

cosmag

what is over and what is not
Hard to tell



#1

ISSUE NO.

Cover Art : Radhika Krishna

Centre for Outdoor Studies

MIT • MANIPAL



MANIPAL INSTITUTE OF TECHNOLOGY
MANIPAL
(A constituent unit of MAHE, Manipal)

Gratitude makes sense of our past, brings peace
for today and creates a vision for tomorrow

OUR SPECIAL THANKS TO :

Cdr. (Dr.) Anil Rana
THE DIRECTOR

Dr. Somashekara Bhat
THE JOINT DIRECTOR

Dr. Shreesha C
THE HEAD OF THE DEPARTMENT
Dept of Instrumentation & Control Engineering
MIT, Manipal.

Students and their Parents



Photo Credits : Harsh Patil

Editors note

When I first started the Adventurer it was a way for me to introduce the basics of adventure travel to my students at MIT, Manipal. After 6 editions, things have changed.

My twenties was a turbulent period. With many emotional incidences that left me ravaged and by the end of it, I was barely able to recognise myself. Navigating these tough times was a nightmare. I barely found the support I needed. Though people around helped me as much as they could, given the novel soul-crunching experiences that I had been through meant that I was mostly left to my own devices to figure my way out.

After years of struggle, adventure came to me as the monsoons come to a parched land. Within a short period of time, it changed me entirely. My desolate life suddenly found purpose and it was soon bursting at the seams with new vigour, strength and determination. I quit my desk job, and took off on a year-long bicycle tour around India. Things changed. Pretty drastically.

The Adventurer now focuses on building resilience - physical, emotional, and mental. We focus on building individuals capable of handling crises, to lead under demanding circumstances, and to be a person you can rely on. Reflecting on my past two decades, one thing is clear. The Adventurer is working to create the person, that I wish I was in my twenties. Physically, mentally and emotionally strong. On this edition of the Adventurer, we have focussed on mental health. We collaborated with an illustrator who worked closely with the students during the duration of the program to introduce techniques of reflection and observation through journaling. We also had a mental health professional lead an interactive session for our students.

I went out on a bicycle ride, days on end. I watched many moons rise and as the sun rose, one beautiful morning, I realised that by going out and far, I was actually going in and deep.

GANESH NAYAK

Centre for Outdoor Studies

Manipal Institute of Technology, Manipal

FEATURED WORK

VED PRAKASH

Integrated Program in Management,
3rd Year, Manipal Centre for Business Practice

My journal is a reflection of my thoughts and feelings throughout the program where every day was a new adventure and a different sense of emotion. Through the sketches of the animals and birds of mala, I hope to inspire others to explore and appreciate the natural world, and to find their own sense of curiosity and adventure .

