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Ministry of Tourism
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National Institute of Water Sports
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ATLAS

Aqua-adventure Tourism of India



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यात्रा प्रबंध संस्थान**

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Section – 1: Non-Motorized Aqua Adventure Activities

KAYAKING

About Kayaking

A kayak is a small, narrow watercraft which is typically propelled by means of a double-bladed paddle. In India Kayaking is one such experience that can give you the much-needed thrill and make your holiday one-of-its-kind. Be it a lake, a river, or a sea, paddling onto an off beaten path amidst the wonders of nature lets you have the best of both worlds.

Places for Kayaking In India

State	Locations
Andaman & Nicobar Islands	Port Blair, Swaraj Dweep, Shaheed Dweep
Andhra Pradesh	Vijaywada
Chhattisgarh	Chitrakote Falls, Gangrel Dam
Goa	Sinquerim, Arambol, Valpoi, Bicholim, Agonda, Palolem, Bogmalo, Hawaii Beach, Vagator, Anjuna, Cola,
Daman & Diu	Diu
Gujarat	Ahmedabad, Vadodara
Himachal Pradesh	Manali, Kullu, Shimla, Spiti Valley, Bilaspur, Chamba
Jammu & Kashmir	Reasi, Pahalgam, Gulmarg, Kishtwar
Jharkhand	Patratu
Karnataka	Dandeli, Coorg, Nandi Hill, Mysore, Karwar
Kerala	Wayanad, Kozhikode, Idukki, Alleppy, Trivandrum, Kannur, Kollam
Ladakh	Leh, Kargil, Drass, Zaskar
Lakshadweep	Kavarati, Agati, Kadmat, Mini coy
Madhya Pradesh	Bhopal, Orchha, Hanuwantiya Island
Maharashtra	Mumbai, Alibaug, Lonavala, Kolad, Vasai, Pune, Bhandardara, Nagpur
Manipur	Imphal
Meghalaya	Dawki
Odisha	Chilika, Cuttack, Hirakud
Puducherry	Paradise Beach, Chunnamabar River, Pondy Ocean Park, Karaikal Beach, Promenade Beach
Tamil Nadu	Chennai, Kodaikanal, Rameshwaram
Telangana	Hyderabad, Godavarikhani
Uttarakhand	Rishikesh, Nainital, Uttar Kashi, Bhimtal, Mussoorie, Jim Corbett National Park
West Bengal	Teesta, Mandormani, Rameshwaram

Equipment Required for Kayaking

There are two main categories of kayaks; Flat water and White water. There are basically 5 types of flat water kayaks and 4 types of white water kayaks.

- **Flat Water Kayaks** - There are 5 types of flat water kayaks; sit-on-top, recreational, touring, inflatable and pedaling kayaks.
- **Whitewater Kayaks** - Playboats, River Runners, Creekboats, Old School, and Inflatable (Duckies)

Inflatable Whitewater Kayaks (Duckies) are just the opposite of inflatable flat water kayaks which are worthless. Inflatable whitewater kayaks are wonderful and a great way to start out your whitewater career. They are very stable because of how wide they are. They can haul a lot of gear. They are more comfortable than hard-shell whitewater kayaks because you can periodically shift your position. Their only downside is they don't perform as well in rivers with a lot of tight turns. If it wasn't for that I would love to use one more often.

- Paddles, Personal Floatation Device and helmets (for White Water Kayaking)

Swimming requirement – Basic swimming proficiency is desirable and must be physically fit to board the kayak after a fall.

Health Benefit

1. Helps you lose weight and increases stamina
2. Great for a solid core and toned muscles
3. Great for abs
4. Reduced stress
5. Internal cardiovascular benefits
6. Improved mental health
7. Improved overall health



RAFTING (River/ Sea)

About River Rafting

Rafting and white-water rafting are recreational outdoor activities which use an inflatable raft to navigate a river or other body of water. This is often done on white-water or different degrees of rough water. River rafting in India has emerged as one of the most popular sports. Steering through the unbridled water and passing through parlous rapids, it is something only an adventurer at heart can realize and appreciate. This high adventure sport comprises of several difficulty levels, depending upon how ripple and rough the river is. These levels are based on the presence of rapids that emerge due to a change in the river-height, or because of the presence of different sized rocks in the river. The rafting trips are broken down into different Classes. Starting at Class I (less difficult) to Class VI (most difficult). When identifying different classes keep these descriptions in mind.

Class I: Moving water with a few small waves. Few or not obstructions.

Class II: Easy rapids with smaller waves, clear channels that are obvious without scouting. Some maneuvering might be required.

Class III: Rapids with high, irregular waves. Narrow passages that often require precise maneuvering.

Class IV: Long, difficult rapids with constricted passages that often require complex maneuvering in turbulent water. The course may be hard to determine and counting is necessary.

Class V: Extremely difficult, long and very violent rapids. Upper limit for commercial rafting.

Class VI: These are generally considered in-navigable and unrunnable. These rapids must be tried only by paddlers of Olympic standards.

Sea Rafting is a newly emerging watersports in coastal parts of country, which runs over the waves. Bamboo rafting is also a unique activity which is conducted in Periyar Tiger Reserve in Kerala.

Places for Rafting (River/ Sea) in India

State/ UT	Locations
Arunachal Pradesh	Dibrugarh, Aalo, Pappu Valley, Pasighat, Bhalukpong, Roing, Dirang
Assam	Manas National Park, Nameri National Park,
Goa	Valpoi, Arambol, Vagator
Gujarat	Ahmedabad, Vadodara

Haryana	Damdama Lake
Himachal Pradesh	Manali, Shimla, Kullu, Spiti Valley, Bilaspur, Dalhousie, Chamba
Jammu & Kashmir	Reasi, Pahalgam, Sonmarg, Kishtwar, Gurez
Karnataka	Dandeli, Coorg, Nandi Hills, Karwar
Kerala	Kozhikode, Wayanad, Kannur
Ladakh	Leh, Kargil, Drass, Nubra Valley, Zaskar
Madhya Pradesh	Orchha
Maharashtra	Kolad
Manipur	Imphal
Meghalaya	Dawki
Sikkim	Melli
Tamil Nadu	Kodaikanal
Uttarakhand	Rishikesh, Uttar Kashi, Mussoorie, Jim Corbett National Park
West Bengal	Teesta

Equipment Required for River Rafting

- Inflatable Rafting Boat - Previously the inflatable rafts were very sensitive.
- Life Jacket - Life jacket is used for the safety of the rafters.
- Helmets - Rafters have to wear helmets to prevent head injuries.
- Paddles
- Wetsuit
- Dry suit
- Rescue Throw Bags

Swimming requirement – A Rafting Guide must be proficient in swimming and must have trained and certified in Lifesaving Techniques. Other rafter's may have basic proficiency in swimming.

Health Benefits –

1. Improves physiological and psychological wellness
2. Provides an adrenaline rush
3. Reduces Stress
4. Strengthen Muscles
5. Improves Cardiovascular fitness
6. Improves team work and bonding

Who should not do rafting?

People with heart conditions pregnant ladies should refrain from the activity. Also people above 60 years of age should not attempt this sport if it is the first time. This is a high adrenaline sport where people with health issue would face serious consequences.



WIND SURFING

About Wind Surfing

Amalgamating the features of surfing and sailing, windsurfing is a watersports that is practiced on a 'windsurf' board (sometimes called a sailboard). The surfboard, usually between 2m and 5m, is powered along by the force of the wind on the sail. The board is attached to a rig by a universal joint that pivots freely; the rig is made up of the mast, mast base, boom and sail. Uniquely, unlike a sailboat (which is steered by a rudder), the windsurfer is manoeuvred by the tilting and swiveling action of the mast and sail, and the listing and cutting motion of the board. Therefore, control of the surfboard depends as much on the individual's mastery of the wind and water as it does on the conditions. Windsurfing is a more adventurous sport than sailing, one that requires higher levels of physical fitness and agility. A windsurfer sails and tacks faster than a sailboat, and one can handle higher wind speeds and exotic manoeuvres like jumping, neither of which is possible on a sailboat.

