

AVHAAN NIRMAAN UDAAN

Outdoor Adventure Educational
Curriculum

Age group - 10-16



INTRODUCTION

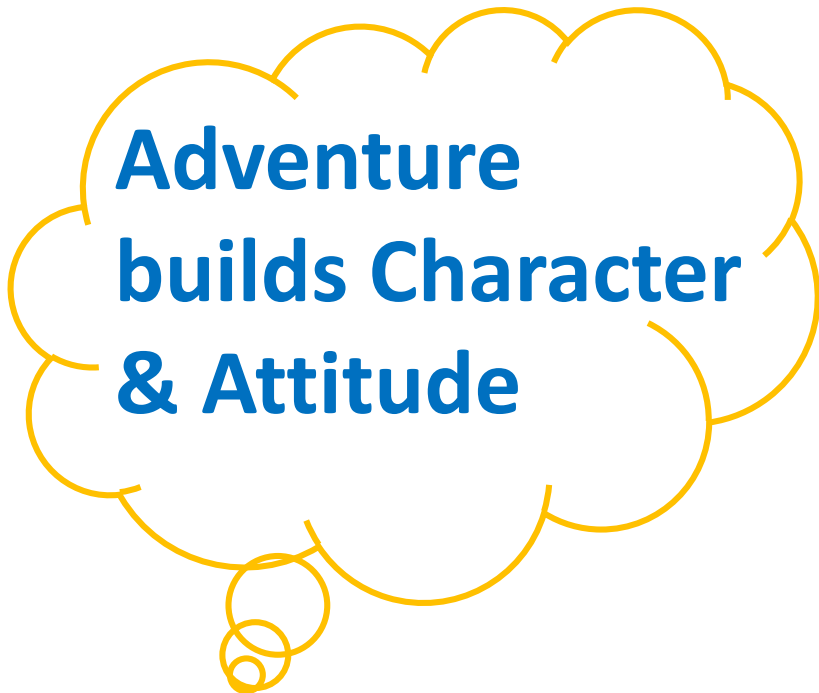
What really makes a difference when it comes to leading a successful life?

At GGIM we believe it's the **Character and Attitude**. It is about being confident, resilient, caring, free spirited yet responsible leader. It is about being empowered with foundation of life skills, and diverse knowledge. It is about not giving up.

How can we make an individual show solidarity in times of crisis? When can an individual show steel to face challenges of life with rational thinking and wholesome problem-solving approach? The answer is adventure education.

It is through adventures in outdoors, being connected with nature we, especially young children learn and grow. When we talk about outdoors, it isn't restricted to just trees, rocks and mountains. We see them as the **biggest classroom ever with greatest teacher ever – the nature**.

GGIM's **Avhaan – Nirmaan – Udaan**, a unique outdoor adventure educational curriculum offers young children to expand their capacities through physical toughening, exposure to adventurous activities, and life skills. Outdoor adventure at times may look scary, but that doesn't mean you shouldn't pursue it. GGIM with its highly qualified instructors, provide special attention when it comes to safety. Having said this, it is the experience of handling that scary situation, develops qualities of instinctive judgement & decision making. This unique experiential education teaches how to make rational decisions and take ownership of the actions. To sum up, **Avhaan Nirmaan Udaan is all about empowering our next generation, by providing them skills they need to excel in every walk of life, through experience based enjoyable educational system.**



**Adventure
builds Character
& Attitude**

ANU PRINCIPLE - ENJOY THE DISCOMFORT



ENJOY THE DISCOMFORT

**Learn Life Skills &
Expand your Horizons**



ANU OVERVIEW

- 5 Levels : **Avhaan, Avhaan Advance, Nirmaan, Nirmaan Advance, Udaan**
- 1 Trek / Activity every month as per the schedule for each level
- Learning Contents during each trek
- Instructor : Student Ratio : 1: 7
- Accompanied by lady instructors, First Aid responders
- Team equipped with Safety Equipment
- Packed breakfast & Lunch from home



ANU STRUCTURE

AVHAAN

- Introductory level where kids are introduced to the world of adventure in outdoors. They are introduced to the concept of 'Enjoy the discomfort' through various games and activities.

AVHAAN ADVANCE

- Students gain knowledge and understanding of the surroundings. They begin to enjoy the discomfort and learn means of taking care of themselves. They are the active followers – a first step to learn leadership

NIRMAAN

- Students develop fitness and sense to grasp challenges and adjust in difficult times. They develop sensitivity to nature and groupmates. Peer leadership begins to develop in this stage.

NIRMAAN ADVANCE

- In this level, students begin to take small initiatives. They develop responsible, caring behavior to nature and the society. Element of adventure makes them bold and daring. They absorb new and complex ideas of outdoor skills and can perform with safety.

UDAAN

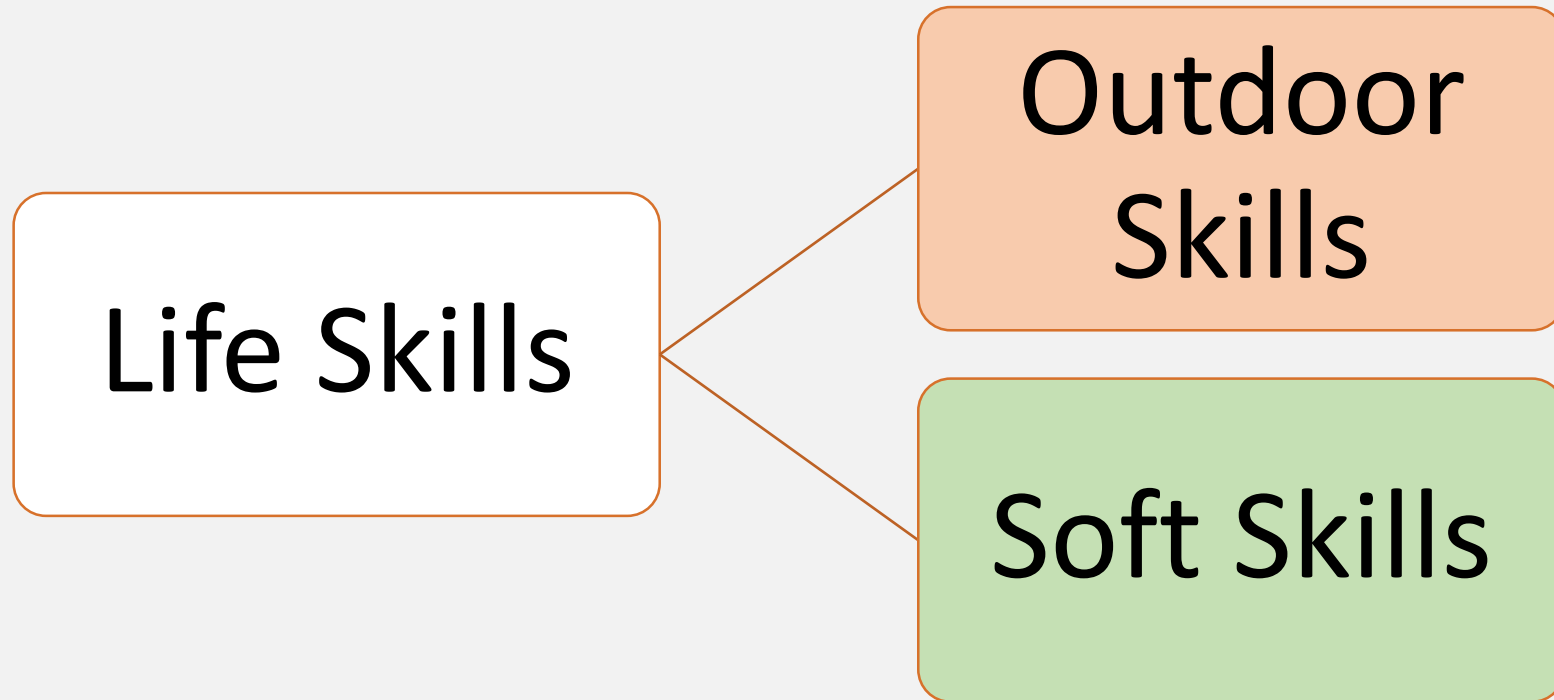
- Students learn to handle their small groups, communicate effectively, implement skills and knowledge learnt in executing the task. Voluntary responsibilities develop their sense of designated leadership.

