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1. Introduction

The Jamacho Hiking Program–2082 was designed as a comprehensive academic and experiential activity that integrates physical endurance, environmental awareness, and practical learning in sports science. Hiking, as a form of outdoor physical activity, provides an opportunity to connect theoretical concepts such as fitness, recovery, group dynamics, and mental well-being with real-world experiences. This program was organized by the **6th Batch of Master's program in sports Science (MPSS 6th Batch)** with technical collaboration from the Sports Science Department to ensure both academic relevance and professional execution.

Jamacho Dada(2128M), located within Shivapuri National Park, serves as an ideal destination for moderate-level hiking. The natural setting, forest trails, and elevation gain make it suitable for testing endurance while also promoting mental relaxation. The program was not limited to hiking alone; it included structured components such as formal ceremonies, refreshment stations, yoga sessions, environmental cleaning initiatives, and reflective discussions.

The program not only focused on physical exercise but also emphasized teamwork, leadership, discipline, and appreciation of nature. It served as a platform where theoretical knowledge of sports science was applied in a practical outdoor setting.

The inclusion of a formal inauguration and closing ceremony added academic discipline and professionalism to the event. Moreover, integrating environmental cleaning activities aligned the program with sustainable practices and social responsibility.

Overall, the hiking program served as a holistic educational experience that enhanced students' physical capacity, teamwork, leadership, Practical Outdoor setting and environmental consciousness.

2. Objectives of the Hiking Program

The Jamacho Hiking Program was organized with multiple academic, physical, and social objectives.

Firstly, the program aimed to enhance the physical fitness and endurance capacity of the participants. Hiking over a long distance with elevation challenges requires cardiovascular strength, muscular endurance, and proper pacing, making it an effective form of physical training.

Secondly, the program sought to provide practical exposure to outdoor activities, allowing students to apply theoretical knowledge gained in sports science courses. Concepts such as warm-up, recovery, hydration, and group coordination were practiced in real-life situations. This helped bridge the gap between classroom learning and field application.

Another key objective was to promote teamwork, leadership, and communication among participants. Hiking in groups requires coordination, mutual support, and effective communication, which are essential skills in sports and life.

The program also aimed to improve mental well-being by reducing stress and enhancing emotional balance through interaction with nature. The peaceful environment of Jamacho provided an ideal setting for mental relaxation.

Additionally, the program emphasized environmental awareness and responsibility. Through waste collection and cleanliness activities, participants were encouraged to protect and preserve natural environments.

Finally, the hiking program aimed to encourage a healthy and active lifestyle among students, motivating them to engage in regular physical activities beyond academic requirements.

3. Methodology / Organization of the Program

This Jamacho Hiking Program 2082 had followed a well structured and systematic planning and management process under SWOT model. This program was a collaborative result of MPSS 6th Batch students and the subject teacher MS. Sulochan Sijhakhwa under the supervision of the Sports Science Department.

3.1. Planning and Preparation

The planning phase of the hiking program was carried out through several meetings among the organizing team. Each aspect of the program, including route selection, participant safety, refreshment management, and time scheduling, was carefully discussed. The team ensured that all necessary preparations were completed in advance to avoid any disruptions during the program.

Risk management was also considered during planning. Participants were briefed about safety measures, appropriate clothing, hydration, and discipline. First aid arrangements were prepared to handle minor injuries or health issues during the hike.

3.2. Committee Formation

To ensure smooth execution, various committees were formed with clearly defined roles and responsibilities.

The Organizing Committee was responsible for overall coordination and decision-making.

The Logistics Committee managed food, water, essential materials (Raincoat, garbage bag, paper plates, cup etc.), and refreshment stations along the route.

The Safety and First Aid Committee ensured participant safety and handled emergencies.

The Environmental Management Committee played a crucial role in organizing the cleaning program, promoting awareness about waste management.

The Documentation Committee was responsible for recording the event through photos, videos, and report preparation.

The coordination Committee was responsible for the communication, information sharing and the participant management ensuring their spouse participation.

Each committee worked collaboratively, demonstrating effective teamwork and leadership. This structure allowed efficient distribution of tasks and ensured that all aspects of the program were managed professionally.

3.3. Participant Details


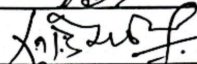

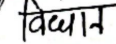



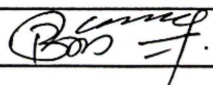


The hiking program included students from the MPSS 6th Batch along with faculty guidance and the spouse of all participants. The total number of participants are 20. All participants were briefed about safety, discipline, and environmental responsibility before the hike.

