

☎: 24196758


F. No. C/85864/Adv Sports/DGQA/Adm/SCB

21 Feb 2024

**MINISTRY OF DEFENCE**  
**DGQA/ADM/GRIV & SCB**

**ADVENTURE SPORTS EXPEDITION 2023-24**

1. Reference our even note dated 21 Feb 2024.
2. A detail Adm instructions & set of Forms for EX-Jalsahas Water Sports Activities 2023-24 and Reporting instructions is forwarded herewith to upload on DGQA web site.
3. This is for your further necessary action.

  
(Chitrasen Yadav)  
Treasurer SCB  
For DGQA

**Encl:-** As stated

**DGQA /SDCC**

**Copy to:-**

**Chairman,  
Adventure Sports Cell  
CQA(SV), Dehu Road, Pune**

**For info**

No. C/85864/AS/DGQA (Co-ord)

20 Feb 2024

To,

**As per Distribution List**

**ADVENTURE SPORTS EXPEDITION**  
**“EX- JALSAHAS WATER SPORTS 23-24”**  
**(NATIONAL INSTITUTE OF WATER SPORTS, GOA)**

1. **Introduction.** As part of Annual Adventure Camp conducted by Directorate General of Quality Assurance, **DGQA Adventure Sports Cell** will be conducting a 5-day Adventure Camp (**Water Sports Activities**) at NIWS, Goa. This activity has been named as **“EX- JALSAHAS 23-24”** and is planned from **11 Mar to 15 Mar 2024**.

2. **Goa.** Goa is a state on the south-western coast of India within the Konkan region, It is bound by the Indian state of Maharashtra to the north, and Karnataka to the east and south, with the Arabian sea in the west. Looking out to Arabian sea, Goa has long been popular water sports and Water Adventure Sports destination.

Panaji is the State's Capital National Water Sports Institute (NIWS) is designated centre under Indian Institute of Tourism and Travel Management which is Run by Tourism Ministry. The Institute is only one of its nature in South Asia, Acts as the Apex Body for Training, Education, Consultancy and Research on Areas related to recreational and Adventure Water Sports.

3. **Aim.** The aim of this activity is: -

- (a) To develop a spirit of adventure and comradeship among the participants & estt of DGQA.
- (b) To create awareness of rich flora and fauna of the area.
- (c) To develop the spirit of national integration in all Estts of DGQA.
- (d) To develop physical and mental robustness in QA personnel.

4. **Conducting Unit.** CQA(SV), Dehu Road, under the aegis of DGQA Adventure Sports Cell, will be the conducting unit for **“EX- JALSAHAS 23-24”**. Shri RK Tolambiya, JAG(NFSG) Offg. Controller, CQA (SV), Dehu Road, who is Chairman, DGQA Adventure Sports Cell is responsible for overall conduct of the event. Col Rafil G M, will act as Secretary, Adventure Sports Cell & is responsible for overall conduct of Camp. Shri Nitin Asthana, AE(QA), has been nominated as Treasurer. He shall be responsible for proper maintenance of accounts for complete event as per the directions and approval of Secretary and Chairman Adventure Sports Cell for the above mentioned event. Sub Sanmargam K will be responsible for all aspects of safety, logistics and discipline. Detention Certificate / Movement orders will be issued to all personnel as per procedure in vogue.

5. **Outline Plan.** **“EX- JALSAHAS 23-24”** is being conducted to introduce DGQA Staff with the Adventure activities at NIWS, Goa. The DGQA team will comprise a total of 30-33 participants from East Zone, North Zone, Central Zone, West Zone and South Zone. During the expedition, the teams will also interact with various Estts and Civilians to get to know the customs, culture and local traditions of India.

6. **Expedition Schedule.** Detailed schedule for the “**EX- JALSAHAS WATER SPORTS 23-24**” is given at **Appendix ‘A’**.

