



भारतीय विमानपत्तन प्राधिकरण  
Airports Authority of India  
क्षेत्रीय क्रीडा कंट्रोल बोर्ड, क्षेत्रीय मुख्यालय (पूर्वी क्षेत्र), कोलकाता  
Regional Sports Control Board, RHQ (ER), Kolkata

No. AAI/ER/RSCB/ Costal Trek- 2024/

Date:18/01/2024

To

The Member (HR) & President,  
Airports Authority of India – Sports Control Board,  
CHQ, R.G. Bhawan, New Delhi.

The Regional Executive Director & President  
Regional Sports Control Board  
Northern/ Southern/ Western/ Eastern Region

The Airport Director & President  
Airports Sports Control Board  
Chennai Airport & Kolkata Airport

The Executive Director (Admin) & President  
Sports Promotion Board, CHQ

The Principal & President  
Sports Promotion Board, CATC

**Sub: AAI All India Trekking Expedition II - 2023- 2024 from Paradeep to Konark Coastal Trek w.e. f 10.02.2024 to 16.02.2024 (in two groups)**

**Theme of the Trekking — AAI trek for SAVE BEACHES, SECURE SERENITY**

We are delighted to inform that as per decision taken in AAI Sports Control Board Annual Meeting for the year 2023-2024 held at CHQ and revised minutes circulated vide order no AAI/SCB/AGM/2023-24 dated 17<sup>th</sup> July,2023, Regional Sports Control Board, Eastern Region is organizing AAI All India Trekking Expedition II 2023-2024 from Paradeep to Konark Coastal Trek dated 10.02.2024 to 16.02.2024 in two groups.

**ELIGIBILITY CRITERIA:** Good health and Physical fitness is required for participation. Preference may be given to newcomers and individuals who have not engaged in any sports activities during the current year. Also, Employees who did not undergo any trekking expedition with AAI during the last 3 years may also be considered.

**DISTRIBUTION:** Allocation of seats to RSCBs/ASCBs/SPBs is in accordance with the AAISCB CHQ Letter.

GROUP NO.	RSCB NR	RSCB WR	RSCB SR	RS CB ER	RSCB NER	ASCB KOL	ASCB CHENNAI	SPB- CHQ	SPB- CATC	AAI- SCB	TOTAL
1	8	8	8	5	4	3	2	5	1	3	47
2	8	8	8	4	5	2	3	4	2	3	47
TOTAL	16	16	16	9	9	5	5	9	3	6	94

क्षेत्रीय मुख्यालय, पूर्वी क्षेत्र, ने०सु०च०बो०अ हवाई अड्डा, कोलकाता – 700052  
Regional Head Quarters, Eastern Region, N.S.C.B.I Airport, Kolkata-700052

ई-मेल: scbrhqer@aai.aero  
e-Mail: scbrhqer@aai.aero



भारतीय विमानपत्तन प्राधिकरण  
Airports Authority of India  
क्षेत्रीय क्रीडा कंट्रोल बोर्ड , क्षेत्रीय मुख्यालय (पूर्वी क्षेत्र), कोलकाता  
Regional Sports Control Board, RHQ (ER), Kolkata

All the constituent boards are requested to forward the final nominations according to the seat allocation chart, along with duly filled up Application form, Medical Record, Medical Certificate, Disclaimer & Declaration, Green pledge, etc., through Proper channel to "The Secretary, RSCB, Eastern Region" by 28<sup>th</sup> January 2024. Scanned copy of the same may be forwarded by e-mail to scbrhqer@aai.aero.

A list comprising the details of nominated officials including their names, designations, stations of posting, employee number, contact number, email ID, tracksuit & T-shirt size may also be sent to aforementioned office email.

This issues with the approval of competent authority.

Thanking you,

Yours Faithfully

[Gazala Amin Siddique]  
Secretary, RSCB [Eastern Region]  
M/No. 8240180526  
Email:scbrhqer@aai.aero

Encl:

1. Application cum willingness form
2. Personal Medical Record Form
3. Disclaimer and declaration, Green pledge
4. Medical Certificate

Copy to:

1. The OSD to RED-ER & President of RSCB-ER
2. The secretary, AAISCB, CHQ
3. The Secretary, RSCB NER/WR/NR/SR/ASCB-KOLKATA/CHENNAI/SPB-CHQ-CATC
4. The General Secretary, AAEU, New Delhi
5. DGM (IT), ER with a request to upload this letter on the AAI's website



**Annexure-A**

**Application cum willingness form for participating in AAI All India Trekking Expedition II - 2023- 2024 from Paradeep to Konark Coastal Trek w.e.f 10.02.2024 to 16.02.2024 (in two groups)**

GROUP- I/GROUP-II/GROUP-III

(please tick the Group no.)