BIRDS OF MALA

1) Black Drongo



Black in
colour

Flies above
tree tops

Sound profile

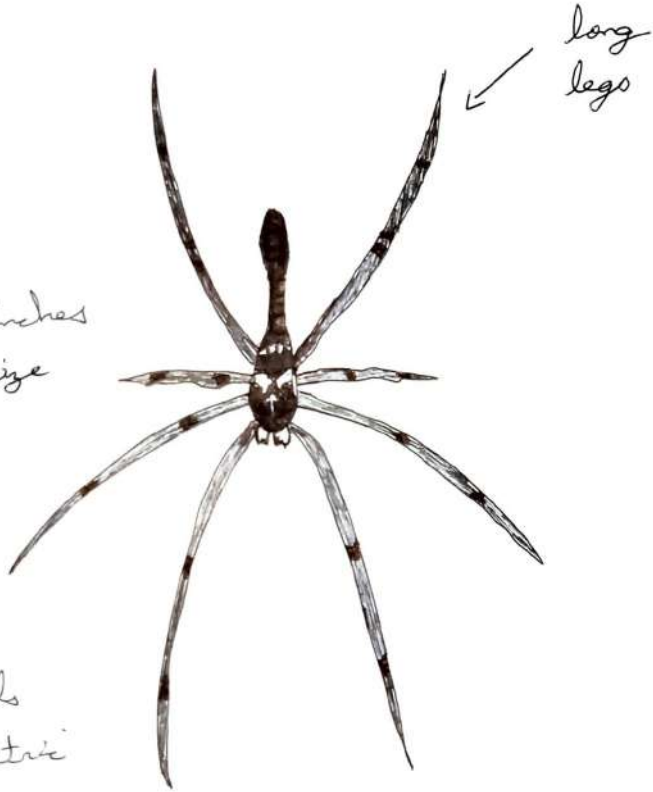


- Monotonous sound pattern
- Short and continuous ~~creaks~~ ^{creaks}
- * Drongos are known to mimic other birds

CREATURES OF MALA

1) Wood Spider

Four inches
in size

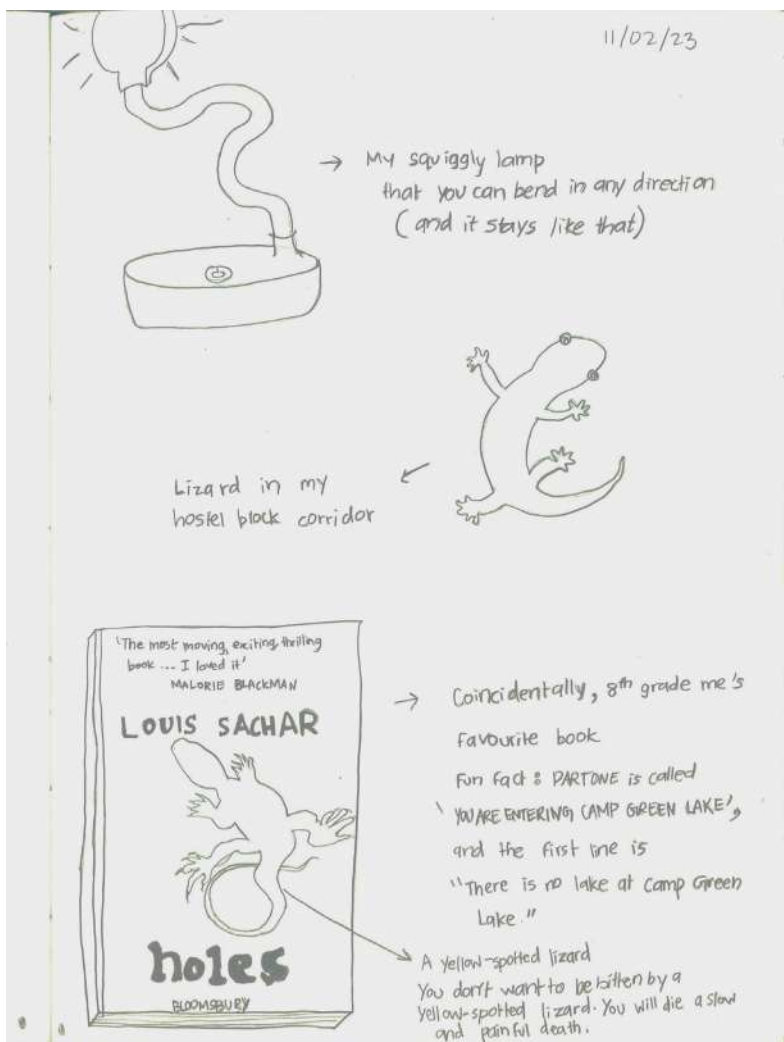


* Builds
Symmetric
webs

FEATURED WORK

RADHIKA KRISHNA
Chemical Engineering,
2nd Year, MIT

Journalling was quite a new practice for me. I'm a full-time engineering student who writes a poem once every blue moon; there wasn't much creativity happening on the daily. The Adventurer opened up a realm of possibilities, though. It gave me a lot of moments to think and imagine and write about, and the more I journaled, the more I loved it.



