

REACHING NEWER HEIGHTS

LAUNCHING ON THE OCCASION OF
10TH ANNIVERSARY OF GGIM



An Initiative by Giripremi

Pioneering Mountaineering Club of India
since 1982 & only club to have climbed
eight 8000ers including Mt. Everest &
Mt. Kangchenjunga.





2015 - 2025 _____ TENTH
ANNIVERSARY
A Decade of Adventure Education

GGIM: A Leading Mountaineering Organization

Established in 2015, Guardian Giripremi institute of Mountaineering (GGIM) is now recognized as one of the reputed mountaineering training institutes in India and only one of its kind institute in Southern India.

Since its inception, GGIM has achieved numerous milestones and progressed continuously towards its objectives of spreading the adventure culture in the society. In this efforts, right from adventure education curriculum for school kids to the university approved courses like Diploma in Mountaineering and Allied Sports have been designed and executed by GGIM successfully.

1ST

First & Only
Training Institute
in Southern India

13

Everest
Summitters

10

Kangchenjunga
Summitters

34

Times Mountaineers
have been to the top
of 8000ers

70+

70+ Qualified
Instructors

20000+

Successful Trainees proudly
trained by the GGIM

GGIM is associated with



Nehru Institute of
Mountaineering,
Uttarkashi



Savitribai Phule
Pune University



Akhil Maharashtra
Giriarohan Mahasangh

Vision

Our vision is to prepare individuals to pursue excellence in their lives, by inculcating the confidence & daring attitude through exciting, and challenging outdoor adventure educational curriculum.

1. To be one of the country's premier mountaineering educational institutions & to develop infrastructure for learning, sharing, and creation of knowledge through outdoor education and adventure sports.
2. Make the Next generation of country physically fit and confident to face challenges with positivity and determination.
3. To shape responsible, courageous and motivated leaders equipped not only with technical knowledge but also with environmental ethics, and life skills, who will be the assets for society at large.

Mission

At GGIM, Safety is a paramount concern. With the rising industry of adventure, it has become a matter of concern to ensure these adventure activities, and sports are taking place keeping in mind safety of every individual and minimizing the human impact on the wilderness. The mountains will provide us a playground and the freedom to discover ourself and expand horizons at physical, mental, emotional as well as spiritual levels. But the offer comes with a price - sound preparation and systematic training.

Life Skills:

Our mission is to cultivate leadership qualities such as self-awareness, empathy, and critical thinking through hands-on courses tailored to diverse challenges.

Sensitivity Toward Environment & Society:

As part of GGIM's mission, we aim to foster connections with nature and local communities, nurturing a caring and responsible approach to wilderness exploration.

Empower with Technical Skills:

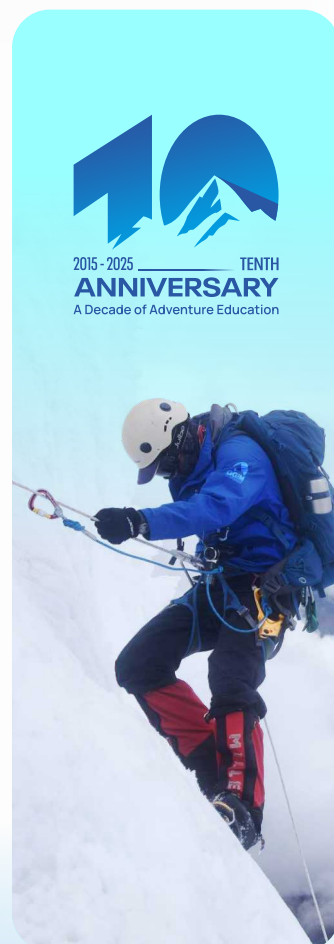
In line with our mission, GGIM empowers individuals to develop confidence and resilience through technical training and adventure activities, preparing them to navigate life's uncertainties.

Adventure for All:

GGIM is committed to provide adventure education to all sections of society.

Sustainable Ecosystem for Adventure Education:

Guided by our mission, GGIM strives for excellence by providing top-notch training, staff, and resources while fostering a sustainable environment for education.



◆ GGIM Board of Directors ◆



Shri. Umesh Zirpe

Recipient of Maharashtra's highest & prestigious adventure sport award: Shivchhatrapati Award, Umesh Zirpe derives mountaineering career of over 40 years. He is a Tax Consultant by profession but has devoted his life for the promotion of mountaineering sport and adventure education in India. He is the only person in the country to have led successful expeditions to Eight 8000er mountains including the biggest civilian expedition to Mt. Everest.

Shri. Manish Sabade

He is the CMD of Guardian Corporation and has been a keen sport enthusiast. Having immense interest in mountaineering sport, he has been a backbone of the GGIM's development. He is currently the Head of Pune Chapter of Olympic Gold Quest.



Shri. Vijay Joshi

He is the CEO of Cubix Networks Pvt. Ltd. and derives more than 25 years of experience in business development. He himself is an avid trekker and has been a mentor and a strong pillar of Giripremi's 8000er expeditions. He is the founder member of Giripremi's Eight thousander's club.

Shri. Avinash Foujdar

He is a Cost and Management Consultant by profession, yet an experienced mountaineer and a mentor to Giripremi's many expeditions including Mt. Everest, Mt. Shivling, Mt. Nun etc.



Shri. Niranjana Palsule

He is a veteran mountaineer and has been the backbone of Giripremi's mountaineering expeditions including Mt. Everest. He is one of the senior members of Giripremi and responsible for conceptualizing the idea of GGIM.

Shri. Shripad Gokhale

He is a senior trekker and an avid mountaineer. His role is instrumental in managing the financial matters of the institute ensuring the optimum resource utilization and driving the growth of the organization



Shri. Chandan Chavan

He was the Vice President of Giripremi and an avid trekker. He looks after the institute's administrative and infrastructure related aspects.

MEMBERS OF GGIM ADVISORY BOARD

- **Dr. Suresh Haware**
Managing Director, Haware Engineers & Builders, Mumbai
- **Brig. Ashok Abbey (Retd.)**
Veteran Mountaineer, Tenzing Norgay National Adventure Awardee, Former Training In Charge, HAWS, J&K
- **Wing Commander Devidutta Panda**
Ex-Vice Principal, Himalayan Mountaineering Institute, Darjeeling
- **Shri. Khemraj Thakur**
Renowned Mountaineer, Ex. Indian Army Personnel, Founder - Director, Mountain Expeditions, Manali
- **Smt. Bachendri Pal**
Padma Bhushan, First Woman Everester of India, Director of Tata Steel Adventure Foundation, Jamshedpur
- **Smt. Ushaprabha Page**
Founder Trustee & President, Giripremi, Pune
- **Prof. (Dr.) Nitin R. Karmalkar**
Ex Vice Chancellor, Savitribai Phule Pune University, Pune
- **Shri. Anand Palande**
Founder Trustee, Giripremi, Pune
- **Shri. Keshab Paudyal**
Chairman, Peak Promotion, Nepal



“This is a great initiative by Giripremi and Guardian Corporation & my best wishes are always with the team.”

Smt. Bachendri Pal

First Woman Everester of India, Director of Tata Steel Adventure Foundation, Jamshedpur



“Mountaineering is a sport where your physical and mental fitness is tested at its best & adventure education is important for the new generation of India.”

Ms. Anjali Bhagwat

Olympic Shooter, India



“GGIM is a wonderful & commendable effort in Pune city and I wish one day it becomes the best mountaineering institute of the world.”

Brig. Ashok Abbey

Ex President, Indian Mountaineering Foundation, Veteran mountaineer, Tenzing Norgay National Adventure Awardee, Former Training In Charge, HAWS, J&K



“As a veteran from the Indian Armed Forces, I always feel that the culture of undertaking adventure should be inculcated during the school days itself, rather it should be made part of the curriculum. Giripremi and GGIM in particular, have addressed this issue and have come up with an excellent syllabus for inculcating the spirit of adventure among children.”

Air Marshal Bhushan Gokhale

Ex - Indian Airforce, VSM, AVSM, PVSM



“GGIM is an excellent initiative by Giripremi as it offers state of the art training guidance for all adventure and mountaineering enthusiasts.”

Wg. Cdr. Devidutt Panda

Ex. Vice Principal, HMI Darjeeling



Editorial

साहसी खेळांच्या प्रशिक्षणाची गरज



Jayant Tulpule

President, Giripremi

कोठल्याही खेळातील कौशल्य आणि क्षमता प्राप्त करण्यासाठी प्रशिक्षणाची गरज असते. साहसी खेळ सुद्धा याला अपवाद नाहीत. पूर्वी आपल्याकडे सूरपारंबी, सुरकाठी या सारखे साहसी खेळ आणि पूर आलेली नदी पोहून जाणे, विहीरीत उडी मारणे अशा प्रकारचे उपक्रम होतेच. काळाच्या ओघात ते मागे पडून राफ्टिंग, स्कूबा डायव्हिंग, पॅरा जंपिंग अशा नवीन खेळांची भर पडली आहे. अशा नवीन खेळांविषयीचे आकर्षण हळूहळू वाढू लागले आहे. त्यामुळे अशा साहसी खेळातील शिक्षण आणि प्रशिक्षण यांचा विचार होणे गरजेचे आहे.

