

ANU 2024-25 Programme Details

AVHAAN 2024-25				
DATE		TREK/ACTIVITY	LEARNING CONTENTS	FEES
Group A & B	Group C & D	15-Jun-24 Saturday - BRIEFING MEETING		
07- Jul 2024	14 July 2024	Tajubai Waterfalls	Introductory Glimpses of mountain Ranges, famous mountains and valleys, overview of mountaineering and its disciplines, famous mountaineers from the world and India; About Giripremi and GGIM	1200
04 - Aug 2024	11 Aug 2024	Kalyangad	How to walk on uphill and downhill, How to choose appropriate shoes for trekking, checklist for one day trekking	1200
01 - Sept 2024	15 Sept 2024	Disu Waterfalls	Do/s and Dont's in mountains with reference to LNT principles	1200
06 - Oct 2024	13 Oct 2024	Rohida Fort	Introduction to Figure 8, clove hitch,overhand, backup knot	1200
Oct 2024 AAC B1-23-24-25 B2- 25-26-27 Nov 2024 AAC B3- 4-5-6 B4 - 6-7-8 B5 - 8-9-10		Sinhagad Adventure Course 2N/3D	Tent pitching, outdoor cooking, rock craft, intro to equipment, first aid basics, map making, backpacking, Fort History and Geography of surroundings, Introduction to forts in Sahyadri	To be announced
08 - Dec 2024	15 Dec 2024	Sarasgad	Evolution of Sahyadri and its geographical overview, features, rock types etc.	1200
12 - Jan 2025	19 Jan 2025	Madhe Upande	Ghat Vaata and their significance in ancient times and today, discussions on famous ghats	1200
9 - Feb 2025	16 Feb 2025	Duke's Nose	Sahyadri mountains & Basic Mountain terminology	1200
1-2 week May 25		HIMALAYA ADVENTURE TREK MANALI - 10000 ft		

Avhaan Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis. Once chosen, you will not be able to switch to the other in between the programme.

ANU 2024-25 Programme Details

AVHAAN ADV. 2024-25				
DATE		TREK/ACTIVITY	LEARNING CONTENTS	FEES
Group A & B	Group C & D	REGISTRATION BEGINS		
07- Jul 2024	14 Jul 2024	Tamhini Trail	Wildlife and flora-fauna of the Tamhini region	1200
04 - Aug 2024	11 Aug 2024	Telni Waterfalls	Hazards in Sahyadri (Objective and Subjective) – Scree, Rockfalls, Snakes & Honeybees – ways to negotiate them, precautions in monsoon treks	1200
01 - Sept 2024	15 Sept 2024	Rareshwar	History of Swarajya in brief reference to Rareshwar, and surrounding region	1200
06 - Oct 2024	13 Oct 2024	Vairat gad	Common injuries in treks and practical skills of immobilization of injury, making use of available resources for immobilization, treatment for shock	1200
Nov 2024 B1- 4-5-6 B2 - 6-7-8 B3 - 8-9-10		Shirpunje Bhairavgad- Harishchandragad	Knots - Fisherman, Reef, Bowline Exploration of Sahyadri forts and outdoor stay at the top of the fort and local villages.	To be announced
08 - Dec 2024	15 Dec 2024	Sudhagar	Map types and their features	1200
12 - Jan 2025	19 Jan 2025	Paymodi Ghat	Basics of weather, critical factors that constitute weather, Basics of Geography from weather perspective	1200
9 - Feb 2025	16 Feb 2025	CBD Belapur Quarry	Bouldering Activity	1200
1-2 week May 25		HIMALAYA TREK - RANI SUI LAKE NAGGAR- 12500 ft		

Please note that Avhaan Advance Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis. Once chosen, you will not be able to switch to the other in between the programme.