Friday - 17/02/23

Human beings in groups are very interesting

scientists
artists
marathon runners
mountaineers
soldiers
trekkers
students in schoolrooms
parties
football players
smokers at a smoking joint
friends
roommates
sports teams
basketball players
markets
bazaars
cricket players
gamblers
bank officers
entire civilisations, past, present
and future
college students
farmers
teenagers
organizations
families

Tirupati in September
a clinic waiting room
tennis players
tribes
armies
clubbers
children
badminton players
adults
factory workers
pioneers
pilgrims
nomads
ballerinas in a ballroom
old folk
a full Sunday church
bikers
cyclists
adventurers



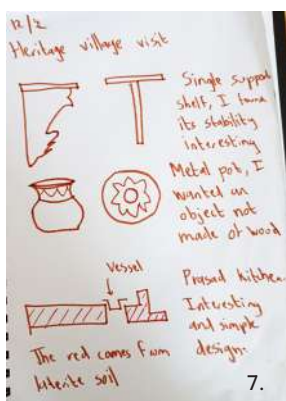
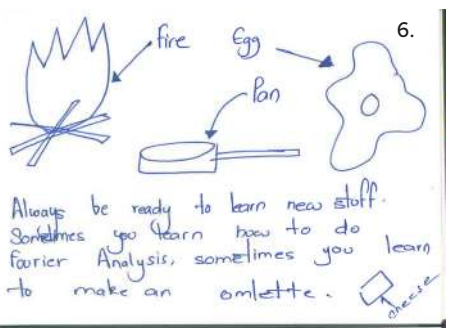
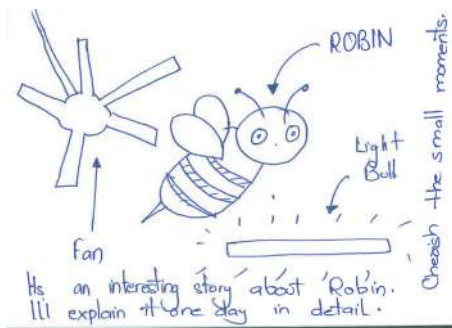
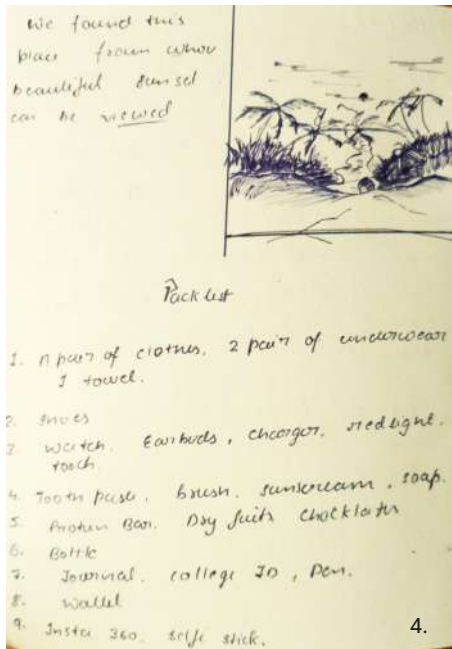
- 1) Manan Bhatt
- 2) Shravya Pare
- 3) Anuj Mahajan



Excerpts from our Journals

Every production of an artist is
the expression of an adventure
of his soul.

- W. SOMERSET MAUGHAM



- 4) Shubham
- 5) Abiha
- 6) Harsh Bhonsle
- 7) Nakshatra
- 8) Harsh Patil

I WANDERED LONELY AS A CLOUD

WILLIAM WORDSWORTH

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

A REFLECTION EXERCISE.

Readings were given every other week to encourage reading and writing as a part of the program. For this week we had chosen this poem and the students had to reflect on it through the lens of Leave No Trace, connecting one LNT principle with the poem.

LNT is a concept that encourages adventure enthusiasts to minimise their impact on the environment by avoiding littering, preserving natural resources and respecting wildlife. This principle aligns with the theme of I wonder lonely as a cloud which explores the beauty of nature and the importance of appreciating it in its natural state. The speaker in the poem marvels at the sight of daffodils waving in the breeze and realises that their beauty would be diminished if they were surrounded by the slaughter of civilization. This emphasizes the need to preserve nature in its purest form. The poem further touches on the idea that nature has the power to uplift the human spirit and bring joy to those who appreciate it. Both the poem and the LNT reminds us of the virtue in preserving nature and the need to approach it with a sense of reverence and respect.