शिक्षण आणि प्रशिक्षण (Education and Training) म्हणजे नेमके काय? शिक्षण आणि प्रशिक्षण यात फरक काय? शिक्षण व्यापक असते त्याने बौद्धिक विकास होतो तर प्रशिक्षण म्हणजे विशेष कौशल्ये आत्मसात करण्यावर भर देते. थोडक्यात प्रशिक्षण शिक्षणाचा प्रत्यक्ष वापर करायला शिकवते (application). शिक्षण वर्गात बसून घेता येते प्रशिक्षणात प्रत्यक्ष कृतींवर भर असतो. साहसी खेळांचे शिक्षण घेणे, ज्ञान प्राप्त करणे आवश्यक आहेच पण ते प्रत्यक्ष कृतीत उतरविण्यासाठी प्रशिक्षण आवश्यक ठरते.

पुढचा प्रश्न. खेळ कशाला म्हणावे? शारिरीक आणि बौद्धिक क्षमतांचा वापर करून नियमबद्ध अशा कृतींद्वारे केला जाणारा मानवी मनोरंजनाचा एक प्रकार म्हणजे खेळ. तेच इंग्रजीत सांगायचे झाल्यास; all types of physical activity that people do to keep healthy or for enjoyment. किंवा a game, competition, or activity needing physical effort and skill that is played or done according to rules, for enjoyment or job. थोडक्यात खेळातून मनोरंजन होणे सुद्धा महत्वाचे आहे.

साहस म्हणजे नेमके काय? 'एखादी कृती करताना त्यात आपल्या जिवाला धोका आहे हे माहीत असूनसुद्धा स्वेच्छेने ती कृती करणे म्हणजे साहस'. इच्छा नसताना तशी कृती आपल्या हातून घडल्यास ते साहस होत नाही. स्वेच्छेने साहस करायला धाडस लागते. सीमेवरील सैनीक, किनाऱ्यांवरील जीवरक्षक

किंवा अग्नीशमन दलाचे कर्मचारी हे सुद्धा स्वतःहून धोका पत्करत असतात. ती त्यांची रोजीरोटी असते आणि तेच त्यांचे काम असल्यामुळे प्रशिक्षण सतत सुरू असते. कर्तव्य भावनेने ते साहस करत असतात. त्यात त्यांना आनंद नक्कीच होतो पण खेळाप्रमाणे मनोरंजन होत नाही.

माउंटेनियरिंग, राफ्टिंग, स्कूबा डायव्हिंग, स्काय डायव्हिंग, पॅरा जंपिंग असे अनेक साहसी खेळ आहेत. साहसी खेळाडू खेळात असलेले धोके पत्करायला स्वेच्छेने तयार झालेले असतात. धोके कसे ओळखावे, ते कसे टाळावे, धोका निर्माण झाल्यास त्याला कसे सामोरे जावे आणि खेळातील इतर तांत्रिक बाबींचे त्यांना प्रशिक्षण घ्यावे लागते. आपल्याकडे अजून साहसी खेळांचा प्रसार म्हणावा तेवढा झाला नाही. त्यामुळे साहसी खेळांवर ज्यांचे घर चालते असे खेळाडू बोटार मोजण्याइतकेच ! ज्यांची रोजी रोटी खेळावर अवलंबून नाही परंतु साहसाची आवड आहे अशांना स्वतंत्र वेळ काढून प्रशिक्षण घ्यावे लागते आणि सततच्या सरावाने धोक्यांना सामोरे जाण्यासाठी स्वतःला शारीरिक आणि मानसिक दृष्ट्या सक्षम ठेवावे लागते.

माउंटेनियरिंगचा विचार केला तर ट्रेकिंग, प्रस्तरारोहण, हिम आणि बर्फावर चढाई उतराई यासाठी लागणाऱ्या तांत्रिक साधनांची माहिती, धोके ओळखणे आणि त्यातून सुखरूप सुटका करून घेण्याच्या पद्धती, साधन सामग्रीची हाताळणी आणि काळजी, व्यवस्थापन अशी अनेक कौशल्ये खेळाडूला शिकावी लागतात. खेळाडू म्हणून पुढे येण्यासाठी ट्रेकिंग पासून प्रशिक्षणाची सुरवात होते आणि संपते ! अं हं निसर्गात 'फिरायची आवड संपत नाही, त्यामुळे साहजिकच शिक्षण आणि प्रशिक्षण सुद्धा. येथूनच प्रशिक्षकाची गरज सुरू होते. सध्या उपलब्ध असलेला एखादा कोर्स (Basic किंवा Advance) केला म्हणजे लगेच तो उत्कृष्ट खेळाडू किंवा प्रशिक्षक बनत नाही. त्या कौशल्यांचा सराव करून त्यात पारंगत व्हावे लागते. खेळाडू आणि प्रशिक्षक दोघांसाठी एकाच प्रकारचा प्रशिक्षण अभ्यासक्रम योग्य ठरत नाही. प्रशिक्षक बनण्यासाठी आधी खेळाडूची कौशल्ये शिकावी लागतात आणि नंतर सतत सरावाने, वेगवेगळ्या मोहीमांचा अनुभव घेऊन खेळाडू प्रशिक्षक म्हणून पुढे येतो. त्याने MOI (method of instruction) सारखा कोर्स केला तर उत्तमच. तरीसुद्धा एकच प्रशिक्षक सर्व कौशल्ये शिकवू शकेल असे नाही आणि एकच खेळाडू सर्व कौशल्यात पारंगत असेल असेही नाही. प्राथमिक प्रशिक्षण घेतल्यानंतर खेळाडूंनी अभ्यास करणे, सराव करणे, अनुभव घेत रहाणे आवश्यक आहे. प्रशिक्षकांबाबत सुद्धा वरील गोष्टी महत्वाच्या आहेत.

सध्या काही संस्था अपघात प्रसंगी अपघातग्रस्तांची सुटका आणि मदत कार्यासाठी सरकारी यंत्रणे बरोबर काम करताना दिसतात. त्यांचे हे कार्य खूपच मोलाचे आहे. येथे सुद्धा प्रशिक्षित व्यक्तीच योग्य प्रकारे मदत करू शकते. जखमींवरील प्रथमोपचार हा सुद्धा प्रशिक्षणाचा भाग आहे. मदतीस धावणाऱ्या अशा खेळाडूंनी search and rescue चे प्रशिक्षण घेतल्यास अधिक उत्तम. अप्रशिक्षित व्यक्तीने अशा कार्यात भाग घेतल्यास अपघाताचे गांभीर्य आणखी वाढू शकते आणि मदत कार्यात अडथळे येतात. खेळाडू, प्रशिक्षक, मदत कार्यात सहभागी होणाऱ्यांना खेळातील धोक्याची, स्वतःवरील जबाबदारीची पूर्ण कल्पना असते त्यामुळे ते सतत तयारी करत असतात, आपले ज्ञान अद्ययावत ठेवण्याचा प्रयत्न करत असतात. **संस्था पातळीवर त्यांचे मूल्यमापन होत असते, म्हणजे तसे अपेक्षित आहे.**

खरा प्रश्न आहे तो, व्यावसायिक फायद्यासाठी साहसी खेळां मधील कौशल्यांचा वापर करून अशा खेळांशी काहीही संबंध नसलेल्या पर्यटकांना जाहीरार्तीद्वारे साहसी उपक्रमात सामील करून घेणाऱ्या व्यावसायिक संस्थांचा. अशा उपक्रमांना साहसी पर्यटन असे गोंडस नाव मिळाले असल्यामुळे मोठ्या प्रमाणात सामान्य पर्यटक याच्या मागे धावतो आहे. पर्यटक जेव्हा अशा उपक्रमांमधे भाग घेतात तेव्हा त्यांना खेळातील धोक्यांची, स्वतःच्या सुरक्षेची, सुरक्षा साधनांची, गट प्रमुख (मार्गदर्शक) किती सक्षम आहेत याची काहीही कल्पना नसते. ते खेळ शिकण्यासाठी आलेले नसतात. त्यांच्यात सातत्य नसते. काहीतरी हटके करणे या एकाच भावनेतून ते अशा उपक्रमांत सामील झालेले असतात. त्यामुळे अशा उपक्रमांच्या आयोजकांची आणि गट प्रमुखांची जबाबदारी दुपटीने वाढलेली असते कारण उपक्रमांतील सहभागी पूर्णपणे गट प्रमुखांवर अवलंबून असतात.