Step into the world of outdoor adventure & get connected with nature

Develop Outdoor skills, Soft Skills, improve your fitness

Excel in every walk of life by becoming an able, caring, & confident citizen

Learning life skills in natural classrooms



LEARNING BLOCKS

Each level of ANU will have following **LEARNING BLOCKS** as part of their syllabus. With each level, difficulty & complexity are gradually increased. Following seven outdoor blocks are the fundamental pillars on which the entire ANU curriculum is based upon.

OUTDOOR FUNDAMENTALS	Physical Fitness, Outdoor backpacking, environmental ethics, outdoor camping & cooking, Importance of Hydration & nutrition, camp management, Do's & Don'ts – Sahyadri & Himalaya, High altitude terminologies, High altitude challenges, preparation & planning
NAVIGATION & COMMUNICATION	Morse Code, Map Making Skills, Fundamentals of Map, compass, Techniques of Navigation using map & Compass, Altimeter, learning contour maps, importance of communication skills
ROPE KNOTS	Throughout ANU, students will learn 15 different knots & their application
OUTDOOR FIRST AID	Challenges in Outdoors, role & implementation of First aid Knowledge & skills, making your own first aid kit, rope stretcher & casualty carrying techniques
ROCK CRAFT	Skills of Bouldering, Rock Climbing, Rappelling, Jumaring, Equipment usage, Sport climbing, Anchor making
SAFETY & RISK ASSESSMENT	Importance of safety, risks & hazards in outdoors, Assessment of the risk
SPECIAL TOPICS	Introduction to Sahyadri & Himalaya, Geography, History, Science lessons through experience, exposure to local culture during treks

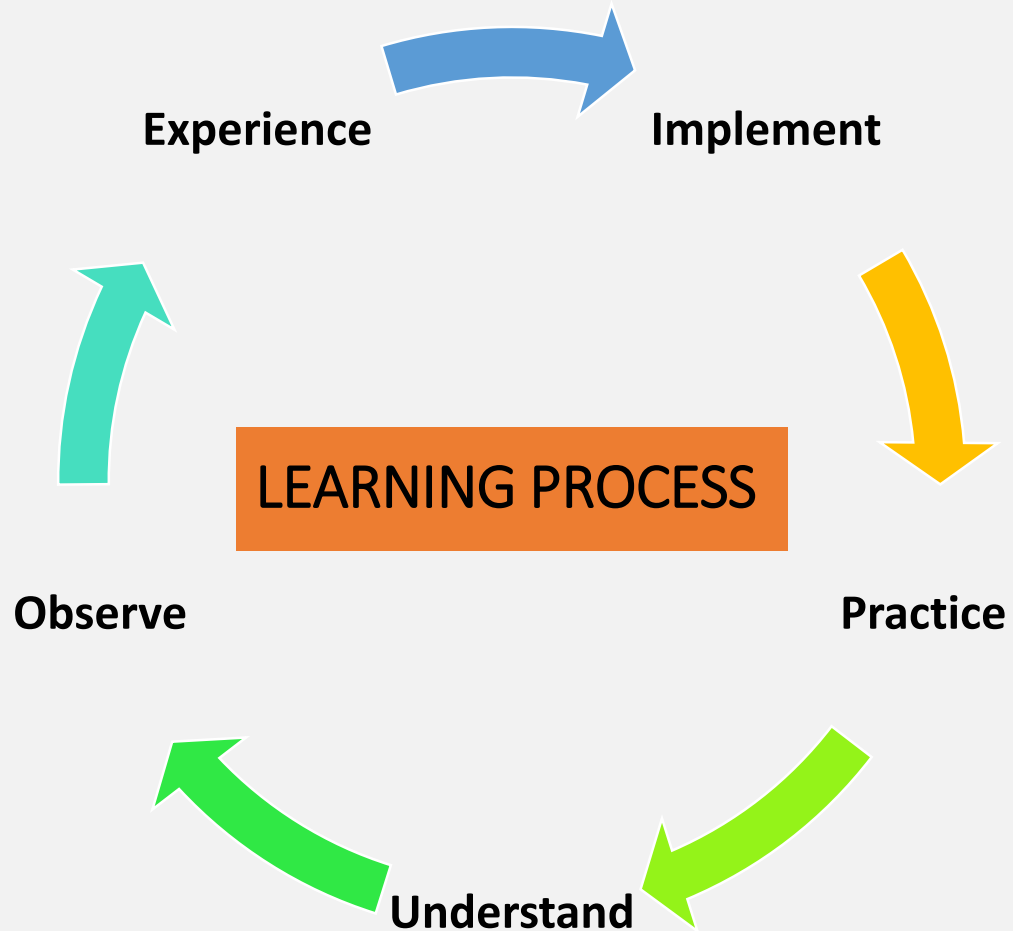
OUTDOOR SKILLS

LEARNING BLOCKS

Soft Skills will be rather developed through experiential learning, observations, discussions, feedback sessions and self contemplation. These four blocks of soft skills are subtly involved in each outdoor session and are introduced to students through various experiences