7. **Induction Schedule.**

Ser	Type	Reporting Date	NRS / NAH	Remarks
(a)	Adv. Sports Organising Committee	Not earlier than 07 <sup>th</sup> Mar 2024	Goa	From CQA (SV) to Goa will move by Air/ Rail /Road as per the Mov. Order
(b)	All Participants	11 March 2024	Goa	Will move by Air/ Rail /Road as per the Mov. Order

**Note:** No participant will report before due date i.e. **(11 Mar 2024 at 0900 Hrs)**. Any individual reaching before should make their own arrangements.

8. **De-induction Schedule.**

Ser	Type	Dispersal Date	Remarks
(a)	All participants	15 Mar 2024	Will move by Air/ Rail /Road as per the Mov. Order
(b)	Adventure Sports Organising Committee and Adm Staff	Not later than 18 <sup>th</sup> Mar 2024	Back to CQA (SV) from Goa, will move by Air/ Rail /Road as per the Mov. Order

9. **How to Apply.** The desirous candidates may apply for the Annual Adventure Sports Camp by downloading Application forms and other documents from DGQA Web site. Following documents alongwith suitable copy of Identity card will be submitted to Secretary, DGQA Adventure Sports Cell, CQA (SV) Dehu Road – 412101. Candidates are advised to scan the duly filled Application Forms and send the same by E-mail to

- (a) Application Form & Volunteer Certificate - Annexure I
- (b) Medical Certificate - Annexure II
- (c) Indemnity Bond - Annexure III

**Note:** - (a) No participant will be allowed to attend the activity if the above documents are not submitted.

(b) Forms are to be countersigned by HoE only.

10. **Last Date to Apply.** The last date for receipt of application is **04 Mar 2024**. Applications received after the due date will be accepted only if vacancy exists.

11. **Selection of Participants.** Total **30 to 33** personnel will be participating in **“EX- JALSAHAS WATER SPORTS 23-24”**. Details of participants selected / shortlisted will be intimated to the individuals / respective Esttts. separately by e-mail. Selection / Approval of participants by Controller, CQA (SV), Chairman / Secretary DGQA Adventure Sports will be final. The participants so selected should be in an absolute state of fitness to undergo the camp. The selected candidates will be informed by E-mail on mail ID given by them. Candidates should clearly specify their personal E-mail id and the E-mail id of their Estt.

**EX- JALSAHAS WATER SPORTS 23-24**

12. **How to Reach.**

(a) **By Air:-** Goa

(b) **By Rail:-** Goa.

(details are enclosed as **Annexure-IV** for ready reference

13. **Communication.** Participants are advised to use the E-mail for speedy communication. Adventure Cell CQA(SV) Reception Centre will be functional at Madgaon Railway Station on 11 Mar 2024 from 0030 - 0700 hrs and on 15 Mar 2024 from 1800-2000 hrs at NWIS. All participants including Officers should inform their ETA/ETD to following: -

(a) Email: [cgasv-dgqa@nic.in](mailto:cgasv-dgqa@nic.in)

(b) Phone No. - 020- 27671155/56, 020-27675855

(c) Shri. Nitin Asthana - 7972316282 / 7506043571

(d) Sub Sanmargam K - 9488092551

(e) Shri. SA Karandikar, OS - 9158622136

(f) Nk ES Rao - 9057555297

(g) Nk Rama Krishna - 9490013522

(h) Cfn T Pranit - 9892521059

14. **Location.** Camp will be conducted at designated various locations NIWS, Goa.

15. **Conduct.** DG, DGQA has kindly given the consent (skelton) to flag off the Adventure Camp. Details of the conducting / Adm staff for carrying out smooth conduct of Annual Adventure Sports Camp are as per Appendix 'B' attached.

16. **Safety / Security precautions.**

(a) All participants are required to carry their personal sports kit, sports shoes.

(b) Participants are advised to plan their fitness routine well in advance to avoid sudden exhaustion / cramps during expedition also cater for light clothes due to onset of summer & humid climate.