Tribhuvan University
Master's Programme in Sports Science
(MPSS - 6th Batch)
Nagarjun Jamacho-Gumba Hiking Program




04-Apr-26

Kirtipur, Kathmandu

Organizer Team

S.No.	Name	Signature	Remarks
1	Mr. Aman Lal Dangol		
2	Mr. Dr. Rupesh K.C		
3	Mr. Hem Raj Thapa		
4	Mr. Bidhan Bhandari		
5	Mr. Amrit Koirala		
6	Mr. Dharma Kumar Shrestha		
7	Mr. R.K Maharjan		
8	Mr. Santosh Neupane		
9	Mr. Rajendra Kathayat		
10	Mrs. Anusha Malla		
11	Mr. Bhim Singh Gurung		
12	Mr. Bikkey Maharjan		
13	Mr. Kapli Dev Bhatt		
14	Mr. Rakesh Shah		
15	Mrs. Phulmati Rana		
16	Mr. Subash Acharya		
17	Mr. Aalig Tamang		
18	Mrs. Sikka Suwal Shrestha		
19	Mrs. Anu Kul		
20	Mrs. Sharada Humagain		

Tribhuvan University
Master's Programme in Sports Science
(MPSS - 6th Batch)
Nagarjun Jamacho-Gumba Hiking Program
04-04-2026 Kirtipur, Kathmandu
Spouse Team

S.No.	Name	Signature	Remarks
1	Prabha Aranya		
2	Puja Bhatt		
3	Swastika Maharjan		
4			
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Master's Program in Sports Science

6th Batch – 4th Semester

S.N	Name	Designation/Post	Remarks
1	Prof. Pashupati Adhikari	Pro. Coordinator	<i>P.P.A.</i>
②	Prof. Dr. Ram Krishna Maharjan	Faculty Member	
③	Dr. Prakash Pradhan	Faculty Member	
④	Mr. Ganga Bdr. Magar	Faculty Member	
5	Asse. Prof. Bidhan Acharya	Faculty Member	<i>BA</i>
6	Dr. Tara Lal Shrestha	Faculty Member	
⑦	Mr. Rabindra Man Maharjan	Faculty Member	
8	Sulochana Sijakhwa	Faculty Member	<i>S.S.</i>
9	Indira Niraula	Faculty Member	
10	Chandan Koju	Faculty Member	<i>CK</i>
11	Dr. Rajendra Khatri	Faculty Member	
12	Dr. Suraj Bhusal	Faculty Member	
13	Mr. Subash Neupane	Faculty Member	
14	Ms. Rita Prajapati	Faculty Member	
15	Subarna Rokaha Kshetri	Faculty Member	
16	Dr. Sudeep Amatya	Faculty Member	
17	Sunoj Bhattarai	Instructor	<i>SB</i>
18	Sushil Narsing Rana	Instructor	
19	Raj Kumar Maharjan	Instructor	
20	Kapil Bahadur Tumbahangphe	Staff Adm.	
21	Subindra Maharjan	Staff Finance	
22	Nodnath Trital	Staff Adm.	<i>NT</i>

Scanned with CamScanner

3.4. Route and Destination

- **Starting Point:** Fulbari Gate
- **Destination:** Jamacho Dada (2128 M)
- **Trail Type:** Moderate uphill hiking trail through forest

4. Program Implementation

The program was well schedules and started on time as promised/ planned before in pre program meetings.

4.1. Schedule of the Program

1. **Program Date :** Chaitra 21, 2082
2. **Program Host:** Dharma Kumar Shrestha
3. **Opening Ceremony :**
 - 3.1. **Time:** 7:00 AM – 8:00 AM
 - 3.2. Arrival and welcome of guests and participants
 - 3.3. Seating arrangement of dignitaries
 - 3.4. **Chairperson :** Mr. Bhim Singh Gurung
 - 3.5. **Chief Guest :** Prof. Pashupati Adhikari, Head of Department, MPSS
 - 3.6. **Organizer and Subject Teacher :** Sulochana Sijhakhwa (Subject Teacher)
 - 3.7. **Other Guests :** Bidhan Acharya, Sunoj Bhattarai, Nodnath Trital,
 - 3.8. Welcome refreshments (Tea and snacks)
 - 3.9. National Anthem
 - 3.10. Welcome Speech by the Organizer's Representative
 - 3.11. Speech on the significance of the Program by Chief guest
 - 3.12. Goodwill messages from distinguished guests
 - 3.13. Distribution of Khada and Rain coat to the
Chief Guest, guests, and Participants
 - 3.14. Group photo session
4. **Closing Ceremony**
 - 4.1. Experience Sharing by the representative of the Participants
 - 4.2. Vote of thanks
 - 4.3. Feedback from the Subject Teacher
 - 4.4. Closing remarks by the Chief Guest
 - 4.5. Official closing announcement

हाइकिङ औपचारिक कार्यक्रम

१. कार्यक्रम शीर्षक ***Nagarjun-Jamacho Gumba Hiking Program***

२. आयोजक Sports Science -MPSS 6th Batch

३. मिति, समय र स्थान

मिति : २०८२/१२/२१

समय : बिहान ७ : ०० बजे देखि दिउँसो ३ : ०० बजे सम्म

स्थान : Nagarjun Forest गन्तव्य : Jamacho Gumba

४. प्रमुख अतिथि तथा अतिथिहरू

प्रमुख अतिथि : MPSS Department Head Pashupati Adhikari

विशेष अतिथि : Professor Dr.Ram Krishna Maharjan

विषय शिक्षक : Sulochana Sijakhwa

अन्य विषय शिक्षकहरू (सबैलाई खादा लगाएर स्वागत)

१.
३.
५.

२.
४.
६.