Places for Wind Surfing in India

State/ UT	Locations
Andhra Pradesh	Visakhapatnam
Goa	Dona Paula, Vasco-da-Gama, Calangute
Karnataka	Karwar, Mangalore
Kerala	Kovalam, Varkala, Ernakulam, Cherai Beach
Lakshadweep	Kavarati, Kadmat, Mini Coy, Bangaram
Maharashtra	Mumbai
Odisha	Cuttack
Puducherry	Paradise Beach, Karaikal Beach
Tamil Nadu	Chennai, Rameswaram

Equipment Required for Wind Surfing

The equipment required for windsurfing can be handled by a single person and is easily carried on a car top –

- Fiberglass board with one or more fins and Dagger board
- Harness and harness line
- Sail
- Mast and mast base
- Boom
- Joints
- PFD/ Life Jacket

- Helmet, Shoes and Wetsuit are optional for professionals

Swimming requirement – A windsurfer must have basic proficiency in swimming and must learn skills to board the surfing board after a fall.

Health Benefits –

1. Improves Cardiovascular endurance and fitness
2. Mental Benefits
3. Strengthen upper body, arms, core muscles and legs
4. Increases agility
5. Burns lot of calories

Travelers Fitness requirement

Windsurfing asks more of one's physical fitness than sailing (it also requires one to be agile and quick-thinking!). It is obligatory to carry a medical certificate stating that the individual is medically fit.

Tips

Choose an operator/outfit who observes stringent safety standards. Before setting out, check – and double check – your gear. Make sure you're familiar with the international distress signal. Don't set out in an offshore breeze.



WAVE SURFING

About Wave Surfing

Surfing is the sport of riding waves in an upright or prone position. Surfers catch the ocean, river, or man-made waves and glide across the surface of the water until the wave breaks and loses its energy.

In the ocean, wave riders stand up on surfboards and navigate the water - nearly parallel to the beach - toward the shore. There are four types of surfing waves: spilling waves, plunging waves, surging waves, and collapsing waves. The ultimate goal of surfing is to ride and progress on the unbroken part of the wave using a surfboard.

Places for Wave Surfing in India

State/ UT	Locations
Andaman	Little Andaman
Goa	Agonda
Karnataka	Mulki, Gokarna
Kerala	Kovalam, Varakal
Lakshadweep	Kavarati, Agati, Kalpani, Kadmat, Mini coy
Odisha	Puri, Konark
Puducherry	Paradise Beach
Tamil Nadu	Mahabalipuram

Equipment Required for Wave Surfing

- Surf board
- Fins
- Surf leash
- PFD
- Helmet

Swimming requirement – A wave surfer must be proficient in swimming.

Health Benefits

1. Cardiovascular fitness from paddling.
2. Increases shoulder and back muscle strength – these muscles will strengthen from the paddling leg and core strength – once you're standing up on the board, strong legs and a strong core will keep you up.
3. A good outlet for stress and tension.



SAILING (Dinghy)

About Sailing (Dinghy)

Dinghy sailing is a fantastic and rewarding watersport. An activity you can enjoy at home and on a Neilson holiday. The following guide explains everything you need to know about dinghy sailing, the terminology, the kit, what to wear, how to get started and how we can teach you to sail. We hope that by reading this guide, you've got a small head start before you embark on your first dinghy sailing adventure.

Simply put dinghy sailing involves a small open boat with a sail which is used to harness the power of the wind, to move you through the water. Some dinghies are designed for speed and exhilaration, while others are better for learning and more relaxed sailing. You can sail on inland waters such as lakes and reservoirs or take to the open seas at home or abroad on warm blue seas.

Places for Sailing in India

State/ UT	Locations
Andaman & Nicobar	Port Blair, Swaraj Dweep, Shaheed Dweep
Andhra Pradesh	Visakhapatnam, Vijayaada, Krishnapatnam
Bihar	Ranighat
Goa	Dona Paula, Clanagute, Baga, Vasco Da Gama
Daman & Diu	Diu
Kerala	Kozikode, Idukki, Kochi
Madhya Pradesh	Bhopal
Maharashtra	Mumbai, Pune
Odisha	Chilika
Puducherry	Promenade Beach
Tamil Nadu	Chennai, Rameswaram
Telangana	Hyderabad
Uttarakhand	Nainital

Equipment Required for Sailing -

Hull, Mast, Boom, Rigging Gear, Sails, Rudder and Tiller.

Swimming requirement – A sailor must have basic proficiency in swimming and must have skills to board the sail boat after capsizing.

Health Benefits –

1. Sailing can improve cardiovascular health
2. Reduce the risk of hypertension
3. Helps reduce in obesity and other heart illness
4. Strengthen whole body muscles

5. Reduces stress



CANOEING

About Canoeing

Canoeing is an activity which involves paddling a canoe with a single-bladed paddle. Common meanings of the term are limited to when the canoeing is the central purpose of the activity. Broader meanings include when it is combined with other activities such as canoe camping, or where canoeing is merely a transportation method used to accomplish other activities. Most present-day canoeing is done as or as a part of a sport or recreational activity.

A few of the recreational forms of canoeing are canoe camping and canoe racing. Other forms include a wide range of canoeing on lakes, rivers, oceans, ponds and streams.

Places for Canoeing in India

State/ UT	Locations
Andhra Pradesh	Vijaywada
Himachal Pradesh	Manali, Bilaspur, Chamba
Jharkahnd	Patratu
Kerala	Trivandrum
Lakshadweep	Kavarati, Agati, Kadmat, Mini Coy
Madhya Pradesh	Bhopal
Manipur	Imphal
Puducherry	Paradise Beach, Karaikal Beach, Promenade Beach
Uttarakhand	Rishikesh

Equipment Required for Canoeing

Canoe, Paddle, Lifejacket or Personal Floatation Device, Helmet

Swimming requirement – A Canoeist may have basic proficiency in swimming and must be physically fit to board the Canoe after a fall.

Health Benefit

- Improves aerobic fitness, strength and flexibility.
- Improved cardiovascular fitness,
- Increased muscle strength, particularly in the back, arms, shoulders and chest, from moving the paddle.
- Increased torso and leg strength, as the strength to power a canoe comes mainly from rotating the torso and applying pressure with your legs.

- Reduced risk of wear-and-tear on joints and tissues, since paddling is a low impact activity.



STAND-UP PADDLING

About Stand-up Paddling

Stand up paddle is a unique sport. Participants use a paddle and large stable board and can paddle in any water location from the open ocean out to sea, coastal shore to far inland on dams, lakes, rivers and canals.

SUP is not a surfing sport nor is it a canoe or surf ski sport. It's a melding of all, with its own specialised equipment and skill and technique.

Its versatility of locations, minimal equipment needs, amazing fitness benefits and the ability for the whole family to participate make it one of the fastest growing sports in the world today.

Places for stand up paddling In India

State/ UT	Locations
Goa	Morjim, Arambol, Bicholim, Agonda, Palolem
Kerala	Kozhikode, Idukki, Alleppy, Trivandrum, Kollam
Puducherry	Paradise Beach, Chunnambar River, Pondy Ocean Park, Karaikal Beach
Tamil Nadu	Chidambaram, Chennai, Rameswaram, Udumalpet (Erode)

Equipment Required for SUP

SUP board, Paddle, Personal Flotation Device, Safety whistle, Safety Leash.

Swimming requirement – The Stand-up Paddler must have basic knowledge of swimming and have skills to board the SUP Board in case of fall.

Health Benefit

1. Gets you on your feet and helps maintain both your body and mind.
2. Helps with balance
3. Reduces your stress levels
4. Exercises your whole body, Low-impact workout.
5. Helps you lose weight
6. Boosts your cardiovascular health
7. Offers you the optimal environment for meditation



AQUA ZORBING

About Aqua zorbing

Aqua/Water zorbing involves getting into a large inflatable ball that allows you to walk, run, jump and dance on the surface of water without getting wet. These water walking zorbs are ideal for festivals, family fun days and much more.

