

JAWAHAR INSTITUTE OF MOUNTAINEERING & WINTER SPORTS



NUNWAN, PAHALGAM, JAMMU & KASHMIR



PAHALGAM



SANASAR



BHADERWAH



SHEY (LADAKH)

COURSE REPORT

BASIC MOUNTAINEERING COURSE SR. NO. 97 & 98

INDIAN AIR FORCE, ARMY AND PRIVATE STUDENTS



Tel FAX: 01936-243129
Mob: 9419045194, 9906967820

JAWAHAR INSTITUTE OF MOUNTAINEERING &
WINTER SPORTS, NUNWAN, PAHALGAM
JAMMU-KASHMIR-192126

JIM/75/TGC/12-13-

Oct 2012

Dte of AF Adventure
Air Headquarters (WB)
RCPO Building, Safdarjung Road
New Delhi -110003

COURSE REPORT

BASIC MOUNTAINEERING COURSES SR NO. - 97 & 98

Sir,

1. A copy of General Course report of Basic Mountaineering Courses serial No. 97 & 98 conducted by this Institute for Indian Air Force, sponsored by Directorate of Air Force Adventure wing, New Delhi, Army personnel sponsored by 12 Raj Rif & Rajputana Rifles Regimental Training Centre, New Delhi and private students from different states of India at Sonamarg is enclosed herewith for your information and necessary action please.

2. Kindly ack.

Yours Sincerely

(Virinder Singh)
Colonel
Principal (JIM & WS)

Encl: As stated

Copy to:

1. Shri Nawang Rigzin Jora, Hon,ble Tourism Minister, Govt of J&K, Civil Secretariat, Srinagar –J&K -190009
2. Joint Secretary (G/Air), D (HMI), R.No. 225, South Block Ministry of Defence, New Delhi-11
3. Shri. Atal Dulloo, IAS, Commissioner/ Secretary Tourism, Govt. of J&K, Civil Secretariat Srinagar –J&K-190009
4. Commandant, Rajputana Rifles, Regimental Training Centre, New Delhi -11
5. Commanding Officer, 12 Raj Rif C/O 56 APO
6. DFA, Defence Finance, Room No. 11-B, South Block, New Delhi-11
7. Institute Library.

STANDARD TO BE ACHIEVED

6. The competence levels expected from students upon completion of the course are as follows:-

- (a) Students should be able to effectively utilize technical skills during high altitude trekking and expeditions in all kinds of ranges in India.
- (b) Students should be able to effectively form part of a team as an active member and lead climber during rescue missions in high altitude area.

OBJECTIVES

- 7. (a) Carryout rescue missions in any eventuality in mountains, at accidental sites and during natural calamities and carryout Expeditions in all kinds of ranges in India and abroad
- (b) Impart training on technical aspects of mountaineering.
- (c) Hone mountaineering skills to students
- (d) Create environment awareness amongst the youth.
- (e) Promote adventure activities in the state.

showed keen desire to undergo training at the institute for the adventure sports in near future. Movies on adventure sports like skiing & par jumping were run in the auditorium for the students.

ADMINISTRATION

14. One dedicated officer in charge of the institute with well experienced and trained instructors and other staff were provided by the institute who accompanied and looked after the students round the clock.

ACCOMMODATION

15. The accommodation facility was made in tents with good lodging facilities and cleanliness.



SONAMARG, TRAINING CAMP

FOOD

16. The students were provided with hygienic and palatable food during the training period with additional energy supplements like fruits, dry fruits and chocolates, juices etc.



ENJOYING SUMPTUOUS FOOD DURING TREK

EQUIPMENT AND CLOTHING

17. Keeping in view the harsh conditions and cold and rainy weather during the course, the students were provided with quality equipment and clothing gear for training purpose.



EQUIPMENT AND CLOTHING ISSUED BY JIM & WS

MEDICAL COVER

18. Dedicated medical officer and Nursing Assistant of the institute provided medical support to the participants throughout the course duration. Different first aid kits were prepared for trek, rock area and traveling, the students were educated about the mountain hazards, illnesses of the mountainous and high altitude area with its treatment modalities. Different techniques of casualty evacuation in relation to rescue from accidental sites and difficult mountain terrain were demonstrated to and practiced by the students.



