

Advance Course(Diploma) in Mountaineering and Allied Sports

Developed by



In Association with



About ACMAS



- First time in India Diploma Level Curriculum for mountaineering and adventure sports
- Training of Sahyadri as well as Himalaya Mountaineering
- Be trained by highly experienced faculty from Giripremi

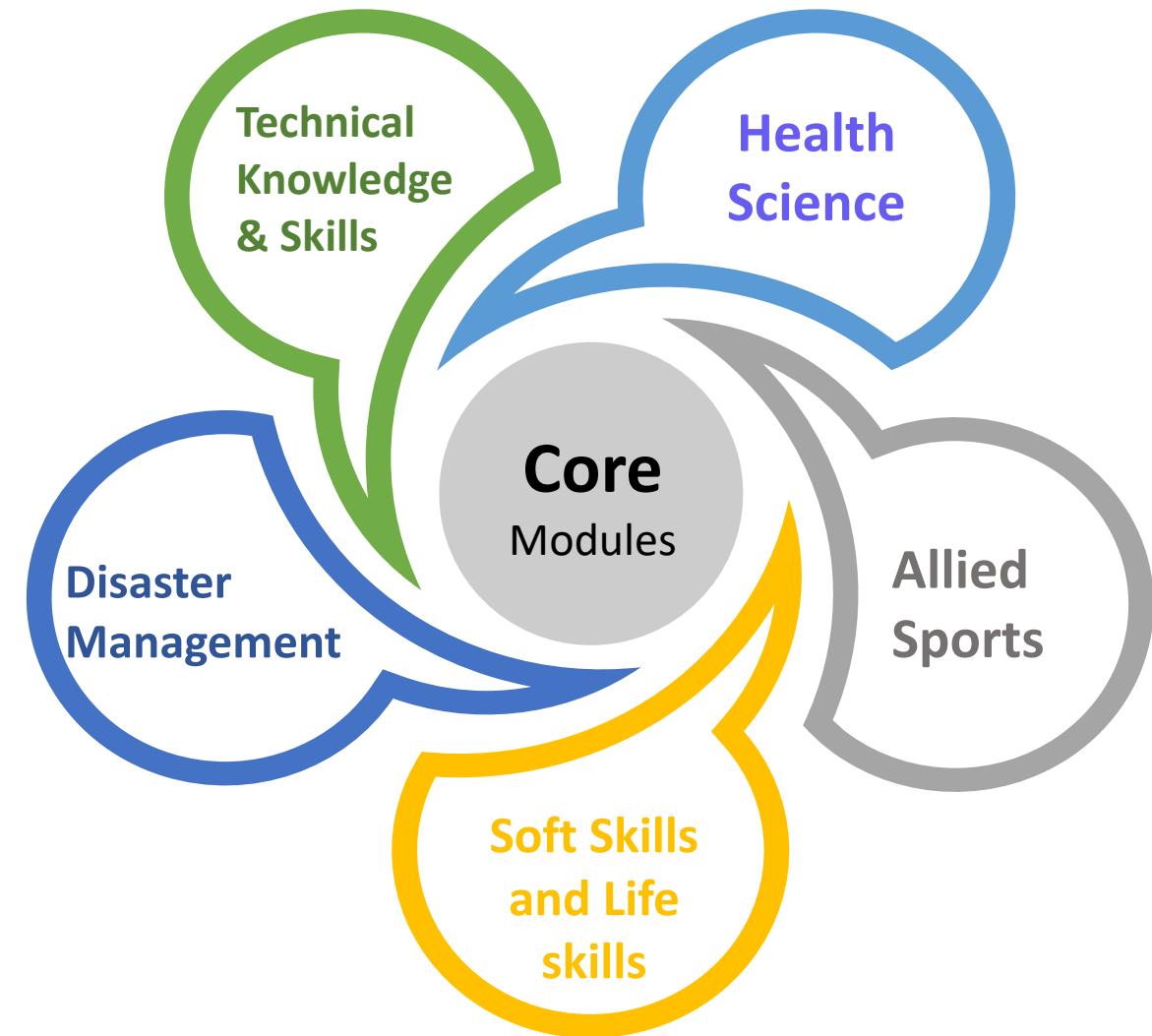
- Duration - 1 year
- Semesters - 2 (4 month each)
- Subjects - 6 Theory & 6 Practical
- Total Credits - 36
- Teaching methods - Online, classroom, outdoor
- Tuition Fees - INR 90000/- (including training at Himalaya)
- Pre - requisites - None
- Language of Course - English / Marathi / Hindi
- Eligibility -
 - graduation in any faculty from a recognized institution
 - Medically Fit to participate in outdoor adventures
 - Age between 18 - 55 years

