



**The talks are a part of the Himalayan Club's efforts to encourage children to participate in adventure sports.**

**Participation in adventure sports at an early age helps to build a love for the outdoors, some level of physical fitness, leadership traits, boosts team work and builds up the overall personality and confidence. Contrary to the perception about the risky nature of adventure sports, the personal experience of the Himalayan Club members shows that, if managed in the right way, adventure sports are absolutely safe.**

**Four children of Himalayan Club members who are active in adventure sports will speak about the adventure sports that they are pursuing, how they started, and what their future plans are.**

**Their presentations will be followed by a short discussion on opportunities for children taking up adventure sports. Col. Ashok Abbey, leading mountaineer and former Principal of the Nehru Institute of Mountaineering, and well-known adventurer Ajeet Bajaj will give recommendations on options for children through which they can pursue their area of interest and also address safety concerns. The session will also feature Jasmine Hegde, Hon. Local Secretary, The Himalayan Club, Mumbai, who as a parent has been taking her daughter Mihika on treks from a young age**

## ***Our Young Adventurers***



***Deeya Suzannah Bajaj***, age 15 years, is a student of Sriram School in Delhi and has been participating in kayaking for the last few years. Deeya will show us pictures from her recent sea kayaking trip in Greenland

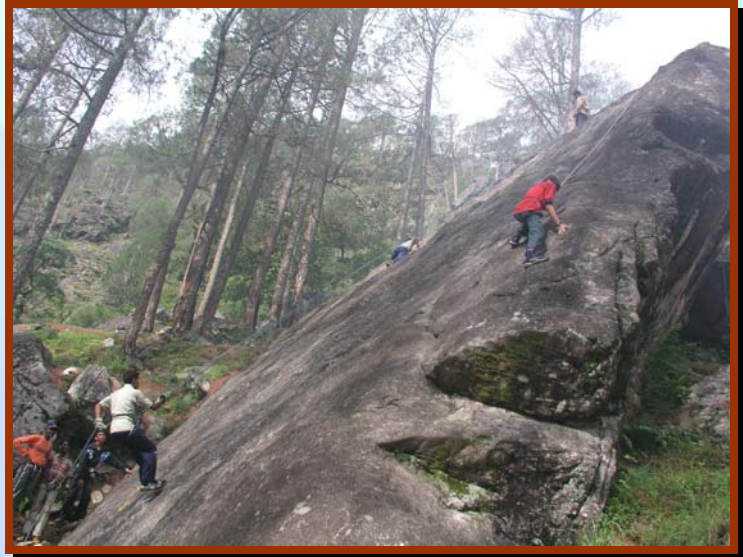
***Sumer Kohli***, age 15 years, is a student of Vasant Valley School and has done several skiing trips to Solang, Auli, and Gulmarg in the last few years. Sumer will show pictures of his most recent ski holiday in Gulmarg.





***Mihika Hegde***, age 9 years, lives in Mumbai and has over the years been on several treks with her parents who are both mountaineers. When she was 7 she trekked to the Everest Base Camp and climbed Kala Pathar. Mihika will show us photographs of the treks she has been on.

***Arnav Abbey***, age 16 years, (on the rock wearing red t-shirt) is a student of Modern School, Barakhamba Road and has been participating in sport climbing from an early age. Arnav will talk about why he likes sport climbing and share his experiences about the Adventure Course he has done from the Nehru Institute of Mountaineering, Uttarkashi.



**Date:** Sunday, 21 June 2009

**Time:** 6.30 - 8pm

**Venue:** Casuarina Hall, India Habitat Centre, New Delhi 110003

**Best Regards,**

**Maninder Kohli  
Hon. Local Secretary,  
The Himalayan Club, Delhi Section**