Attitude	Willingness to learn, enthusiasm, curiosity, positivity, perseverance. The values and qualities will be imbibed through interactive sessions, discussions, documentaries
Responsible Behavior	Sensitivity to others, and nature; Caring towards self, groupmates, and surrounding. Experiences of hiking in remote wilderness gives ample opportunities to immerse and be well connected to surroundings.
Teamwork	Cooperativeness, ability to cohesively interact, work in a group, Develop fine communication skills. These skills will be developed through individual, and group games in outdoor settings.
Leadership	Learning to follow a leader, self developmental leadership, peer leadership, designated leadership, implementation of skills of leadership, qualities, roles and responsibilities of a great leader

SOFT SKILLS



TEACHING METHODOLOGY

- Outdoor settings accompanied with treks and trails
- Lessons through experience & observations
- Learn through child centric team games
- Small groups, focused attention by qualified instructors
- Debriefing & feedback sessions to consolidate learning

CURRICULUM - AVHAAN

OUTDOOR SKILLS

OUTDOOR FUNDAMENTALS	Physical Fitness, Outdoor backpacking, Environmental ethics, Outdoor camping & cooking, Choosing your footwear, Identify local plants, Animals & birds
NAVIGATION & COMMUNICATION	Morse Code for communication, Map Making Skills
ROPE KNOTS	Introduction to Rope & its fundamentals, Figure 8 on a bight, Clove Hitch, Reef Knot
OUTDOOR FIRST AID	Basics of First Aid, Role of First aid responder, Theoretical presentation of various medical challenges & remedies
ROCK CRAFT	Skills of Bouldering, Rock Climbing, Rappelling, Jumaring, Equipment usage, Sport climbing
SAFETY & RISK ASSESSMENT	Do's & Don'ts in outdoors, Importance of Fitness & fitness drills
SPECIAL TOPICS	Geography & History, Sahyadri Terminologies

SOFT SKILLS

Attitude	Willingness to learn, enthusiasm, curiosity, positivity, confidence through adventure activities, games & films.
Responsible Behavior	Personal hygiene , self awareness, creative thinking
Team Work	Cooperativeness through team games
Leadership	Learning to follow a leader, self developmental leadership through observations & followship

CURRICULUM – AVHAAN ADV

OUTDOOR SKILLS

OUTDOOR FUNDAMENTALS	Physical Fitness, Importance of Hydration & Nutrition in Outdoors. Basics of Energy Systems, Macro & Micronutrients, Identify local plants, Animals & birds
NAVIGATION & COMMUNICATION	Building cairns & other navigational signs, importance of communication in outdoors, Skills to ensure smooth communication, patrolling & tracking with signs
ROPE KNOTS	Learn Fisherman knot, Italian Hitch, Bowline
OUTDOOR FIRST AID	Practical skills of immobilization of injury, making use of available resources for immobilization, treatment for shock
ROCK CRAFT	Advance bouldering and techniques of climbing
SAFETY & RISK ASSESSMENT	Challenges in Sahyadri – Scree, Rockfalls, Snakes & Honeybees – ways to negotiate them
SPECIAL TOPICS	Introduction to Sahyadri, Geography & History, Himalaya Do's & Don'ts

SOFT SKILLS

Attitude	Willingness to learn, resilience, problem solving, critical thinking
Responsible Behavior	Sensitivity to others, and nature; safety towards self, groupmates, and surrounding, Share thoughts on ongoing social/ environmental issue.
Team Work	Ability to actively interact with teammates to carryout tasks, respect for diversity, empathy
Leadership	Learning to follow a leader, self developmental through observations & followship

CURRICULUM – NIRMAAN

OUTDOOR SKILLS

OUTDOOR FUNDAMENTALS	Physical Fitness, Outdoor Camping & local village stay, Himalaya tent pitching, Introduction to Himalaya mountain terminology, Identify local plants, Animals & birds
NAVIGATION & COMMUNICATION	Learn contour maps, introduction to compass & altimeter
ROPE KNOTS	Revision of old knots, figure of 8 rethread, Butterfly, tape knot
OUTDOOR FIRST AID	Stretcher making with the help of a rope, casualty carrying techniques
ROCK CRAFT	Rappelling & Jumaring activities
SAFETY & RISK ASSESSMENT	Types of hazards, Risk assessment & management, Introduction to MMRCC & its work
SPECIAL TOPICS	Science, Archaeology, History, Geography, Local village interaction

SOFT SKILLS

Attitude	Creative thinking, problem solving, perseverance, willingness to endure hardships.
Responsible Behavior	Sensitivity to others, and nature; Caring towards self, groupmates, and surrounding, observe & know local culture, volunteering for a social cause or an activity
Team Work	Ability to cohesively interact, work in a group, Develop fine communication skills, help each other in tough times.
Leadership	Learning peer leadership

CURRICULUM – NIRMAAN ADV

OUTDOOR SKILLS

OUTDOOR FUNDAMENTALS	Physical Fitness, Himalaya Camping, Local homestay, introduction to snow craft, challenges of High Altitude
NAVIGATION & COMMUNICATION	Learn to take & plot bearing with the help of compass & map
ROPE KNOTS	Revision of old knots, Double Figure 8 on the bight, Prussic Hitch, Sheet Bend
OUTDOOR FIRST AID	Introduction to ointment & basic medicines for first aid, introduction to Pulse Oximeter
ROCK CRAFT	Advance routes in rock climbing, rappelling & jumaring on overhang
SAFETY & RISK ASSESSMENT	Anchor set up making, safety measures during monsoon trekking
SPECIAL TOPICS	Science, History, Geography, Local village interaction

SOFT SKILLS

Attitude	Develop explorational attitude, ability to endure hardship, display commitment towards task completion.
Responsible Behavior	Sensitivity to others, and nature; Caring towards self, groupmates, and surrounding, volunteer social cause or an activity.
Team Work	Cooperativeness, ability to cohesively interact, work in a group, Develop fine communication skills, willingness to accept backseat role for the higher team goals.
Leadership	Learning peer leadership, ability to give & receive feedback,

CURRICULUM – UDAAN

OUTDOOR SKILLS

OUTDOOR FUNDAMENTALS	Physical Fitness, Preparation & planning for a trek; semi independent trek, report writing
NAVIGATION & COMMUNICATION	Use of compass, altimeter, maps and self navigation
ROPE KNOTS	Double Bowline, Triple Figure 8 on the bight, implementation of knots learnt during their activities.
OUTDOOR FIRST AID	Making your own first aid kit, Introduction to portable and regular BP machine
ROCK CRAFT	Equipment handling, self anchor set up and fixing rope for safety. Emergency rappel techniques
SAFETY & RISK ASSESSMENT	Survival skills, Rope Coiling & Casualty coil making
SPECIAL TOPICS	Science, History, Geography, Local village interaction

SOFT SKILLS

Attitude	Identify your strength & weakness, ability for details, structured thinking, process centric action, preparation & planning
Responsible Behavior	Sensitivity to others, and nature; Caring towards self, groupmates, and surrounding, Talk about need of adventure education with 5 members in your circles
Team Work	Cooperativeness, ability to cohesively interact, work in a group, Develop fine communication skills, willingness to accept backseat role for the higher team goals.
Leadership	Implement skills of leadership, ability to give & receive feedback, Ability to demonstrate designated duties of a group leader

ANU ASSESSMENT

- GGIM assesses students based on their entire year performance, & attendance
- There are online graded Quiz competitions. Total score of all quizzes contribute in assessment
- Students are rewarded with certificates & badges for activities participation, task completion, and level graduation.