Places for Water zorbing In India

State/ UT	Locations
Bihar	Sonpur
Chhattisgarh	Gangrel Dam
Gujarat	Ahmedabad, Mandavi Beach
Haryana	Dhauj
Karnataka	Dandeli, Karwar
Maharashtra	Mumbai, Lonavala, Nagpur
Puducherry	Pondy Ocean Park
Uttarakhand	Nainital, Uttar Kashi, Bhim Tal

Tips:

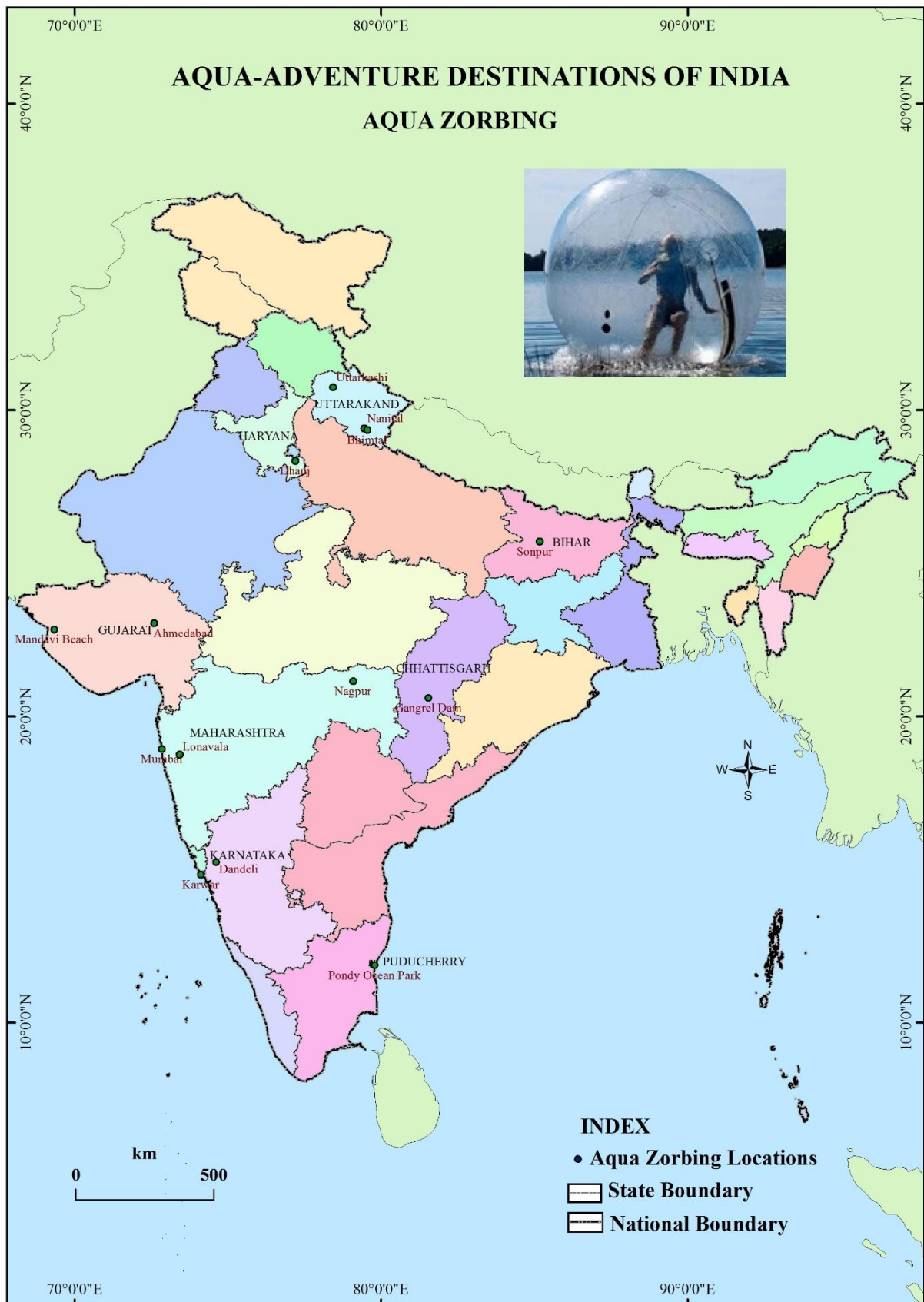
- Lie back & relax inside the zorbs
- See who can stay on their feet for the longest
- Dance, jump, roll & tumble

Equipment Required – Inflatable Sphere, Harness

Swimming Requirement – Not required

Health Benefits –

1. Strengthens muscles and can benefit fully when you try to stabilize your position
2. Improves Cardiovascular fitness
3. Keeps you entertained and enthusiastic
4. Burns calories



KITE-SURFING

About Kite-surfing

Kitesurfing is a wind powered surface water sport using a kite and a board to move across the water. Kitesurfing harnesses the power of the wind through a large parachute type kite to propel a rider across the water on a small surfboard or a kiteboard (similar to a wakeboard). Although the name includes surfing, Kitesurfing does not need waves, the wind is the only force needed to power you along.

Since 2006 there has been a massive change in the design of Kitesurfing, pre-2006 there was just one type of kite, the C-kite. C kites are named due to their very curved shape forming a letter C. In 2006 bow or SLE (supported leading edge) kites were introduced into the market, bow kites are named due to their flatter shape similar to an archer bow, SLE kites are named due to the bridle lines that attach to the inflatable leading edge and support its shape. Bow and SLE kites also have swept back wingtips which when combined with the flatter shape and bridle give the kite massive depower, very easy water re-launch and overall great improvement in safety and ease of use. Since the bow and SLE kites, many aspects of their design have been added to C kites and now hybrid kites are also on the market which incorporates aspects of both kite designs.

Places for Kite-surfing in India.

State/ UT	Locations
Andhra Pradesh	Visakhapatnam
Goa	Caranzalem, Morjim, Arambol
Gujarat	Dwarka
Kerala	Kovalam
Maharashtra	Panchgani, Mumbai
Puducherry	Paradise Beach, Karaikal Beach
Tamil Nadu	Rameswaram, Manapad
West Bengal	Mandormani

Equipment required for Kite-surfing

There are a few standard basic pieces of equipment every beginner kite surfer needs:

- **The Kite** – Make sure there is no visible damage to the kite. You should also learn how to check for leaks when setting up your equipment for the first time.
- **The Bar** – Check that there are no cuts or frays in the lines. Both 4 & 5 lines are okay for learning however starting out with 5 lines is a good idea because it

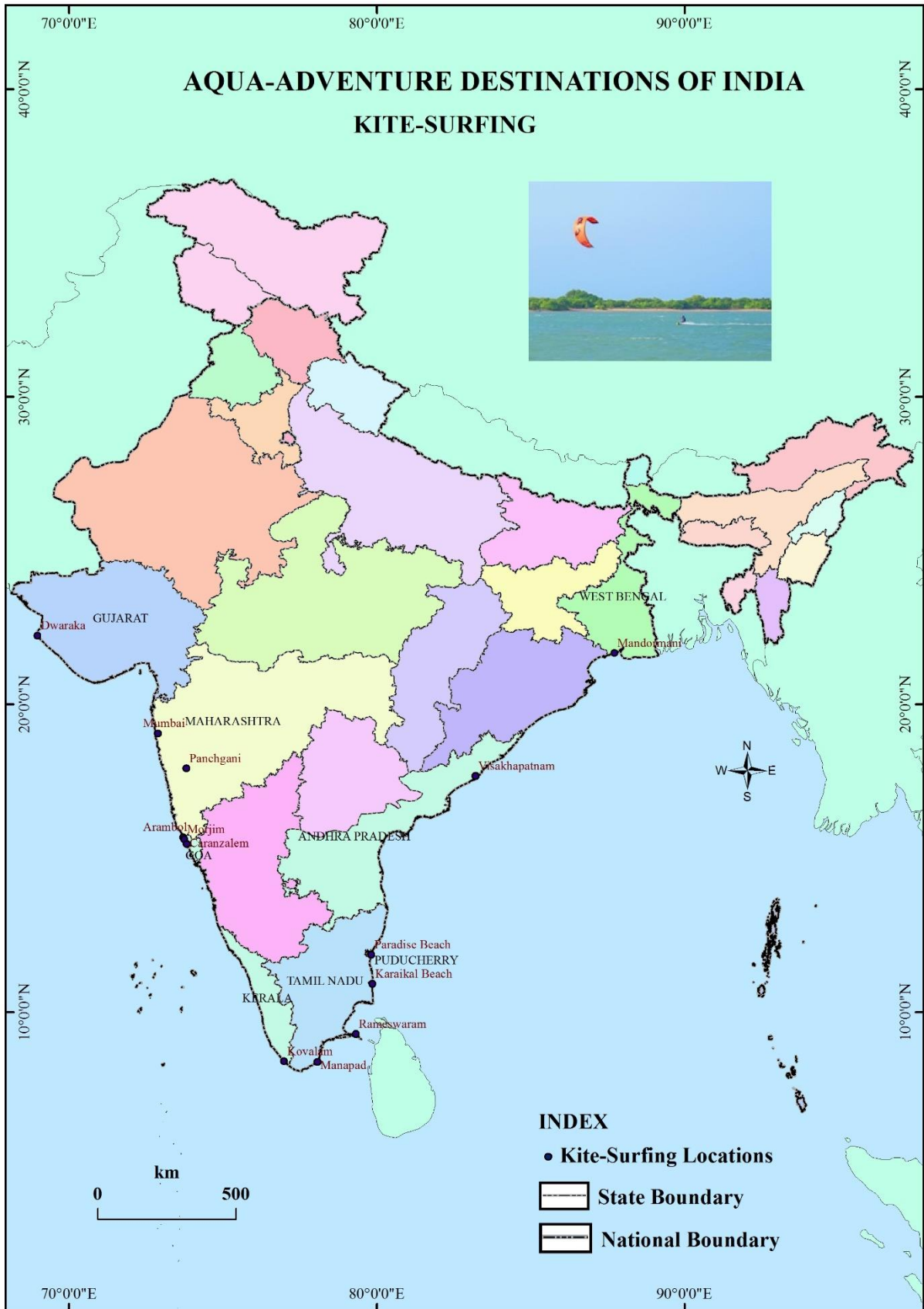
helps beginners to understand how to use the fifth line for skills such as re launching.

