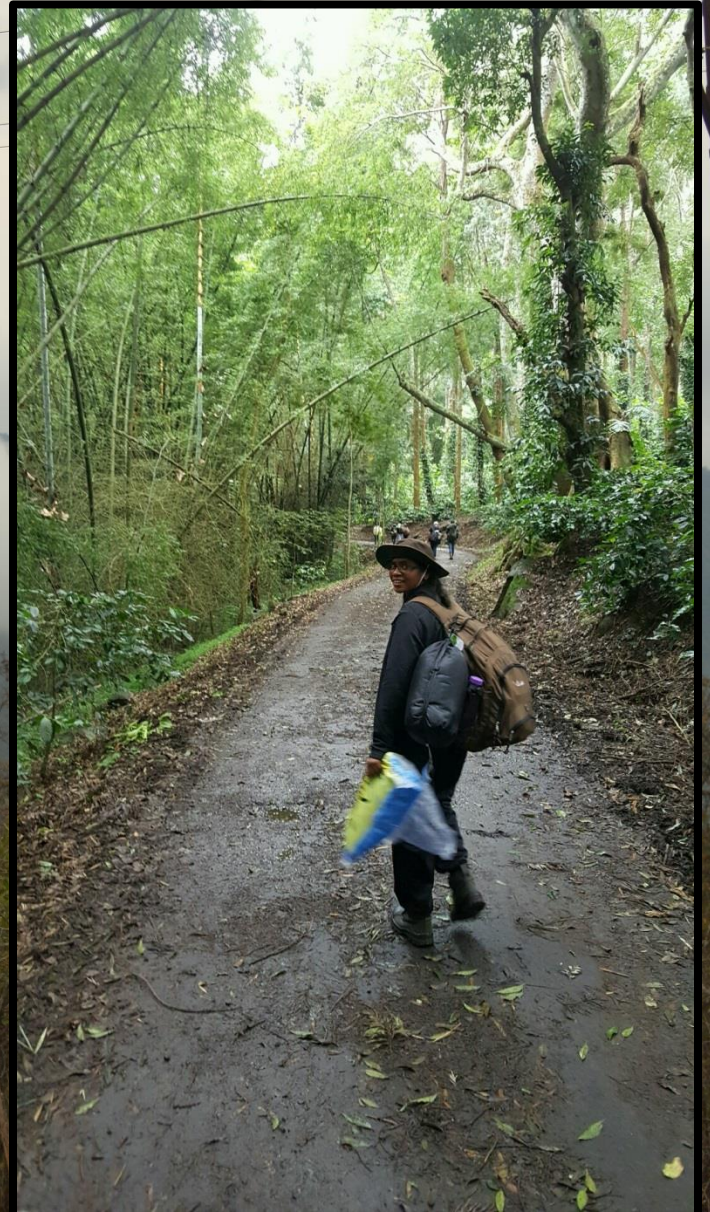
**Alas!!! Extensive road walks with hunter shoes made them our inseparable companions. ☹ ☹**





# *Our new best friends on trek*

- **Shoes**
- **Rain coat**
- **Sunlight protection Cream(with due regards to high SPF )**
- **Hat**
- **Odomos**
- **Salt/tambaku(anti Leech agents)**