1. Name

2. Designation

3. Employee No.

4. Male/Female

5. Place of Posting

6. Region

7. Date of Birth

8. Emergency Contact detail: Name ..... Contact No.  
.....

9. Kit Size: Track Pant Size: .....T-Shirt Size:  
.....

[Small (36) / Medium (38) / Large (40) / Extra Large (42) / Extra-Extra Large (44)]

**UNDERTAKING**

I..... S/o D/o W/o.....  
Employee No.....R/O.....  
is willing to participate in trekking expedition to the All India AAI Trekking Expedition-  
II Paradeep to Konark Coastal Trek.

Signature of the: Applicant Name of the:

Applicant Designation:

Place of Posting: Contact No:

Office Email ID:

Recommended by HOD / APD : .....

Regional Secretary / President, RSCB/SPBs / ASCB: .....



**Annexure-B**

**PERSONAL MEDICAL RECORD**

**AAI All India Trekking Expedition II - 2023- 2024 from Paradeep to Konark Coastal Trek  
w.e. f 10.02.2024 to 16.02.2024 (in two groups)**

S/N	Medical Details	Tick (whichever applicable)		Comments
		Yes	No	
1.	Any previous illness – in past 3 months (If yes, mention the nature and duration of illness)	Yes	No	
2.	Any previous injuries – past 6 months (accident/sprain /fracture etc. If yes, what is the present condition)	Yes	No	
3.	Any operation undergone – past 6 months (If yes, mention the nature and result of the operation)	Yes	No	
4.	Are you under medication of any kind? (If yes, please mention details & medicines being taken)	Yes	No	
5.	Do you have any drug or food allergies? (If yes, please mention details)	Yes	No	
6.	Do you have any history of breathlessness	Yes	No	
7.	Do you have any history of Chest Pain	Yes	No	
8.	Have you suffered from Asthma or Pleurisy	Yes	No	
9.	Any History of Giddiness or Fainting Attacks	Yes	No	
10.	Any History of Epilepsy or any other fits	Yes	No	
11.	Any History of Palpitations	Yes	No	
12.	Any History of Dysentery or Jaundice	Yes	No	
13.	Any History of recurring pain in the abdomen	Yes	No	
14.	Does the Participants suffer from any kind of Chronic illness	Yes	No	
15.	Any experience with high altitude treks? (If Yes, please mention name of the trek and altitude gained)	Yes	No	
16.	Did you encounter any altitude related problems on your previous treks? (If yes, please mention details)	Yes	No	
17.	Any other information related to your health that would be useful to us in case of emergencies			
18.	Remarks (If any) :			

**UNDERTAKING**

I (Name) \_\_\_\_\_ Employee Number \_\_\_\_\_  
self-certify that the information mentioned above is true and correct to the best of my knowledge. I  
have not hidden any medical condition and have disclosed all my medical information to AAI which will  
be useful to them in case on an emergency.

Signature: ..... Place: ..... Date: .....



**Annexure-C**

**MEDICAL CERTIFICATE**

**AAI All India Trekking Expedition II - 2023- 2024 from Paradeep to Konark Coastal Trek  
w.e. f 10.02.2024 to 16.02.2024 (in two groups)**

Name:..... S/O D/O W/O .....  
Age..... Height in meters..... weight (in Kg) .....BMI(Kg/meter) .....  
Official email ID..... Contact No.....

Medical Conditions	Comments
Does the participant suffer from any chronic disease: If Yes, please mention details	
Respiratory rate at rest	
Blood Pressure reading	
Overall physical fitness	
Any drug allergies	
Any other information related to the health of the participants that would be useful in emergencies	

I have medically examined Mr./Mrs./Ms. \_\_\_\_\_ on (date) \_\_\_\_\_ and found him/her fit to undergo a trekking expedition in the coastal areas. As per history and clinical examination he/she is not suffering from any chronic disease or any other ailment that can be deterrent to a trekking expedition of such kind as above.

.....

Signature of the applicant

Date: .....

Place: .....

.....

Signature of the Doctor with seal

Name of the Doctor: .....

Registration No : .....

Contact No. : .....