- **A Seat Harness** - A seat harness (instead of a waist harness) is recommend when you are first learning to kite.
- Board
- Safety leash
- Helmet
- Personal Flotation Device/ Life Jacket

Swimming Requirement – Basic swimming proficiency is desirable.

Health Benefits –

1. Kite surfing tones the body, especially the upper area, arms and abdomen.
2. Improves cardiovascular fitness
3. Increases coordination, concentration, Balance.
4. Stress relief
5. Better reflexes and adaptability



SPORTS FISHING, ANGLING (RIVER/ SHORE FISHING)

About Sports Fishing, Angling (River/ Shore Fishing)

Angling, or sport fishing, is catching fish by using an 'angle', or a fish hook. The hook is fixed to a fishing line, which is attached to a fishing rod (this, typically, is fitted with a fishing reel). To lure fish, the hook is dressed with a bait (often, a 'bite indicator' like a float is used). Baits can be natural (fishes' prey like worms, insects, earthworms and maggots – dead or alive) or artificial (a 'lure' can – but doesn't have to – represent real prey).

There are three types of angling – spinning, fly fishing and bait fishing. Angling can be done with a rod – where the rod is attached to a reel – or by just a line. The classic 'hook, line and sinker' technique – the hook, attached to a line, weighed down by a sinker – is every angler's go-to (and failsafe) fishing practice. Angling is pursued usually for pleasure (recreation) or for food. Anglers also take part in fishing tournaments, winning prizes for the weight or length of the fish caught (the species is determined beforehand) within a specified period of time.

Sport fishing is also known as recreational fishing. It is fishing for fun, hobbies and even as a competition. Sport fishing is different from commercial fishing, or self-sustenance fishing since sport fishing is not meant for earning profits, or food, but the main objective is pleasure. Sport fishing includes the use of hooks, fishing rods, or reels, just like any other method of fishing. Anglers may keep fish, or practice catch and release, while with commercial fishing, or self-sustenance fishing, the fish are always kept for the purpose of consumption or bait to catch other fish.

Policies

Sport fishing has some particular rules and regulations that need to be followed. It depends on the location that you are planning to go fishing. Always try to learn what they are, as some regions have prohibitions when it comes to what kind of fishing equipment to use. They also have restrictions on the fish's species, sizes, and the number of fishes that is allowed to catch.

Hiring a fishing guide for the area you are looking to go in is often one of the best ways to get on more fish, ensure you are following the rules and regulations, and to also make sure you have a great time.

Places for Sports Fishing, Angling (River/ Shore Fishing) In India

State/ UT	Locations
Andaman & Nicobar	Port Blair, Swaraj Dweep, Shaheed Dweep
Arunachal Pradesh	Pasighat, Bhalukpong, Roing, Dirang
Himachal Pradesh	Kullu, Bir Billing, McLeodganj, Sangla
Jammu & Kashmir	Pahalgam, Sonmarg
Karnataka	Coorg, Bheemeshwari
Kerala	Munnar, Kochi, Chavakkad, Wayanad, Alappuzha, Kovalam, Kumarakom
Lakshadweep	Kavarati, Agati, Kalpani, Kadmat, Mini coy, Bangaram
Maharashtra	Mumbai, Vijaydurg, Neral, Pune
Mizoram	Aizwal, Tamdil Lake
Odisha	Cuttack,
Puducherry	Puducherry
Sikkim	East Sikkim, West Sikkim
Tamil Nadu	Mahabalipuram
Uttarakhand	Nainital, Mussoorie, Jim Corbett National Park
West Bengal	Kolkata, Kalimpong, Darjeeling

Equipment Required for Sports Fishing and Angling.

The basic equipment includes a rod, reel, line and the terminal tackle. Choosing a reel and a rod (usually called a blank) can be difficult, simply because there are so many choices. Many rod manufacturers provide guides to help you pick a suitable reel. The best advice is to talk with the pro in an angling specialty store.

Swimming Requirement – Not required

Health Benefits –

1. Keeps you fit. By going fishing your main muscle groups, heart and lungs are getting a good work out.
2. Increases your vitamin D intake.
3. Improves your concentration and patience.
4. Reduces stress.



Section – 2: Motorised Aqua Adventure Activities

PLEASURE BOATING RIDE

About Pleasure Boating Ride

It is relatively a relaxed activity as compared to other waters sports. There is no age limit or restriction for people in general to enjoy this activity. It ranges from watercraft with 5 – 50 seating capacity and even house boat found in back waters of Kerala and Dal Lake in Kashmir. It is the most widely present water-based activity in the country.

Places for Pleasure Boating Ride in India

State/ UT	Locations
Andhra Pradesh	Vijaywada, Visakhapatnam
Bihar	Rajgir, Sonpur, Ranighat Patna
Chhattisgarh	Chitrakote Falls, Gangrel Dam, Korba
Chandigarh	Sukana Lake
Delhi	Purana Qila, Surajkund, Naini Lake, Bhalswa Lake
Goa	Hawaii Beach, Dona Paula, Sinquerim, Candolim, Calangute, Baga, Vagator, Anjuna, Morjim, Arambol, Valpoi, Chapora, Bicholim, Colva, Majorda, Betalbat, Benaulim, Cavelossim, Betul, Agonda, Palolem, Cola, Patnem
Gujarat	Ahmedabad, Vadodara, Mandavi Beach, Surat
Haryana	Damdama Lake
Himachal Pradesh	Shimla, Dalhousie
Jammu & Kashmir	Srinagar, Sonmarg, Kathwa
Jharkhand	Ranchi, Giridih, Patratu Dam, Chandil
Karnataka	Murudeshwar, Nandi Hills, Mysore, Karwar, Bellary
Kerala	Wayanad, Alleppy, Trivandrum, Kottayam
Lakshadweep	Kavarati, Agati, Kalpani, Kadmat, Mini coy
Madhya Pradesh	Bhopal, Jabalpur, Hanuwantiya Island
Maharashtra	Mumbai, Alibaug, Lonavala, Vasai, Pune, Nashik, Bhandardara, Nagpur, Ratnagiri, Sindhudurg
Meghalaya	Sohara
Nagaland	Mount Tiyi
Odisha	Puri, Konark, Chilika, Badamul, Cuttack, Hirakud, Gopalpur, Bhitarkanika
Puducherry	Paradise Beach, Chunnamabar, Pondy Ocean Park, Karaikal Beach, Preomenade Beach
Rajasthan	Udaipur, Alwar
Tamil Nadu	Chennai, Ooty, Kodaikanal
Telangana	Hyderabad, Godavarikhani
Tripura	Agartala

Uttar Pradesh	Varanasi, Lucknow
Uttarakhand	Tehri, Nainital, Uttar Kashi, Bhim Tal, Udamsingh Nagar, Dehradun
West Bengal	Purulia, Mandormani, Kolkata

Equipment Required:

- Sea worthy Boat
- Paddles
- Out Board/ Inboard Motor
- PFDs/ Life Jacket
- Anchor with rope

Note: The Boat operator must be trained and holding valid certification issued by Govt. recognised Institution.