AVHAAN-NIRMAAN-UDAAN
A unique 5 year long Adventure Education Curriculum

PERFORMANCE REPORT
2023 - 24

Name: _____

Level Attended: Avhaan Advance

Course Details: Avhaan Course is a stepping stone in the world of adventure where students learn fundamentals of outdoor through activities such as trekking, map making, backpacking. Students learn the ethics of environmental awareness. They are introduced to outdoor first aid. Students learn various rock craft such as rock climbing, rappelling, jumaring, sport climbing, rope knots, outdoor equipment. Thus, in Avhaan kids are introduced to the principle of 'Enjoy the Discomfort'.

Treks Attended: Nandgiri, Vairatgad, Rohida, Pandavgad, Sinhagad, Kokandiwa, Hadsar and Duke's Nose, Pandavgad, Sinhagad, Kokandiwa, Hadsar and Duke's Nose.

PERFORMANCE DETAILS

Overall Attendance (100)	Fitness (100)	Behaviour and Attitude (100)	Mountaineering Skills Acquired (100)	Quiz Score (100)	Highest Altitude Gained during the Himalayan trek
85	80	85	80	75	12000 ft

Overall Performance : Excellent

Recommended to go to the level : *** NIRMAAN ADVANCE *******

Place: Pune **Wish you all the Best !!** **Date:** 15th June 2024

BHUSHAN HARSHA
Head-Operations, GGIM

UMESH ZIRPE
Founder-Director, GGIM

USHAPRABHA PAGE
Founder-President, Giripremi