म्हणूनच व्यावसायिक साहसी पर्यटन आयोजकांनी आणि प्रामुख्याने त्यांच्या गट प्रमुखांनी साहसी खेळांचे प्रशिक्षण घेतले पाहिजे. माउंटेनियरिंगचा विचार केला तर अगदी नुसते ट्रेक आयोजित करणाऱ्यांनी सुद्धा 'आम्ही खूप ट्रेक केले आहेत, आम्हाला माहिती आहे' असे न म्हणता पुढील प्रशिक्षण घेणे गरजेचे आहे. ट्रेकिंग ही माउंटेनियरिंग या साहसी खेळाची पहिली पायरी आहे हे सुद्धा त्यांना माहित नसते. स्वतंत्रपणे आपले आपण ट्रेकला जाणे आणि अनोळखी पर्यटकांना घेऊन जाणे यात खूप फरक आहे, धोका आहे. अपघात सांगून होत नाहीत. जीवीत हानी झाल्यावर त्यातील गांभीर्य लक्षात येते. प्रशिक्षण घेतल्याने अपघात होणारच नाहीत असे नाही, पण त्याचे गांभीर्य कमी व्हायला नक्कीच मदत होईल. जेव्हा असे काही जण प्रशिक्षण घेतात तेव्हा आपण किती धोका पत्करत होतो याची त्यांना जाणीव होते. फक्त अपघात हा एकच धोका नसतो. रस्ता चुकणे, गट विभागला जाणे, परिसराचे ज्ञान नसणे, दिशा लक्षात न येणे, जंगली श्वापदांचा हल्ला अशा अनेक कारणांमुळे गोंधळून जायला होते. ते योग्य प्रशिक्षणाने नक्कीच कमी होईल. या क्षेत्रातील मान्यवरांचे मार्गदर्शन घेणे आणि आपले ज्ञान अद्ययावत ठेवणे यात कमीपणा मानू नये. आपल्यापेक्षा लहान वयाचे कोणी जास्त प्रशिक्षित असतील तर त्यांच्याकडून शिकण्यात लाज वाटून घेऊ नये. अशा आयोजनात सहभागी गट प्रमुखावर अवलंबून असतात याचे भान ठेवावे. आपली लहान चूक सुद्धा सर्वांना संकटात टाकू शकते याची जाणीव असावी. मान्यवर संस्थांचे MOI प्रशिक्षण अवश्य घ्यावे आणि घेतलेले ज्ञान अद्ययावत ठेवावे.

माउंटेनियरिंग मधील मार्गदर्शक तत्वे अंगात भिनली की एक जीवन शैली तयार होते. मार्गदर्शक तत्वांचा अभ्यास हे शिक्षण आणि त्यांचा वापर करणे हे प्रशिक्षण. सामाजिक बांधीलकी आणि शिस्त स्वतः पाळणे आणि इतरांना पाळायला लावणे, निसर्गातील विविध घटकांची जपणूक करणे आणि पर्यावरणविषयक जागरूकता असे इतर विषय सुद्धा साहसी खेळांचा एक भाग मानले गेले आहेत. प्रशिक्षणात अशा विविध अंगांचा विचार केलेला असतो.

खेळातील प्रशिक्षण ही एक अविरत सुरु रहाणारी प्रक्रिया आहे. प्रशिक्षणामुळे खेळातील अपघात कमी व्हायला मदत होईलच पण त्या बरोबरच स्वतःला तंदुरुस्त ठेवायला आणि निसर्गाची हानी रोखायला सुद्धा मदत होईल. एका वाक्यात सांगायचे झाले तर "साहसी खेळ आणि त्यातील उपक्रम सुरक्षित, मनोरंजक आणि आनंददायी होण्यासाठी प्रशिक्षणाला पर्याय नाही".



Director's Word



Director's Word

Guardian Giripremi Institute of Mountaineering: A Decade of Transforming Dreams into Reality



Umesh Zirpe

Founder - President, GGIM

As the Guardian Giripremi Institute of Mountaineering (GGIM) marks its 10th anniversary, it stands as a testament to the power of vision, determination, and collective effort. Established by Giripremi, a revered 43-year-old mountaineering club, GGIM has redefined adventure education in India, filling a crucial gap in structured mountaineering training in the southern region of the country.

A Vision Born from Necessity

Nestled amidst the Sahyadri ranges, Pune has long been a hub for trekking and rock climbing enthusiasts. However, India's premier mountaineering training institutes—such as NIM in Uttarkashi and HMI in Darjeeling—are concentrated in the northern regions, forcing aspiring adventurers from southern India to travel far for formal training. Recognizing this gap, Giripremi envisioned GGIM as an institution that would democratize access to systematic, professional training in mountaineering.

From Everest to GGIM: The Journey of a Dream

The idea of GGIM took root following Giripremi's historic civilian expedition to Mount Everest in 2012. Eight climbers successfully reached the summit, with three more accomplishing the feat in subsequent years. These expeditions, along with Giripremi's remarkable record of summiting eight 8,000-meter peaks without any accidents, reinforced their commitment to safety and excellence in mountaineering.



Director's Word

By Umesh Zirpe

The overwhelming enthusiasm generated by these achievements laid the foundation for GGIM. Spearheaded by Umesh Zirpe, the leader of Giripremi's high-altitude expeditions, and supported by stalwarts like Avinash Foujdar, Niranjan Palsule, Bhushan Harshe, and Chandan Chavan, the dream of establishing a world - class mountaineering institute began to take shape.

Building a Sustainable and Inclusive Model

GGIM was envisioned not just as an institution but as a self-sustaining ecosystem of adventure education. The founders were determined to keep fees affordable while maintaining world-class training standards. Several passionate individuals made significant sacrifices to realize this vision. Bhushan Harshe left a lucrative MNC career, and Vivek Shivade, an IIT Bombay graduate, chose to dedicate himself to this noble cause. Financial backing and strategic support from key contributors like Manish Sabde provided the necessary impetus to bring the dream to fruition.

The institute's motto, "Adventure for All," reflects its unwavering commitment to inclusivity. Over the past decade, GGIM has trained over 20,000 students through programs ranging from basic rock climbing to advanced mountaineering. Schools, corporates, and individuals from all walks of life have been introduced to the world of adventure, instilling in them the spirit of exploration and resilience.

ANU: Nurturing the Future of Adventure

GGIM's flagship program, Avhaan Nirmaan Udaan (ANU), is a pioneering initiative aimed at shaping young minds through structured adventure education. This five-year curriculum, designed for children aged 10 to 16, imparts crucial life skills such as courage, confidence, and self-reliance. Inspired by Swami Vivekananda's vision of a strong and fearless India, the program emphasizes experiential learning, ensuring that children are equipped to face life's challenges with grit and determination.

Through ANU, children learn vital lessons from nature, develop leadership qualities, and cultivate an adventurous spirit that stays with them for life. This initiative has been instrumental in fostering a new generation of responsible and resilient adventurers.



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with them for life. This initiative has been instrumental in fostering a new generation of responsible and resilient adventurers.

Expanding the Horizons of Adventure Education

GGIM's commitment to adventure education extends beyond traditional mountaineering training. In collaboration with Savitribai Phule Pune University, the institute launched India's first Diploma in Mountaineering and Adventure Sports, a landmark initiative that integrates adventure into mainstream education. This 36-credit program not only hones technical skills but also fosters holistic development, preparing individuals for a wide range of challenges in life.

Affiliated with the Indian Mountaineering Foundation (IMF) and collaborating with premier institutions like NIM, GGIM boasts a faculty of India's finest mountaineers. Their unparalleled expertise ensures that GGIM remains at the forefront of adventure education, setting new benchmarks for training and safety.

GGIM has also expanded its footprint through valuable partnerships. The institute has established a significant association with Yashwantrao Chavan Academy of Development Administration (YASHADA) to facilitate adventure training programs. Under this collaboration, GGIM has successfully executed training sessions for 75 working IPS and IRS officers, introducing them to adventure training in the Sahyadri and the Himalayas. This initiative represents yet another milestone in promoting adventure education among key administrative officers of the country.

Furthermore, GGIM has forged an important tie-up with the Forest Departments across Maharashtra. Through this collaboration, GGIM provides specialized training in rescue operations and disaster management. These programs are crucial in equipping forest officials with the necessary skills to handle emergency situations effectively, ensuring both human safety and environmental conservation.



Director's Word

By Umesh Zirpe

Adventure: A Path to Wellness

In today's fast-paced world, where sedentary lifestyles and mental health challenges are increasingly prevalent, adventure sports offer a transformative escape. Trekking, rock climbing, and mountaineering promote not only physical fitness but also mental well-being. The thrill of conquering a peak instills confidence, while the serenity of the mountains provides a much-needed respite from the pressures of daily life.

GGIM actively promotes these benefits through its diverse programs, making adventure accessible to all. Whether it is school students, corporate teams, or individual enthusiasts, participants emerge with a renewed sense of purpose, improved focus, and a deeper connection with nature.

A Collective Triumph and a Call for Support

From a small group of passionate mountaineers to a thriving institution, GGIM's journey has been nothing short of extraordinary. Today, it is supported by over 80 freelance instructors and 18 permanent staff members, all united by a shared vision of making adventure education a cornerstone of Indian society.

Yet, the journey is far from over. To continue its mission, GGIM requires ongoing support—from individuals, organizations, and policymakers alike. By fostering a culture of adventure, we can collectively build a nation of strong, resilient individuals who embrace challenges with courage and perseverance.

A Vision for the Future

As GGIM embarks on its next decade, its mission remains unwavering: to make adventure education an integral part of society. The goal is to reach every corner of the country, inspiring individuals to step out of their comfort zones and experience the transformative power of mountaineering. While the road ahead is challenging, the rewards are profound.