# *Our new best friends on trek*

## • **STF ANNAS**





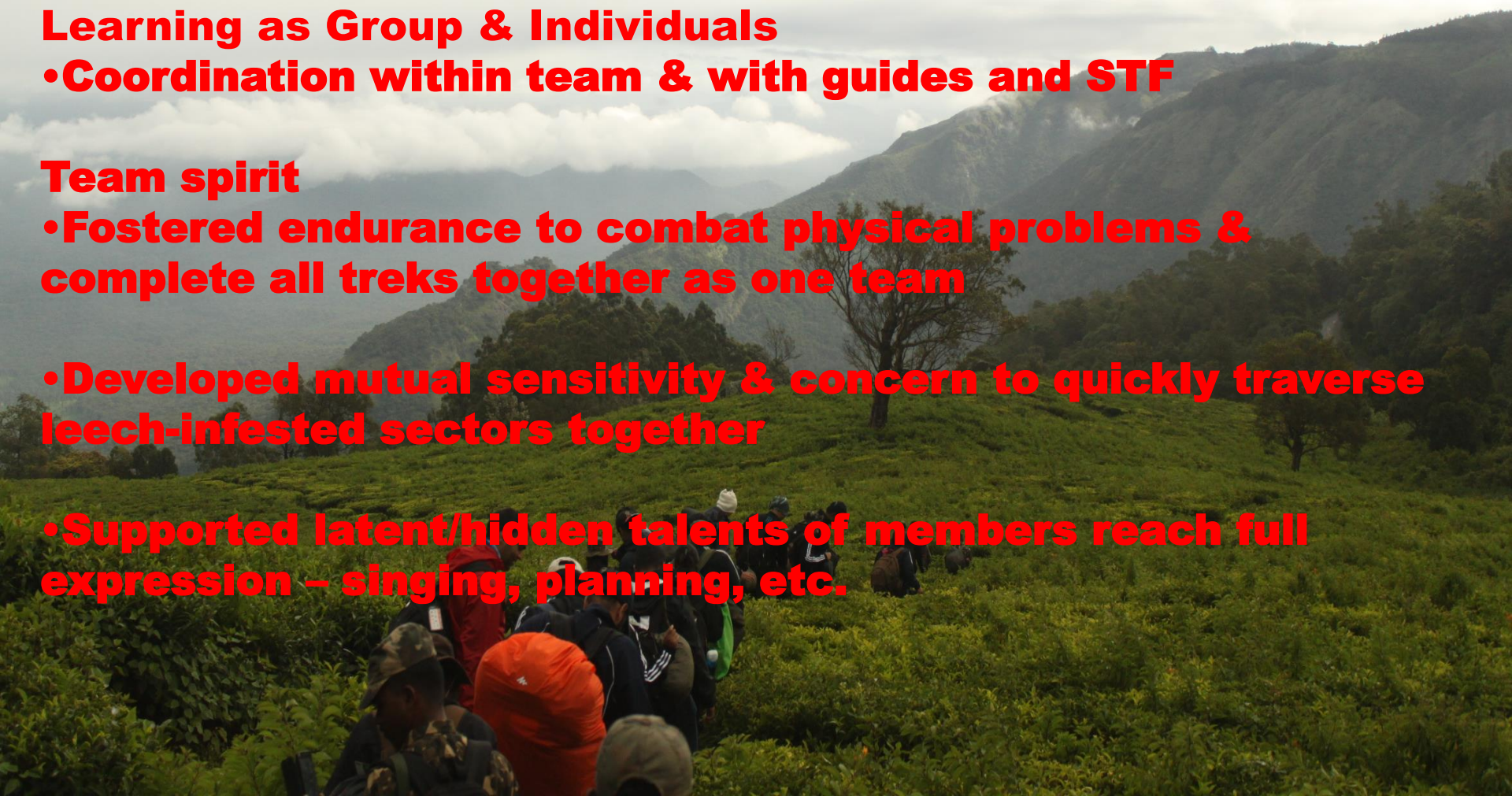
*We had our share of lessons too-Learning's  
from the trek...*

**Learning as Group & Individuals**

- **Coordination within team & with guides and STF**

**Team spirit**

- **Fostered endurance to combat physical problems & complete all treks together as one team**
- **Developed mutual sensitivity & concern to quickly traverse leech-infested sectors together**
- **Supported latent/hidden talents of members reach full expression – singing, planning, etc.**





- **Very good stress buster: fresh air, pure water, away from mobiles/computers resets the biological cycle**
- **Learnt about limits: aware about potential to endure stress and pain; mental strength is the key**
- **The Best things in life are free: landscapes, rising sun, waterfalls, grazing sheep, grasslands...no wealth can buy this pleasure**



**VIDEO**





# *Personal Experiences*



# TREK ANTHEM

## • Bulleya





A photograph of a paved path winding through a dense forest. The path is wet and reflects the surrounding greenery. Two soldiers in camouflage uniforms are walking away from the camera on the path. The trees are tall and thin, with a thick canopy of green leaves. The text "THANK YOU" is overlaid in large, bold, red capital letters across the middle of the image.

**THANK YOU**



*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...



Let's go...



AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...





AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...



*Let's groove*



*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*





*AND WE ARE NO LESS THAN  
HOLLYWOOD STARS...*