Swimming requirement – The Operator and crew must be proficient in swimming and must have trained and certified in Lifesaving Techniques. Guest may have basic swimming proficiency.

Health Benefits:

1. Physiological and psychological wellness
2. Increases enthusiasm
3. Happiness
4. Relaxation of mind



PARASAILING

About Parasailing

Parasailing is a recreational activity that involves an individual towed by a boat while connected to a canopy wing specially designed. This canopy wing is called a parasail wing. The harness links the pilot securely to the parasail, which is attached to the boat. The boat then zooms off, carrying the wing or par ascender and individual into the air. Soaring effortlessly attached to a gorgeously designed parachute certainly looks like a lot of fun! However, not knowing what to get out of the experience can restrict some people from taking part in such a beautiful time. Although recreational activities do possess some degree of risks, parasailing is one of the safest ones anyone can be a part of. As a matter of fact, even kids from age 6 and above, as well as seniors in their eighties can even enjoy this activity safely.

Places for Parasailing in India

State/ UT	Locations
Andaman & Nicobar	Port Blair, Swaraj Dweep
Goa	Hawaii Beach, Dona Paula, Sinquerim, Candolim, Calangute, Baga, Vagator, Anjuna, Bogmalo, Colva, Majorda, Betalhati, Benaulim, Cavelossim, Betul
Daman & Diu	Daman, Diu
Jharkhand	Giridih
Karnataka	Murudeshwar, Karwar
Kerala	Alleppy, Kannur, Trivandrum
Lakshadweep	Bangaram, Kadmat
Madhya Pradesh	Hanuwantiya Island
Maharashtra	Sindhudurg
Odisha	Puri, Konark
Tamil Nadu	Mahabalipuram
West Bengal	Digha, Purulia

Equipment Required for Parasailing

Boat, Harness, Helmet, life Jacket, Parasail Canopy, Risers, Suspension Lines, Swimsuit, Tandem Bar, Tow rope, Winch System, Wind Meter.

Note: The Boat operator must be trained and holding valid certification issued by Govt. recognised Institution.

Swimming requirement – The Operator and crew must be proficient in swimming and must have trained and certified in Lifesaving Techniques. Guest may have basic proficiency in swimming.

Tips for better experience

1. Know the Equipment – The Life jacket keeps you safe, if you end in the water. It's essential that it fits snugly against your body. Body harness is sort of like a swing seat and attaches at either end to the passenger tow bar. The bar in turn is attached to the chute, as the towline runs to the boat.

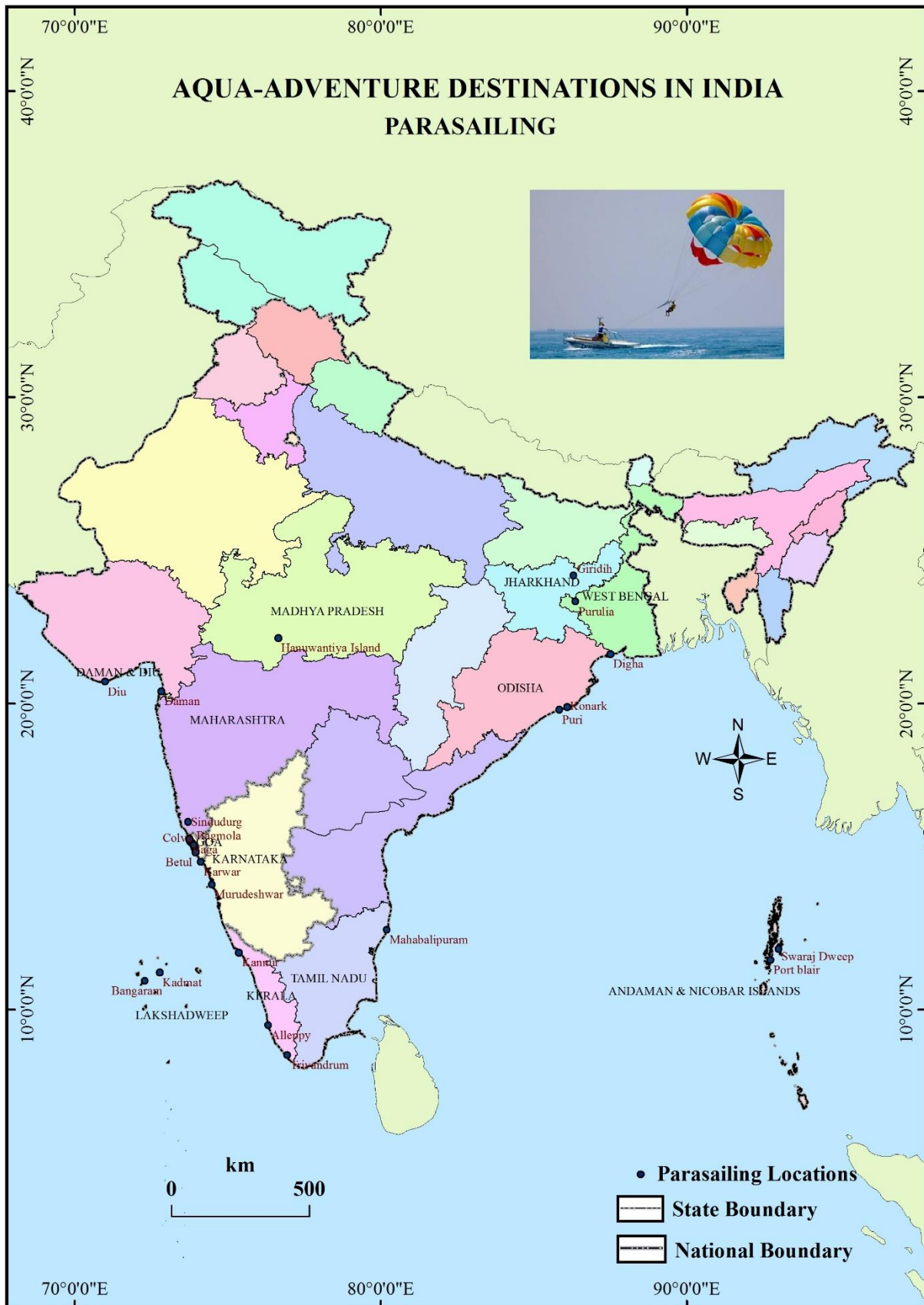
2. Know the Weather – Wind and water are important aspects for a good parasail. Follow the weather before opting for parasail activity.

3. Know the Limits – There are weight and age limits set by administrative authorities to operate parasailing operations. Ask the operating company regarding the general guidelines issued by the state authorities.

4. Know the Crew – Talk with the boat operator and crew about the safety of the activity and familiarisation. Ask for safety communication signals when in air.

Health Benefits:

1. Physiological and psychological wellness
2. Increases enthusiasm
3. Happiness
4. Relaxation of mind
5. Increase Adrenaline flow



JET SKIING

About JET SKIING

A Jet Ski or Personal Water Craft is a small machine like a motorcycle that is powered by a jet engine and moves along by squirting a high-powered jet of water behind it. The power of the water squirting backward pushes the PWC forward. Of all the water sports, jet skiing is probably the easiest to pick up. It's also probably the fastest, and it's the adrenaline attached to that speed that attracts thousands of people to the sport. Jet Skis are among the fastest and most manoeuvrable watercraft. That's why lifeguards and marines use them.

Places for Jet Skiing in India

State/ UT	Locations
Andaman & Nicobar	Diglipur, Baratang, Port Blair, Swaraj Dweep, Shaheed Dweep
Andhra Pradesh	Vijaywada, Visakhapatnam
Chhattisgarh	Gandrel Dam, Satrenga
Goa	Dona Paula, Sinquerim, Candolim, Calangute, Baga, Vagator, Anjuna, Morjim, Arambol, Chapora, Bicholim, Bagmola, Colva, Majorda, Betalhati, Benaullim, Cavelossim, Betul
Daman & Diu	Daman, Diu
Gujarat	Ahmedabad, Mandavi Beach, Surat
Himachal Pradesh	Shimla
Jammu & Kashmir	Srinagar
Jharkhand	Giridih, Patraru
Karnataka	Dandeli, Murudeshwar, Nandi Hills, Mysore, Karwar
Kerala	Kozhikode, Idukki, Cherai Beach, Kollam, Varkala, Kochi, Kannur, Wayanad
Madhya Pradesh	Bhopal, Hanuwantiya Island
Maharashtra	Mumbai, Alibaug, Lonavala, Kolad, Vasai, Pune, Ratnagiri, Malvan Sindhudurg
Odisha	Puri, Konark, Chilika, Cuttack, Hirakud, Gopalpur
Puducherry	Paradise Beach, Pondy Ocean Park, Promenade Beach
Tamil Nadu	Mahabalipuram, Kodaikanal
Uttarakhand	Tehri

PWC Life-Saving Tips

There are many ways you can reduce your risk of injury or drowning while riding a jet ski. The following tips are beneficial for any jet ski rider to be aware of but are especially important for those who can't swim or who don't swim well.