Director's Word

By Umesh Zirpe

To those who ask, “Why risk your life for mountaineering?”

We say Mountaineering is not just about ascending peaks; it's about conquering yourself. It teaches humility from towering mountains, resilience from unforgiving terrains, and courage from every step of the journey. Every challenge, no matter how daunting, can be overcome with determination and perseverance.

At GGIM, we are not just building mountaineers we are shaping confident, courageous individuals ready to take on life's challenges. As we celebrate this milestone, let us embrace the spirit of adventure and create a future where every individual dares to dream, dares to climb, and dares to achieve.



Team Talk



दशकपूर्ती ! एका साहसी ध्यासाची.. !!



Bhushan Harshe

Head of operations, GGIM

"आता कुठली नवीन मोहीम?" किंवा "आज कुठल्या डोंगरावर?", गेल्या अनेक वर्षांत हे प्रश्न मित्तमंडळी आणि आप्तांकडून ऐकणं सरावाचं झालंय. पूर्वी या प्रश्नांत कुतूहल, काळजी आणि चौकशी असायची, पण अलीकडे त्यात आपुलकीही जाणवते. यामागचं मुख्य कारण म्हणजे गिर्यारोहणाला समाजात मिळालेला लोकाश्रय. आजच्या घडीला गिर्यारोहण आणि साहस हा केवळ काही मोजक्या लोकांचा छंद न राहता समाजाच्या सर्व स्तरांमध्ये त्याचे पडसाद दिसत आहेत, त्याची व्याप्ती वाढत आहे, किंबहुना त्याहीपलिकडे गिर्यारोहण क्षेत्रात पूर्ण वेळ करियर घडू शकते ही बाब हळूहळू सर्वांना उमजू लागली आहे. अशा प्रकारचे करियर करायची संधी मला ज्या संस्थेमुळे मिळाली ती म्हणजे 'गार्डियन गिरीप्रेमी इन्स्टिट्यूट ऑफ माऊंटेनिअरिंग' अर्थात GGIM.

आज GGIM च्या दहाव्या वर्धापन दिनानिमित्त, हा संपूर्ण प्रवास आठवत असताना असंख्य आठवणी मनात तरळत आहेत. सह्याद्रीच्या डोंगरदऱ्यांतली सुरुवातीची भटकंती, बेलाग कड्यांवर केलेलं प्रस्तरारोहण, हिमालयातील बर्फाच्छादित डोंगरांवर पहिल्यांदा ठेवलेलं पाऊल, आणि तिथून पुढे भारतातील व जगातील सर्वोच्च शिखरांपर्यंतचा प्रवास आणि अशा अनेक !!

गिरिप्रेमीच्या २०१२-१३ च्या एव्हरेस्ट मोहिमेचा मी सदस्य होतो आणि २०१३ साली प्रत्यक्ष 'सगरमाथा' अर्थात 'एव्हरेस्ट'च्या कृपेने मी भारताचा तिरंगा घेऊन पृथ्वीच्या सर्वोच्च बिंदुवर काही आनंदाचे क्षण वेचू शकलो. भारतातील सर्वात मोठी नागरी मोहीम यशस्वी करून परत आल्यावर, एव्हरेस्ट पुरतेच न थांबता गिर्यारोहण क्षेत्रात काहीतरी मोठं करायचं असा आम्ही सर्व गिरिप्रेमींनी संकल्प सोडला. महाराष्ट्रात सह्याद्रीच्या कुशीत गिर्यारोहणाची एखादी प्रशिक्षण संस्था सुरू करता येईल का या बाबत गिरिप्रेमीच्या ज्येष्ठ गिर्यारोहकांमध्ये विचारविनिमय सुरू झाला, मीदेखील त्या चर्चेत कुतूहलाने सहभागी होतो. मला गिर्यारोहण या विषयातील समज आल्यापासूनच या क्षेत्रात काहीतरी वेगळं करण्याची माझी खूप इच्छा



म्हणजे परदेशी गिर्यारोहकांचे जसे पर्वतारोहण हेच उपजीविकेचे साधन असते तसं भारतातही काहीतरी करू शकतो का असा मी नेहमी विचार करत असे. गिरिप्रेमीच्या प्रशिक्षण संस्थेच्या या विचाराने माझ्या मनाचा ठाव घेतला. २०१५ साली जशी उमेश झिरपे अर्थात मामांनी प्रशिक्षण संस्थेची म्हणजे गार्डियन गिरिप्रेमी इन्स्टिट्यूट ऑफ माऊंटेनिअरिंग' (GGIM) मुहूर्तमेढ रोवली, तसा मी लगेचच त्या प्रकल्पाचा काया-वाचा-मने भाग झालो. एक वेगळा ध्यास घेऊन आम्ही काम सुरू केले. गिर्यारोहण फक्त साहस न राहता त्याचे विविध अभ्यासक्रम विकसित होतील, साहस हा सर्वांच्या जीवनाचा एक अविभाज्य भाग बनेल, अनेक गिर्यारोहक आपलं करियर देखील घडवू शकतील अशी शिस्तबद्ध व्यवस्था उभी करायची हा तो ध्यास..!

इंस्टिट्यूटची घोषणा होताच IIT पवईचा MTech विवेक शिवदे संघात आला. उमेश झिरपे, निरंजन पळसुले, अविनाश फौजदार यांच्या मार्गदर्शनाखाली मी आणि विवेकनं काम सुरू केलं. गिर्यारोहण या विषयासाठी प्रशिक्षण संस्था ही कल्पना सत्यात उतरवण्यासाठी श्री. मनीष साबडे सरांचं योगदान आणि प्रोत्साहन खूपच मोलाचं होतं. हळूहळू आमच्या कामाची व्याप्ती वाढत गेली आणि आणखी काही समविचारी मंडळी या कार्याचा भाग होत गेली. गिर्यारोहण आणि साहस हा गाभा ठेवून प्रशिक्षणाचे विविध अभ्यासक्रम आधी कल्पनेत, मग कागदावर आणि मग प्रत्यक्ष डोंगरात उतरवायला आम्ही सुरुवात केली. १० ते १६ वयोगटातील मुलांसाठी 'आव्हान - निर्माण - उडान' अभ्यासक्रम, प्रस्तारोहणातील Basic आणि Advance सर्टिफिकेट कोर्स ते अगदी पुणे विद्यापीठाची मान्यता प्राप्त झालेला पदविका अभ्यासक्रम असे अनेक अभ्यासक्रम GGIM मध्ये विकसित झाले. हे सर्व अभ्यासक्रम प्रामुख्याने डोंगरात व निसर्गात राबविले जातात. प्रत्येक अभ्यासक्रमात गिर्यारोहणातील तंत्रशुद्ध प्रशिक्षणा बरोबरच नेतृत्वगुण, संघटनकौशल्य, साहस, विजिगीषू वृत्ती, इतिहास, भूगोल, भवताल आणि पर्यावरण संवर्धनाचे मूलभूत धडे दिले जातात, जे सुट्टे समाजाच्या जडणघडणीत महत्त्वाची भूमिका बजावतात.

आज GGIM ही केवळ एक संस्था नाही, तर एक मोठं कुटुंब आहे. प्रशिक्षार्थी, प्रशिक्षक, गिर्यारोहक, साहसप्रेमी आणि मार्गदर्शक यांनी एकत्र येत ही चळवळ उभी केली आहे. गेल्या दहा वर्षांत आम्ही सतत प्रयोगशील राहण्याचा प्रयत्न केला. सुरुवातीला महिन्यातून एक-दोन रविवार आणि नंतर महिन्यातील किमान २० दिवस अशा प्रकारे व्याप्ती वाढत गेली आणि GGIM मध्ये पूर्णवेळ काम करणाऱ्यांची संख्या २ वरून २० वर पोहचली. समाजातील सर्व स्तरांतील सुमारे २०००० प्रशिक्षार्थींना साहस प्रशिक्षण देता देता आम्ही देखील खूप काही शिकलो. गिर्यारोहण हा अभ्यासक्रमाचा भाग बनावा या आमच्या धडपडीची दाखल घेत अनेक शाळांनी, महाविद्यालयांनी, उद्योगसमूहांनी साहसी प्रशिक्षण उपक्रम राबवायला सुरुवात केली. पुण्यातील YASHADA संस्थेच्या सहकार्याने IPS आणि IRS अधिकाऱ्यांसाठी विशेष प्रशिक्षण कार्यक्रम विकसित करण्यात आले.

शापायशाच्या या हिंदोळ्यावर प्रवास करताना आपली संस्था आर्थिकदृष्ट्या स्वयंनिर्भर व्हावी आणि तिथं काम करणाऱ्या प्रत्येकाचा चरितार्थ चालावा या भावनेतून GGIM चे सर्व संचालक निरपेक्ष भावनेनं..