**Annexure-D**

**DISCLAIMER AND DECLARATION**

**AAI All India Trekking Expedition II - 2023- 2024 from Paradeep to Konark Coastal Trek  
w.e. f 10.02.2024 to 16.02.2024 (in two groups)**

(To be filled in by the participant)

The trek route from Paradeep to Konark has its share of risks and dangers, weather, high tides, dangerous sea creatures and desolate nature and distance from medical centers. On a trek, altitude related issues / accidents / high tides / Sea sickness / Attack of sea animals / Hydrophobia, can cause one to fall ill, get injured or may even lead to death. I hereby declare that my participation in this trek is completely voluntary and I am fully aware of the risks involved. I shall not hold Airports Authority of India wholly or partly responsible in case of any accident, illness, Injury or death on the trek.

Signature.....  
Name: .....  
Designation :.....  
Employee no:.....  
S/D/W of.....  
Place....  
Date:.....

**EMERGENCY CONTACT INFORMATION**

(Enter the details of the emergency contact-family member only)

Name..... Relationship.....  
Mobile No..... Landline.....

**GREEN PLEDGE**

I..... promise to be a responsible trekker and leave the sea trails in a better condition than I find them. I will not pollute the trails, camp sites or water bodies. I will bring back “all “my own waste myself. As my contribution to leave the trail in a better condition, I will participate in activities to undo damage done by others to the environment.

Name..... Signature.....



## **INFORMATION BROCHURE**

### **AAI All India Trekking Expedition II - 2023- 2024 from Paradeep to Konark Coastal Trek w.e. f 10.02.2024 to 16.02.2024 (in two groups)**

#### **PROGRAM ITINERARY:**

##### **Day 1**

- Reporting at Bhubaneswar Admin building, transportation from Bhubaneswar to Paradeep by car.
- **Reporting address: o/o Airport Director  
Integrated building  
BPI Airport, Airports Authority of India,  
Bhubaneswar, Odisha, PIN-751020  
REPORTING TIME: 10.00 am**
- Night-stay at Empire Hotel Paradeep.
- Dinner at Empires Hotel Paradeep.

##### **Day 2**

- Post breakfast trek starts early morning From Paradeep to Noliasahi village.
- Packed lunch on the way to Noliasahi.
- Evening tea and snacks on the way.
- Dinner at Noliasahi village.
- Night stay at Noliasahi village.
- Total distance: 18 Kms approx.
- Walking time: 4 hours to 6 hours
- What to note: Mahavir temple at Polanga and Gangadevi temple at Nuagan

##### **Day 3**

- From Noliasahi village trek towards Garh Harishpur village starts.
- leaving early morning after breakfast.
- crossing Jatadhari river by boat and go to the other side.
- Packed lunch on the way.
- After walking through a forested region, trekking along the coast of Bay of Bengal till reaching Garh Harishpur, which is to be tonight's halt.
- Evening tea and snack on the way.
- Dinner at Garh Harishpur
- Total distance: 18 kms approx.
- Walking time: trekking for 4-6 hours approximately.
- What to note: Jagannath temple at Saharabedi village



#### Day 4

- Heading to a village named Chhenua.
- Starting as early as possible for crossing the Alaka and Devi river estuary which is going to be a 2-hour boat ride. From Garh Harishpur ferry ghat to a picturesque village beautifully named Sahana.
- walk towards Chhenua starts from Sahana.
- Night stay at Chenua
- What to note: Gangadevi and Mahadev temple in Sahana village, observing marine birds during the boat journey through the estuary
- Total distance: 28 kms approx. 8 kms of trekking and 20 kms of boat ride.
- Walk time: 4 hours plus time that will be taken by the boat.

#### Day 5

- Post breakfast, starting our trek towards Chandrabhaga beach.
- Crossing a river called Kaluni. And it is going to be a long trek.
- Walking along the Turtle beach after leaving Chhenua way behind.
- Total distance: 21 kms
- Walk time: 6 to 8 hours
- Trek end here.
- Transportation to Puri.
- Stay at empires overnight.

#### Day 6

- Relieving after breakfast.
- After breakfast trekkers leave the hotel for their destination.

Sl.No	No. of Days	Dates	From	To	Distance (Km)
1	Day 1	10.02.2024	Report at Bhubaneswar admin building	Paradeep	
2	Day 2	11.02.2024	Paradeep	Noliasahi village	18km
3	Day 3	12.02.2024	Noliasahi village	Garh harishpur	18 km
4	Day 4	13.02.2024	Garh harishpur	Chhenua	8 km trekking and 20 km boat ride
5	Day 5	14.02.2024	Chheuna	Puri	21Km
6	Day 6	15.02.2024	Relieving after breakfast		