MPSS- 6th Batch का विद्यार्थीहरू र परिवारहरू

५. पृष्ठभूमि

Sports Science अन्तर्गत Practical learning लाई प्रभावकारी बनाउन Outdoor activities आवश्यक हुन्छ । त्यसै सन्दर्भमा MPSS 6th Batch का विद्यार्थीहरूको प्रायोगिक मूल्याङ्कन (Practical Assessment) का रूपमा यो हाइकिङ कार्यक्रम आयोजना गरिएको हो ।

७. कार्यक्रम (Program)

१. उद्घाटन सत्र

स्वागत मन्तव्य - आयोजक ✓

कार्यक्रम परिचय - विषय शिक्षक ✓

विशेष अतिथि ✓

प्रमुख अतिथि मन्तव्य .

रेनकोट र गारबेज ब्याक वितरण

प्रमुख अतिथिबाट हाइकिङ औपचारिक कार्यक्रम शुरु

८. समय तालिका

७ : ००	AM	भेला तथा खाजा Warm-up
८ : ००	AM	Hiking सुरु
१० : ००	AM	Jamacho पुग्ने
१० : ००-११:००	AM	Activities
११ : ००	AM	Lunch
१२ : ००	PM	फर्कने
२ : ३०	PM	Reflection
३ : ००	PM	समापन

यो कार्यक्रम MPSS 6th Batch का विद्यार्थीहरूको लागि एक प्रभावकारी Practical learning platform हुनेछ । Jamacho Gumba मा आयोजना हुने यस हाइकिङ कार्यक्रमले शारीरिक, मानसिक तथा सामाजिक विकासमा महत्वपूर्ण योगदान पुऱ्याउने अपेक्षा गरिएको छ ।

धर्म कुमार श्रेष्ठ, सचिव

4.2. Formal Opening Program

Before the hiking activity, a formal inauguration ceremony was conducted at Manaphul Hotel and Restro Pvt Ltd., Fulbari Gate. The program was hosted by designated emcees who ensured smooth flow and coordination.

4.2.1. Speech by Chairperson (Summary)

The Chairperson welcomed all participants and emphasized the importance of discipline, teamwork, and safety during the hiking program. He highlighted that such activities are essential for developing practical skills and encouraged participants to fully engage in the experience.

4.2.2. Speech by Chief Guest (Summary)

The Chief Guest delivered an inspiring speech focusing on the significance of outdoor activities in sports science education. He stressed that hiking not only improves physical fitness but also strengthens mental resilience and environmental awareness. He appreciated the efforts of the organizing team and encouraged students to continue participating in such activities.

The formal program concluded with safety briefings and the official inauguration of the hike.

5. Hiking Process

The program began with a short briefing session where participants were informed about:

- Hiking rules and discipline
- Safety precautions
- Environmental awareness

The hike started from Fulbari Gate, passing through forest trails rich in biodiversity. The participants moved in groups to maintain coordination and safety.

During the hike:

- Short breaks were taken for rest and hydration
- Students supported and motivated each other
- Observations of natural surroundings were encouraged

After reaching Jamacho Dada, participants:

- Rested and refreshed
- Enjoyed panoramic views
- Took group photographs
- Shared experiences and reflections

The group then safely returned following the same route.