**CAPT P K SINGH, MEDICAL OFFICER
DELIVERING LECTURE ON FIRST AID & CPR**

ASSESSMENT

19. The students were assessed of their performance in the course in the form of Rock craft (written, oral & practical) taken by the instructors of the institute. The students excelled in the test taken by securing good marks and grading. **Sqn Ldr Parveen Kumar of Air Force** in Serial No.97 and **CPL M S Bisht of Air Force** secured the best in technique award while **Flt Lt Dinesh Kumar Sangwan of Air Force** in Serial No.97 and **CPL Sandeep Nadndal of Air Force** in Serial No.98 secured the position of best student of the courses. A copy of marks sheet is enclosed as **Appendix "C"**.



GRADUATION CEREMONY

20. The students presented a colourful cultural programme after completion of scheduled training. Beautiful events like singing, dancing, mimicry were presented by the participants. Col Virinder Singh, Principal, JIM & WS praised the students for their excellent performance. The event was followed by the distribution of the course batches, prizes and mementoes to all the participants.



**CAPT P K SINGH, MEDICAL OFFICER, JIM & WS
DISTRIBUTING BADGES, PRIZES & MOMENTOES**

OBSERVATIONS

21. (a) The students showed marked interest in learning and adopting the skills of Mountaineering.
- (b) The students learned, practiced and adopted the rescue operation techniques taught to them during the course.
- (c) The students improved a lot in their physical as well as mental capabilities.
- (d) The students excelled in the final test taken by the institute to assess their performance.
- (e) The students showed keen interest in training in adventure sports at JIM & WS.

RECOMMENDATIONS

22. (a) It is recommended that more courses may be sent to JIM & WS for Basic, Advance Mountaineering course and Method of instructions courses as well as other adventure courses like Paragliding, White water rafting & Skiing.
- (b) The Air Force, Army and JIM & WS should form a strong bond to successfully conquer higher peaks in India and abroad in the coming future to pursue the good cause of promoting adventure in Indian youth.

Feedback

23. The Photocopies of some of the feedbacks received from the students are enclosed as **Appendix "D"**, reflecting the goal achieved as per the opinion of students.

Conclusion

24. During basic mountaineering course, training was imparted to make the participants confident of living in mountainous terrain and to be technically proficient as trained mountaineers. They were also exposed to High Altitude Area giving them a life time experience. Special efforts were delivered to practice forming mountain rescue teams in natural calamities / disasters. The performance of the participants validates the fact that desired standards of exposure and training in mountain techniques were achieved.

Yours Sincerely

(Virinder Singh)
Colonel
Principal (JIM & WS)

Encl: As stated

Copy to:

1. Shri Nawang Rigzin Jora, Hon,ble Tourism Minister, Govt of J&K, Civil Secretariat, Srinagar –J&K -190009
2. Joint Secretary (G/Air), D (HMI), R.No. 225, South Block Ministry of Defence, New Delhi-11
3. Shri. Atal Dulloo, IAS, Commissioner/ Secretary Tourism, Govt. of J&K, Civil Secretariat Srinagar –J&K-190009
4. Commandant, Rajputana Rifles, Regimental Training Centre, New Delhi -11
5. Commanding Officer, 12 Raj Rif C/O 56 APO
6. DFA, Defence Finance, Room No. 11-B, South Block, New Delhi-11
7. Institute Library.

