

First time in INDIA

Diploma in Mountaineering and allied sports

A joint initiative by



Savitribai Phule Pune University



What is this course all about?

Can working professionals do this?

What are the benefits of doing this course?

Why DMAS ?

- This Diploma has a potential to generate employment opportunities in Maharashtra, India, and abroad in the adventure sector through various verticals such as:

1. Outdoor Instructor / educator
2. Mountain Guide
3. Running an adventure company
4. Motivational speaker
5. Adventure photography & videography
6. Adventure Coach for Sport Climbing
7. Rescue services in Disaster Management Sector
8. Authoring books on adventure biographies

- After completing Diploma, the candidate will be able to pursue the professional mountain climbing and rock climbing expeditions.
- It opens gates to advance level training such as Advance Mountaineering, Search & Rescue, and Instructors' Training.
- This Diploma, being a 'Adventure Lifestyle' based course, the candidate will gain the healthy physique, self confidence and courage through the course.
- It is an ideal platform for those who seek professional career as an athlete in mountaineering, rock climbing and sport climbing (Olympic sport)
- Even if the candidate is not from the core adventure field and is working in some other profession, still the Diploma will instill the qualities like Leadership, Team Spirit, Decision Making, Survival skills, etc to the individual which will eventually help him / her to grow in their own profession.
- The best candidates from the course will get opportunity to work as Adventure Sports Instructors at reputed institutes and organisations working in the field of Adventure Education including GGIM.

About DMAS

- First time in India Diploma Level Curriculum for mountaineering and adventure sports
- Earn Basic Mountaineering Course Certificate from NIM, along with Diploma certificate from SPPU
- Be trained by highly experienced faculty from Giripremi

- Duration - 1 year
- Semesters - 2 (4 month each)
- Subjects - 6 Theory & 6 Practical
- Total Credits - 36
- Teaching methods - Online, classroom, outdoor
- Tuition Fees - INR 90000/- (including training at NIM, Uttarkashi)
- Pre - requisites - None
- Language of Course - English / Marathi
- Eligibility -
 - 12th Pass from a recognized institution
 - Medically Fit to participate in outdoor adventures
 - Age between 18 - 60 years

Timeline for Course

Time	Programme
July	Entrance Examination
August	Admission Process
Sept - Dec	Sem -1
Dec	End Sem Examination
Jan - Apr	Sem -2
Mar - Apr	Basic Mountaineering Course
Apr	End Sem Examination
29th May	Convocation Day (On the occasion of Everest Day)

Application Process

Syllabus for Entrance Exam

Section – A

Unit 1 : Mathematical Reasoning and Aptitude:

Number series
Letter series
Elementary statistics
Time Speed and Distance
Proportion and Percentage
Time and Work
Ratio and proportion

Unit 2 : Logical and Analytical Reasoning Syllabus:

Arrangement – Seating/ Circular
Directions
Calendars
Clocks
Blood Relationship
Number Series
Coding-Decoding
Assumption
Syllogisms

Section – B

Unit 1 : General Awareness and Environment:

Plants & Agriculture in India
Flora and Fauna in India
Air & Water systems in Indian climate
Human Impact on Environment
Natural resources and their importance

Unit 2 : Geography of India and Maharashtra

Location and Geopolitical/ Strategic significance
Major physiographic regions and administrative divisions of India and Maharashtra
Salient features of Deccan Plateau and Himalaya
Rivers of India and Maharashtra
Origin and characteristics of Indian monsoon

Unit 3 : Evolution of Mountaineering, History, Culture , People and Socioeconomic Structure in the Mountain Regions

Evolution and History of Mountaineering & rock climbing
Sherpa community & their connection to Himalaya
Kingdoms, Dynasties and mountain ranges in India
Economical perspective in the mountainous region
Mountain communities, tribes & their lifestyles

Syllabus for Entrance Exam cntd..

Section – B cntd..