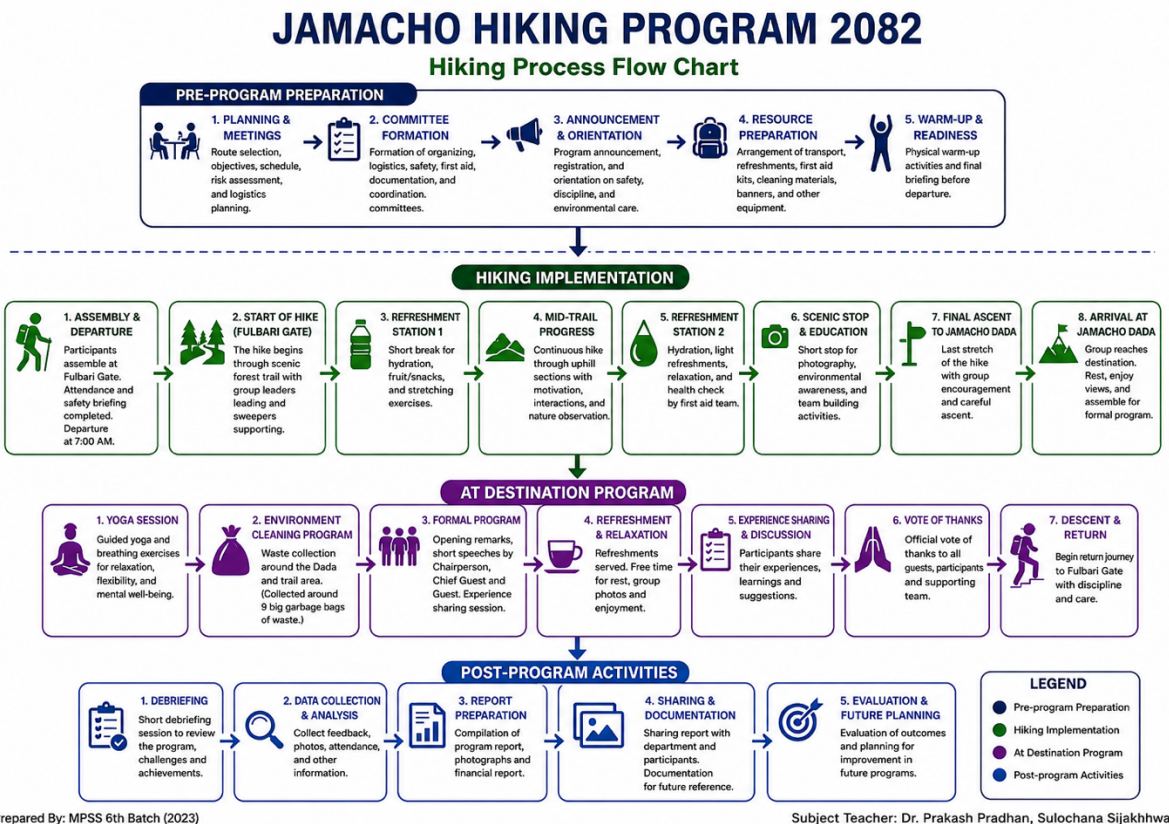


FIG: Jamacho Hiking Flowchart

6. Implementation of Activities

The various activities are carried out pre program, during the program and the post program. But the implementation of activities are

6.1. Warm-up Session

A structured warm-up session was conducted before the hike, including stretching, mobility exercises, and light jogging. This helped prepare the body for physical exertion and reduced the risk of injury.

6.2. Refreshment and Relaxation Stations

Multiple stations were set up along the hiking route. At these stations, participants were provided with water, snacks, and short rest periods. These breaks helped maintain energy levels and allowed participants to recover before continuing the hike.

6.3. Yoga Session at Destination

Upon reaching Jamacho Dada, a guided yoga session was conducted. The session included breathing exercises, stretching, and relaxation techniques. This helped participants recover physically and mentally after the hike.

6.4. Environmental Cleaning Program

An important component of the program was the environmental cleaning initiative. Participants collected waste materials along the hiking trail and at the destination area. A total of approximately nine large garbage bags of waste were collected.

This activity created awareness about environmental conservation and highlighted the responsibility of individuals in maintaining cleanliness. It also demonstrated that recreational activities can be combined with social responsibility.

7. Expenses Management

The program expenses were managed collectively by the organizing team. Major expenses included refreshments, drinking water, first aid materials, and environmental cleaning supplies.

Proper budgeting ensured efficient use of resources and avoided unnecessary expenditure. The financial management process provided students with practical experience in budgeting and resource allocation.

The total budget was self-raised among the students and the expenses for the operation of this Jamacho Hiking Program 2082 are listed below:

Sn. No.	Particulars	Qty	Total
1	Raincoat	30	2700
2	Napkin	3	50
3	Paper Plates	2	50
4	Gloves	1	100
5	Travel wipes	1	50
6	Garbage Bag	1	150
7	Flex	1	1500
8.	Khada	12	1800
9	Hotel Expenses	19	24500
10.	tickets	20	1000
	Total		31900

8. Closing Program and Experience Sharing

After returning, a formal closing ceremony was conducted. Participants shared their experiences, reflecting on physical challenges, teamwork, and personal growth.

8.1. Experience Sharing by Mr. R.K. Maharjan (Summary)

Mr. R.K. Maharjan shared his insights on the importance of such practical programs in sports science education. He emphasized that real learning occurs outside the classroom through experience. He appreciated the efforts of the students and encouraged them to continue organizing such meaningful activities.

8.2. Vote of Thanks

The vote of thanks was delivered by a representative of the organizing team, expressing gratitude to the chief guest, faculty members, participants, and organizing committees for their support and contribution.

8.3. Feedback by the Subject Teacher

Ms. Sulochana Sijhakhwa states her feedback regarding the hiking and the conduction of the program. She appreciates about the smooth conduction of the program and expressed heartfelt congratulation and thanks for the well-managed, structured program. She also told that these activities will promotes the healthy lifestyle and develop the skill and experience for the students in near future for the organizing, conduction and operating such activities.

9. Observations and Experience

The hiking program provided valuable learning experiences:

9.1. Physical Experience

- Improved endurance and stamina
- Exposure to real outdoor physical challenges

9.2. Mental and Emotional Experience

- Reduced stress and mental refreshment
- Increased motivation and positivity

9.3. Social Experience

- Strengthened teamwork and bonding
- Developed leadership and cooperation

9.4. Environmental Awareness

- Understanding the importance of nature conservation
- Realization of responsible behavior in natural areas

Overall, the program was both enjoyable and educational.

10. Conclusion

The Jamacho Hiking Program–2082 was a highly successful and enriching activity. It effectively achieved its objectives by combining physical exercise, environmental awareness, and experiential learning.

The structured approach, including formal ceremonies, refreshment stations, yoga sessions, and cleaning initiatives, made the program comprehensive and impactful. It provided participants with practical knowledge and memorable experiences.

11. Recommendations

Based on the experience, the following recommendations are suggested:

- Future hiking programs should include more participants for wider impact
- Proper safety equipment and first aid kits should always be ensured
- Environmental awareness sessions should be strengthened
- Similar outdoor programs should be conducted regularly
- Time management can be improved for better efficiency
- Inclusion of basic fitness assessment before and after hiking can add academic value.

