



Avhaan

Nirmaan

Udaan

Shaping a better tomorrow



Introduction

'**Avhaan**' in simple term means to challenge. '**Nirmaan**' is to shape and create and '**Udaan**', is a state when one reaches the zenith of perfection. Here at GGIM, it is not just a bold attitude and technical skills to climb that matter; what matters the most is to dare conquer your own weaknesses, will to work hard and arise with excellence.

ANU curriculum is designed essentially for those who are new to the outdoor world, particularly youth in an age group of 10-18 years. Today, with the fast growing cities, technological development; wilderness is on a retreat. Still there are enough places in the world which continue to sensitize us with their pristine beauty and overwhelm us with awe-inspiring wisdom.

Organization

ANU is meant to give students (both girls and boys) a complete orientation to the outdoor world by continuous, yearlong education through various modules such as outdoor activities, environmental awareness, Rock Climbing & Mountaineering skills, interaction and interpersonal skills, reflection and documentation and extended treks. The treks happen every month (exceptions: March and April) on a pre-decided weekend. All the treks are conducted in distinct parts of Sahyadri ranges as per the requirement of the modules. Just as the academic schools have a mid-term exam and an end term exam, ANU has mid-term trek and end-term trek!!

Every batch consists of roughly 40-50 students. They are divided in groups of 4-5 and one dedicated instructor mentors that group. (Along with the dedicated instructors, lady instructors, first aid responders with sound first aid skills and support member will be the part of the instructor team). Considering the holidays and school examinations; quarterly schedule is made available to all the enrolled students.

ANU is divided in three levels. Avhaan (Basic), Nirmaan (Intermediate), Udaan (Advance). Avhaan is meant for students who are new to the outdoor world. Nirmaan is for those who have fairly enough background in outdoors, while Udaan is strictly for the Nirmaan qualifiers.

Grading for ANU is based on students' overall performance and attendance in all modules. **The level of difficulty, learning hours, skillsets and course expectations gradually increase from Avhaan to Udaan.**

Approach

All the modules in ANU are designed to give hands on training and learn by experience education and will be conducted in natural classrooms. Modules will introduce students to the world of outdoors. But, to be compatible in wilderness lifestyle, one needs to follow three things. Practice, more practice and even more practice.

ANU emphasizes essentially on learning new outdoor skills and practicing them until one masters them. However, only stuffing with new skills & knowledge without comprehending what you have learnt becomes an incomplete education. Neuroscience tells that active learning happens through four stages. Stage 1: Information gathering; where one is exposed to new skills, ideas, knowledge. Stage 2: Reflection and analysis; one reflects on new elements and learns through inquisitive mind. Stage 3; where lateral thinking enhances the generation of new neural connections necessary for healthy learning. In stage 4, one masters the learning by thorough practice and self-experience which leads to the strengthening of neurosignal transmission (the process is called as myelination). This completes the entire learning cycle.

This active learning is the backbone of GGIM curriculum. Every trek will introduce students to new skills and knowledge. Various skills, knowledge learnt will be reviewed in group session. Report writing and documentation will help students to reflect and assess their learnings. Free times to practice and extended treks to apply their skills and knowledge, will give students a chance to learn by experience.

ANU Course Modules

- **Outdoor Activities:** Wilderness teaches us to stay close to the very nature of human beings by letting us survive with basic essentials. This ability to live simple and enjoyable life in wilderness demands basic skillset and knowledge. Proper knowledge of outdoor lifestyle such as camping, cooking, clothing, usage of maps-compass, help us live efficiently and happily in outdoor world.
- **Safety & Environmental Responsibility:** Outdoor activities connect us to the nature and teaches us to appreciate natural beauty and behave responsibly. Ethical and responsible outdoor travel is the motto of ANU ideology. We must enjoy and let others enjoy the pristine wonders of nature without risking ourselves, our group mates and biodiversity as a whole.
- **Rock Climbing & Mountaineering Skills:** Adventure activities such as rock climbing, mountaineering are the core learning modules of GGIM. ANU adventure activities lay foundation to the subsequent mastery in the skills of rock climbing, sport climbing, and mountaineering. Emphasis will be mainly on practicing the technicalities with clear understanding of the subject.
- **Interaction & Interpersonal Skills:** We all humans are interrelated to each other; and having a good communication skills and healthy interactions in wilderness, brings like-minded together. Ability to articulate thoughts and communicate clearly is a quality of a good leader. Experiences and stories we share with each other, are our greatest learning resources. They inspire us and open new dimensions to our growth. This module lets students discuss, review, assess various traits of individual and group learning. One learns to accept and improve on mistakes and help others improve.
- **Reflection & Documentation:** Learning is incomplete if only knowledge is bombarded or skills are practiced mechanically. For its completion, it is necessary to reflect, think, analyze and apply that knowledge by your own way. Writing helps us to articulate thoughts and clarify our understanding. Before the next month's session, students will be encouraged to submit assignments based on their learnings. It will not be a typical exam or homework approach but the idea is to stimulate their imaginative minds towards creating original work. It may be an essay, observations, story, sketching, painting, photographs etc.
- **Extended Treks:** The treks, more than teaching; will be focused on self-learning from others, local people and nature. These treks will give students opportunities to explore their own signature leadership styles, plan the trek and manage the risks involved; deal with new challenges and show good cooperation. Students will be able to apply all the outdoor skills and practice as much as they can in these extended Treks.