APPENDIX "A"**LIST OF AIR FORCE PERSONNEL**
BASIC MOUNTAINEERING COURSE SR NO. 97. W.E.F 06 AUG TO 31 AUG 2012

S. No.	Name	Unit/Address	Grading Awarded	Remarks
1	Sqn Ldr Parveen Kumar	152 H Unit, C/O 30 Wing AFS Sarsawa, Saharanpur UP	"A"	Recommended for Advance Mount. Course
2	Flt Lt Deepak Lohkna	254 Signal Unit, AF C/O 56 APO	"A"	-do-
3	Flt Lt Dinesh Kumar Sangwan		"A"	-do-
4	Flt Lt Aditi Maghav	WZ-551 A, Naraina, New Delhi-110028	"A"	-do-
5	Flt Lt Madhu Bhatt	No 1 Tetra, AFS High Grounds Chandigarh	"A"	-do-
6	Flt Lt Sumeet Sandhu	MI Room AF Station Mohanbari Dibrugarh Asam-786012	"A"	-do-
7	Flt Lt Rohit Gupta	507 SU, AF C/O 99 APO AFS Singarsi	"A"	-do-
8	Flt Lt Sumit Mishra	AFS, Halwara Ludhiana	"A"	-do-
9	Flt Lt RK Ahlawat	269SU, AFS	"A"	-do-
10	Flg Offr Mansi Sunger		"A"	-do-
11	Sgt Sanjay Kumar	605 Garud Flight,AF C/O 23 Wing, AF C/O 56 APO Satwari	"A"	-do-
12	Cpl Inder Dev	-do-	"A"	-do-
13	Cpl Deepak Jangra	-do-	"A"	-do-
14	Cpl Neeraj Chaudhary	-do-	"A"	-do-
15	Cpl Arvind Kumar	610 GRD Flt C/O 43 Wing AFS Suler Tamil Nadu	"A"	-do-
16	Cpl Surender Kumar	Elect Lab, P & AC Sqn, 13 BRD, AFS Palam, Delhi-10	"A"	-do-
17	Cpl Ulhas Prakash Chandane	AF Stn Mumbai C/O 56 APO	"A"	-do-
18	LAC Pankaj Dalal	11 Wg,AFS Tezpur, Assam C/O 99 APO	"A"	-do-

LIST OF ARMY PERSONNEL

BASIC MOUNTAINEERING COURSE SR NO. 97. W.E.F 06 AUG TO 31 AUG 2012

S. No.	Name	Unit/Address	Grading Awarded	Remarks
1	Maj Kunal Tyagi	12 Raj Rif C/O 56 APO	"A"	Recommended for Advance Mount. Course
2	L/Nk. Vikash Kumar	-do-	"A"	-do-
3	L/Nk. Virendra Kumar Dhayal	-do-	"A"	-do-
4	Rfn. Rohit Kumar Singh	-do-	"A"	-do-
5	Rfn. Prashant Singh	-do-	"A"	-do-
6	Rfn. Parvinder	-do-	"A"	-do-
7	Rfn. Naresh Kumar	-do-	"A"	-do-
8	Rfn. Khilendra	-do-	"A"	-do-
9	Rfn. Dama Ram Saran	-do-	"A"	-do-
10	Rfn. Ravi Kumar	-do-	"A"	-do-
11	Rfn. Yogendra Singh Chauhan	-do-	"A"	-do-

LIST OF PRIVATE STUDENTS

BASIC MOUNTAINEERING COURSE SR NO. 97. W.E.F 06 AUG TO 31 AUG 2012

S. No.	Name	Address	Grading Awarded	Remarks
1	Prasanna R Bandragall	Nava AyodhyaNagar, First Cross, Savanur Building Old Hubli Karnataka	"A"	Recommended for Advance Mount. Course
2	Aijaz Ahmad Lone	Pandith Pora, Langate Handwara Kupwara J & K	"A"	-do-
3	Ablash R	21411, Plot No. 69, II Main Road Venkatesapuram Vandalur, Chennai-48, TN	"A"	do-
4	Parikshit Rawat	59 Gyan Khand-IV Indirapuram Ghaziabad Uttar Pradesh-201014	"A"	do-
5	Nandini C	# 56,Opp to Natraj Layout, 7 th phase J P Nagar	"A"	do-
6	Tsering Spalzom	Domkher Bisana(Bisana Pa) BPO Khalsi Distt Leh J & K -194101	"A"	do-
7	Samprajani Rout	ND-14, IISC Campus Bangalore-12	"A"	do-
8	Capt Prakhar Kumar Singh	27, Ayodhya Dham Colony Shiv Pur Varanasi.	"A"	do-
9	Mita Rout	ND-14, IISC Campus Bangalore-12	"F"	Again BMC