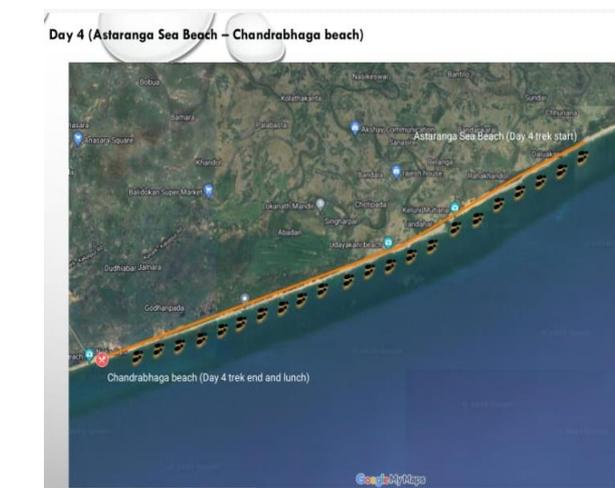
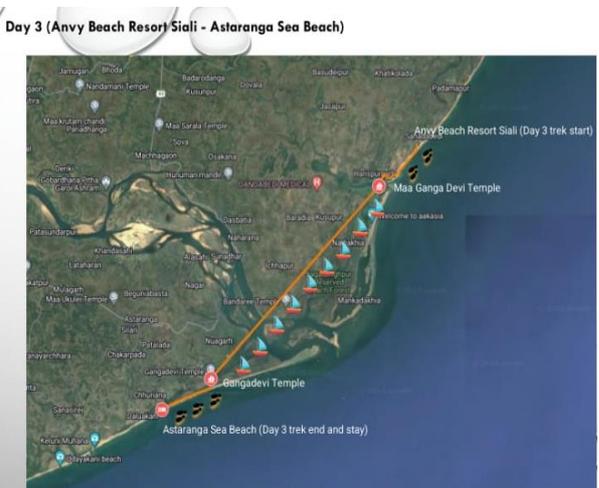
Similarly, grp 2 will report on 11<sup>th</sup> and at Bhubaneswar and will be relieved from Puri on 16<sup>th</sup> respectively.



**Glimpses to be observed on trekking route:**



**Maps of trekking Route:**





**THINGS TO BRING ALONGWITH:**

**Trekking Gear:**

- A 40-50 Liter rucksack lined with plastic liner /covered with rain cover (on rent option is not available).
- Two water bottle (1 ltr each) or a hydration pack (2 ltr).
- A Hand/Head Torch with spare batteries.
- UV protection Sunglasses.

**Clothing:**

- Quick Dry lower or Track Pants- 2.
- Full sleeves T-shirts/ shirts- 2.
- Fleece jacket- 1.
- Windcheater -1.
- Umbrella or any extremely lightweight rain cheater: 1
- Cotton/sports socks- 4 pairs.
- Undergarments – 1 for each day of trekking.
- Woolen cap – 1.
- Sun cap or Biker Scarf for protection from sun- 1.
- Extra clothes for return journey – 1 set



**Footwear:**

Non-skid deep tread hiking shoes (Preferably ankle high)/sports shoes – 1 pair.

Lightweight Slipper/Sandals/kitos – 1 pair.

**Toiletries:**

- Sunscreen lotion, lip balm, toothbrush, toothpaste, hand sanitizer, toilet roll, cold cream, soap paper strips, small quick dry towel.
- Mosquito repelling creams, lotions.
- Anti-fungal cream: Carry an anti-fungal cream if you are sensitive to sweating and prone to skin irritations around genitals or groin area due to lack of bathing.

**For women:**

Tampons or sanitary napkins, 2-3 zip pouches to dispose of non-biodegradable waste.

**Miscellaneous:**

- Original Identity Card (Aadhar/Voter card)
- Camera (optional).
- Personal medicine kit. Though our trek leaders carry a fully equipped first-aid kit, make sure you consult your doctor before the trek in case you have any special ailment.
- Dry fruits, energy bars, chikkis, biscuits (optional).



**PREPAREDNESS:**

Participants shall maintain good physical fitness before the trekking, carrying rucksack will require core body strength and also strong legs. You can do some exercise and stretching regularly. Regular jogging will help to increase your endurance.

**MANDATORY DOCUMENTS:**

Please carry the documents mentioned below.

1. Carry additional photo copies of all documents
2. Original and Photocopy of Govt. Photo Identity Card (Aadhar, Voters ID, etc)
3. Original and Photocopy of Official Identity Card.
4. Coloured passport sized photographs (3 Nos).
5. Willingness form, Undertaking, Personal Medical record, Disclaimer and Declaration, Emergency contact information, Medical Certificate (to be filled by a registered Practitioner) – Original
6. Relieving Order from respective station of posting.