Timeline of ACMAS

Time	Programme
July 25	Admission Process
Aug - Dec 25	Sem -1
Nov 25	Sem - 1 Practical Training
Dec 25	Sem 1 Theory Examination
Jan - May 26	Sem – 2
Apr 26	Sem - 2 Practical Training
May 26	Sem 2 Theory Examination
June 26	Convocation

ACMAS Curriculum -Sem 1 & 2

Paper	Module	Exam Type	Marks
AMT 111 / 211	Tech Knowledge & Skills	Theory	100 /100
AMT 112 / 212	Disaster Management & Health Science	Theory	100/100
AMT 113 / 213	Soft Skills – Life Skills & Allied Mountaineering	Theory	100 /100
Total			300/300
AMT 114 / 214	Tech Knowledge & Skills	Practical	100/100
AMT 115 / 215	Disaster Management & Health Science	Practical	100/100
AMT 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
• Knots & Equipment • Rock Climbing • Rappelling • Jumaring • Camping & Cooking • Backpacking • Navigation • Sport Climbing • High Altitude Trek	• First Aid • Casualty carrying techniques • Various Rescue Drills • Disaster Management • Strategies for disaster management	• Effective communications • Teamwork • Effective Planning and seamless execution • Developing Relationships • Critical thinking & Analysis of the situation • Leave No Trace • Documentation	• Physical Fitness training • Mental Fitness • Human Physiology • Anatomy of human body • Science of Fitness training • Make your own Fitness Regime	• 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 • Risk Management



Administration of ACMAS Course

Department of Physical Education, SPPU

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 training from experienced instructors



Dr. Raghunath Godble
Eminent Surgeon & Avid Mountaineer
Faculty for Outdoor First Aid



Hrishikesh Vadav
Veteran Mountaineer, Leader of Maharashtra's
first successful Everest Expedition



Dr. Sandeep Shrotri
Renowned Surgeon & Avid Mountaineer
Faculty for Outdoor First Aid



Dr. Avinash Kandeekar
Veteran Mountaineer & Professor at Dept
of Geography, SPPU. Faculty for Mountain
Geology & Weather Forecasting



Dr. Sonali Talavlikar
Physician and Lifestyle coach
Faculty for Physiology & Exercise Training



Adv. Ravi Paranjape
Ex President, Chakram Hikers Mulund
Renowned Lawyer in Mumbai High court
Faculty for Legal Aspects in Adventure



Abhijit Belhekar
Assistant Editor, Loksatta & Avid Trekker,
Faculty for Sahyadri, History, Forts
Architecture



Kaivalya Varma
Veteran Rock Climber, Outdoor Educator
Faculty for Rock Craft & Technical Skills



Rupesh Khopade
Senior Mountaineer, Everest
Faculty for High Altitude Training



Anand Mali
Senior Mountaineer, Outdoor Educator &
Everester, Faculty for Fitness and
Technical Skills



Ashish Mane
Senior Mountaineer, Everest
Faculty for Technical Skills



Muffaddal Lokhandwala
Outdoor Businessman & Avid Mountaineer,
Faculty for Technical Skills



Dayanand Koli
President, Nashik Climbers Rescue
Association, Faculty for Disaster
Management & Rescue



Ushaprabha Page
Veteran Mountaineer & Founder President,
Giripremi, Faculty for Mountain Biodiversity



Wing Cdr. Devidutta Panda
Veteran Mountaineer and Ex Vice Principal, HMI Darjeeling
Faculty for Technical Skills, Navigation, & Weather
Forecasting



Avinash Foujdar
Founder & Director, Swavin, Veteran
Mountaineer
Faculty for Soft Skills and Life Skills



Dr. Rani Bhagat
Assistant Professor Dept of Botany at SPPU.
Faculty for Mountain Biodiversity



Dr. Sunil Vartak
Renowned Doctor & Avid Mountaineer
Faculty for Human Physiology



Abhijit Ghorpade
Geologist, Senior Journalist, & Founder -
Bhavatal, Faculty for Geography, Geology



Shirish Joshi
Senior Mountaineer
Faculty for Disaster Management



Ganesh More
Senior Mountaineer, Everest
Faculty for Mountaineering



Krishna Dhokle
Senior Mountaineer, Everest
Faculty for Mountaineering, Rock Climbing



Pawan Hadole
Senior Rock Climber & Mountaineer
Faculty Technical Skills in Rock Craft



Marishaa Shah
Outdoor Educator & Mountaineer
Faculty for Technical Skills & Navigation