Team Talk



Sameer Divekar

*Head of operations,
Giripremi Adventure Foundation*

तसा गिरीप्रेमीत मी नवीनच आहे आणि म्हंटलं तर जुनाही ! मी साधारण २०१२च्या सुमारास गिरीप्रेमींच्याच एव्हरेस्ट मोहिमेच्या निमित्ताने संपर्कात आलो. सह्याद्रीतल्या एका सपोर्ट ट्रेकसाठी मी माझा ग्रुप घेऊन आलो होतो. तेव्हापासून आजतागायत कुठल्या ना कुठल्या निमित्ताने गिरीप्रेमीशी जोडला गेलो तो कायमचाच. छोटी नदी मोठ्या नदीला मिळून महासागराकडे प्रवास सुरु होतो अगदी तसाच. वैयक्तिकरित्या अनेक मोहिमा केल्यावर जेव्हा समविचारी लोकांबरोबर काम करण्याचे मला भाग्य लाभले याच्यासारखा दुसरा आनंद नाही.

आजचा दिवस हा गिरीप्रेमींच्या आजवरच्या वाटचालीतला महत्वपूर्ण दिवस मानला जाईल यात शंका नाही. गिरीप्रेमीचे ज्येष्ठ गिर्यारोहक आणि ८००० मीटर मोहिमांचे नेता श्री उमेश झिरपे यांना भारतातील सर्वोच्च आणि अत्यंत प्रतिष्ठेचा साहस पुरस्कार - टेन्झिंग नोर्गे राष्ट्रीय साहस पुरस्कार - आजीवन योगदान २०२३, भारताच्या सन्माननीय राष्ट्रपती श्रीमती द्रौपदी मुर्मू यांच्या हस्ते प्रदान करण्यात आला. मला एका इंग्रजी कवीचे वाक्य आठवतंय, 'Great things are done when men and mountains meet'. गिरीप्रेमी स्थापनेपासून आज तब्बल ४३ वर्षांनंतर हे वाक्य सार्थकी लागल्याची प्रचिती खात्रीने देता येईल असं मी म्हणेन. आणि नुसते Men and Mountains भेटून नाही इथे तर Women and Mountains भेटूनही 'ग्रेट' गोष्टी घडलेल्या आपल्याला पाहायला मिळतील. गिरीप्रेमीने आत्तापर्यंत सह्याद्रीत दीडशेच्या आसपास प्रस्तरारोहण मोहिमा, सुमारे पन्नासएक हिमालयातील मोहिमा तसेच आठ अष्टहजारी मोहिमा यशस्वी करून गिर्यारोहण क्षेत्रात स्वकर्तृत्वाने एक अढळ स्थान निर्माण केले आहे यात शंकाच नाही. आणि या सगळ्या यशाचा शिरपेचातील मानाचा तुरा म्हणजे उमेश झिरपे अर्थात मामांना मिळालेला आजचा राष्ट्रीय पुरस्कार.

मामांना मिळालेल्या पुरस्काराने या संस्थेची जबाबदारी अधिक वाढली आहे असं मला वाटतं. माझा कॉर्पोरेट करिअर मध्ये एक गोष्ट नक्की शिकलो की, एखाद्या विशिष्ठ प्रयासासाठी मिळालेले 'यश' हे सगळ्यात असुरक्षित समजलं जातं कारण ते व्यक्ती, संघ आणि संघटनांना अश्या स्थितीमध्ये आणते जिथे त्यांना अशा आव्हानांचा सामना करावा लागू शकतो जे अन्यथा त्यांनी कधी अनुभवले नसेल. त्यामुळे आपल्या Mountaineering Principals नुसार 'Plan ahead & Prepare' या धोरणाने सुसज्ज रहाणे हे आपल्या हातात असतेच. 'Change is the only constant' असं म्हणलं तरी या बदलत्या 'Change' मध्ये गिर्यारोहणाची मूल्ये बदलू न देता काम वाढवत रहाणे ही एक मोठी जबाबदारी आपल्या सर्वांना सांभाळावची आहे. सलग तीन साडेतीन तपे कार्यरत राहून साहसी खेळांमध्ये



दंग असलेली पिढी इथे बघायला मिळते. इथे श्रेय पदरात पाडण्याची घाई नाही. उगाचच आत्मप्रौढी नाही कि ती मिरवण्याचीही हौस नाही. आजवर कित्येक मोहिमांच्या गोष्टी मी मामांकडून आणि इथल्या गिर्यारोहकांकडून ऐकलेत. कितीही मोहिमा यशस्वी होवोत पण वर्णन करताना मूळ उद्देशाचे भान सुटत नाही. कारण प्रत्यक्ष मोहिमांमध्येसुद्धा ते भान विचारांमधून सुटत नाही. अर्थात बदलत्या जीवनशैलीनुसार हे भान नवीन पिढीतील कित्येक गिर्यारोहकांना राहिल याची खाली देता येणार नाही (मी स्वतःला कायमच नवीन पिढीतला मानत आलोय आणि मानत राहीन) आजकाल काही कमर्शियल संस्थांकडून ट्रिप आणि ट्रेक यातलं अंतर कमी झाल्यामुळे किंवा केल्यामुळे गिर्यारोहणाचे भान सांभाळणं ही एक कसरत आहे. पण माझा मते जसं हाडाच्या गायकाला त्याच्यासमोर दिलेल्या रागातील वर्ज्य स्वर बरोबर वेगळे काढता येतात त्याप्रमाणे हाडाच्या गिर्यारोहकाला गिर्यारोहणातील पथ्ये नक्कीच पाळता येयला हवीत. गिर्यारोहण ही आत्मसात करण्याची गोष्ट आहे. एकदा का आत्मसात केलं कि त्यासारखा दुसरा आनंद नाही. डोंगर, पर्वत हे फक्त उंची दाखवत नाहीत तर ते सहनशीलता, स्थिरता आणि शांतीचे प्रतीक आहेत. त्यांच्याशी जुळवून घेतले तर खूप काही साध्य होऊ शकते याचे उत्तम उदाहरण आपल्यासमोर आहेत. मामांसारख्या गिर्यारोहकांनी त्यांच्या कार्यक्षेत्रात आजवर कित्येक चढउतार पहिले असतील आणि तरीही तितक्याच स्थितप्रज्ञपणे ते आज आपल्यासमोर पुरस्कार घेऊन उभे आहेत. त्यांच्या या साहसाचीच पोचपावती पुरस्कार रूपाने गिरीप्रेमीला मिळाली आहे. पण शिखरापेक्षा प्रवास महत्वाचा असं म्हणतात. त्यानुसार गिरीप्रेमीच्या माध्यमातून उदयास आलेले असंख्य कार्यकर्ते या शिखरापर्यंतच्या प्रवासात आपली वैचारिक मूल्ये सांभाळताना गिर्यारोहणातील नियमच नाही तर इथला निसर्ग, जैवविविधता, आपला समाज, या मातीचा इतिहास आणि पर्यायाने देशसेवेचं व्रत कायमस्वरूपी आचरतील अशी आशा आपण नक्कीच बाळगू शकतो.

तसं पाहिलं तर आयटी क्षेत्रात १८ वर्षांचा प्रवास संपवून पूर्णवेळ मी आता माझ्या खरी ओढ असलेल्या क्षेत्रात अर्थातच गिर्यारोहणात काम करतोय. Giripremi Adventure Foundation मध्ये Head Operations म्हणून जबाबदारी स्वीकारताना माझ्यासमोर एक मोठं ध्येय उभं आहे. गिर्यारोहण हे केवळ डोंगर चढण्यापुरतं मर्यादित नाही, तर त्याच्या माध्यमातून आत्मसंस्कार, नेतृत्व, संघभावना, निसर्गसंवर्धन आणि ध्येयपूर्तीची जाणीव निर्माण करणं हे माझं उद्दिष्ट असेल. भविष्यात, अधिकाधिक तरुणांना गिर्यारोहणाच्या मूलभूत तत्वांची ओळख करून देणं, तंत्रशुद्ध प्रशिक्षणाच्या माध्यमातून हिमालयीन मोहिमा अधिक सुरक्षित आणि परिणामकारक करणं, तसेच गिर्यारोहणाच्या मूल्यांना गमावू न देता आधुनिक बदलांना सामोरं जाण्यासाठी एक ठोस रणनीती आखणं हे माझे प्राथमिक उद्दिष्ट असेल. गिरीप्रेमीच्या या महान परंपरेला पुढे नेण्यासाठी मी माझ्या सर्व अनुभवाचा उपयोग करून, नव्या पिढीला गिर्यारोहणाची खरी ओळख देण्याचा प्रयत्न नक्कीच करेन. या प्रवासात गिरीप्रेमीच्या माध्यमातून नवीन स्वप्न बघायची आणि ती पूर्ण करण्यासाठी आवश्यक मेहनत घ्यायची तयारी ठेवतोय. गिर्यारोहण ही केवळ एक साहसी मोहिम नसून ती एक जीवनशैली आहे, जी आपल्याला संयम, चिकाटी आणि जबाबदारी शिकवते. या प्रवासात माझ्या अनुभवाचा उपयोग करून गिर्यारोहणाच्या पुढील वाटचालीसाठी सकारात्मक योगदान देणं हेच माझं अंतिम ध्येय असेल.