ANU 2024-25 Programme Details

NIRMAAN 2024-25				
DATE		TREK/ACTIVITY	LEARNING CONTENTS	FEES
Group A	Group B	BRIEFING MEETING		
07 Jul 2024	14 Jul 2024	Hadsar	Introduction to contour lines and topo maps, how to identify the features	1300
04 Aug 2024	11 Aug 2024	Pandavgad	Figure 8 tie in, butterfly knots	1300
01 Sept 2024	15 Sept 2024	Kusur to Waghoba	Learn to make stretcher and various carrying techniques	1300
6 Oct 2024	13 Oct 2024	Andharban	Introduction to Compass, its parts	1300
Nov 2024 Group A - 4-5-6 Group B - 6-7-8		Dhodap Kanchana	Risk assessment & management, Introduction to MMRCC & its work Outdoor Clothing Learn about Sahyadri of Nashik region	To be announced
08 Dec 2024	15 Dec 2024	Umbarkhind to Dukes Nose	History of Umbarkhind About Duke's Nose and other Sahyadri Rock Climbing pinnacles	1300
12 Jan 2025	19 Jan 2025	Rajmachi via Kodane caves	Hydration & Nutrition Basics	1300
09 Feb 2025	16 Feb 2025	Bhorgiri Rock Craft	Rock Climbing / Rappelling / Jumaring	1300
1-2 week May 25		PINDARI GLACIER TREK 13500 ft		

Please note that Nirmaan Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis. Once chosen, you will not be able to switch to the other in between the programme.

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NIRMAAN ADV. 2024-25			
DATE	TREK/ACTIVITY	LEARNING CONTENTS	FEES
16-Jun-24	BRIEFING MEETING		
7 Jul 2024	Mengjai Temple	Double Fig 8, Prussic Hitch	1300
4 Aug 2024	Shikhar Mahadev	Anchor set up making AND ROPE FIXING	1300
1 Sept 2024	Korai ghat Gavalan ghat	Introduction to Ointment & Basic Medicines for first aid	1300
6 Oct 2024	Thanale caves via Waghjai ghat	Learn about types of clouds and their significance from weather forecast point of view	1300
4-5-6 Nov 2024	Kalsubai Kulang	Introduction to GNSS, Learn to take & plot bearing with the help of compass & map	To be announced
8 Dec 2024	Mangalgad	Rope care	1300
12 Jan 2025	Dhakoba	What are wildfire, how do they occur, Safety in wildfire,	1300
9 Feb 2025	Bhorgiri Sport Route Climbing	Rock Climbing, Rappelling, Jumaring, Boudlering, anchoring systems and fixed roping and change over	1300
1-2 week May 25	HIMALAYA TREK - Pangharchulla Peak 14500 ft		

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UDAAN 2024-25			
DATE	TREK/ACTIVITY	LEARNING CONTENTS	FEES
16-Jun-24	BRIEFING MEETING		
14 Jul 2024	Katraj Sinhagad	Endurance Test Trek, travel by public transport, safety measures during monsoon trekking, role of trek leader and how to handle group dynamics	700
11 Aug 2024	Kusarpeth Railing	Use of compass ,maps, altimeter, AND DISHA APPLICATION	1300
15 Sept 2024	Lenyadri to Hatkeshwar	Navigate the trek independently; new knots: Bowline on the bight, Italian Hitch	1300
13 Oct 2024	Thibthiba ghat Telyachi nal	Make your own first aid kit, Learn to handle Pulse Oximeter, Portable and manual BP machine	1300
4-5-6 Nov 2024	Ghisar te Raigad	Accidents in Rock climbing, precautions to avoid them, plan of action in case of accidents, Introduction to CPR skills, Exploreaton of Raigad and its special historical and geographical significance.	To be announced
14 - 15 Dec 2024	Gopya Ghat	Semi independent trekking, camping, and cooking in outdoors	2300
19 Jan 2025	Elphinstone point javali to Lordwick point	Coiling: casualty and butterfly coiling	1300
16 Feb 2025	Savatya ghat Chor Payari ghat	Introduction to C-Z pulley system for rescue related work	1300
1-2 week May 25	15000 ft. LAKSHYA POINT CLIMBING EXPEDITION - Sundru Valley		

