

Sree Narayana Guru College of Commerce
P. L. Lokhande Marg Chembur, Mumbai- 89
Department of Sports – for the year 2024-2025

Report on Trekking Visit at Karnala Bird Sanctuary on 30.06.2024 for SY and TY students

Date: June 30, 2024

Location: Karnala Bird Sanctuary

Participants:

- Students: 90
- Alumni: 4
- Faculty:
 - Ms. Punam Mujawar (In-charge)
 - Mrs. Reshma Jinwal
 - Mr. Zahid Khan
 - Mr. Avinash Balram
 - Mr. Sachin Lembhe

Report:

On June 30, 2024, a group of 90 students, 4 alumni, and 5 faculty members from Sree Narayana Guru College of Commerce embarked on a trekking expedition to the Karnala Bird Sanctuary. The group was led by Ms. Punam Mujawar, with Mrs. Reshma Jinwal, Mr. Zahid Khan, Mr. Avinash Balram, and Mr. Sachin Lembhe providing support and guidance.

Activities:

- The trek commenced early morning, allowing participants to experience the cool morning air and the beauty of the natural surroundings.
- The faculty ensured the safety of the students throughout the trek, providing guidance and assistance on the trail.
- The Karnala Bird Sanctuary offered a unique opportunity for participants to observe various bird species in their natural habitat.
- Upon reaching the peak, the group enjoyed a panoramic view of the surrounding landscape and captured memorable moments.
- After a refreshing break at the peak, the group descended safely, making the most of the scenic beauty.

Benefits:

- The trekking experience fostered a sense of camaraderie and teamwork among the participants.
- The physical activity of trekking provided an opportunity for exercise and stress relief.
- Immersing oneself in nature offered a welcome break from the routine and a chance to appreciate the environment.
- Learning about the birds and the sanctuary's ecosystem broadened the participants' knowledge and appreciation for nature.

Conclusion:

The trekking expedition to the Karnala Bird Sanctuary proved to be a successful and enriching experience for all participants. It provided a perfect blend of physical activity, environmental education, and social interaction. The memories created during the trek will undoubtedly remain cherished for a long time.