(c) Participants are advised to avoid wearing free flowing clothes / fabric, which may get entangled during any adventure activity.

17. **Personal Baggage / Clothing.** (Ref Appendix 'C' for items to be carried)

18. **Transport.** Participants are required to report under own arrangements to Reception Centre at **Goa**. The Transport is available for duration of Camp at NIWS. Movement orders and detention certificates of all participants will be collected at NIWS. Transport will be provided to participants from **Reception center, Goa to NIWS and back. The reception center CQA(SV) will co-ordinate for transport.**

19. **Medical Cover.** Need based Medical Cover will be available.

20. **Memento / Trophy.** Chairman / Secretary, DGQA Adventure Sports Cell may present souvenir to Conducting agency and staff that have provided assistance to the DGQA team.

21. **Certificate.** NIWS Goa / DGQA Adventure Sports Cell will prepare & issue certificates for participation to successful participants of **“EX- JALSAHAS 23-24”**.

22. **Discipline and Team Spirit.** In keeping with the aim of the **EX- JALSAHAS 23-24”** participants are expected to be actively involved in all activities undertaken during the exercise. All participants will be under the Secretary, DGQA Adventure Sports for all matters pertaining to discipline for the duration of the Camp. Any case of indiscipline will render the subject participant to be reverted back to his Unit (RTU) under orders of the Secretary, DGQA Adventure Sports Cell.

23. **Cancellation.** Candidates whose names are finalized should refrain from last minute cancellation. In case of unavoidable circumstances, HoE should send suitable replacement in lieu after intimating HQ DGQA (Co-ord) regarding replacement, since the issue has financial repercussions and has been viewed seriously by Audit Authorities in the past.

24. **Authority for Move.** Move of all personnel to include Officers / Staff for the **EX- JALSAHAS WATER SPORTS 23-24”** will be considered as **Temporary Duty** as per **Gol, MOD letter No C/ 85864 / DGQA / ADM/ LV dated 22 Dec 1994** (copy enclosed at Appendix ‘D’).

25. Please ack.

(-----)

Director

HQ/DGQA (Coord)

**Encl :**

Appendices:	Appx ‘A’	-	Datewise Training Schedule
	Appx ‘B’	-	Conducting & Administrative Staff.
	Appx ‘C’	-	Personal Baggage Clothing.
	Appx ‘D’	-	Authority for move- Gol MoD letter

Annexures:	Annex 1	-	Application form & Volunteer Certificate
	Annex 2	-	Medical Certificate
	Annex 3	-	Indemnity Bond
	Annex 4	-	Train schedule/ Air schedule

**Distribution: (List A)**

- |     |                            |                              |  |
|-----|----------------------------|------------------------------|--|
| 1.  | SO to DGQA                 | - For info pl.               |  |
| 2.  | PPS to DGQA                | - For info of DGQA pl.       |  |
| 3.  | ADGQA (Vehs)               | - For info of ADGQA(V) pl.   |  |
| 4.  | SDCC/HQDGQA (ADM)          | - To upload on DGQA web site |  |
| 5.  | Chairman, West Zone SCB    | - For necessary action pl.   |  |
| 6.  | Chairman, East Zone SCB    | - For necessary action pl.   |  |
| 7.  | Chairman, South Zone SCB   | - For necessary action pl.   |  |
| 8.  | Chairman, North Zone SCB   | - For necessary action pl.   |  |
| 9.  | Chairman, Central Zone SCB | - For necessary action pl.   |  |
| 10. | HQ DQA (A)                 | - For info pl.               | } To info all the Estt under your Dte. |
| 11. | HQ DQA (L)                 | - For info pl.               |  |
| 12. | HQ DQA (EE)                | - For info pl.               |  |
| 13. | HQ DQA (WP)                | - For info pl.               |  |
| 14. | HQ DQA (ME)                | - For info pl.               |  |
| 15. | HQ DQA(R&S)                | - For info pl.               |  |
| 16. | HQ DQA (V)                 | - For info pl.               |  |
| 17. | HQ DQA (S)                 | - For info pl.               |  |
| 18. | HQ DQA (N)                 | - For info pl.               |  |
| 19. | HQ DQA (CV), Avadi         | - For info pl.               |  |
| 20. | HQ DQA (W)                 | - For info pl.               |  |
| 21. | CQA (I), Dehradun          | - For info pl.               |  |