GENERAL INSTRUCTIONS:

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- All the ANU related updates and information, activities, payment options, etc will be put up on weblink: www.ggim.in/avhaan-nirmaan-udaan
- All the trek related other details and instructions will be shared to in due course of time.
- Sinhagad Adventure Course is a residential course, and it will be conducted at GGIM campsite at fort Sinhagad. Each batch will have roughly 40-45 kids based on first come first served basis. Remaining details of the course will be shared 2 weeks before the course begins.
- Avhaan Adv. Nirmaan, Nirmaan adv. Udaan Groups will have their long, multiday trek during the same period as mentioned in the schedule above.
- The **registration fee** INR 400 is a one-time fee for every year for all participants, that covers admin expenses
- The Kit fees INR 600 includes: GGIM cap, GGIM notebook, rope sling, book
- The fees mentioned include transport, educational fees, equipment usages, guidance, first aid treatment if any. For 1 day treks, participants are expected to bring their own **breakfast & lunch packs**. For overnight treks, participants are expected to bring the **dinner packs**. Breakfast, lunch and evening snacks for the next day, will be provided by Team GGIM.
- **We shall form WA groups of each level and share further trek related updates on the respective groups.**
- **Details of the Himalaya Treks will be shared by the end of Dec 2024.**

Kit list

	Things to carry	Quantity	Remarks
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GENERAL	Trekking Gears		
	Small Daypack (sack)	1	Preferably 30 lit capacity
	Shoes pair	1	Trekking/Sports
	Socks pair	1	
	Cap	1	
	Rope sling (2m) (Provided in reg. kit)	1	For specific Treks
	Clothing		
	T-shirt/shirt (Full Sleeves)	1	
	Full Track Pant	1	
	Rain wears (Especially in rainy days)	1	Jacket / suit / poncho
	Sweater/ warm jacket	1	
	Woollen cap/ Scarf	1	
	Towel	1	Optional
	Extra pair of cloths	1	Packed in polythene bag
	Personal medication if any	As prescribed	
	Food		
IMPORTANT	Breakfast	Packed Breakfast	
	Lunch	Packed Lunch	
	Water bottle	1 litre	
	Chocolates/ dry fruits/ snacks	Optional	

Extra things for Overnight Trek		
Personal toiletry kit	Set	As per needed
Head Torch/hand torch	1	

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Mattress and thin blanket/sleeping bag	1	
Packed Dinner (<i>Next day's meals will be provided by team GGIM</i>)	1	

Camera/binoculars to be brought at your own responsibility. iPods, mob. Phones are strictly not allowed.

Suggested shops For Purchase of Trekking Equipment:

Gypsy, Sports Equipment India- Bhavani Peth Near Old Motor Stand, Pune Contact: 9822397741	Mountain Sports Academy, Mumbai Contact: 9892042704
Decathlon	Vertical Enterprises, Pune (8275201227)

Payment details:

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Fee Structure:

Rs. 400/- person for yearly registration for all ANU participants. Trek fees are as mentioned in the schedule.

Rs. 600/- person for the ANU Kit (notebook - 100, Mountaineering book - 100, cap - 200, rope sling 200)

Payment methods:

Option 1 – Pay the fees by either **cash** or **cheque** in the name of “Guardian Giripremi Institute of Mountaineering”

Option 2 – NEFT to our bank account

Bank details are given below –

A/c Name – Guardian Giripremi Institute of Mountaineering

Bank Name – HDFC Bank, Mayur Colony

A/c No. – 50200009999572

IFSC code- HDFC0000149

A/c Type – Current A/c

Option 3 – Pay online: ggim.in/online_payments