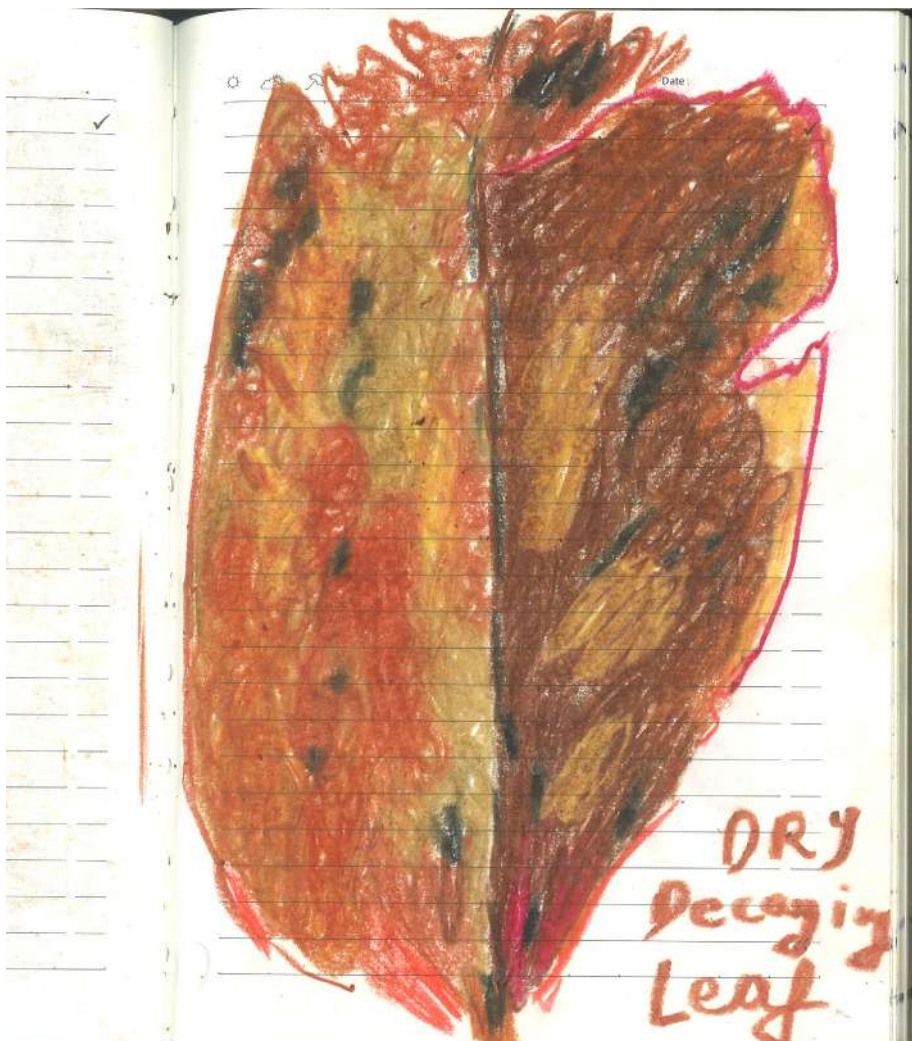
FEATURED WORK

ANATYASH

Biotechnology

2nd Year, MIT

Leaf once green swaying, brimming with the energy of life, now, seems lying dead. But, if you look closely, it never dies but vanishes into its own progeny. Some of it nourishes insects, some plants and becomes a part of them. This thought by the spiritual master Amit Ray describes how I felt "fallen leaves on the ground are golden song of immortal creativity".



