

# **Rotaract Club of College of Social Work (Empowered Autonomous), Nirmala Niketan**

## **Report of the Reflective Ecological Trek conducted for the cub members**

Date: 24/08/2025

Day: Sunday

The Rotaract Club of Nirmala Niketan College organized a memorable field trek to Karnala Bird Sanctuary on 24th August 2025. This activity was planned with the objective of encouraging students to connect with nature, build team spirit, and experience adventure outside the classroom.

### **Journey and Arrival**

The group, consisting of 28 enthusiastic students and 2 dedicated teachers, assembled early in the morning and travelled together to Panvel. The team reached Panvel at 8:30 am, where the excitement and curiosity of exploring the sanctuary grew stronger. We took a bus from the Panvel station and reached Karnala by 9:30am. After a short briefing about safety and discipline, the trek began.

### **Climbing Experience**

The climb through the dense green forest was both thrilling and challenging. The sanctuary, rich with flora and fauna, provided an atmosphere of freshness and wonder. However, the climb was not an easy task. Many students became tired midway and even felt like giving up halfway due to exhaustion. With continuous motivation from peers and teachers, as well as their own determination, everyone pressed on and finally managed to reach the target point. This achievement gave the students a sense of accomplishment and inner strength.

### **Adventure and Challenges**

The real adventure began as the weather turned rainy. The drizzle added beauty to the surroundings, but also made the trail muddy and slippery. While climbing up was tough, coming down proved to be even riskier and more demanding. The group had to walk carefully, supporting one another to avoid slipping. Stones, tree roots, and natural supports played a big role in guiding the way. It became symbolic of life itself—reminding us that just as stones supported us on the trek, in life too we need support systems to keep moving ahead.

### **Mixed Emotions and Bonding**

By the time the group descended, everyone was extremely tired. There were mixed emotions—some felt relief, others excitement, and many expressed pride at not giving up. The trek had turned into a wonderful experience of struggle, achievement, and togetherness. Even in moments of fatigue, the bond of friendship and encouragement kept the team spirit alive.

## **Lunch and Rest**

The group had their much-awaited lunch at 5:30 pm, by which time everyone was completely exhausted but deeply satisfied. Sharing a meal after such an adventurous day strengthened the sense of community among students and teachers.

## **Learning Outcomes**

- The trek was not just an adventurous outing, but also a day full of valuable life lessons. Some of the key learnings include:
- The beauty and importance of staying connected to nature.
- Perseverance and determination can help overcome challenges, even when one feels like quitting.
- The significance of teamwork and mutual support in achieving a common goal.
- Just as stones and trees provided physical support during the trek, people in our lives provide emotional and moral support during difficult times.
- Challenges, struggles, and risks often lead to the most rewarding experiences.

## **Conclusion**

The trek to Karnala Bird Sanctuary was a perfect blend of adventure, challenge, fun, and learning. Though the participants returned dead tired, the joy of reaching the summit, overcoming fears, and experiencing nature in its raw form made it an unforgettable journey. The trek left behind memories to cherish and lessons to carry forward in life.