**DGQA ADVENTURE SPORTS ACTIVITY : 2023-24**  
**"EX- JALSAHAS WATER SPORTS 23-24"**  
**NATIONAL INSTITUTE OF WATERSPORTS GOA**  
**FROM 11 MAR TO 15 MAR 2024**  
**SCHEDULE FOR 5 DAYS**

<b>11 Mar 2024 Monday</b>	<b>Arrival, Registration and pep talk 0900 hrs</b>	
<b>Day</b>	<b>Time</b>	<b>Details</b>
Day 1 Monday 11 Mar 2024	0900-1900 hrs	Introduction, Orientation Programme & Flagging Off
Day 2 Tuesday 12 Mar 2024	0900-1900 hrs	Power Boating
Day 3 Wednesday 13 Mar 2024	0900-1900 hrs	Jet Ski
Day 4 Thursday 14 Mar 2024	0900-1900 hrs	Para Sailing & Camp Fire
Day 5 Friday 15 Mar 2024	0900-1900 hrs	Tiller  Dispersal

**DGQA ADVENTURE SPORTS ACTIVITY : 2023-24**  
**"EX- JALSAHAS WATER SPORTS 23-24"**  
**NATIONAL INSTITUTE OF WATERSPORTS GOA**  
**FROM 11 MAR TO 15 MAR 2024**

**CONDUCTING AND ADMINISTRATIVE STAFF**

S. No	Appointment	Rank & Name	Unit	Tele/Mobile/E-mail address
1.	Chairman, DGQA Adventure Sports Cell	Shri. RK Tolambiya JAG(NFSG)	Offg Controller, CQA(SV) Dehu Road DGQA Adv Sports	Chief Co-coordinator
2.	Secretary DGQA Adventure Sports Cell	Col Rafil GM	CQA (SV) Dehu Road.	Chief Instructor 020-27671123
3.	Treasurer	Nitin Asthana, AE(QA)	CQA (SV) Dehu Road.	Mob No.7972316282 Mob No.7506043571
4.	Adm JCO	Sub Sanmargam K	CQA (SV) Dehu Rd	Mob No. 9488092551
5.	HMT	Arjun	-do-	Mob No 7425091720 Camp In cha
6.	Head Adm Staff	Sachin Karandikar, OS	-do-	Mob No.9158622136
	ADM Staff	Nk Rama Krishna Cfn T Pranit Cfn Dinesh Kumar Cfn Vishnu	-do- -do- -do- - do -	9490013522 9892521059 8053659541 7994226991



**DGQA ADVENTURE SPORTS ACTIVITY: 2023-24**  
**“EX- JALSAHAS WATER SPORTS 23-24”**  
**NATIONAL INSTITUTE OF WATERSPORTS GOA**  
**FROM 11 MAR TO 15 MAR 2024**

**DETAILS OF PERSONAL BAGGAGE / CLOTHING**

<b><u>Ser No.</u></b>	<b><u>Item</u></b>	<b><u>Qty</u></b>
1.	Long-Sleeve T-Shirt (Lycra or Nylon)	Two pairs
2.	Shorts	Two pairs
3.	Sun Glasses / Goggles ( Optional)	1 Pair
4.	Sun Cream ,Toilet kit & Beach Slippers	1 Pair
5.	Personal Medicines / Sun Burn Cream/Sun Tan lotion	1 x Pouch/Bottle
6	Shaving Mirror ,Toiletry Kit / Odomos	1
7.	Camera ( Optional)	1
8.	Reading /writing material, pen, postage (if so desired)	Optional
9.	Mobile set with charger	1 (optional)

*Note : No extra / unwanted baggage / costly items to be brought by individual.*

Appx 'D'  
No.85864/DGQA/Adm/LW  
Govt of India Ministry of Defence  
New Delhi  
22 Dec 94

To,

The Director General of Quality Assurance,  
Ministry of Defence,  
NEW DELHI.