I have always loved adventure and I loved to cycle in the mountains. When I heard about The Adventurer, I saw it as an opportunity to cycle around Manipal. I was thrilled. At the beginning of the program, we were cycling 10-15km distances in the mornings and would go for longer rides on the weekend. Whenever I would complete a long ride of 50 km or so, I would get to know my body's limits. It motivated me to take care of it better. These days, I'm always looking for opportunities to cycle long distances so that I can experience the rush again. The Adventurer helped me to appreciate nature so much more. I got interested in birds after our bird walk with The Adventurer team. During the lockdown, I found a bird's nest in my garden. I was intrigued. I would sit by

the nest for hours. And researched all about this bird. It was a purple sunbird. It made a beautifully engineered hanging nest with twigs. I found out that these nests had a soft layer of cushion inside made up of cottonwood seeds to keep the chicks warm. One day, sitting still, I observed that the chicks would turn around to defecate. The mother would then pick it up with her beak to clean out the nest. I was surprised to find out that the bird paid such close attention to the wellbeing of its nest. It made me reflect on our own habits to keep our home clean and tidy and made me realise how closely we are related to other creatures on Earth.

Before leaving Manipal, I made sure to cycle to the beach one last time before graduating!



PHOTO FEATURE

HUMESH SANABOYINA

Aeronautical Engineering,
3rd Year, MIT

Humesh has been photographing since his childhood days. On this edition of the Adventurer he worked as the official team photographer. His quiet nature gave him the capability to capture intimate moments that unfolded.



Bicycle maintenance & repair workshop



Crossing River Swarna by barge

PHOTO FEATURE

DHRUV THAKUR

Mechatronics,
2nd Year, MIT

Dhruv says, "It was a wonderful experience to compose these pictures as they carry a special meaning, and looking back it feels like all the captures were worth the early morning rides."



Around the bonfire in Agumbe



Nature walk in Kudremukh National Park

PHOTO FEATURE

HARSH PATIL

Aeronautical Engineering,
3rd Year, MIT

Harsh loves venturing outdoors, is a practising philatelist and hates leeches to the core.



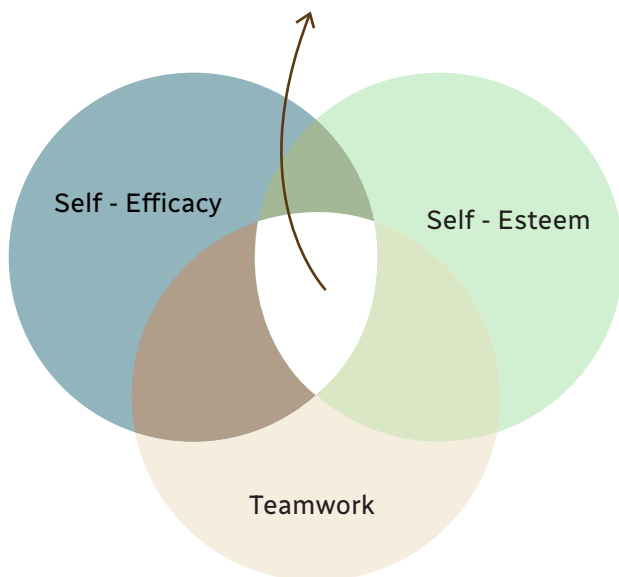
At the Katapadi Kambala



Swimming in a natural pond in Kudremukh National Park

Improved Resilience

College students experience academic pressures, inter and intrapersonal stressors, and environmental challenges which ultimately impact their health. Studies have pointed to the importance of developing resilience as a powerful protective factor in the life of students. [Ewert et al., 2011]



Rutter (1990) put forth the idea that to develop resilience, participants will have to actively engage in challenging tasks rather than avoid it. Rutter compared the process of developing resilience to the immunisation process.

Just as immunity is gained by controlled exposure to a pathogen, thus controlled exposure to challenges will help individuals become immune to them and become resilient. Adventure Education programs are designed to provide controlled exposure to challenging experiences. Our research indicates that the Adventurer enhances resilience.