- Wear a Life Jacket
- Bring a Whistle
- Use a Safety Lanyard
- Don't Ride Too Fast
- Avoid Rough Water
- Ride with a Buddy or Take a Guided Tour
- Consider Avoiding Tow Sports
- Ride Where There's a Lifeguard
- Learn Hand Signals

Note: The PWC operator must be trained and holding valid certification issued by Govt. recognised Institution.

Swimming requirement – The Operator must be proficient in swimming and must have trained and certified in Lifesaving Techniques. Guest may have basic proficiency in swimming.

Health Benefits –

1. Increase Core Muscle Strength
2. Increased Metabolism rate
3. Relief Stress
4. Improves balance and muscle coordination
5. Increase Adrenaline flow
6. Burns Calories at higher rate



WATER SKIING/ WAKE BOARDING

About Water Skiing/ Wake Boarding

Both wakeboarding and water skiing involve hydroplaning behind a board towed by a rope you hold in your hands. Wakeboarding involves a large snowboard-style board you strap to your feet using fixed bindings. Typically, your feet will remain strapped to the wakeboard even when you fall. Water skiing, on the other hand, involves a pair of skis – or a single ski in the case slalom water skiing. For twin skis, you attach each of your feet to one ski. On a slalom ski, your front foot is attached, and you tuck your back foot into a strap behind the front. On a wakeboard, you ride with your feet perpendicular to the board, like on a skateboard or snowboard. In water ski (twin skis), your feet are facing forward, parallel to each other like in snow skiing. So the difference between wakeboarding and (twin) water skiing is very similar to that between snowboarding and skiing.

Places for water skiing/ wake boarding in India

State/ UT	Locations
Andhra Pradesh	Visakhapatnam, Vijayawada
Goa	Dauna Paula, Baga, Mobor, Arossim
Gujarat	Mandavi Beach
Jammu & Kashmir	Srinagar
Kerala	Cherai, Kovalam, Kumarakom, Calicut
Madhya Pradesh	Bhopal
Maharashtra	Lonavala, Pune
Meghalaya	Sohara
Uttarakhand	Tehri, Uttar Kashi
West Bengal	Samsingh

Equipment required for water skiing/ wake boarding

- The Skis** - The skis are primary equipment of the sport. In older times they were made of wood. Contemporary skis are made up of various types of material such as fibre glass or a hybrid of fibreglass and graphite, which make them light weight but costly. Contemporary boards are extremely light and are made of carbon fibre.

- **Binding** - Another important equipment of Water Skiing is its binding. Binding not only gives physical support but also makes the skier comfortable while riding the ski over water.
- Personal Flotation Device/ Life Jacket
- **Tow Ropes** - Construction of an idle tow rope is made up of a single handle of 75 feet. The construction material should be polyethylene or poly propylene with an aim to float on water.
- **Towing Boats** - It is not necessary that for water skiing, you will need a boat of higher horse power always. Generally, people competing for tournaments use that type of boats. However; if you are playing it for your personal pleasure, a 40 horsepower engine is also enough.

The length of the boats that are used for this purpose usually ranges from 14 feet to 20 feet long. The speed with which you want to drive it solely depends upon the capacity of the skier. Usually an average speed of 30-35 kmph is enough for a normal adult and a speed of 25-30 kmph for small children. A tow bar or pylon should be employed such that the rider will remain away from the boat engine and propeller.

Here is a list of some safety equipment that must be carried on a tow boat –

- First aid kit
- Fire extinguisher
- Keys and key chain float
- Two paddles
- A bar or pylon for attaching the ski line
- Bail or pump
- Boarding ladder

Note: The Boat operator must be trained and holding valid certification issued by Govt. recognised Institution.

Swimming requirement – The Operator and crew/ **spotter** must be proficient in swimming and must have trained and certified in Lifesaving Techniques. Skier may have basic proficiency in swimming.

Health Benefits –

1. Increase Core Muscle Strength
2. Improved cardiovascular fitness
3. Increased Metabolism rate
4. Burns Calories at higher rate
5. Relief Stress
6. Improves balance and muscle coordination
7. Increase Adrenaline flow



TOWABLE RIDE (Banana, Bumper, Sofa Rides)

About

Towable rides (Banana, Bumper, and Sofa Rides) are an unpowered, inflatable tube meant to be towed. With today's innovative designs, picking the right tube can become overwhelming. Some tubes can deliver a fast, exhilarating ride while others create a slower, more leisurely ride. Most tubes accommodate full-sized adults and children comfortably, but be sure to check your tubes max weight and rider limit before pulling multiple people on one tube.

Places for Towable Ride in India

State/ UT	Locations
Andhra Pradesh	Vijaywada
Andaman & Nicobar Island	Digliur, Port Blair, Swaraj Dweep, Shaheed Dweep
Bihar	Ranighat in Patna
Chhattisgarh	Gangrel Dam
Daman & Diu	Daman, Diu
Goa	Dona Paula, Sinquerim, Candolim, Calangute, Baga, Vagator, Anjuna, Morjim, Arambol, Chapora, Bicholim, Bagmola, Colva, Majorda, Betalbat, Benaulim, Cavelossim, Betul
Gujarat	Mandavi Beach, Surat
Karnataka	Dandeli, Murudeshwar, Karwar
Madhya Pradesh	Hanuwantiya Island
Maharashtra	Mumbai, Alibaug, Lonavala, Kolad Vasai, Pune, Ratnagiri, Sindhudurg
Odisha	Cuttack, Puri, Gopalpur, Hirakud
Uttarakhand	Tehri, Udamsingh Nagar

Equipment Required for Towable Ride

- Tubes - rated as 1 person, 2-person, 3-person, and 4+ person
- Tow Rope
- Life Jackets

Tips for safer ride (Safety Precautions)

- Always wear a life jacket and make sure it is properly sized and securely fastened. Minimize your risks with a Type III life jacket, which is required equipment for all towable riders.

- Do not pull more than one tube at a time. If tubes cross paths and collide it can be very dangerous and cause serious injuries to the riders.
- Riders and drivers should use caution when towing or riding on multi-person tubes. Heads can collide easily, causing serious head or brain injury. Arms and legs can also knock into the person next to you after hitting a wake or wave.
- Drivers should be aware of pilings, docks and other boats while whipping and towing tubes to avoid serious injuries. Injuries usually occur due to the rider's position on the tube, lack of directional control and velocity of the tube, and the number of riders per tube.

Note: The Boat operator must be trained and holding valid certification issued by Govt. recognised Institution.

Swimming requirement – The Operator and crew/ **spotter** must be proficient in swimming and must have trained and certified in Lifesaving Techniques. The **rider** may have basic proficiency in swimming.

Health Benefits –

1. Strengthens muscles and can benefit fully when you try to stabilize your position during the ride
2. Burns calories
3. Improves cardiovascular fitness
4. Keeps you entertained and enthusiastic



SEAKART

About Seakart

For the first time in India, the experience of go-karting through the waves is here at Seakart Adventure, exclusively in India at Corbyn's Cove Beach, Port Blair, Andaman and is the third destination in the world after Mauritius & Dubai. Prepare yourself for the next generation water sports, pumping adrenaline and splashing of waves as you drive your own Seakart. The activity involves the guest self-driving the Seakart under the guidance of a licensed instructor.

Places for Seakart in India

State/ UT	Locations
Andaman & Nicobar	Port Blair

Equipment Used –

- Seakart - a Jet propelled watercraft with steering control
- PFDs/ Life Jacket

Note: The Seakart operator must be trained and holding valid certification issued by Govt. recognised Institution.