Subject : **SANCTION FOR CONSTITUTION OF DGQA SPORTS CONTROL BOARD**

Sir,

1. I am directed to convey the sanction of the Ministry for constituting the DGQA Sports Control Board and approval of bye-laws of DGQA Sports Control Board which are at Annexure 'A' to this letter.
2. The Sports Control Board will cater to Sports and Welfare activities of the employees of DGQA.
3. The Board will have an annual grant of Rs.10,00,000/- (Rupees Ten Lakhs from the Govt towards expenses which is subject to review from time to time and also a non-recurring grant of Rs.15,00,000/- (Rupees Fifteen lakhs only) toward initial expenses to set up the board.
4. The movement of Officials, Competitors and members of the Councils in connection with the Sports activities of the DGQA Sports Control Board, would be treated as DUTY and such personnel will be entitled to TA/DA under normal rules. The expenditure on this account would be debitable to normal TA/DA head.
5. Pending amendment to classification Hand Book, for inclusion of a separate Head for "Amenity and Sports Grants" the expenditure will be debited to Sub Head MISC Expenses.
6. This issues with the concurrence of Finance vide their U.O. No.1047/Dir/Fin(DS) dated 22.11.94.

Sd/-  
(RL OJE)  
Under Secretary of Govt of India

**Copy to :-**

Dte Gen QA (Dte of Adm)  
Copy Signed in ink to :  
All CsDA  
CGDA, New Delhi

**DGQA ADVENTURE SPORTS ACTIVITY : 2023-24**  
**“EX- JALSAHAS WATER SPORTS 23-24”**  
**NATIONAL INSTITUTE OF WATERSPORTS GOA**  
**FROM 11 MAR TO 15 MAR 2024**

**APPLICATION FORM & VOLUNTEER CERTIFICATE**

**Affix Photo**

*(and also forward*

*two photos separately  
with name written on*

1. Name:.....  
(in block letters)
2. Rank &Appt .....
3. Email address (O).....  
Email address(Pers).....
4. Permanent Address  
.....  
.....  
.....  
.....  
PIN :  
Phone No(R)  
Mobile No : .....
5. Present Office Address  
.....  
.....  
.....  
.....  
PIN :  
Phone No. (R)  
Mobile No : .....
6. Date of Birth ..... Age on 01 March 2024 ..... yrs ..... months
7. Next of Kin with address, relation & telephone numbers:  
.....  
.....
8. Details of DGQA Annual Adventure Sports Camps attended earlier:-  
(a).....  
(b).....  
(c).....  
(d).....  
(e).....

## Annexure I

9. **Volunteer Certificate.** I hereby volunteer to participate in DGQA Annual Adventure Sports Camp planned at **NIWS, Goa (National Institute of Watersports)**. In case of any accident of any form or injury etc. that may sustain during the period of expedition, I will not hold DGQA Organization or any official of conducting team of this adventure activity responsible for the same. I want to undertake the activity as per my own will.

10. The above entries have been made by me and are true and correct.

Station :

Signature :

Name :

Date :

Rank/Appt :

COUNTERSIGNED BY HoE

Station :

Date : (office seal)

**Note: (This application form can be downloaded from DGQA website also)**

**“EX- JALSAHAS WATER SPORTS 23-24”**  
**NIWS GOA FROM 11 MAR TO 15 MAR 2024**

**MEDICAL CERTIFICATE**

**(TO BE ISSUED BY AUTHORISED GOVT MEDICAL PRACTITIONER)**

This is to certify that Shri/Smt ..... is medically fit to participate in the **DGQA Annual Adventure Sports Camp** being conducted at NIWS Goa (National Institute of Watersports Goa) from 11 Mar to 15 Mar 2024.