12. Photos

A Proposal for the MPSS 6th Batch Hiking Program



Submitted to
Sulochana Sijakhwa
Subject Teacher
Masters Program in Sports Science (MPSS)
Tribhuvan University

Submitted by
MPSS 6th BATCH
31st March 2026
Kathmandu, Nepal

५. कार्यक्रम संरचना (गतिविधिहरू)

५.१ वार्म-अप सत्र (Warm-up Session) (१० मिनेट)

- Stretching Exercises, Joint Mobility तथा Dynamic Movement अभ्यासहरू
- हल्का मनोरञ्जनात्मक खेल (१-२ वटा साना खेलहरू)
- उद्देश्य: शरीरलाई हाइकिङका लागि तयारी गराउने, चोटपटकको जोखिम कम गर्ने तथा प्रारम्भमै रमाइलो वातावरण सिर्जना गर्ने

५.२ हाइकिङ गतिविधि (Hiking Activity)

- मार्ग: नागार्जुन गेट → जमाचो गुम्बा
- अवधि: ४-५ घण्टा (आउँदा-जाँदा)
- उद्देश्य: मुटु तथा श्वासप्रश्वास सम्बन्धी सहनशीलता विकास

५.३ टोली निर्माण गतिविधि (Team Building Activities)

- Trust Walk
- समूह समस्या समाधान कार्य
- परिणाम: नेतृत्व तथा समन्वय विकास

५.४ प्रकृति सचेतना गतिविधि (Nature Awareness Activities)

- जैविक विविधता अवलोकन
- वातावरणीय छलफल
- परिणाम: पारिस्थितिक ज्ञान अभिवृद्धि (Ecological understanding)

५.५ फोटो / भिडियो प्रतियोगिता

- उत्कृष्ट फोटो/भिडियो छनोट
- परिणाम: सिर्जनशीलता र अभिलेखीकरण सीप विकास

५.६ जलपान / खाजा

- Packed Food
- पानी तथा हाइड्रेशन व्यवस्थापन

५.७ ध्यान / योग सत्र (शिखरमा)

- श्वासप्रश्वास अभ्यास (५-१० मिनेट)
- परिणाम: मानसिक शान्ति

५.८ फिटनेस मूल्याङ्कन (मुख्य प्रायोगिक भाग) (Core Practical Component)

- आराम अवस्थामा Heart Rate (हाइकिङ अघि)
- उच्चतम Heart Rate (हाइकिङ पछि)
- Recovery Rate
- परिणाम: सहनशीलता क्षमता मूल्याङ्कन

५.९ समूह प्रतिबिम्ब (Reflection Sharing)

- अनुभव आदान-प्रदान
- सिकाइ समीक्षा

५.१० मनोरञ्जनात्मक गतिविधि

- हल्का खेलहरू, समूह अन्तरक्रिया तथा रमाइलो गतिविधिहरू
- उद्देश्य: सहभागीहरूबीच उत्साह, मनोरञ्जन र सकारात्मक ऊर्जा वृद्धि गर्नु

हाइकिङ कार्यक्रम प्रस्ताव

Hiking Program Proposal

१. शीर्षक

नागार्जुन -जमाचो गुम्बा हाइकिङ कार्यक्रम

२. पृष्ठभूमि

खेल विज्ञान (Sports Science) अध्ययन अन्तर्गत शारीरिक तन्दुरुस्ती, सहनशीलता (Endurance) तथा मानसिक सन्तुलनको विकासका लागि बाह्य (Outdoor) गतिविधिहरू अत्यन्त महत्वपूर्ण मानिन्छन्। यसै सन्दर्भमा MPSS 6th Batch का विद्यार्थीहरूको प्रायोगिक मूल्याङ्कनका (Practical Assessment) रूपमा जमाचो गुम्बासम्मको हाइकिङ कार्यक्रम आयोजना गर्न लागिएको हो।

यस कार्यक्रममार्फत विद्यार्थीहरूले सैद्धान्तिक ज्ञानलाई व्यवहारमा प्रयोग गर्ने अवसर प्राप्त गर्नेछन्, जसले समग्र सिकाइ प्रक्रियालाई थप प्रभावकारी बनाउने अपेक्षा गरिएको छ।

यसका साथै, Leisure तथा Recreational Activities हरू व्यक्तिको समग्र स्वास्थ्य, सामाजिक अन्तरक्रिया र मानसिक ताजगीका लागि महत्वपूर्ण मानिन्छन्। विभिन्न मनोरञ्जनात्मक तथा समूहगत गतिविधिहरूमध्ये हाइकिङ कार्यक्रमलाई उपयुक्त र प्रभावकारी गतिविधिको रूपमा छनोट गरिएको हो, जसले सिकाइसँगै रमाइलो अनुभव पनि प्रदान गर्दछ।

३. उद्देश्य

मुख्य उद्देश्य:

- हाइकिङमार्फत शारीरिक तन्दुरुस्ती (विशेषगरी सहनशीलता र स्टामिना) को विकास गर्नु।

विशिष्ट उद्देश्यहरू:

- Heart Rate, Fatigue Level जस्ता फिटनेस सूचकहरूको मूल्याङ्कन गर्नु।
- टोली सहकार्य (Teamwork), नेतृत्व (Leadership) तथा सञ्चार सीप विकास गर्नु।
- मानसिक विश्राम तथा तनाव व्यवस्थापनका उपायहरू सिकाउनु।
- प्रकृति तथा वातावरणप्रति सचेतना अभिवृद्धि गर्नु।
- प्रायोगिक (Practical) सिकाइ मार्फत शैक्षिक उपलब्धि हासिल गर्नु।
- सामाजिक तथा समुदाय आधारित अन्तरक्रिया अभिवृद्धि गर्दै सहभागीहरूबीच सहकार्य र सम्बन्ध मजबुत बनाउनु।
- मनोरञ्जनात्मक गतिविधिहरूमार्फत सहभागीहरूलाई आनन्ददायी र उत्साहजनक अनुभव प्रदान गर्नु।

४. कार्यक्रम विवरण

- स्थान: नागार्जुन वन क्षेत्र - जमाचो गुम्बा
- मिति: २०८२/१२/२१
- समय: बिहान ७:०० बजे देखि दिउँसो ३:०० बजेसम्म
- सहभागी: MPSS 6th Batch (लगभग २० जना विद्यार्थी)
- निरीक्षक/शिक्षक: लगभग १० जना

५.११ कूल डाउन सत्र

- Stretching Exercises
- उद्देश्य: मांसपेशी आराम तथा पुनःस्थापना

६. समय तालिका (प्रस्तावित)

समय गतिविधि

- ७:०० बजे भेला (Gathering)
- ७:३० बजे ब्रेकफास्ट तथा वार्म-अप
- ८:०० बजे हाइकिङ सुरु
- १०:३० बजे जमाचो आगमन (Arrival at Jamacho)
- १०:३०-१:३० गतिविधि तथा मूल्याङ्कन
- १:३० बजे फिर्ता यात्रा (Return)
- २:३० बजे प्रतिबिम्ब (Reflection)
- ३:०० बजे खाना तथा कार्यक्रम समाप्त

७. आवश्यक सामग्रीहरू

- प्रति व्यक्ति कम्तीमा २ लिटर पानी
- Packed Lunch
- First Aid Kit
- खेलकुद जुत्ता तथा सहज लुगा
- टोपी तथा सनस्क्रिन
- मोबाइल / क्यामेरा
- छाता तथा रेनकोट
- हाइकिङ स्टिक
- नोटबुक (मूल्याङ्कनका लागि)

८. सुरक्षा तथा जोखिम व्यवस्थापन (Risk Management)

- समूह विभाजन तथा समूह नेता निर्धारण
- मौसम जोखिम: खराब मौसमका लागि वैकल्पिक योजना तयार राखिनेछ।
- शारीरिक जोखिम: चोटपटकबाट बन्न सुरक्षा उपाय तथा First Aid व्यवस्था गरिनेछ।
- आपतकालीन योजना: आकस्मिक अवस्थामा उद्धार तथा सम्पर्क प्रणाली सुनिश्चित गरिनेछ।
- पार्क नियमहरूको पालना (प्लास्टिक प्रयोग नगर्ने, वातावरणमा असर नगर्ने)

९. मूल्याङ्कन विधि

प्रायोगिक मूल्याङ्कन (Practical Assessment) निम्न आधारमा गरिनेछ:

- सहभागिता स्तर
- सहनशीलता प्रदर्शन
- Heart Rate विश्लेषण
- टोलीकार्य तथा नेतृत्व

- प्रतिवेदन (Report) पेश
अंक विभाजन प्रायोगिक (Practical) मापदण्ड अनुसार निर्धारण गरिनेछ।

१०. अनुमानित बजेट

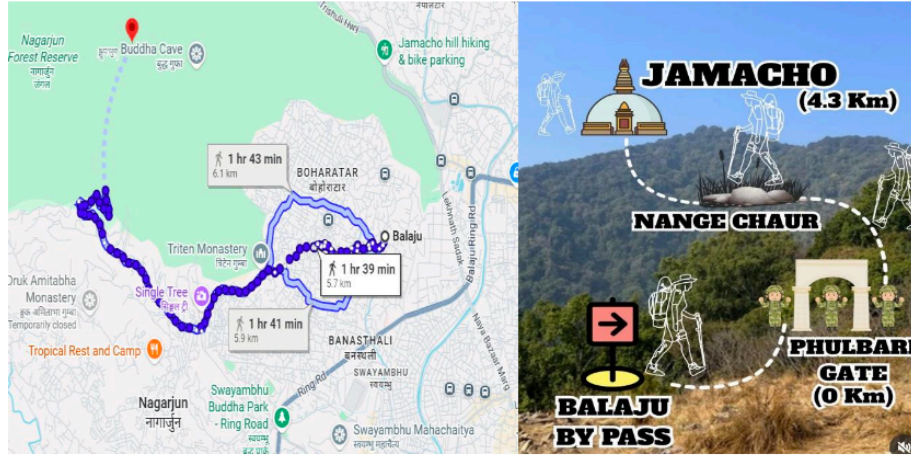
- यातायात खर्च
- नागरजुन प्रवेश शुल्क
- खाना तथा पानी
- विविध खर्च

सहभागी संख्या अनुसार बजेट समायोजन गरिनेछ।

११. अपेक्षित परिणामहरू

- शारीरिक तन्दुरुस्तीमा सुधार
- टोलीकार्य तथा नेतृत्व सीप विकास
- प्रायोगिक ज्ञान अभिवृद्धि
- वातावरणीय सचेतना वृद्धि
- मानसिक सन्तुलनमा सुधार