Milind Bhanage
Renowned Film Maker
Faculty for Photography & Videography



Adv. Pravin Joshi
Renowned lawyer from Pune. Faculty for
Legal Aspects in Adventure

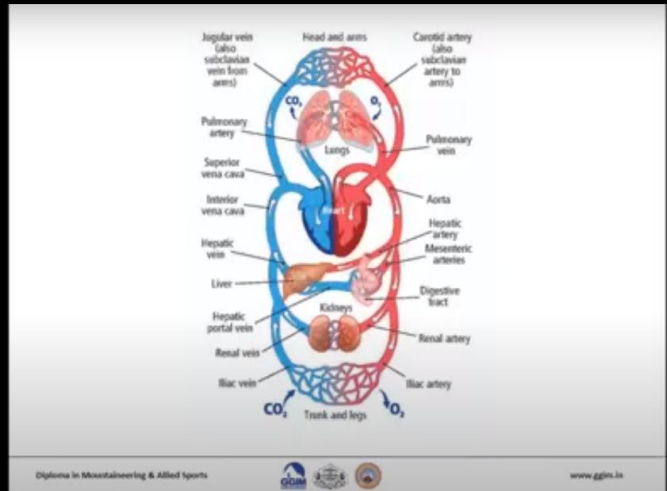
Semester 1 Theory Schedule

Aug – Nov 2026

- Theory Lectures - Mon to Fri during 6:00 PM - 8:00 PM (Gmeet Platform)
- Daily lectures in the evening : Slot 1 : 6:00 - 7:00 || Slot 2 : 7:00 - 8:00
- 5:00 PM - 6:00 PM slot is optional and for doubts clearing and revision
- Once a week fitness session in the morning on Fri: 6:30 AM - 7:30 AM
- Semester 1 Theory Exam : Nov - Dec 2026

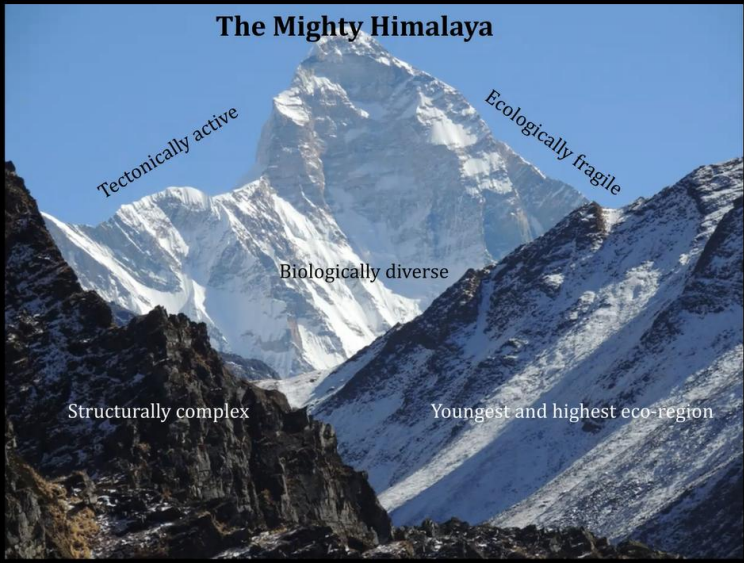
Glimpses from online Theory Lecture Sessions

DMAS 20-10-2022.mp4



Dr. Sonali Talasila

10:04 / 1:06:55



The Mighty Himalaya

Tectonically active

Ecologically fragile

Biologically diverse

Structurally complex

Youngest and highest eco-region

Dr. Armit Kumar

Media Player

Knowing Your Backpack

- Types
- Parts & Features
- Adjustments**



Determining Torso Length

Torso Length is the distance, along the curve of the spine, from the base of the neck to the center line at the top of the hips.

PACK SIZE	TORSO LENGTH / INCHES	HIP BELT / LATERAL LINE
X-SMALL	≤ 15.5	-----
SMALL	16 – 17.5	22" – 27"
MED / REG	18 – 19.5	28" – 34"
LARGE / TALL	20+	35" – 39"
X-LARGE/TALL	-----	40" – 45"

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Diploma in Mountaineering & Allied Sports
www.ggim.in



Semester 1 Practical Training & Examination:

Tentatively Nov 2026

10 Days Sahyadri Training







Sem 1 Practical Training Completion

Semester 2 Theory Schedule

Jan – May 2027

- Theory Lectures - Mon to Fri during 6:00 PM - 8:00 PM (Gmeet Platform)
- Daily lectures in the evening : Slot 1 : 6:00 - 7:00 || Slot 2 : 7:00 - 8:00
- 5:00 PM - 6:00 PM slot is optional and for doubts clearing and revision
- Once a week fitness session in the morning on Fri: 6:30 AM - 7:30 AM
- Semester 2 Theory exam : Tentatively May 2027