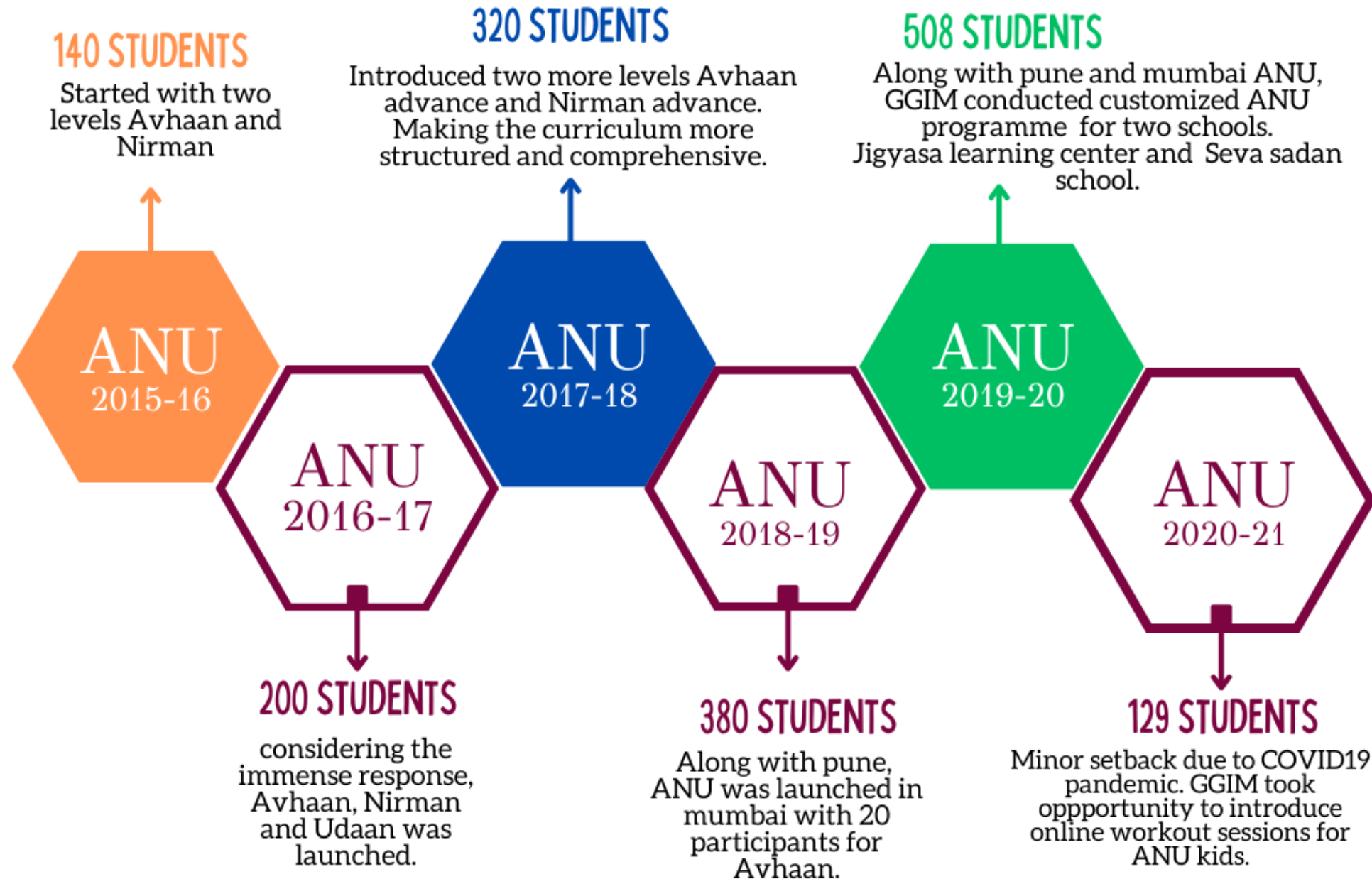


ANU OUTCOME

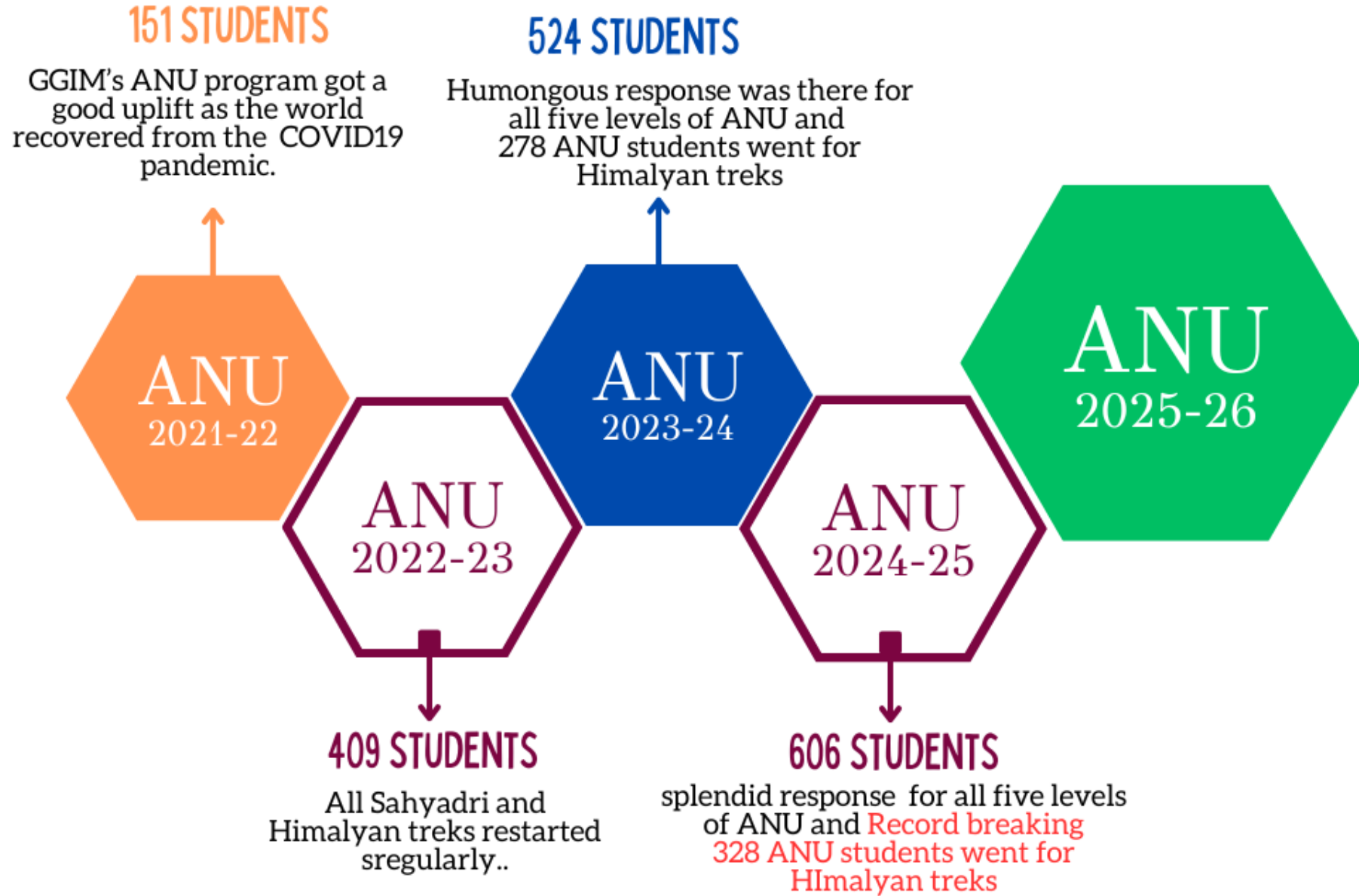
We don't expect our ANU students to climb mountains or become Everesters. No! That isn't what the vision is. We would be happy to see them pursuing mountaineering though and we shall always be there to guide them. However, ANU is meant to give them an exposure of skills, knowledge, and experience which will empower them to take rational decisions of their lives even in the challenging times.

- Be empowered with Life skills
- Become an able, efficient and knowledgeable leader
- Learn to assess and manage risk, & be a responsible, sensitive and caring citizen toward nature and society
- Build a character and attitude to confidently face challenges of life with rational thinking
- Achieve a thorough development through physical, mental, emotional, social, and spiritual transformation

TEN SUCCESSFUL YEARS OF AVHAAN NIRMAN UDAAN



TEN SUCCESSFUL YEARS OF AVHAAN NIRMAN UDAAN



Launching

Avhaan Nirmaan Udaan

2025-26

A yearlong Adventure Educational Curriculum






Where to Find This Document??

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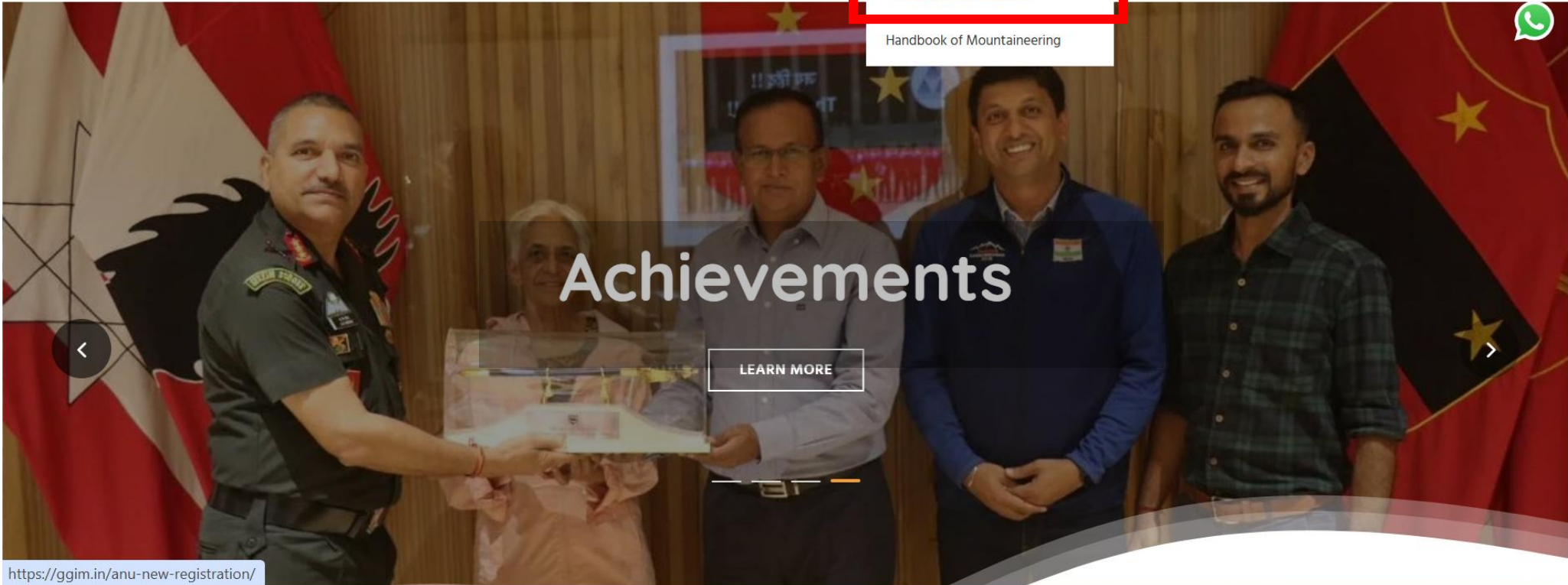
Guardian Giripremi Institute of Mountaineering... Customize 11 0 + New ✎ Edit Page 📄 Duplicate Post Howdy, adminnew@ggim 🔍