यो हाइकिङ कार्यक्रम MPSS 6th Batch का विद्यार्थीहरूका लागि एक महत्वपूर्ण प्रायोगिक सिकाइ प्लेटफर्म हुनेछ। जमाचो गुम्बा जस्तो प्राकृतिक तथा शान्त वातावरणमा सञ्चालन हुने भएकाले यस कार्यक्रमले विद्यार्थीहरूको शारीरिक, मानसिक तथा सामाजिक विकासमा सकारात्मक प्रभाव पार्ने अपेक्षा गरिएको छ।



































MPSS 6th Batch Hiking Program

Date:- 04/04/2026



Submitted to

Sulochana Sijakhwa

Subject Teacher

Masters Program in Sports Science (MPSS)

Tribhuvan University



TRIBHUVAN UNIVERSITY
Kirtipur, Kathmandu, Nepal

JAMACHO HIKING -2082
FULBARI GATE

Date: 2082-12-21

Technical Collaboration
Sports Science Department

Organized by
Sports Science,
MPSS 6th Batch

Submitted by

MPSS 6th BATCH

3rd April 2026

Kathmandu, Nepal



























TRIBHUVAN UNIVERSITY

Kirtipur, Kathmandu, Nepal

JAMACHO HIKING - 2082 FULBARI GATE

Date : 2082-12-21

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Sports Science Department

Organized by

Sports Science,
MPSS 6th Batch

२. सबै जना ७३० बजे मनफुल होटेल एंड रेस्टो जमाचो जाने फुलबारीगेट तारकेरवर मा जम्मा हुने, सवारी साधन त्यहि पार्क गरेर खाजा खाएर त्यहाँ बाट हाइकिङ सुरु गर्ने निर्णय गरियो । सबै जान तोकिएको समयमा उपस्थित हुनको लागि समेत अनुरोध गर्ने निर्णय गरियो ।

३. सबै 6th Batch का साथीहरूलाई सक्रिय सहभागिताको लागि पुन ताकेता गर्न हेमराज थापालाई जिम्मा दिने निर्णय गरियो ।

४. कार्यक्रममा विभिन्न गतिविधि गर्नको लागि तपशिल अनुसारको गुप लिडर छान्ने निर्णय गरियो ।

समूह १

डा.रुनेश के.सी - गुप लिडर
अमन लाल डंगोल
हेम राज थापा
विद्याल भण्डारी
अमृत कोइराला

समूह २

राजेन्द्र कट्यात - गुप लिडर
धर्म कुमार श्रेष्ठ
आर.के. महर्जन
सन्तोष न्यौपाने
अनुशा मल्ल

समूह ३

कपिल भट्ट - गुप लिडर
भीम सिंह गुरुङ
बिस्की महर्जन
राकेश शाह
फूलमती राना

समूह ४

सुभाष आचार्य - गुप लिडर
आरिफ तामाङ
सिक्का सुवान श्रेष्ठ
अनु कुल
शारदा हुमागाई

५. सबै जनाले हाइकिङमा एकस्यता ल्याउन 6th Batch मा बनाएको टयाक शूट र टिसर्ट लगाएर जाने निर्णय गरियो ।

६. पानि पर्ने सम्भावनालाई मध्यनजर गरि सबैलाई प्यारिटरक रेनकोट खरिद गर्ने धर्मकुमार श्रेष्ठलाई जिम्मा दिने निर्णय गरियो ।

७. विद्यालको खाजा र खानाको व्यवस्था गर्न रामकृष्ण महर्जनलाई जिम्मेवारी दिने निर्णय गरियो ।

८. बाटोमा हन्का Refreshment हुनको लागि केहि न केहि खाने कुरा प्रत्येकले बोक्ने निर्णय गरियो ।

९. First Aid Box तथा हाइकिङमा आवश्यक औषधि र सामग्रीहरू डा.रुनेश के सी लाई तयारी गर्नको लागि जिम्मेवारी दिने निर्णय गरियो ।

१०. हाइकिङमा हिड्न गारो हुनेहरूले लठीको व्यवस्था स्वयमले गर्नु पर्ने निर्णय गरियो ।

११. सहभागीहरूले आफ्नो Spouse पनि लान पाउने निर्णय भएकोले सबै जनालाई Spouse लानको लागि अनुरोध गर्ने निर्णय गरियो ।

१२. यस कार्यक्रमकोलागि आवश्यक Budget सम्पन्न बास्केटबल कार्यक्रमबाट रहेको रकमबाट खर्च गरिनेछ यदि नपुगेको खपडमा पुनः छलफल गरि सबैसंग नपुग रकम उठाइने निर्णय गरियो ।

बैठकमा हाइकिङ कार्यक्रमलाई व्यवस्थित, सुरक्षित र प्रभावकारी रूपमा सम्पन्न गर्न स्पष्ट योजना, समूह विभाजन तथा जिम्मेवारी निर्धारण गरिएको छ । सम्पूर्ण सहभागीहरूको सक्रिय सहयोग रहने विश्वास व्यक्त गरियो ।