Unit4 : Human Body Science, Nutrition, Exercise, Sport

Human body science, organ system, parameters for health monitoring

Macro and micro Nutrients, malnutrition, difficulties in sports due to lack of nutrition

Sports scene of India with a specific focus on adventure sports

Science of Exercise, importance of Yog and pranayam

Unit 5 : Disaster Management and Emergency Response Coordination

Disaster management cycle

Natural and man-made Hazards

Emergency Response systems

Role of Communication in Disaster Management

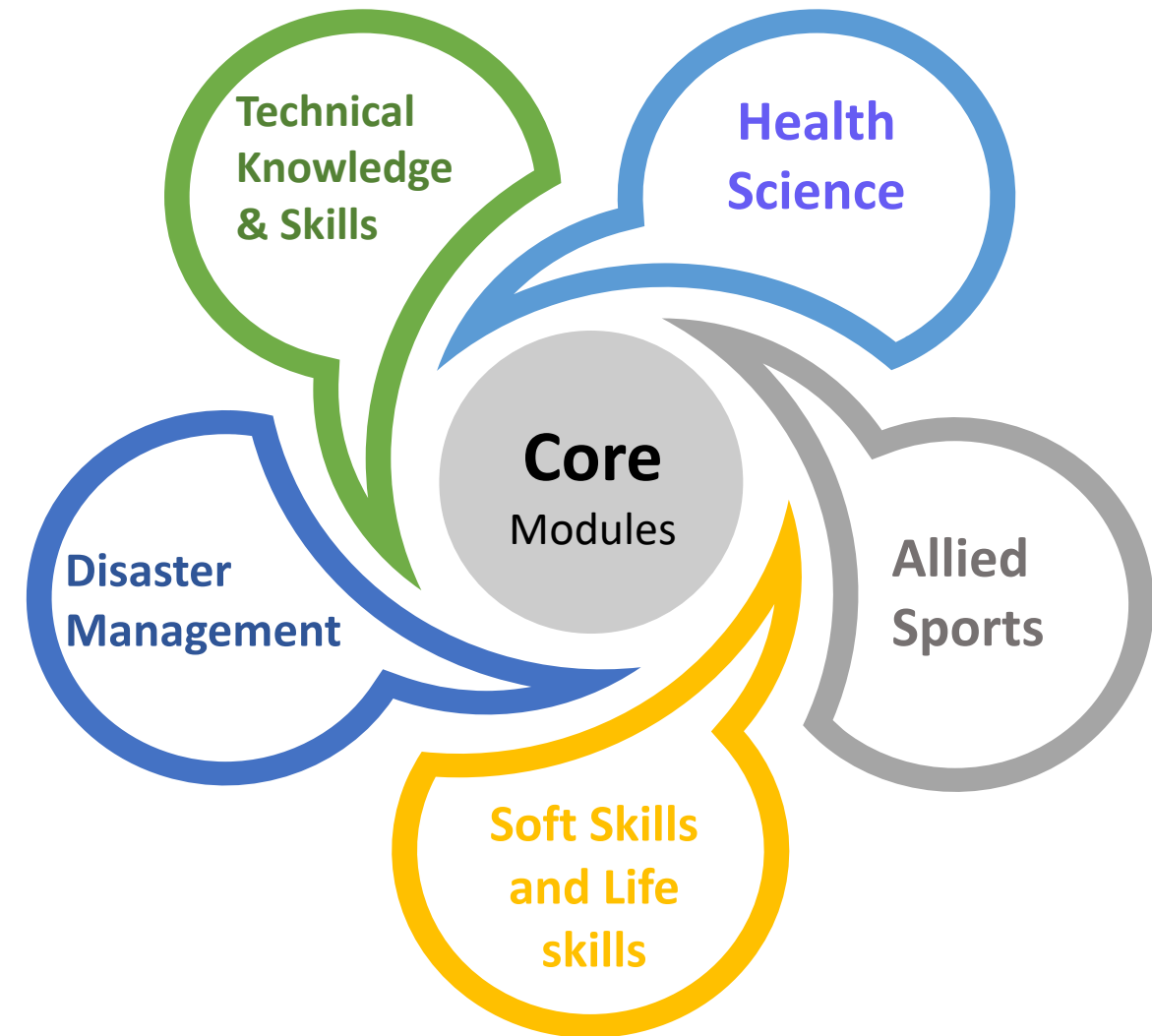
Role of Weather Forecasting in Disaster Management