Experiences



परवाची गोष्ट. माझ्या ऑफिस मधला मित्र जीवधनला गेला होता. परत आल्यावर मोबाईल वर फोटो दाखवत ट्रेक कसा झाला सांगत होता. मला जीवधनला जाऊन बरीच वर्ष झाली होती. मी उत्सुकतेने विचारत होतो - वाट कशी आहे ? सहज मिळाली, का वाटाड्या बरोबर घ्यावा लागला ? इत्यादी... तर त्याचे उत्तर माझ्या कल्पनेपेक्षा अगदीच विपरीत होते. माझ्या आठवणीतला जीवधन हा आडवाटेचा किल्ला. फार कोणी न जाणारा, रानांनी माजलेला, अवघड वाटेचा. तो सांगत होता, आता जीवधन इतकासा remote राहिला नाही. वर जिथे जिथे अवघड वाट आहे, तिथे लोखंडी शिड्या व railings लावून वाट अगदीच सोपी केली आहे. सहज कोणालाही जाता येईल अशी. ज्या दिवशी ते गेले त्या दिवशी जीवधन ते वानरलिंगी - valley crossing चालू होतं. त्याची बरीच गर्दी होती. तसंच काही जण weekend trek cum picnic साठी लहान मुलांना घेऊन आले होते . पुढे नाणे घाटला पण हीच परिस्थिती.



त्याच्याशी गप्पा मारता मारता, मी साधारण ३४/३५ वर्षां पूर्वीची आठवणींची दरी, पार करत होतो.

ट्रेकिंगची ओळख मला माझी मावशी सुमित्रा तुळपुळे आणि काका - गिरीप्रेमीचे जयंत तुळपुळे यांनी करून दिली. तेव्हाचं ट्रेकिंग आणि आत्ताचं ट्रेकिंग (adventure sports (?)) मध्ये कमालीचा फरक जाणवतो. काही चांगला, काही वाईट. काही काळाअनुरूप साजेसा, काही उगाचच बाऊ केलेला.

माझा पहिला ट्रेक मी पाचवीत असताना, १९८९ साली, गिरीप्रेमीच्या “आव्हान” उपक्रमा अंतर्गत लव्हार्डेला झालेला अंधुकसं आठवतंय. आर्मी पिटू जुन्या बाजारातून आणलेली. शाळेतले कॅनवास बूट. रोजच्या वापरातले थोडे जुने झालेले कपडे. एस.टी. चा प्रवास. बहुतेक टेमघर धरणाच्या बॅकवॉटर जवळ आमचा कॅम्प होता. साधारण २०/२५ मुले असू. ४/५ मुलांच्या तुकड्या केल्या होत्या. प्रत्येक तुकडीला स्वतःसाठी सरपण शोधण्यापासून चूल पेटवून चहा/नाश्ता/जेवण बनवायची जबाबदारी होती. निसर्गात कसं राहायचं, कसं वागायचं, त्याचे संकेत कसे ओळखायचे, त्याला कसं अडॅप्ट व्हायचं याची ओळख झाली. “Leave nothing behind but footsteps and take nothing back but memories” हे तत्वज्ञान. निसर्गात राहून एका वेगळ्याच स्वातंत्र्याचा अनुभव मिळत होता.

मला ट्रेकिंग ची तेव्हा लागलेली चटक आज पर्यंत शाबूत आहे. लहानपणच्या ट्रेकिंग विषयी बऱ्याच आठवणी आहेत. अंधुक. भर उन्हाळ्यातला तिकोना ते लोहगड ट्रेक.



तसंच एप्रिल महिन्यातला तोरणा. काय आठवतंय दोन्ही ट्रेक बद्दल तर उष्णतेच्या तीव्र लाटा. रखरखीत प्रदेश. तापलेले दगड. पार पिवळं पडलेलं किंवा चक्र वणव्यात पेटून काळ झालेलं गवत आणि सुकलेली कारवी. घामाने पूर्ण भिजलेले अंग. ऊन इतकं की डोळे किलकिले करून बघण्या शिवाय पर्याय नाही. पाणी संपत आलेलं. अश्या उन्हात किलोमीटर अन किलोमीटर तंगड तोड. गम्मत अशी की ह्या सगळ्या सुखद आठवणी आहेत. काय मजा आली होती, हीच प्रतिक्रिया !

जसा जसा मोठा होत गेलो तसे तसे नोकरी, व्यवसाय आणि इतर कामांमुळे ट्रेक्स कमी होत गेले. असं म्हणतात की, एकदा पेटलेली आग, जोपर्यंत एखादा निखारा शाबूत आहे, तोसपर्यंत परत कधीही भडकू शकते. पुणे-मुंबई कामासाठी जाताना एक्सप्रेसवे वरून आधी तुंग -तिकोना, कामशेत बोगद्यानंतर लोहगड - विसापूर, घाटात dukes nose आणि राजमाची, तसंच घाट उतरल्यावर माथेरान परिसर, इर्शाळगड, कर्नाळा इत्यादी...किल्ले साद घालीत आणि मनातला तो निखारा पेटता ठेवीत. मग जसा वेळ मिळेल तसा (खरंतर अगदीच क्वचित) सिंहगडला जाऊन दुधाची तहान (सिंहगडच्या) ताका वर भागवत होतो. ट्रेक्स जरी कमी झाले तरी त्याच्या आठवणी आणि शिकवणी कायम साथीला होत्या. ट्रेकिंगनी मला सर्वात महत्वाचा confidence दिला. कुठलीही परिस्थिती असो, कितीही कष्टाची, कितीही बिकट, ती पार करून आपण जाऊ शकतो हे शिकवलं. तसंच team player होयची आणि leadership qualities ह्या बोलायच्या नसून दाखवायचा असतात हे शिकवलं. शेवटी आणि सर्वात महत्वाचं हे शिकवलं की निसर्गासमोर आपण कोणीच नाही आणि ह्या गोष्टीचं भान असायला हवं आणि ह्याचा आदर केला पाहिजे. तो केला की निसर्ग त्याचा अमूल्य खजिना आपल्या समोर उलगडतो आणि त्याचा आनंद घेण्यात वेगळीच मजा आहे.

व्यवसाय मद्धे जसं थोडं स्थैर्य आलं आणि माझी मुले जशी थोडी मोठी झाली तसं मग ट्रेकिंग परत सुरु केलं. ट्रेकिंग बरोबरच इतर साहसी खेळांची आवड निर्माण झाली. त्यात trail running आणि endurance cycling करू लागलो. गिरीप्रेमी बरोबर सह्याद्री आणि हिमालय मधले Annapurna Base Camp, Everest Base Camp इत्यादी... ट्रेक्स केले. तोरणा ते राजगड, ट्रेक न करता, trail run करत पूर्ण केला. सायकल वरून "Tour Of TamilNadu" ही प्रसिद्ध cycling ride, खार्दुगला, उमलिंगला हे high altitude passes इत्यादी केले... Everest Base Camp च्या altitude पेक्षा उंच, साधारण १८,३०० फूट उंचीवर cycling करण्याचं थ्रिल आणि करू शकलो हे समाधान होतं.

मुलांना पण सिंहगड, राजगड, शिवनेरी, सज्जनगड, पन्हाळा, रायशेखर अश्या छोट्या छोट्या ट्रेक्स ना घेऊन गेलो. माझ्या मित्राकडून निसर्गनाद विषयी माहिती मिळाली. मग जमेल तसं शनिवारी किंवा रविवारी निसर्गनाद तर्फे रायलिंग, मढे-उपांडे, वैराटगड असे ट्रेक्स झाले.



सह्याद्रीमधले ट्रेक्स कधी लेका बरोबर कधी लेकी बरोबर , तर कधी मस्त चौघेजण. त्यातून जाणवलं की माझी ट्रेकिंगची आवड माझ्या मुलीत आली असावी. तिला आम्ही गिरीप्रेमींच्या “ आव्हान निर्माण उडान” (ANU) program मध्ये अकराव्या वर्षी enroll केलं. ती आता सहावीत आहे आणि ANU program अंतर्गत अगदी आवडीने दीड वर्ष सह्याद्री मध्ये ट्रेक्स करते आहे. दिवाळीत तिला हरिश्चंद्रगडला पहिला camping चा अनुभव मिळाला. आता एप्रिल २०२५ मध्ये तिला मनालीला पहिला हिमालयाचा अनुभव मिळेल. तिला trekker न राहता mountaineer होण्याची चांगली संधी आहे आणि तशी तिला आवड आणि इच्छा पण आहे. गिरीप्रेमी चा ANU program ह्या दृष्टीने मला अनुकूल वाटतो. अजून ती तशी लहान आहे, पण निसर्गा बद्दल आपुलकी आणि आदर जर ह्या वयात निर्माण झाला आणि ट्रेकिंग ला लागणारी शिस्त जर अंगी अली तर तिला नक्कीच ह्याचा फायदा होईल.

Anay Tamhankar

Pune, Maharashtra, India



‘When presented by a challenge, the only way out of the situation, is to improvise, survive and fight through it, for the best’ A founding principle for life that was ingrained in me as a kid. Some principles and teachings get carved in you as a kid and that is what lays the foundation of who you become in life. For me, I received these teachings from the best mentors, through the most grounded organization, Giripremi ! I have been a student of Giripremi for twelve years now, and once you become a part of the organization, it stays with you for the rest of your life !