विविध

कार्यक्रम सफल बनाउन सबैलाई सक्रिय सहभागिताका लागि अनुरोध गर्ने निर्णय गरियो ।

अन्य विषयमा थप छलफल नभएकोले सबैलाई धन्यवाद दिदै बैठक समापन गर्ने निर्णय गरियो ।

धर्मकुमार श्रेष्ठ
सचिव

बैठकका निर्णयहरू (Minutes of Meeting)

चौथो सेमेस्टरको Practical कार्यक्रम सम्बन्धी अनलाइन बैठक

विषय : हाइकिड कार्यक्रम सम्बन्धी प्रस्ताव र बैठक
मिति : २०८२ चैत १९ गते (अप्रिल २, २०२६)
समय : साँझ ६:३० बजे
माध्यम : अनलाइन बैठक

उपस्थितिहरू :

१. भिम सिंह गुरुड
२. विधान भण्डारी
३. राजेन्द्र कठायत
४. अनु कुल
५. डा. रुपेश के.सी.
६. शारदा हुमागाई
७. राकेश साह
८. अमनलाल डंगोल
९. कपिल भट्ट
१०. सुभाष आचार्य
११. रामकृष्ण महर्जन
१२. बिककी महर्जन
१३. अनुशा मल्ल
१४. धर्मकुमार श्रेष्ठ
१५. सिक्का सुवाल श्रेष्ठ
१६. आलिंग तामाङ
१७. अमृत कोइराला
१८. हेम राज थापा
१९. सन्तोश न्यौपाने
२०. फुल मती राना

बैठकको एजेन्डा

१. हाइकिड कार्यक्रम सम्बन्धी छलफल
२. विविध

एजेन्डा अनुसार छलफल तथा निर्णयहरू

१. डिपार्टमेण्टका सम्पूर्ण सर म्याडमहरू लाई पुनः ताकेता भोलि शुक्रबार गर्न कपिल भट्टलाई जिम्मेवारी दिनुका साथै प्रवेश शुल्क को लागि डिपार्टमेन्ट बाट पत्र तयार गर्न समेत जिम्मेवारी दिने निर्णय गरियो ।

हार्दिक निमन्त्रणा
सर/म्यामज्यू,
नमस्कार।

हामी MPSS- 6th Batch सेमेस्टर अन्तर्गत सञ्चालन हुन लागेको Hiking Program सम्बन्धी गतिविधिमा तपाईंहरूको सम्माननीय सहभागिताको लागि हार्दिक निमन्त्रणा व्यक्त गर्दछौं ।

मिति : २०८२ साल चैत २१ गते (April 4, 2026 अनुसार तय कार्यक्रम)

रुट : नागार्जुन हाइकिङ – जमाचो गुम्बा

समय : बिहान ७:३० बजे

स्थान : फुलबारीगेट, तारकेश्वर (Manful Hotel & Restaurant नजिकबाट प्रस्थान)

यस कार्यक्रममा विद्यार्थी, Department तथा प्राध्यापकबीच समन्वय, सहकार्य, शारीरिक सक्रियता तथा प्रकृतिसँगको सम्बन्ध मजबुत बनाउने उद्देश्य राखिएको छ। तपाईंहरूको उपस्थिति र साथले कार्यक्रमलाई अझ सफल र प्रभावकारी बनाउनेछ भन्ने विश्वास लिएका छौं।

तसर्थ, यस महत्वपूर्ण कार्यक्रममा अनिवार्य रूपमा उपस्थित भई कार्यक्रमलाई सफल बनाउन सहयोग गरिदिनुहुन हार्दिक अनुरोध गर्दछौं ।

धन्यवाद ।















बैठकका निर्णयहरू (Minutes of Meeting)

चौथो सेमेस्टरको Practical कार्यक्रम सम्बन्धी अनलाइन बैठक

विषय	: हाइकिड कार्यक्रम सम्बन्धी प्रस्ताव र बैठक
मिति	: २०८२ चैत १९ गते (अप्रिल २, २०२६)
समय	: साँझ ६:३० बजे
माध्यम	: अनलाइन बैठक

उपस्थितिहरू :

१. भिम सिंह गुरुड
२. विधान भण्डारी
३. राजेन्द्र कठायत
४. अनु कुल
५. डा. रुपेश के.सी.
६. शारदा हुमागाई
७. राकेश साह
८. अमनलाल डंगोल
९. कपिल भट्ट
१०. सुभाष आचार्य
११. रामकृष्ण महर्जन
१२. बिक्रमी महर्जन
१३. अनुशा मल्ल
१४. धर्मकुमार श्रेष्ठ
१५. सिक्का सुवाल श्रेष्ठ
१६. आलिंग तामाङ
१७. अमृत कोइराला
१८. हेम राज थापा
१९. सन्तोष न्यौपाने
२०. फुल मती राना

बैठकको एजेन्डा

१. हाइकिड कार्यक्रम सम्बन्धी छलफल
२. विविध

एजेन्डा अनुसार छलफल तथा निर्णयहरू

१. डिपार्टमेण्टका सम्पूर्ण सर म्याडमहरू लाई पुनः ताकेता भोलि शुक्रबार गर्न कपिल भट्टलाई जिम्मेवारी दिनुका साथै प्रवेश शुल्क को लागि डिपार्टमेन्ट बाट पत्र तयार गर्न समेत जिम्मेवारी दिने निर्णय गरियो ।