Disaster management Institutes in India

Risk assessment and knowledge of first aid

DMAS Curriculum -Sem 1 & 2

Paper	Module	Exam Type	Marks
DMAS 111 / 211	Tech Knowledge & Skills	Theory	100 /100
DMAS 112 / 212	Disaster Management & Health Science	Theory	100/100
DMAS 113 / 213	Soft Skills – Life Skills & Allied Mountaineering	Theory	100 /100
Total			300/300
DMAS 114 / 214	Tech Knowledge & Skills	Practical	100/100
DMAS 115 / 215	Disaster Management & Health Science	Practical	100/100
DMAS 116 / 216	Soft Skills – Life Skills & Allied Mountaineering	Practical	100/100
Total			300/300



Glimpses of Module Contents

Module I - Technical Skills & Knowledge	Module II - Disaster Management	Module III - Soft Skills & Life Skills	Module IV - Health Science	Module V- Allied Mountaineering
<ul style="list-style-type: none"> • Knots & Equipment • Rock Climbing • Rappelling • Jumaring • Camping & Cooking • Backpacking • Navigation • Sport Climbing • High Altitude Trek 	<ul style="list-style-type: none"> • First Aid • Casualty carrying techniques • Various Rescue Drills • Disaster Management • Strategies for disaster management 	<ul style="list-style-type: none"> • Effective communications • Teamwork • Effective Planning and seamless execution • Developing Relationships • Critical thinking & Analysis of the situation • Leave No Trace • Documentation 	<ul style="list-style-type: none"> • Physical Fitness training • Mental Fitness • Human Physiology • Anatomy of human body • Science of Fitness training 	<ul style="list-style-type: none"> • Sahyadri Mountain Terminology • History & Geography of Sahyadri • Other Mountain ranges of world • Evolution of Himalayas • Biodiversity of Western Ghats • Career opportunities • Adventure Sports across Globe • Photography & Videography

Teaching Methodology

Sem -1 (Sept - Dec)	Sem -2 (Jan - Apr)
Theory Classes - Online (Microsoft Teams platform) / Offline	Theory Classes - Online (Microsoft Teams platform) / Offline
5 days a week	5 days a week
2 hrs in evening	2 hrs in evening
Practical Classes - On field	Practical Classes - On field
1 or 2 Weekends each month (Sept - Oct - Nov)	2 Weekends each month (Jan - Feb)
4 days special training in Sahyadri in Dec	BMC training at NIM (20 Mar - 20 Apr)

- Once the pandemic restrictions are relaxed, theory classes will take place in the university premises
- Practical sessions will take place at places such as Fort Sinhagad / Fort Jivdhan / GGIM Climbing Wall / University Campus
- For BMC, participants are expected to report at NIM campus on their own

Fees Structure

- Tuition Fees :
 - Installment 1 - INR 45000/-
 - Installment 2 - INR 45000/-
- Library & Admin Fees : approx. INR 3000/-
- Entrance Exam Fees : INR 500/-
- Semester Exam Fees : approx. INR 1000/-

Faculty

- Highly experienced mountaineers and rock climbers from Giripremi with notable ascents like Everest, Kangchenjunga, Annapurna I and many
- Faculties with expertise in bio diversity, disaster management, physiology, equipment design and manufacturing, architecture, history, geography, adventure photography
- Special guidance on employment opportunities, global outdoor adventure sector, government policies and regulations
- Himalaya BMC aining from experienced NIM instructors



Contact Us

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FAQs

- If I have already completed BMC, do I need to repeat it during the Diploma?
- Can I pay the course fees in installments?
- Can I apply for the course if I'm below 18 or above 60 years of age?
- I have passed 10th and completed graduation after diploma. I do not have 12th STD certificate, am I still eligible for the course?
- Can I skip theory lectures and only attend practicals and exams?
- How should participants from outside pune enroll for the course? Are there any hostel, mess which students can join? If it is not possible to relocate to Pune, still is there any way to enroll in course?
- I have already enrolled and paid fees for upcoming BMC batch ; so do I still have to repeat?
- Are there any scholarship options?
- Are there any other expenses than the tuition fees?
- Are theory lectures be recorded and made available later?
- What are the measures being taken from safety point of view? - trainers? equipment/ first aid/ Insurance?
- What about practical sessions and fees structure if lockdown imposed / extended like last year?
- Is travelling cost for practical sessions and bmc included in fees?
- Is the cost for food during sahyadri outdoor sessions covered?
- What is the min required percentage of attendance?