 Guardian Giripremi Institute of Mountaineering

HOME ABOUT US ▾ FIND ADVENTURE ▾ **RESOURCES ▴** ONLINE PAYMENTS NEWS [CONTACT US](#)

[ANU New Registration](#)

Handbook of Mountaineering



<https://ggim.in/anu-new-registration/>

How to Register? - visit: ggim.in

The screenshot shows the GGIM website with the following elements:


- Browser Bar:** Address bar shows `ggim.in`. Navigation icons (back, forward, refresh, home) are on the left. Star, menu, and profile icons are on the right.
- Header:**
 - Logo:** GGIM Guardian Giripremi Institute of Mountaineering.
 - Navigation Menu:** HOME, ABOUT US, FIND ADVENTURE (highlighted), RESOURCES, ONLINE PAYMENTS, NEWS, CONTACT US (orange button).
- Dropdown Menu (under FIND ADVENTURE):**
 - Diploma in Mountaineering
 - Kids Adventure Education** (highlighted with a red box)
 - Avhaan Nirmaan Udaan** (highlighted with a red box)
 - Training Courses
 - Sport Climbing
 - Treks, Hikes and Expeditions
- Main Banner:** A large image showing a group of people, with the word "Achievements" overlaid in large white text. Navigation arrows (left and right) are visible on the banner.
- Footer:** A URL bar at the bottom shows `https://ggim.in/avhaan-nirmaan-udaan/`.

ggim.in/avhaan-nirmaan-udaan

For New Registration

Bookmark here

← → ↻ 🏠 ggim.in/avhaan-nirmaan-udaan/ ☆ 📁 👤 ⋮



**Guardian
Giripremi
Institute of
Mountaineering**

HOMEABOUT US ▾FIND ADVENTURE ▾RESOURCES ▾ONLINE PAYMENTSNEWSCONTACT US

Step 1

Participate

Existing Members

ANU 2024-25 Results

Schedule ANU 2025-26

Activity Payment

New registrations

Step 1 – Fill up the Online Enrollment form

Registration Form

Step 2 – Pay the yearly registration fee

Registration Payment

Step 3 – Download and print the indemnity bond format.
Attach the same to 500 rupee stamp paper and get it notarized.

Request a Call back

Your name


Your Mobile Number

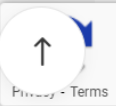
SUBMIT

— Cancellation Policy

The cancellation policy is applicable once you pay for any specific activity / trek


1. If cancelled more than 2 days prior to the





Registration Form

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Registration Form

ggimpune@gmail.com (not shared) [Switch account](#)

CAPITAL LETTERS ONLY
THIS IS A ONE TIME ENROLLMENT FORM. IF YOU HAVE ALREADY FILLED UP THIS FORM, NO NEED TO REFILL. JUST GET IN TOUCH WITH GGIM TEAM TO REGISTER FOR THE NEW ACTIVITY


[Next](#) Page 1 of 7 [Clear form](#)

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Google Forms

ms/d/e/1FAIpQLSeUzpGx86Zult-nEjTG_-A6lmOQLu77v3numVeVq2wbJHyOcg/formResponse



Registration Form

ggimpune@gmail.com (not shared) [Switch account](#)

* Required

Personal Information

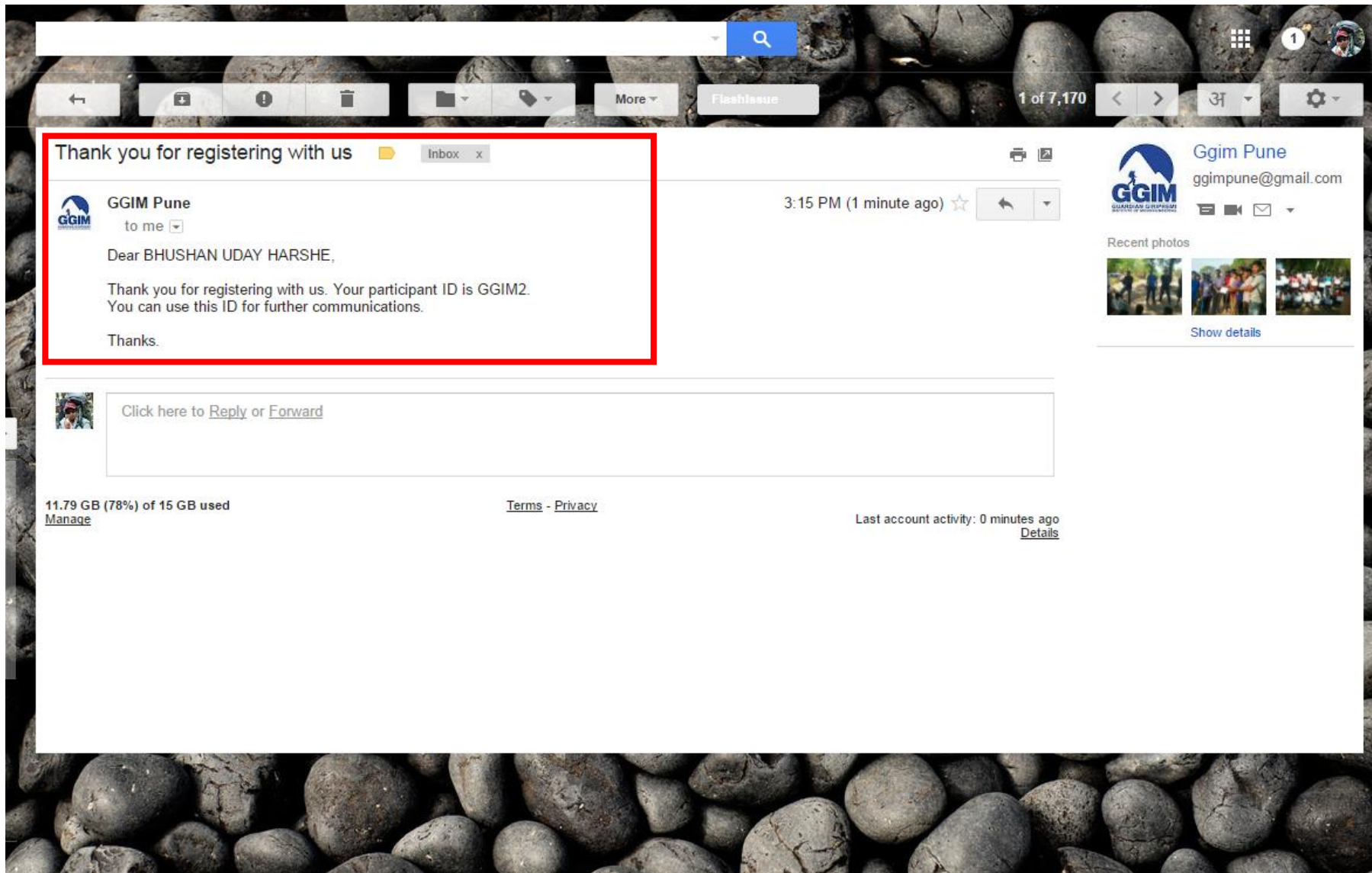
First Name: *

Your answer

Middle Name: *


Your answer

Thank you for registering with us



Registration Payment


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**Guardian
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Institute of
Mountaineering**