*Details of each programme are highlighted in below mentioned tables. The schedule and the course contents are both subject to change/modify/prepone/postpone depending upon the conditions during the trek/activity. Participants will be notified accordingly.

AVHAAN

Programme Highlights	
Name of the Course	Avhaan
Duration	1 Sunday/month (June-Feb)
Strength	Roughly 40-50
Student-teacher ratio	5—1
Location	Sahyadri, Himalaya
Type	Trekking
Difficulty level	Easy
Audience	New outdoor enthusiasts (Ideal for school kids below 12 years)
Prerequisite	Nil
Status	Open

Tentative Schedule and Contents	
June	Trek
July	Trek, environmental science
August	Trek, basic knots, history
September	Trek, advance knots, biodiversity
October	Trek, Basic First Aid in Outdoors
November	Extended trek, camp stay, star gazing, bouldering , rock climbing
December	Sport climbing, rappelling, documentary screening, equipment exhibition
January	Trek, lead rock climbing demo and practical, Bouldering WC
February	Overnight trek
May	Himalaya trek

Category	Highlights
Outdoors Activities	Get acquainted to the outdoor world via treks, documentaries, equipment exhibition, stories and plays
Safety & Environmental Responsibility	Learn environmental science in outdoors, personal hygiene and responsibility, basic first aid
Adventure Activities	Watch a live rock pitch climb, bouldering, rock climbing, sport climbing, basic knots, rope adventure, rappelling, camping
Interaction & Interpersonal Skills	observe and learn history, biodiversity, star gazing from experts
Reflection and Sharing	Share experiences and documentation
Extended Trek	Sahyadri and Himalaya Trek

NIRMAAN

Programme Highlights	
Name of the Course	Nirmaan
Duration	1 weekend/month
Strength	40-50
Student-teacher ratio	5—1
Location	Sahyadri
Type	Trekking
Difficulty level	Easy-Moderate
Audience	School kids above 10 years
Prerequisite	Avhaan
Status	Open

Tentative Schedule	
June	Trek, hygiene, clothing
July	Trek, environmental ethics, pack packing
August	Trek, river crossing, Intermediate First Aid
September	Trek, geography
October	Trek, survival techniques
November	Extended camping, bouldering, rock climbing, rappelling, navigation, discussion and review
December	Archaeology
January	Trek, rock climbing, rappelling
February	Trek, introduction to Himalaya, navigation
May	Himalaya trek, camping skills, navigation, reviews & discussion

Category	Skills	Highlights
Outdoors	Camping	Introduction to tent pitching and camping
	Hygiene	Healthy outdoor food habits, hygiene maintenance
	Clothing	Learn how to stay warm and dry
Safety & Environmental Responsibility	Environmental Safety	Environmental ethics
	Basic Survival Techniques	Practical tricks & tools for survival in outdoors
	Pack Packing	Effective packing of rucksack, clothing and essentials items
	First Aid	ABCs and patient assessment, Introduction to Shock
Adventure Activities	Bouldering	Introduction to 3 point technique and holds, bouldering on local boulders
	River Crossing	Know how and where to cross a river, techniques of river crossing
	Rock Climbing	Eye climbing, understanding climbing rope & safety gears, rock climbing types and techniques
	Rappelling	Rappelling and equipment involved
	Rope Work	Knots involved in climbing & rappelling, coiling
	Navigation	Orienting yourself with the help of GPS, Compass, Maps
Interaction & Interpersonal Skills	Geography	Geographical of Sahyadri
	Introduction to Himalayas	Movie/documentary on Himalaya
	Archaeology	Archaeological evidences/ methods of study
	Review Sessions	Revise, contemplate on learnings
Reflection & Documentation	Report/ Essay /Observation	documenting the findings/observation/sketching/essay in your own words (twice During the program)
Extended Treks	Sahyadri Trek	3-4 days trek in Sahyadri
	Himalaya Trek	10-12 days trek in Himalaya