LIST OF AIR FORCE PERSONNEL

BASIC MOUNTAINEERING COURSE SR. NO. 98, W.E.F 01 SEP 2012 TO 26 SEP 2012

Sr. No.	Service No.	Name	Unit/Address	Grading Awarded	Remarks
1	25321-F	Sqn Ldr Ashutosh Pandey	304, A-Wing, Comet, Bhakti Park, Wadalale Mumbai-400037	"A"	Recommended For AMC
2	29353-F	Sqn Ldr Rajesh Mukhi	CEO Complex,AFS, Satwari Cantt. Jammu-180003	"A"	-do-
3	28792-B	Sqn Ldr Santosh Dubey	SAO, 29 ED AF, AFS Kanpur Chakeri UP-208008	"A"	-do-
4	28356-G	Sqn Ldr S Balaji	110 HU, AF C/O 22 Wing AF C/O 99 APO	"A"	-do-
5	29857-R	Flt Lt Manish Ahuja	2209 Sqn, AF C/O 35 Wing AF, C/O 56 APO-936209	"A"	-do-
6	30272-N	Flt Lt Nikhil P A	334TRU, 26 Wing AF C/O 56 APO	"A"	-do-
7	31526-L	Flg Offr B Sujay	152HU,AF C/O 30 Wing C/O 56 APO Udh-937153	"A"	-do-
8	30305-N	Flt Lt K S Sanghera	-do-	"A"	-do-
9	712177-K	Sgt Sumit Sarkar	MI Room 2 BRD, AF Viman	"A"	-do-
10	797946-N	Sgt.Bimal Pal	5 Sqn AF C/O 56 APO - 936005	"A"	-do-
11	903814-T	Cpl Asheesh Kumar	-do-	"A"	-do-
12	902822-F	Cpl Rajeev Bangwal	3 BRD AF C/O 56 APO	"A"	-do-
13	90442-K	Cpl D Stephen	25 Wing AF C/O 56 APO	"A"	-do-
14	905122-N	Cpl Sandeep Nandal	608 Garud Flt C/O 16 Wing AF C/O 99 APO	"A"	-do-
15	915305-H	Cpl Sanjay Bohra	789 SU, AF C/O 56 APO	"A"	-do-
16	915377-B	Cpl M S Bisht	442MOF C/O 56 APO	"A"	-do-
17	788037-H	Cpl Thumar Ram Poonia	15 Wing AF, 56 APO	"A"	-do-
18	788145-B	Cpl Anil Kumar Sharma	20 Wing AF C/O 99 APO	"A"	-do-
19	915958-G	Cpl Amit Chauhan	21 Wing AF, C/O 56 APO	"A"	-do-
20	918246-B	Cpl Chandan Kumar	610 Guard Flt 43 Wing AF, AFS Sulur - 641401	"A"	-do-
21	90600-K	Cpl Vir Bhadra Sharma	612 Guard Flt C/O 28 Wg AF, C/O 56 APO	"A"	-do-
22	924604-H	Cpl Parshotam Sharma	607 Guard Flt C/O 27 Wg AF, C/O 56 APO	"A"	-do-

23	921924-B	Cpl Anil Kumar Singh	703 SU, AF C/O 230 SU AF C/O 56 Apo	"A"	-do-
24	920946-N	Cpl N Premrajan	751 SU, AF C/O 36 SU AF, C/O 56 APO - 937751	"A"	-do-
25	909142-G	Cpl Tushar Chavan	Stn Sports Flt 15 Wing, AF C/O 56 APO	"A"	-do-
26	914252-H	Cpl Tara Singh	116 WU AF C/O 32 Wing AF C/O 56 APO	"A"	-do-
27	921214-T	Cpl Om Prakash Tiwari	1AFSB Clemfnt Town Dehradun -248002	"A"	-do-
28	926071-G	Cpl Sandeep Sagar	13 BRD AF C/O 56 APO	"A"	-do-
29	909180-L	Lac Nagendra Singh Negi	GST Section MTI, AF C/O AFS Tambaram Chennai	"A"	-do-
30	929366-F	Lac Kamal Singh Rawat	36 wing AF C/O 56 APO	"A"	-do-
31	943805-S	Lac Amandeep	157 HU, AF C/O 6 Wing AF C/O 99 APO	"A"	-do-
32	922552-N	Lac Rakesh Kumar	2 Sqn AF, C/O 99 APO	"A"	-do-