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Participate



Existing Members

Step 2

Schedule ANU 2025-26

Activity Payment

— Cancellation Policy

The cancellation policy is applicable once you pay for any specific activity / trek

1. If cancelled more than 2 days prior to the

New registrations

Step 1 – Fill up the Online Enrollment form

Registration Form

Step 2 – Pay the yearly registration fee

Registration Payment


Step 3 – Download and print the indemnity bond format. Attach the same to 500 rupee stamp paper and get it notarized.

Request a Call back

Your name

Your Mobile Number

SUBMIT



Privacy · Terms

ggim.in/online_payments/

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Bank Transfer and UPI Details

➡

Bank Transfer:

Account Name: Guardian Giripremi Institute of Mountaineering
Bank Name: HDFC Bank, Mayur Colony, Pune
A/c No. : 50200009999572
IFSC code: HDFC0000149

➡


Google Pay:

G-Pay Number: 9284863609
UPI: 8380044906@okbizaxis
(Please mention participant's name and activity name in the remarks section)

➡

G Pay
accepted here

Guardian Giripremi
Institute Of
Mountaineering



8380044906@okbizaxis

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UPI

PLEASE NOTE : :Please mention participant's name and activity name in the remarks section. After the payment is Successful, please share the screenshot to whatsapp number – 9284863609

Privacy - Terms

Existing Members

ANU 2024-25 Results

Schedule ANU 2025-26

Activity Payment

— Cancellation Policy

The cancellation policy is applicable once you pay for any specific activity / trek


1. If cancelled more than 2 days prior to the trek, 70% of the paid amount will be carried forward only towards next scheduled ANU activity.
2. If cancelled within 2 days prior to the trek, 30% of the trek fees will be carried forward only towards next scheduled ANU activity.

New registrations

Step 1 – Fill up the Online Enrollment form

 Registration Form

Step 2 – Pay the yearly registration fee

 Registration Payment

Step 3 – Download and print the indemnity bond format. Attach the same to 500 rupee stamp paper and get it notarized.

 Minor Indemnity Bond

Step 4 – Download and print the medical form. Get the same signed from medical practitioner (MBBS and above).

 Medical Form

Request a Call back

Your name



Step 3

Indemnity Bond





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ONLINE PAYMENTS

NEWS

CONTACT US

Existing Members

ANU 2024-25 Results

Schedule ANU 2025-26

Activity Payment

— Cancellation Policy

The cancellation policy is applicable once you pay for any specific activity / trek

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2. If cancelled within 2 days prior to the trek, 30% of the trek fees will be carried forward only towards next scheduled ANU activity.

New registrations

Step 1 – Fill up the Online Enrollment form

📄 Registration Form

Step 2 – Pay the yearly registration fee

💳 Registration Payment

Step 3 – Download and print the indemnity bond format. Attach the same to 500 rupee stamp paper and get it notarized.

📄 Minor Indemnity Bond

Step 4 – Download and print the medical form. Get the same signed from medical practitioner (MBBS and above).

📄 Medical Form

Request a Call back

Your name

Your Mobile Number

SUBMIT

Step 4

Medical Form



Medical Form



GUARDIAN GIRIPREMI INSTITUTE OF MOUNTAINEERING GIRIPREMI ADVENTURE FOUNDATION

Email: ggimpune@gmail.com, gafpune@gmail.com
Website: www.ggim.in; www.gafindia.in
Phone No. 7387773655 / 7058823528



Medical Fitness Certificate <small>(To be filled in by RMO/RMP/Physician)</small>			
Name			
Age			
Height			
Weight			
Blood Pressure			
Blood Group			
PHOTO			
Is applicant suffering from any diseases/ illness/accident related to			
Coronary / Heart	<input type="checkbox"/> Yes <input type="checkbox"/> No	Pulmonary	<input type="checkbox"/> Yes <input type="checkbox"/> No
Bone	<input type="checkbox"/> Yes <input type="checkbox"/> No	Vision	<input type="checkbox"/> Yes <input type="checkbox"/> No
Psychological	<input type="checkbox"/> Yes <input type="checkbox"/> No	Dental	<input type="checkbox"/> Yes <input type="checkbox"/> No
Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No	Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No
Allergies	<input type="checkbox"/> Yes <input type="checkbox"/> No	Blood Pressure	<input type="checkbox"/> Yes <input type="checkbox"/> No
Space for writing any specific finding or advise :			
This is to certify that Mr/Ms _____ is physically and mentally found fit on his/her examination, to undergo above mentioned adventurous mountaineering activity.			
Signature of the Medical Doctor	Date	Full name/address/ Reg. No /Seal	

Indemnity Bond

भारतीय गैर न्यायिक भारत INDIA

रु. 500 FIVE HUNDRED RUPEES

पाँच सौ रुपये Rs. 500

INDIA NON JUDICIAL

महाराष्ट्र MAHARASHTRA 2021 BG 183701

दिनांक 22/11/2021

सो. करुणा तु. डावरे
भा. नं. 2209943
मार्ग नं. १५, काकड टोल
वारजे नाकवाडी, पुणे - ४८

RISK, RELEASE AND INDEMNIFICATION.

In consideration of imparting training and the services to be provided by Guardian Giripremi Institute of Mountaineering, its officers, employees, agents, volunteers, participants and all other persons or entities associated with or acting in any capacity on its behalf (collectively referred to as "GGIM"), I _____ Residing _____ hereby agree to release, indemnify and discharge GGIM- on my behalf and on behalf of my _____

GOVERNMENT OF INDIA

NOTARY PUBLIC

PUNE

ON THIS 17 DAY OF December 2021

IN WITNESS WHEREOF I HAVE SIGNED THESE PRESENTS AT _____

APPLICANT.

GUARDING FATHER/MOTHER

NOTED AND REGISTERED

SERIAL NUMBER

PAGE 3

BEFORE ME

NOTARY PUBLIC

PUNE

GOVERNMENT OF INDIA

NOTARY PUBLIC

PUNE

Registered students will be added to the WA groups and further communication will take place on the same group.



