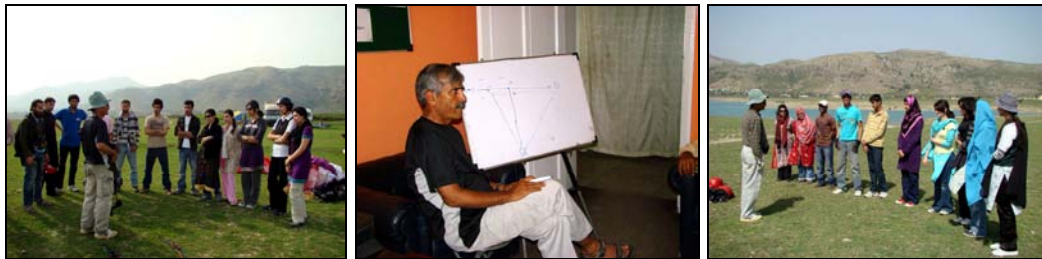


**Paragliding Basic Courses ( 18-20 & 25-27 March 2011 )**

It's a matter of great pleasure that we have successfully organized 5<sup>th</sup> Pakistan Open Rock Climbing Competition on International Women Day – 2011. The winners were awarded certificates and trophies through the Chief Guest, the Honourable Ambassador of Denmark, Mr. Uffe Wolffhechel and Mr. Manzoor Hussain ( Lt. Col. R ), President Alpine Club of Pakistan.



Dr. Abdul Jabbar Bhatti ( Lt. Col. R ), T.Bt, Pride of Performance, Vice President, Alpine Club of Pakistan and Managing Director, Pakistan Paragliding School & Club ( PPSC ) offered a complimentary 3 days basic Paragliding Training Course to position holders in various senior categories. It was a great offer, for which we are obliged to PPSC and got a very good response from the position holders and other members. Consequently, we had to make two groups of 10 participants each to conduct this exclusive training course.



The course was started with a lecture and theoretical part in PPSC office, while afterwards the participants were driven to Khanpur Lake, where ground training was conducted. It was a unique experience and the participants were divided into various weight categories and were taught inflation of the Paraglider, Stabilization, Take off and Deflation procedures. Under the supervision of seasoned trainers, the sessions were conducted successfully. Another day was

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reserved for ground training at Khanpur while on third day, the participants were taken to Mung, the selected site for practical flying or hops to experience how to take off and land.

It was a magnificent experience and all the members were greatly enthusiastic to fly with the wing. The session went very successful and all the participants performed very well and got appreciation by Dr. Jabbar Bhatti, the Chief Flying Instructor and by the other instructors.



The first course was attended by; Ms. Anam Shabbir Rathore, Ms. Farah Naz, Ms. Mashahoon Liaqat, Ms. Safa Nawaz, Ms. Nazia Parveen, Mr. Shayyan Korrani, Mr. Zaki-ud-Din, Mr. Waseem Abbas, Mr. Imran Qamar Junaidi, Mr. Usman Tariq, Mr. Naveed Iqbal and Mr. Tahir Imran Khan.



While the second team included; Ms. Hafsa Waheed, Ms. Sana Rasul, Ms. Saima Wazir, Ms. Kiran Nisa, Ms. Irum Nisa, Ms. Ghazal Jabeen, Ms. Rabbia Aziz, Ms. Nazia Parveen, Mr. Aneeq Ahmed, Mr. Muhammad Faizan Wariach, Mr. Aizaz Jabbar and Mr. Muhammad Hussain.



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The courses were conducted by the experienced trainers Mr. Shafqat Bhatti and Mr. Faisal and overall supervised by Mr. Jabbar Bhatti, the Chief Flying Instructor. Mr. Sajjad Shah, president of the Pakistan Association of Free Flying ( PAFF ) visited on final sessions for the both courses and added some useful tips to trainee junior pilots. Considering the enthusiasm and performance of the participants, Mr. Jabbar Bhatti and Mr. Sajjad Shah offered another two days advanced course to award the participants with Elementary Pilot status. We expect that a good number of participants will continue the activity in the future and the kind offer of PPSC and PAFF will prove productive.

The Adventure Club – Pakistan thanks to PPSC & PAFF to conduct a high quality training course, considering all safety and security measures and to provide the participants the best possible supervision.



The Club also extends its thanks to the NUST Adventure Club for their active participation and for laudable efforts of Mr. Saud Ahmed Khan, Coordinator NUST. We also thank our members and students of Fatima Jinnah Women University, who participated with great interest and enthusiasm.

Our thanks will remain incomplete without mentioning the cooperation for media coverage by SAMAA TV and Islamabad Dateline newspaper. We expect that their collaboration will help strengthen our efforts to promote adventure / outdoor activities in youth, especially among the females.