LIST OF PRIVATE STUDENTS

BASIC MOUNTAINEERING COURSE SR. NO. 98, W.E.F 01 SEP 2012 TO 26 SEP 2012

S.No	Name	Address	Grading Awarded	Remarks
1	Sagar Deepak Dahale	Sec A-21/2 Hindustan Samuh Awas Paithan Road, Nakshatrawadi Prakalp Aurangabad(MS)-431002	"A"	Recommended for Advance Mount. Course
2	Shashank Patil	H.No.- Sec-1-19/2 Hindustan Samuh Awes Paithan Road, Nakshatrawadi Prakalp Aurangabad(MS)-431002	"A"	-do-
3	Shantanu Kulkarni	S-1/A-1 Sector -3 Hindustan Samuh Awas Nakshatrawadi Aurangabad	"A"	-do-
4	Sandeep Shridhar Shengule	S-4 A-1/4 Hindustan Samuh Awas Nakshatrawadi Paithan Road, Aurangabad	"A"	-do-
5	Charan Singh	VPO Dewal Distt Chamoli Uttrakhand 241427	"A"	-do-
6	Rishabh Kuletha	C/O Suryamani Upreti, H NO. 8 Nanda Devi Enclave Doon University Road D- Dun-248001	"A"	-do-
7	Nikhil Gupta	PO Nawoda, Vill Majri Mafi Mohkenpur Dehradun-248001	"A"	-do-
8	Debanshu Mukherjee	Swastinagar, Aswini Dutta Road, PO Panihati, Kolkata-700114 WB	"A"	-do-
9	Gaurav Gupta	18/363, Maithan Agra-282003	"A"	-do-
10	Santosh N Vable	B-11, Bhonsala Military School Rambhoomi, Nashik-422005	"A"	-do-
11	Shino Tulsidharan	30/15 CPWD Qtrs, KK Nagar Chennai-78	"B "	Again BMC
12	Preethi Madhuri	110 HU,AF, C/O 22 Wing AFS, Kumbhirgram, Silchar, Assam- 788109	"A"	Recommended For AMC
13	Nitin Pandey	K-49, Sec-12 Pratap Vihar Ghaziabad	"A"	-do-
14	Amit Kumar	B-1428, Sec-2 Hec Township Dhurwa Ranchi-834004	"A"	-do-
15	Shakir Ahmad Kotay	R/O Kaladrang Distt/Teh Kulgam P/O Demudullah-192232	"A"	-do-
16	Rahul Pathak	B-24 Ram ganga Vihar Phase-II Moradabad	"A"	-do-

17	Ajay Pal	Mahalkpur Nijampur Post Agwan pur Moradabad	"B "	Again BMC
18	Vipin	Industrial Estate Harthala Kanth Road Muradabad	"A"	Recommended For AMC
19	Riyasat Ali	Fish Market Bard No-14 TKD Moradabad	"B "	Again BMC
20	Mohd Noor Ali	Mustapor Khandsal Moradabad	"A"	Recommended For AMC
21	Parbindar Singh	Vidhya Nagar, Harthala PO Sonakpur Moradabad	"A"	-do-
22	Azharuddin	415 Industrial Estate Harthala Sonakpur Moradabad	"B "	Again BMC
23	Vishal Dev	S-73 Sharam Kutir Himgri Colony Moradabad	"A"	Recommended For AMC
24	Rupesh Kumar	Vidhya Nagar, Harthala PO Sonakpur Moradabad	"B "	Again BMC
25	Mohammad Ashraf	Industrial Estate Harthala Kanth Road Muradabad	"A"	Recommended For AMC
26	Amit Kumar	Harthala Sonakpur Moradabad	"A"	-do-
27	Mohd Naved Alam	Industrial Estate Harthala Sonakpur Moradabad	"A"	-do-
28	Asad Ahmad	415 Industrial Estate Harthala Kanth Road Muradabad	"B"	Again BMC
29	Deepak Kumar Saini	Bangla Gaun Ramlila Ground Muradabad UP-24001	"A"	Recommended For AMC
30	Moh Vakeel	Rasulpur Dehat Sahasur Distt Bijnor Teh Dampur	"A"	Recommended For AMC
31	Akhil Kumar Agarwal	Surya Nagar Linepar Near Ved Prakesh Sharma Dairy Muradabad	"B"	Again BMC
32	Ifraeem	H.No. 159 Near Railway Crossing Serkai Bhoor Muradabad	"A"	Recommended For AMC

TRAINING PROGRAMME
BASIC MOUNTAINEERING COURSE (SONAMARG)