Semester 2 Practical Training & Examination:

Apr May 2027

15 Days High Altitude Training







Graduation Ceremony

SAVITRIBAI PHULE PUNE UNIVERSITY

(formerly University of Pune)

GANESHKHIND PUNE 411 007



Certificate

This is to certify that -

Mother's Name :-

has appeared for the **Diploma in Mountaineering and Allied Sports**

examination held in **November, 2024** and declared to have passed the examination

with 'A' grade and **CGPA 8.42 / 10**

Seat No. : 23536001

P. R. No. : 22023006032

Dept. : Department of Sports & Physical Education, Savitribai Phule Pune University

Further the Passing Certificate issued by Savitribai Phule Pune University be treated as provisional Degree Certificate till the candidate gets his/her degree certificate in the ensuing Convocation Ceremony



25 Dec 2024

[Signature]

Dr. Mahesh Kakade

Director

Board of Examinations & Evaluation

No.: 23 - 2369929



SAVITRIBAI PHULE PUNE UNIVERSITY

(formerly University of Pune)

GANESHKHIND PUNE 411 007



STATEMENT OF GRADE UNDER CREDIT AND SEMESTER SYSTEM Diploma in Mountaineering and Allied Sports

SEAT NO.	: 23536001	PRN	: 22023006032			
NAME	: [REDACTED]	MOTHER	: [REDACTED]			
DEPARTMENT	: Department of Sports & Physical Education, Savitribai Phule Pune University					
YEAR	: November, 2024					
Sem	Sub. Code	Subject Name	Credits	Grade	Grade Point	Credit Point
1	DMAS-11	Basic Skills & Technical Knowledge - I	P 3	A	8	24
	DMAS-12	Foundation of Human Performance and Emergency Care - I	P 3	A	8	24
	DMAS-13	Introduction to Soft Skill, Life Skill and Allied Mountaineering - I	P 3	A+	9	27
	DMAS-14	Basic Skills & Technical Knowledge - II	P 3	O	10	30
	DMAS-15	Foundation of Human Performance and Emergency Care - II	P 3	A+	9	27
	DMAS-16	Introduction to Soft Skill, Life Skill and Allied Mountaineering - II	P 3	A	8	24
2	DMAS-21	Basic Skills & Technical Knowledge - III	* 3	A+	9	27
	DMAS-22	Foundation of Human Performance and Emergency Care - III	* 3	B+	7	21
	DMAS-23	Introduction to Soft Skill, Life Skill and Allied Mountaineering - III	* 3	A	8	24
	DMAS-24	Basic Skills & Technical Knowledge - IV	* 3	A	8	24
	DMAS-25	Foundation of Human Performance and Emergency Care - IV	* 3	A+	9	27
	DMAS-26	Introduction to Soft Skill, Life Skill and Allied Mountaineering - IV	* 3	A	8	24
Total			36			303
Credits Earned			36	Grade A	CGPA 8.42	PASS

- Not considered for calculation of final grade, P - Previous, * - Appearing, \$ - Ordinance 1, # - Ordinance 4, AB - Absent, NA - Not Applicable, CC - Copy Case, OC - Other Case, COM - Completed, NCOM - Not Completed, RR - Result Reserved, @ - Grade Improved, ? - Failed to Improve Grade, ! - Fail, ^ - Backlog



Date: 25 Dec 2024

[Signature]

Dr. Mahesh Kakade

Director

Board of Examinations & Evaluation



DIPLOMA IN MOUNTAINEERING & ALLIED SPORTS

proudly presented to :



For gaining skills and knowledge of:

- **Technical Skills** - Rock Craft, Snow Craft, Ice Craft, River Craft, Navigation, Wilderness Lifestyle, Backpacking, Equipment Handling & Management
- **Human Performance & Emergency Care** - Human Physiology, Outdoor First Aid, Disaster Management, Outdoor Search & Rescue
- **Soft Skills, Life Skills & Allied Mountaineering** - Leadership Skills, Mountain Biodiversity, Geology, Fort Architecture, Legal Aspects in Adventure, Responsible & Sustainable Mountaineering, Planning & Preparation, Conflict Management

Dr. Vishnu Pethkar

Head, Department of Sports &
Physical Education, SPPU

Umesh Zirpe

Founder Director, GGIM

Col. Anshuman Bhadauria

Principal, NIM

PLACE Pune

Become a part of
India's First and only
Diploma in Mountaineering

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