Activity Updates & General Instructions



Trekking Kitlist



Intimation and trek updates
on WhatsApp group



Reporting time & venue



General Schedule for treks

SCHEDULE FOR AVHAAN NIRMAAN UDAAN 2025-26

AVHAAN 2025-26 (Group A & Group B)			
Month	Trek/Activity	Learning Content	Fees
15-Jun-25 Sunday - BRIEFING MEETING			
06 July	Kalyangad	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
03 August	Taju bai waterfall	How to walk on uphill and downhill, How to choose appropriate shoes for trekking, Backpacking for one day trekking, Tree plantation activity	1200
14 September	Disu Waterfall	Do/s and Dont's in mountains with reference to LNT principles	1200
16-17-18 24-25-26 24-25-26 26-27-28 28-29-30 October	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, Star gazing	TBA
09 November	Rohida Fort	Introduction to Figure 8, clove hitch, overhand, backup knot	1200
07 December	Sarasgad	Evolution of Sahyadri and its geographical overview, features, rock types etc.	1200
04 January	Madhe Ghat Upande Ghat	Ghat Vaata and their significance in ancient times and today, discussions on famous ghats	1200
01 Feb	Duke's Nose	Introductory Mountain Terminology	1200
May	Himalyan Trek	Himalyan Adventure Trek Manali- 10000 Ft. Height Gain	TBA

Avhaan Level has two separate schedules. Participants after the registration will get to choose from the two options on first come first served basis.

SCHEDULE FOR AVHAAN NIRMAAN UDAAN 2025-26

GENERAL INSTRUCTIONS:

- 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 trek 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 Himalayan Treks will be shared by the end of Dec 2025.

Post Trek Online Quiz

Avhaan Adv Sept Quiz

This is a 15 marks quiz on the topics discussed during the trek and the lessons you learnt through experience during the trek

vivek.shivade@gmail.com [Switch accounts](#)

Not shared

* Indicates required question

Name of the participant *

Your answer

Contact Number *

Your answer

Learning Content & Syllabus

Avhaan Jan 2024

Evolution of Sahyadri Mountains

The Sahyadri is a mountain range that is parallel to the western coast of the Indian peninsula, traversing the states of Kerala, Tamil Nadu, Karnataka, Goa, Maharashtra, and Gujarat. It is one of the eight hotspots of biological diversity in the world. States surrounding the range depends heavily on western ghats for irrigation, agricultural purposes, and tourism.

This mountain range is older than the mighty Himalayas. It is formed after millions of years of chaos. They are considered as the mountainous faulted and eroded edge of the Deccan Plateau. Geologic evidence indicates that they were formed during the break-up of the supercontinent of Gondwana some 150 million years ago. Gondwana has consisted of modern South America, Africa, Madagascar, India, Australia and Antarctica.



When the Gondwana broke apart, the Indian subcontinent moved towards the Eurasian plate, being somewhere around Madagascar. After the break, it hit an abrupt cliff some 1,000 miles high. Soon after detachment, it was in the earth's lithosphere (55°31'E).



Reunion

Nirmaan Jan 2023

Hydration and Nutrition Basics

The adult human body is about 60 percent water, and even light exercise can deplete that percentage, leaving you feeling crummy and interfering with your athletic performance. It's important to hydrate properly, whether you're strolling across town, hiking, biking, skiing, climbing or running.

To understand Hydration better
One of the greatest dangers of dehydration is the amount of water needed to replace the amount lost and climate in which one is hiking.

Dehydration occurs when the amount of water lost exceeds the amount taken in. If you don't correct this, you become dehydrated.

*Humans can survive for only a few days without water.

The following signs indicate dehydration:
your fluid intake

Early Signs of Dehydration
• Thirst
• Dry mouth
• Decrease in energy and alertness
• Bright colored urine

More serious symptoms of dehydration include:

- Cramps
- Headache
- Nausea
- Dizziness/hallucinations
- Dark colored urine
- Rapid heart beat
- Disorientation, Agitation, Confusion
- Loss of consciousness

Nirmaan Sept 2023

Stretchers And Carrying Techniques

Need for First Aid and/or Emergency Evacuation

- First aid refers to the immediate and initial assistance or medical care provided to an injured or ill person in the moments following an accident, injury, or sudden illness.
- The primary goal of first aid is to stabilize the person's condition, prevent the situation from worsening, and provide basic care until professional medical help becomes available.
- Emergency evacuation refers to the organized and rapid removal of people from a potentially dangerous or hazardous area to a safer location. It is a critical response measure undertaken to protect individuals from imminent threats, such as natural disasters, fires, chemical spills, terrorist attacks, or other emergencies that pose risks to their safety and well-being.

Examples of medical emergencies that might happen during any adventure activity?

Stretchers and carrying techniques play a vital role in emergency evacuations, especially in situations where injured or incapacitated individuals need to be safely and efficiently transported from a hazardous area to a place of safety. Here's why they are essential and how they are used during evacuations:

- Evacuating Injured Individuals
- Immobilization of Injured individuals to prevent exacerbation
- Efficient navigation through obstacles
- Efficient Management of Mass casualty situation
- Efficient Specialized search and rescue

Performance Report



AVHAAN-NIRMAAN-UDAAN

A unique 5 year long Adventure Education Curriculum



PERFORMANCE REPORT

2024 - 25

Name:	Ushaprabha Page
Level Attended:	NIRMAAN ADVANCE
Course Details:	Nirmaan Advance trains students to take small initiatives. They develop responsible, caring behaviour to nature and the society. Element of adventure makes them bold and daring at the same time they learn to assess the risk and make informed decisions. They absorb new and complex ideas of outdoor skills and can perform with safety. They participate in strenuous, remote and multiday treks including a Himalaya peak climbing experience upto 14500 ft.
Treks Attended:	Bhutonde Khind, Thanale Cave Via Waghaj Ghat, Kalsubai - Kulang, Dhakoba, Jivdhan Fort Sports Route Climbing, Hac - Pangarchula Peak Trek,

PERFORMANCE DETAILS

Overall Attendance (100)	Fitness (100)	Behaviour and Attitude (100)	Mountaineering Skills Acquired (100)	Quiz Score (100)	Highest Altitude Gained during the Himalayan trek
85	74	74	77	8	14091 ft

Overall Performance : VERY GOOD

Recommended to go to the level :

UDAAN

Reference Scale

- Below 50 : Below Average
- 50-60 : Average
- 61-75 : Good
- 76-85 : Very Good
- 86 onward : Excellent

Place: Pune

Wish you all the Best !!

Date: 15th June 2025

BHUSHAN HARSHE

Head Operations, GGIM

UMESH ZIRPE

Founder Director, GGIM

USHAPRABHA PAGE

Founder-President, Giripremi



Activity Payment

The cancellation policy is applicable once you pay for any specific activity / trek

1. If cancelled more than 2 days prior to the

The schedule for entire upcoming year treks is available including the fees.

UDAAN



YOU WILL **CHANGE**
ONLY WHEN **CHALLENGED**