Swimming requirement – The Operator must be proficient in swimming and must have trained and certified in Lifesaving Techniques. Guest may have basic proficiency in swimming.

Health Benefits –

1. Increased Metabolism rate
2. Relief Stress
3. Increase Adrenaline flow
4. Burns Calories at higher rate



FLYBOARDING

About Flyboarding

Flyboarding is an exciting extreme water sport that will literally take you to new heights. Attach it to your personal watercraft, hop on and the water will be propelled beneath your feet on the device. It is essentially a hover board you can use on water!

You can go up to 49 feet in the air on a fly board or take a dive beneath the water's surface 8 feet down. It is fairly new, having been invented in 2012, and is a truly one-of-a-kind experience. For the first time, you can really propel out of the water with stability in the air. Same as Fly-board, there are other two devices which works on same principle i.e., Jetpack and Hover-board.

The fly board is a quite unique device which becomes one with your personal water craft and reaches new heights both above and below the water's surface. How it attaches to the enthusiast is similar to a wakeboard.

Places for Flyboarding in India.

State/ UT	Locations
Chhattisgarh	Gangrel Dam
Goa	Baga Beach
Maharashtra	Lavasa at Lonavala

Equipment Required for Flyboarding.

- Flyboard/ Hoverboard/ Jetpack
- Hose with connector
- Life Jacket
- Helmet
- Knee and Elbow Pads

Note: Jet Ski/ PWC Operator must be trained and certified from Govt. recognised Institution and trained in Lifesaving Techniques

Swimming Requirement – Basic swimming proficiency is desirable

Health Benefits –

1. Tones the body muscles, especially the upper body, abdomen and legs
2. Improves cardiovascular fitness
3. Increases coordination, concentration, Balance.
4. Stress relief
5. Better reflexes and adaptability



Section – 3: Under Water Adventure Activities

SCUBA DIVING

About SCUBA DIVING

SCUBA is the short form of ‘Self Contained Underwater Breathing Apparatus’. It was developed in the mid-1940s by the world-famous underwater explorer and conservationist, Jacques-Yves Cousteau (with more than a little help from Émile Gagnan), for the French Navy during the Second World War. After the war, however, diving turned into a recreational sport, which has since been taken up by millions worldwide.

Scuba diving is perhaps the best way to explore the fantastic underwater world, getting up close with the wonders and the secrets of this marine universe, with its breathtakingly colourful and diverse inhabitants. Floating below the azure waters, you are in an ethereal – sometimes hostile – environment, with a limited supply of air on your back and with only your fellow divers as your lifelines. Over the years and the decades, scuba diving has evolved into a non-competitive but a very exciting adventure sport.

Places for SCUBA Diving in India

State/ UT	Locations
Andaman & Nicobar	Port Blair, Swaraj Dweep, Shaheed Dweep, Wandoor
Andhra Pradesh	Rushikonda Beach Visakhapatnam
Goa	Grand Island Vasco da Gama
Gujarat	Dwarka
Karnataka	Murudeshwar
Kerala	Alleppy, Trivandrum
Lakshadweep	Kavarati, Agati, Kalpani, Kadmat, Mini coy, Bangaram
Maharashtra	Malvan in Sindhudurg
Meghalaya	Dawki
Odisha	Cuttack
Puducherry	Paradise Beach, Karaikal Beach
Tamil Nadu	Mahabalipuram, Rameshwaram

Equipment Required for SCUBA Diving

- Air cylinder – This is an air tank filled with mixture of gases used for breathing underwater.
- Regulator – this latter device controls the flow of air, so that the air pressure in the diver’s lungs is the same as the pressure of the water.

- Buoyancy control device (BCD)
- Snorkeler with mask
- Submersible Pressure Gauge
- Dive computer
- Fins
- Wet suite or Dry Suite
- Diving boots

Swimming requirement – The SCUBA diver may have basic proficiency in swimming or must be certified open water diver or must be accompanied with qualified SCUBA Instructor.

Health Benefits –

1. Increases emotional well-being.
2. Improves blood circulation.
3. Helps to relieve stress.
4. Improves concentration capacity.
5. Reduces blood pressure.
6. Increases strength and flexibility of your muscles.
7. Healing effects of salty water and sun on skin and bones.

Diver's Fitness Requirement

Scuba diving requires a reasonable degree of physical fitness. In India, anyone wanting to try their hand at the sport must take along a medical certificate stating that they are medically fit, and that they have no history of asthma.

SNORKELING

About SNORKELING

Snorkeling is an activity of swimming on or through a body of water while equipped with a diving mask, a shaped breathing tube called a snorkel, and usually swim-fins. Snorkeling is mostly practiced freely, entering the water from a beach or rocks. However, to reach some spots located far from the shore, a boat can be needed.

Perfect snorkeling locations are warm and temperate seas, with translucent water, almost no waves or currents, and with vibrant marine life. The coral reefs, with their colourful and rich biodiversity, are certainly the most popular snorkeling spots, but many other aquatic environments can potentially be explored.

Places for Snorkeling in India

State/ UT	Locations
Andaman & Nicobar	Port Blair, Swaraj Dweep, Shaheed Dweep, Wandoor
Daman & Diu	Diu
Goa	North Goa, South Goa
Gujarat	Dwaraka
Lakshadweep	Kavarati, Agati, Kalpani, Kadmat, Mini coy, Bangaram
Maharashtra	Malvan in Sindhudurg
Meghalaya	Dawki
Tamil Nadu	Rameshwaram
West Bengal	Tajpur Beach

Equipment required for Snorkeling

Snorkeling is equipped with a mask (or goggles), a snorkel (a shaped breathing tube), and usually swim fins (or flippers).

The mask allows having a clear vision underwater, the snorkel to breathe with the face submerged by water, and the swim fins to move with less effort and more control. Wet suite/ Swimming suite and Personal Floatation Device/ Life jacket for safety.

Tips for Snorkeling

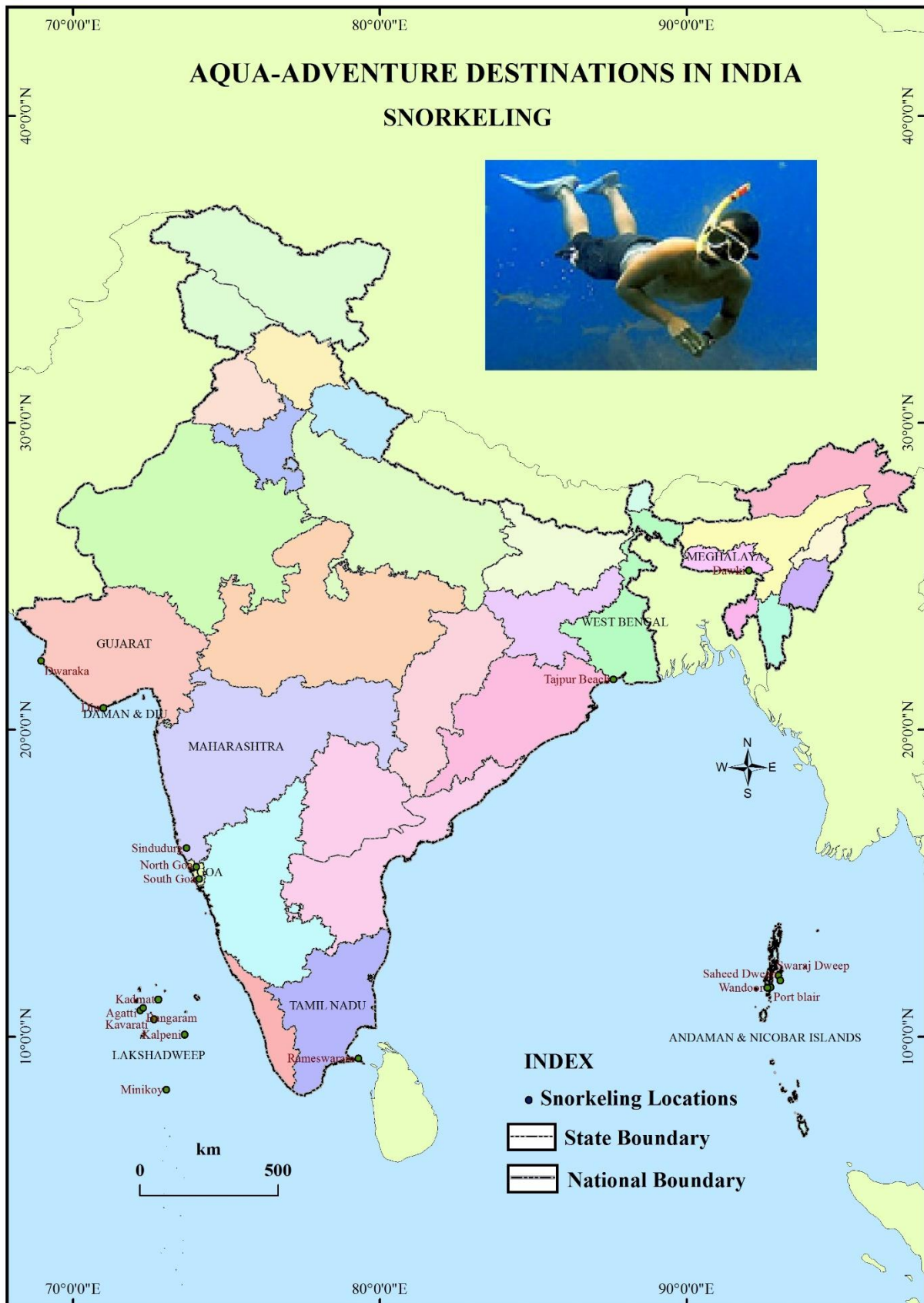
- Learn How to Fit a Mask & Prevent Fogging
- Get a Dry Snorkel
- Get Fins That Fit
- Get Your Gear Ahead of Time
- Practice in a Pool or at a Calm Shallow Beach
- Stay Relaxed & Reduce Effort
- Go from a Beach - Not a Boat