Estimated Marginal Means of Resilience

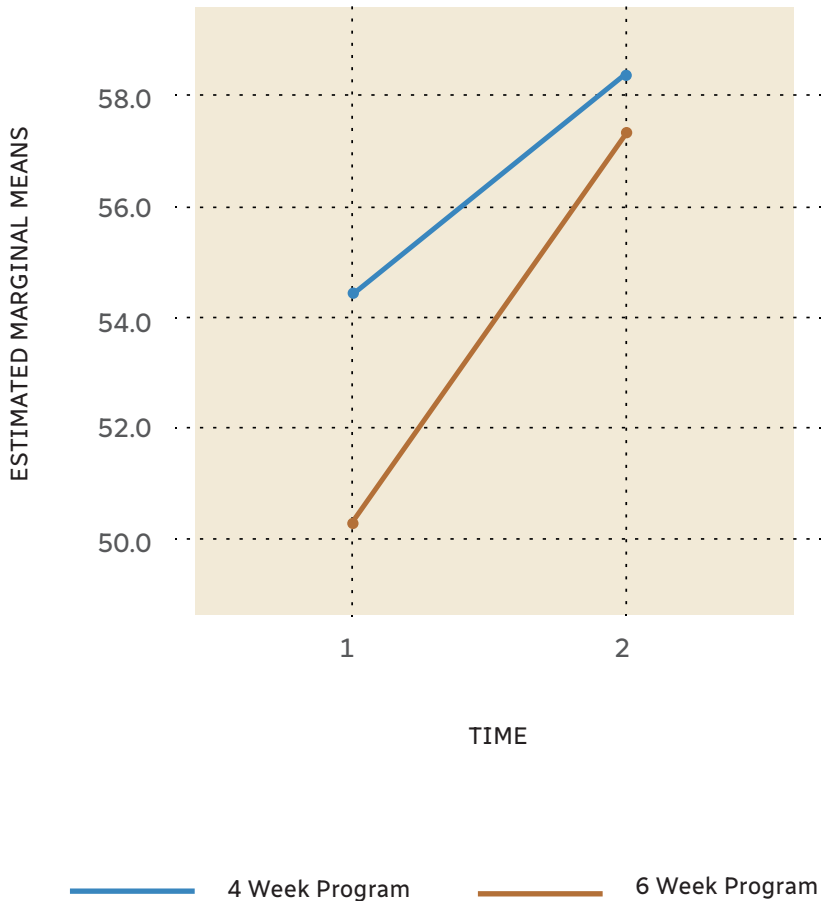




Photo Credits : Humesh

A goodbye.

In 2019, during my first semester in college, Mr. Ganesh Nayak walked into my English class to present his experiences cycling around our country, and how he changed his life doing it. Sitting in the first bench, I stared at the photos and stories that he shared with the class, dreaming to one day do it too. Soon after, I joined the 4th edition of The Adventurer and saw places around Manipal that my friends had never even heard of. Fast forward 3 years and a pandemic later, my love for cycling has taken me through tours in the Western Ghats, been a part of two more editions of The Adventurer, and created a whole lot of memories.

Life has a funny way of giving you opportunities to become better and grow as a person. Helping Ganesh Sir get the program up and running after the pandemic became one of those chances for me to grow as a person. I always thought of myself in a certain way and with my rigid outlook to life, I felt that conscious change was very hard. Helping people navigate through challenging situations on the road, made me aware of my own potential as a leader. It made me connect with a whole set of people with a similar passion for the outdoors and nature, who I now call friends and make grand plans with.

The Adventurer has been a life changing experience. The course has prompted me to build on skills that have made me who I am, as part of a larger change in my time as an undergraduate student at Manipal Institute of Technology

TEJAS IYER
MIT, 2023

In this edition of the Adventurer, we had **12** participants, **4** assistant instructors, **1** assistant program coordinator, **1** program coordinator, **1** chief instructor and **1** program director. We had **5** resource persons and **6** workshops. We cycled a total of **750** kms in over **5** weeks, **200** of which was during the final **3** days of the program. We guesstimated that over **25** litres of sweat were produced and over **100** dosas were consumed to make this possible along with **40** cups of strong tea. There were **3** overnight trips in **5** weeks during which we recorded over **25** species of birds, **3** Malabar pit vipers, **3** green vine snakes, **1** adamant rock python and **1** confident but angry King Cobra.

All in all, it was **1** BIG Adventure!

THANK YOU