Date:     /     /2024

(Sign of Medical Practitioner)

-----  
**(For CQA (SV), Dehu Road use only)**

I, ..... was examined by me and found fit/unfit to undergo  
.....Course.

Date:

Medical Officer

**DGQA ADVENTURE SPORTS ACTIVITY : 2023-24**  
**“EX- JALSAHAS WATER SPORTS 23-24”**  
**NATIONAL INSTITUTE OF WATERSPORTS GOA**  
**FROM 11 MAR TO 15 MAR 2024**

**INDEMNITY BOND**

**THE PRESIDENT OF INDIA**

In consideration of the President of India (hereinafter referred to as the Govt) having at my request agreed to me a Civilian Govt Employee attending DGQA Annual Adventure Sports Camp planned in **NIWS, Goa** from 11 Mar to 15 Mar 2024. I undertake and agree that neither I nor my heir's executor or administrators shall make any claim against the Govt or any Officer, JCO or the Ministry of Defence or any person in service of the Govt for or respect of any laws, damage or injury to property or person (including injury resulting in death) which myself may suffer while or in consequence of myself attending the DGQA Annual Adventure Sports Camp planned at **NIWS Goa**. I also agree that no compensation, except otherwise admissible under my statute or statutory or other rules applicable to me, will be paid by the Government or by any officer or the Ministry of Defence or any person in the service of the Govt establishment to any claim or demand which may be made by any third party against them or any of them arising out of any act of omission, default on my part in connection with such Adventure Sports activities. The Govt has agreed to bear the stamp duty on this document.

(Signature of the Applicant)

No. .... Rank/Appointment ..... Name..... in the  
presence of (address & designation of the applicant)

1. Witness No.1

2. Witness No.2

Signature:  
Name & Rank

Signature:  
Name & Rank:

*(For and on behalf of the President of India)*

Station :

Date :

(Head of the Establishment)

**DGQA ADVENTURE SPORTS ACTIVITY : 2023-24**  
**“EX- JALSAHAS WATER SPORTS 23-24”**  
**NATIONAL INSTITUTE OF WATERSPORTS GOA**  
**FROM 11 MAR TO 15 MAR 2024**

Ser No	Airline Name	Flight No	Time at New Delhi	Time at Goa
1	Air India Express	I5-779	0435 hrs	0710 hrs
2	Indigo	6E-5301	0730 hrs	1000 hrs

**FLIGHTS FROM GOA TO NEW DELHI**

Ser No	Airline Name	Flight No	Time at Goa	Time at New Delhi
1	Air India Express	I5-830	2325 hrs	0210 hrs
2	Indigo	6E-2164	2230 hrs	0055 hrs
3	Indigo	6E-369	2105 hrs	2335 hrs
4	Indigo	6E-2029	1940 hrs	2210 hrs

**TRAINS FROM NEW DELHI TO GOA**

Ser No	Train Name	Train No	Time at New Delhi	Time at Goa / Madgaon
1	NZM MAO RAJDANI	22414	0616 hrs	0710 hrs
2	NZM ERS DURONTO	12284	2140 hrs (Only Saturday)	0025 hrs
3	GOA EXPRESS	12780	1515 hrs	0540 hrs

**TRAINS FROM GOA TO NEW DELHI**

Ser No	Train Name	Train No	Time at Goa/ Madgaon	Time at New Delhi
1	MADGAON EXP	12431	1010 hrs	1230 hrs
2	NZM ERS DURONTO	12283	1200 hrs(Only Wednesday)	1720 hrs
3	GOA EXPRESS	12779	1540 hrs	0625 hrs