UDAAN

Programme Highlights	
Name of the Course	Udaan
Duration	1 whole weekend/month
Strength	25-30/batch
Student-teacher ratio	5—1
Location	Sahyadri
Type	Trekking
Difficulty level	Moderate-Difficult
Audience	School kids above 10 years
Prerequisite	Nirmaan
Status	TBA

Tentative Schedule	
June	Trek, risk management, cooking, rope work
July	Trek, advance navigation, cooking
August	Trek, trek planning, advance first aid
September	Trek, science in fitness & climbing-I, technology in equipment, rafting
October	Trek, leadership, nutrition
November	(Extended Sahyadri Expedition) Science in fitness and climbing II, jummaring, belaying, anchoring, rope work, review and doubt clearing
December	Lead climbing
January	Trek, lead climbing, rappelling on multi pitch
February	Trek, climbing in pairs, high altitude challenges,
May	(Extended Himalaya Trek) Camping, cooking, relook at high altitude challenges, Local culture exposure

Category	Skills	Highlights
Outdoors	Camping	Identifying a suitable camp site, tent pitching and camping; extensive camping in diverse situations
	Science in fitness & climbing	Introduction to human physiology & understanding body dynamics in fitness and climbing activities
	Cooking	Outdoor cooking techniques; usage of cooking gears
	Technology in equipment	Understanding the technology & science behind equipment & clothing
	Nutrition, High Altitude challenges	Introduction to nutrition and diet, understanding challenges of living at high altitude
	Leadership	Classes and activities to understand & demonstrate individual, peer & group leadership
Safety & Environmental Responsibility	Risk Management & Assessment	Understanding the potential hazards enroute, assessment of possible outcomes, planning a way out
	Planning the trek	Understanding logistics in planning a trek
	First Aid	Traumatic injuries in outdoors, assessment and techniques in emergency response
Adventure Activities	Bouldering	Bouldering on local boulders during the trek on specific routes, Routes will be tougher than previous course
	Jumaring	Climbing methods: use of jumar & prusik
	Belaying	Introduction to belay; methods & techniques
	Anchoring	Introduction to anchoring methods & anchoring knots
	Rappelling	Advance rappelling techniques; use of prusik for alpine methods
	Rope Work	advance knots and stretcher building, casualty coil
	Lead Climbing	Route planning, equipment racking, multipitch climbing
	River Rafting	Rafting in Kundalika
Interaction & Interpersonal Skills	Local Culture	Exposure to local culture, spending times with locals & observing the socio-economical dynamics
	Review Session	Interaction and introspection
Reflection & Documentation	Report/ Essay /Observation	Documenting the findings/observation/sketching/essay in your own words (every month)
Extended Treks	Sahyadri	3-4 days trek in Sahyadri
	Himalaya	10-12 days trek in Himalayas (Most of the leadership would be transferred to students; instructors would be observing, guiding and helping the students)

Expected Outcomes from ANU:

- Become an able, efficient and knowledgeable leader in outdoor trips and treks
- Confidently display mountaineering and rock climbing skills and techniques
- Become a responsible, sensitive and caring citizen toward nature and society
- Learn to assess and manage risk
- Develop soft skills

Thus, one of the motives of ANU is to bring students closer to the wilderness, instil boldness and self-reliance and make them able travellers not only in outdoors but in every walk of life.

Secondly, ANU will be the chief catalyst in evolving student's overall personality. Each of the modules will carve various facets of individual's nature. There will be the times when students will face hardships; there will be the challenges they have never seen and there will be the emotions they have never experienced. Through ANU, they will learn to face fear. They will imbibe qualities such as modesty, courtesy and respectfulness. They will be fierce, persistent and hard working in chasing their goals. And one day, they will be the true responsible citizens India is in dire need.

Benefits of successful completion of ANU:

- ANU completion Certificate from GGIM and Giripremi
- Eligibility for GGIM Rock Climbing Course Level II
- Access to GGIM's library
- ANU qualifiers can plan outdoor trips and expeditions in Sahyadri for families and friends with GGIM's guidance. Alumni can rent the equipment at discounted rates.