Back in 2012, History was created by our very own mountaineers of Giripremi, by scaling the world’s highest mountain, Mt. Everest, making it the biggest Indian civilian successful ascent ! History was created for the world, which inspired many young and old to take up the adventure, in their own terms, and achieve what they dreamt of. One such kid was me. I still remember the first Avhaan initiation meet conducted by Giripremi. My mom had come across the Mt Everest expedition and was extremely inspired, and as she has always pushed me to do things that she was not able to, she pushed me once again for this one, and got me registered for Giripremi’s Avhaan course; a course designed specially for the kids, to get an introduction to the outdoors. As a twelve year old, I was super curious about an entirely new domain, and was a bit nervous too. I had been a fat kid my whole childhood, but had also been an athlete since the age of three. Being a fat kid, I was always told that I would never become a good athlete, and here was my mom, pushing me to do any and all athletic adventures that would have ever existed. Purandar fort trek, the first trek of the course, and I still remember I was among the first kids that reached the top, something that I had never expected for myself !



Small things, but for a kid's world, it means everything ! It was this moment of spark that made me believe in myself. From that day on, rather than being nervous about being outdoors, I would wait the entire month, for the next adventure, as it continued to challenge me, day by day. As the course progressed, I started to realise that I had immense potential as an athlete, but I needed to channelise my efforts in the right direction. My dad had always tried to make me run, to get fitter, but I had never liked it, as I had never felt the need to do so. It was due to the exposure to the outdoors, that I felt the urge to know more about myself and what all my body was capable of doing !

The course offered us incredible opportunities over the time, and the best one I feel is that we got to learn from the best mentors of the era ! I had a very introverted personality as a kid, and I would prefer to not express myself to others, as I would constantly fear that I would be judged. But here, I found my comfort space, the challenge is where I found my home. The treks, the curriculum and our dear Dadas (our mentors) prepared us for anything and everything that life would throw at us ! Never as kids did we realize that, but today as working professionals in an extremely competitive world, we understand why our foundations have been so strong. Being in the outdoors, being in the mountains exposed us to real life hardships, and it developed a self-survival mechanism in us. It has given us enough confidence to know that whatever be the situation, we would certainly get through it. The experiences made us realise what responsibilities are really made of, to be responsible not just for someone else, but for yourself too. It imbibed in us, true leadership skills, not just through our own experiences, but also by looking at our mentors.

In the due time, GGIM was established in the year 2015, and an extended curriculum was launched, Avhaan-Nirmaan-Udaan, and we were the founding batch of the course. The courses were designed in a way that elevated us to a level up at each stage, Udaan being the topmost. This course exposed us to the field of mountaineering, diving in deeper with each level. It was during the course of Nirmaan, when I was presented the opportunity to go for the Annapurna base camp trek, in Nepal.



As a 14 year old kid, travelling without my family to another country was certainly something that my parents were not ready for. In spite of many efforts of convincing, they were not ready, it was only when Mama re-assured my dad, that they allowed me to sign up for the trek.

As a 14 year old kid, travelling without my family to another country was certainly something that my parents were not ready for. In spite of many efforts of convincing, they were not ready, it was only when Mama re-assured my dad, that they allowed me to sign up for the trek. It was the first time ever that I was travelling alone, without my family. But neither were my parents, nor me, worried about it, as we kids were in the best hands. It was the first time I had been to the Himalayas, and Annapurna region, presenting the most mighty ones. It was the adventure that drew me to the mountains, but it was the peace that made me love them. There exists a rewarding peace in adventure, and if you experience it once, there is no going back. It was in these times that I knew that this sport is going to stay with me forever. Through the years, we passed through the Avhaan-Nirmaan-Udaan levels, and it was a small bunch of us who graduated as the first batch of the ANU course ! And the penultimate challenge of all, was the Everest Base camp trek ! It is definitely a nail-biting challenge for anyone and everyone, but it's the most beautiful reward one can give herself.

Conquering the challenge at such a young age just boosts one's confidence like nothing else, but the most important learning that we took back home from the mountains is to be grounded, at all times. The majestic nature of the mountains makes us humans bend down on our knees, and teaches us that life has got so much more than what we actually live !



Post the EBC trek, I did continue trekking for a while, but with education and the fact that I was studying architecture, my hobby got a little bit side tracked, but never lost the love for adventure. I got myself into a new sport of ‘Triathlon’. A triathlon is a combined sport, consisting of three sports, namely, swimming, cycling and running, in the respective order. Being a swimmer since childhood and being a runner as a part of athletics, cycling was the only new sport for me ! Soon did I catch up on that as well. Architecture, being a very intense and demanding course, I would get very less time for my practice, but time and again, I tried my best to keep up with the regime.

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It was after this race that I was a bit skeptical about my performances, and hence I decided that it was time to chart some old routes again, to gain back my self-confidence. It is hard to say that I joined back Giripremi, as it has always been a home to me, but it was around this time that I started going back for treks and courses, but this time, as a volunteer. Experiencing the field from the other side of the table gave so many insights, and the experiences just kept getting richer, day after day. It was around this time that I felt the need to sharpen my mountaineering skills further, and hence I signed up for GGIM’s first ever ‘High Altitude Training course’. It was a first of its kind course organised by GGIM in Manali, that spanned over a duration of 10 days and was followed by an expedition to Mt. Friendship. The course offered us an immersive learning of snow-craft and ice-craft techniques, while also enhancing our mountaineering skills, through demonstrations and lectures; being trained by The Best Mountaineers and Mentors themselves.



The expedition to Mt. Friendship offered its own challenges, and we had to turn back from the summit camp, due to extremely bad weather conditions. Choosing safety over the summit is what makes us true mountaineers, and all of us did get a first hand experience of the same. These experiences don't just become a part of our memory, but they also get deeply imbibed in us, keeping us grounded and grateful for everything we have.

On return from the course, I was delighted to receive a promotion from a Junior Architect to a Project Manager at my firm. It was a surprise for me to receive this career jump at an early stage, but I believe that the qualities that I gained and harnessed over the years, led me to the place I always wanted to be at. In the professional journey, there are many hardships that we face, times of stress and responsibilities bestowed, and in times like these, the skills that you have harnessed over the years play a massive role, more than just the knowledge you possess. Knowledge is definitely a necessity for success, but the ability to stand strong, fight and survive is what sets one apart from the rest, and this has been carved upon us since our childhood.



There are still so many areas where I have to improve my performances a lot and there are so many athletes out there doing much much more than what I am trying to do, which at times makes me feel very small. These are the realisations that keep us humans grounded and hungry for more. Keep hustling until you achieve what you had set out for, is what we learnt at Giripremi, and whatever life throws at us, we will definitely continue to fight back and stand back up!

Anushka Deo

Pune, Maharashtra, India



Trails to Triathlons



Since my childhood, sports have always been a part of my life, though I never stuck to just one. I hopped from skating, tennis, swimming, and taekwondo to football, always searching for the right fit. In 2012, I discovered trekking thanks to my parents, who were training for the Everest Base Camp with Giripremi at the time. Trekking brought me closer to nature, and I instantly loved the experience. Later, I joined Giripremi's year-long mountaineering course, Aavhan. This course was ideal for me, or any teenager for that matter, as it served as a launchpad for my later athletic pursuits.

Through Aavhan, we trekked across the Sahyadri and learned essential mountaineering skills such as camping, rock climbing, safety techniques, and more. Our mentors, whom we fondly called "dada," encouraged us to discover our strengths while ensuring we enjoyed the process. The atmosphere was filled with laughter and adventure, and it was this environment that helped instill in me a lifelong love for sports.

One of the most impactful moments in my journey came during the Annapurna Base Camp trek, my first glimpse of the Himalayas, which I undertook with my parents. This trek was far more demanding than anything I had done before, especially as we gained altitude. I distinctly remember the final hike to the Base Camp. That morning, I wasn't feeling well, but the overwhelming urge to see the mountain pushed me forward with every step. Standing at the foot of the towering Annapurna, I felt a deep sense of humility. It was a moment that showed me how powerful the human spirit can be when driven by a sense of purpose.



My journey into triathlon began at the age of 14 when I started running with my dad, who at that time had begun training for a marathon.

I started off with some 10km races and slowly developed an interest in endurance sports. When I was 18, I asked myself, “How can I truly test my physical strength?” Around that time, Dr. Kaustubh Radkar, a family friend and later my coach, had returned to India and popularised the concept of triathlon, particularly the IRONMAN triathlon.

The IRONMAN triathlon is considered one of the toughest single-day events in the world, comprising a 3.8km swim, 180km cycling, and a 42.2km run—all to be completed within 17 hours to earn the title of an IRONMAN.

The goal was IRONMAN Copenhagen 2019 on August 18th. Juggling my studies in Mechanical Engineering with intense training was no easy feat. The preparation required me to focus on every detail—swimming, cycling, running, nutrition, recovery, and sleep. It was all part of the process of getting stronger, not just physically, but mentally.