Swimming requirement – The snorkeler may have basic proficiency in swimming and must be accompanied with qualified Snorkeling Guide who is trained and certified in Lifesaving Techniques.

Note - Snorkeling is an activity to enjoy marine ecosystem (Fish and Corals) and a snorkeler must act responsibly while snorkeling to prevent any damage to the same.

Health Benefits –

1. Strengthens the legs muscles
2. Improves Cardiovascular Health
3. Enhances Mental Health and Better Mood
4. Improves Joint Mobility
5. Encourages Concentration and Awareness
6. Burn Calories



SEA WALK

About Sea walk

Sea walking is a new way to explore the sea with little to no experience spending time under the sea. The concept allows you to walk on the seafloor while you feel relaxed and at ease with your surroundings as you breathe normally.

With a uniquely designed helmet and gear you can essentially dive to the ocean floor without any of the bulky dive gear or regulator. This also allows those who are not certified to scuba dive to have a similar experience of seeing the ocean from below! Adventurers get to wear a helmet that is fed fresh air from the surface so they can be anxiety free as they explore the beautiful marine life around them.

There are still some technical aspects to sea walking, including equalizing, as you have to do in scuba diving. All that means is that you have to equalize the pressure in your ears by reaching up into your helmet to plug your nose and softly depressurize by blowing (much like you do in a plane when your ears feel like they need to pop). It's easy to do since the bottom of your helmet is open (the water stays out from the pressure). The good part is that since you are wearing a helmet and no messy snorkel gear, you can still wear eye glasses and breathe normally like you would above water. And for those who can't swim, no worries, you don't even need to, since you're walking

Places for Seawalk in India

State/ UT	Locations
Andaman & Nicobar	Port Blair, Swaraj Dweep

Equipment Required for Sea Walk

The list of equipment required for sea walking is a lot shorter than scuba diving. The only thing that you need is a helmet. Your helmet acts as your mask, and air supply all rolled into one. If you're trying to picture this, think of an astronaut. It's a large helmet that covers your whole head and sits on your shoulders while allowing you to see out of the front.

While you have the helmet on, you can breathe as though you were above water. Your helmet is connected to an air supply on the surface of the water that is pumping air into your helmet. Air is being constantly forced into the helmet, which keeps the water from getting in. The weight of the helmet helps to keep you balanced under the water, although it does not prevent you from swimming back up to the surface, and it feels

virtually weightless once you are underwater. Other than helmet you will require to wear wet suite/ Swim suite for underwater excursion.

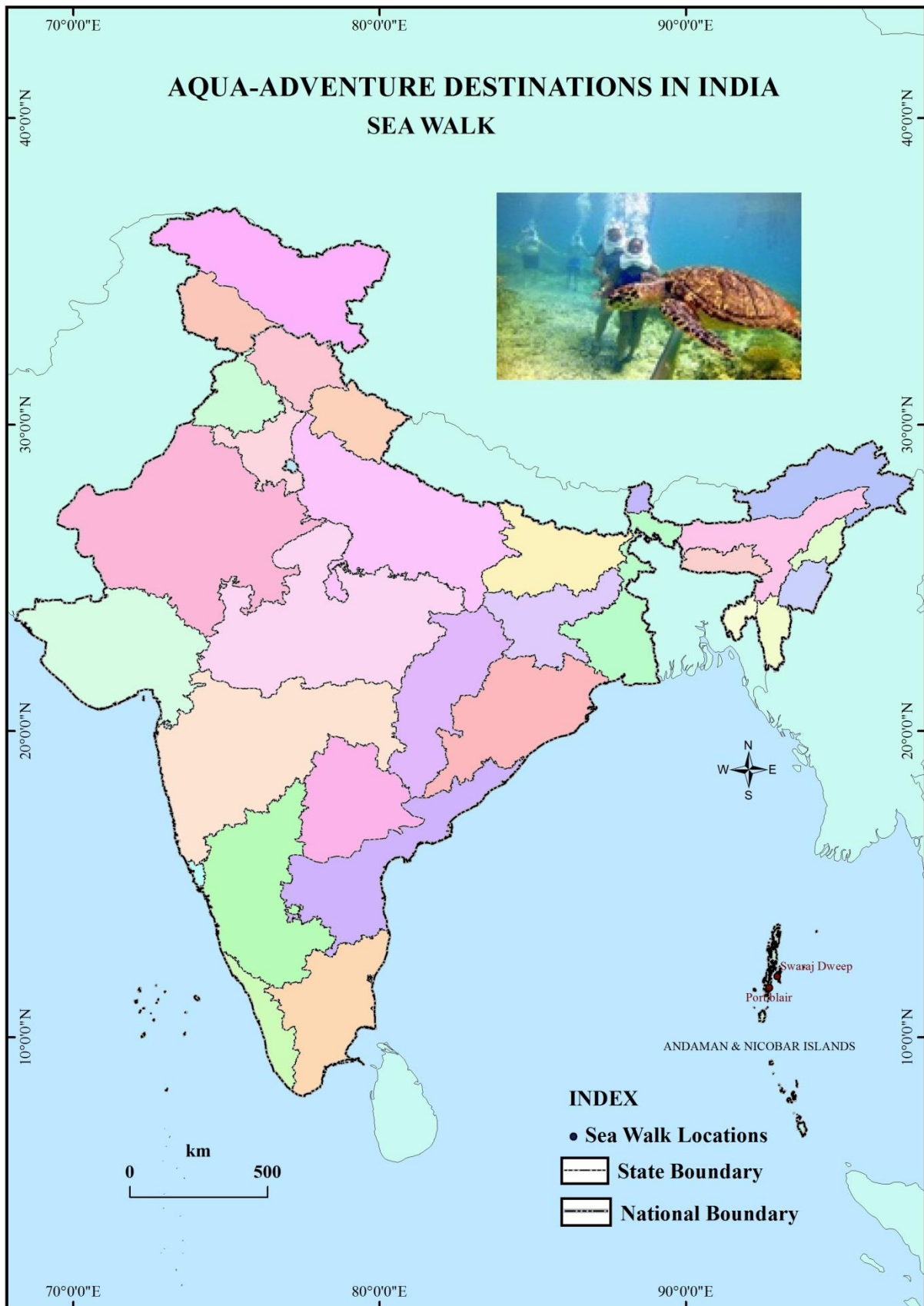
Safety Tips: Sea Walk partaker must be accompanied by a SCUBA Instructor/ Master Diver.

Health Benefits –

1. Increases emotional well-being
2. Helps to relieve stress
3. Improves concentration capacity
4. Reduces blood pressure
5. Healing effects of salty water on skin

Diver's Fitness -

Children above the age of 7 can partake in Sea Walking. Pregnant women, patients of asthma and heart disease are advised against engaging in the activity as well.



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The Team

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