Fast forward to August 18th, the race day was here. That morning, there was only one recurring thought in my mind. I kept visualizing the entire race over and over again. As I stood at the starting line, there was a moment where everything paused. My body and mind were completely in sync. Racing became like meditation for me: each stroke, each pedal, each step was a deliberate action toward one goal. There comes a point where your body is completely depleted, that’s when your mental strength takes over. I have always believed that completing an IRONMAN is 40% physical and 60% mental.

As I crossed the finish line, humbled and content, I became one of the youngest IRONMAN triathletes in India. It was a moment I will never forget, especially when I saw my parents and grandmother cheering for me. This journey wouldn’t have been possible without the unwavering love and support of my family and friends. This accomplishment equally belongs to them. I was also delighted when Mr. Umesh Zirpe Sir, from Giripremi, called me over to celebrate my accomplishments.



Looking back, this journey transformed me physically and mentally, making me stronger and healthier in every way. Each race teaches you more about yourself; it reveals your true potential—something I strive to achieve every single day. Triathlon has given me so much, shaping me into the person I am today. Confidence, determination, perseverance, and a never-give-up attitude are just a few of the gifts it's given me.

After Copenhagen, I went on to complete several other triathlons in Dubai, Tallinn, and Germany. Triathlon is now woven into the very fabric of my life. Even as I pursued my Master's in Germany and now embark on my PhD journey, triathlon has remained a constant—a space where I can reconnect with myself.

I hope that my story inspires you, the young aspirants of Giripremi, to explore your own passions. Whether it's trekking, mountaineering, or endurance sports, sports are more than just physical activities. They are opportunities to discover who you truly are and to become the best version of yourself.

Yohaán Kudtarkar

Dresden, Germany



Journey of a Leisure Mountaineer

I love traveling and used to go hiking and trekking just for fun. I never really thought about learning the techniques behind mountaineering. However, I decided to join the GGIM DMAS course out of curiosity, and it completely changed my perspective on life. I met so many people from different backgrounds and cultures, all united by one passion—the love for mountains. This course gave me newfound confidence and helped me discover my own capabilities.

I was completely new to adventure sports and didn't have any background in fitness or sports. But after joining GGIM, I realized that mountaineering is so much more than just reaching the top. It's about the journey of self-discovery, building confidence, and overcoming challenges. The motto of GGIM, "Anandasathi Giryarohan," truly captured my experience. The course was not only fun but also a path to growth and learning.



One of my first challenges was rock climbing at Sinhgad. It was terrifying for me, but the GGIM instructors were incredibly encouraging. They guided me step by step, telling me where to place my hands and feet. When I saw my video, it was both

When I saw my video, it was both funny and a little embarrassing. I wasn't climbing the rock, I was crawling up it like a kid! Yet, my instructors and teammates kept cheering me on. This support from my teammates and instructors gave me the confidence to keep going.



Experiences

By Amruta Gaikwad

As the course progressed, I found myself getting stronger and more confident. During the second semester, we went to Nim Tekhala, where I managed to climb a 45ft rock wall. My pace was slow, but I did it! It felt like a huge accomplishment, and it wouldn't have been possible without all the practice we did at Sinhgad.

Learning map reading through a treasure hunt was also fun. One of the most challenging experiences was my first 46 km SRT trek with a backpack. It was tough, but being part of such a great team made it easier to push through. Throughout the course, I learned technical skills like rock climbing, rope techniques, knots, and how to use the equipment. The instructors, who are legends in mountaineering, made every lesson enjoyable and easy to understand.

In the second semester, we had the honor of completing the BMC course at Nim, one of the top mountaineering institutes in India. The experience was unforgettable. I never imagined carrying an 18kg backpack, trekking through snow, and reaching a height of 14,000 feet in freezing temperatures. It was tough, but I felt incredibly proud of myself for making it through. This trek helped me discover a stronger, more determined version of myself. I am deeply grateful to the legendary instructors at Nim for their care and support every step of the way. Even though I was the slowest climber and trekker, the patience of my instructors was incredible, and they kept motivating me to continue.

By the end of the course, I was no longer the same person who started. The GGIM DMAS course helped me become more confident, disciplined, and responsible. It also taught me to respect nature. I now follow the Leave No Trace principles on all my trips, ensuring that I take care of the places I visit. The course inspired me to maintain a regular fitness routine, something I hadn't focused on before.

I guess I was more focused on the experience than on the course grades or certificate. What I gained from this course wasn't just about mountaineering techniques and equipment.



Experiences

By Amruta Gaikwad

Last but not least, one of the things I really appreciate about GGIM is their expedition films. These films are beautifully made and offer a great learning experience. They don't just focus on successful attempts but also on failed attempts, showing the real challenges of mountaineering. There is so much to learn from these films and the experiences shared in them. I feel incredibly lucky to have such an amazing institute in Pune.

Thank you, GGIM, for helping me discover a stronger version of myself!

Amruta Gaikwad

Pune, Maharashtra, India

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Testimonials

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Testimonials

“ Joining GGIM’s 3rd batch was one of the best decisions I made. What started as a rock climbing course turned into something much bigger—it pushed my limits, taught me resilience, and, most importantly, connected me with amazing people. The friends I made back then are still a part of my life, and the trainers, even after all these years, remain just as supportive and encouraging. GGIM isn’t just about learning mountaineering; it’s about finding a community that stays with you long after the course ends. I am grateful for the experience, the people, and the lifelong love for the outdoors! ”

“ **Arti Dhole**

“ GGIM played a pivotal role in shaping my career in the outdoors. They also provided me with a strong foundation in climbing techniques, safety protocols, and expedition planning. The expert instructors, hands-on training, and well-structured curriculum instilled confidence and discipline, which have been invaluable in my journey as an outdoor professional. The course not only enhanced my technical skills but also deepened my respect for nature and adventure. I highly recommend GGIM to anyone looking to develop their skills and passion for the outdoors in a safe and inspiring environment. I would like to thank GGIM for making me the person I am today. ”

Jay Kolhatkar

”

A decade ago, Giripremi set out on a journey—one fueled by passion, resilience, and an unyielding spirit to conquer the impossible. Today, we stand at the summit of ten years of unparalleled achievements, with the world’s finest mountaineers and esteemed dignitaries gathered to celebrate this momentous milestone.

From the rugged terrains of the Himalayas to the daunting peaks across the globe, Giripremi has not only scaled summits but also elevated the dreams of countless aspiring climbers. Our legacy is not just in the ascents but in the values we uphold—perseverance, teamwork, and an unwavering commitment to sustainable mountaineering.

As we honor our past, we also look ahead, ready to embrace the challenges of the future. Here’s to many more years of inspiring the world, one peak at a time!

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A Climber's Ode

*Ten years you've watched us rise and fall,
Ten years you've heard the mountain's call.*

*Ten years of wind and sun and snow,
Ten years of seeds that bravely grow.*

*From foothill dreams to peaks so high,
You taught us how to touch the sky.*

*With rope and crampon, grit and grace,
You showed us beauty in this place.*

*The craggy heights, the valleys deep,
Secrets the ancient mountains keep.*

*You shared with us their mystic might,
And filled our hearts with starry light.*

*Ten years have passed, a fleeting time,
For mountains wait, and dreams still climb.*

- Sumalya Sarkar



The Call of the Mountain

*Through ice and storm, through night and day,
We carved new paths, found our way.
Ten years strong, the summit near,
Fueled by courage, free from fear.*

*The mountains whisper, the echoes grow,
Of tales untold, of winds that blow.
Each step, a story, each climb, a dream,
Bound by a purpose, a vision supreme.*

*With banners high and hearts so bold,
Our legacy in peaks unfolds.
Not just heights, but spirits rise,
Giripremi soars beyond the skies!*

- Sumalya Sarkar



Associated Veteran Trekkers

Prashant Joshi

Veteran Trekker,
Adventure Education Curriculum
Coordinator for Schools

Suhas Sathaye

Veteran Trekker,
Adventure Education Curriculum
Coordinator for Schools

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CSR Coordinator

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Meet the team of Senior Mountaineering Instructors, a seasoned cadre of adventurers who have reached the towering peaks of the 8000ers, bringing a wealth of experience & wisdom in GGIM's various programmes.

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Samiran Kolhe

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A cadre of seasoned outdoor professionals dedicated to shaping the future of mountaineering education.

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Anjali Katre

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Meet the expertise of GGIM's seasoned field experts, meticulously trained and certified to train you through unforgettable adventures with safety and skill.

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Dattatray Chaudhari

Sneha Gude

Sahil Phadnis

Tanvi Chavan

Harshada Bagmar

Omkar Bhelke

Krutarth Shevgaonkar

Swapnil Kawad

Samruddhi Dhamale

Prabhakar Sutar

Ajinkya Ugaonkar

Jaysinh Deshmukh

Swati Kadu

Anjali Kelkar

Akhil Katkar

Kishor Chaudhary

Yash Hange

Atul Murmure

Akshay Bhogade

Komal Sukhani

Kaushal Pohekar

Raturaj Agawane

Anupam Babar

Pramila Pote

Lokesh Shinde

Isha Inamdar

Rahul Sonke

Prashant Patil

Mangesh Bhosale



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Pioneering Mountaineering Club of India since 1982 & only club to
have climbed eight 8000ers including Mt. Everest & Mt. Kangchenjunga.