S No	Date/Day	Time	Subject	Type	Resp	Place
1	D-Day	1600-onwards	Arrival, Reception, Issue of eqpt. Documentation & Medical Checkup	Misc -do-	In-charge, ASK, Clk, MO.	Institute
2	Day-1	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Accln. March(5 Km) Intro to Mtn. Eqpt Knots, Hitches & Coiling of Rope -do- Bouldering & types of holes Around to Sonamarg Games	Accln. Lec LDP Prac LDP Misc Game	Instructors -do- -do- -do- -do- -do- -do-	Sonamarg Institute -do- -do- -do- Sonamarg Institute
3	Day-2	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1745hrs 1800-1900hrs	PT Prep to Base, Anchor & Belaying -do- -do- -do- Mountain Terminology Games Opening Address	PT LDP LDP Lec Lec Game Misc	Instructors -do- -do- -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute -do- -do-
4	Day-3	0800-1600hrs 1730-1900hrs	Trek to Baltal First Aid & CPR	Trek Lec	Instructors MO	Baltal Institute
5	Day-4	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	PT Principles of climbing & Rappelling -do- Climbing & Rappelling -do- Do's & Don'ts in Mountains Games	PT LDP Prac LDP Prac Lec Game	Instructors -do- -do- -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute -do-
6	Day-5	0800-1600hrs 1700-1745hrs	Trek to Table Top Games	Trek Games	Instructors -do-	Table Top Institute
7	Day-6	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	PT Climbing & Rappelling -do- -do- -do- -do- Load picking & marching in Mtns Games	PT Prac -do- -do- -do- -do- Lec Game	Instructors -do- -do- -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- -do- Institute -do-
8	Day-7	0800-1700hrs	Trek to Happy Valley	Trek	Instructor	Happy valley
9	Day-8	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	PT Pitch Climbing -do- -do- -do- -do- Hazards in Mtns & Snow Bound Area Games	PT Prac -do- -do- -do- -do- Lec Game	Instructors -do- -do- -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- -do- Institute -do-
10	Day-9	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	PT Pitch Climbing -do- -do- -do- -do- Period for Adm work Games	PT Prec -do- -do- -do- -do- Misc Game	Instructors -do- -do- -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- -do- Institute -do-

11	Day-10	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Endurance. Stream Crossing -do- -do- -do- Tent pitching & camping. Games	Prec LDP Prac -do- -do- Lec Game	Instructors -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute -do-
1.	Day-11	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Endurance. Zip wire & casualty evacuation -do- -do- -do- Cold Injuries Games	Prec LDP Prac -do- -do- Lec Game	Instructors -do- -do- -do- -do- MO Instructors	RCA -do- -do- -do- -do- Institute -do-
12	Day-12	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Endurance Route Selection & Rope Fixing -do- -do- -do- Games	Prec LDP Prac -do- -do- Game	Instructors -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute
13	Day-13	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Endurance Route Selection & Rope Fixing -do- -do- -do- Avalanche Games	Prec -do- -do- -do- -do- Lec Game	Instructors -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute -do-
14	Day-14	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Endurance Jumaring & Rappelling -do- -do- -do- Glaciers Games	Prac LDP Prac -do- -do- Lec Game	Instructors -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute -do-
15	Day-15	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1630 hrs 1700-1830hrs	Endurance Climbing & Prep of Bse -do- -do- -do- Shelters Games	Prac LDP Prac -do- -do- Lec Game	Instructors -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute -do-
16	Day-16	0700-0800hrs 0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1500-1800hrs	Endurance Test Rock craft test -do- -do- -do- Prep to Move Glacier	Test -do- -do- -do- -do- Misc	Instructors -do- -do- -do- -do- -do-	RCA -do- -do- -do- -do- Institute
17	Day-17	0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1710hrs	Accln Walk to Glacier Intro. To ice eqpt & march with crampon 10pt,2pt Climbing , fall &Self Arrest -do- Avalanche Rescue Prac	Accl. LDP -do- Prac LDP	Instructors -do- -do- -do- -do-	ICA -do- -do- -do- Camp

18	Day-18	0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1710hrs	Accln Walk to Glacier 2 pt, 3 pt, 10 pt Climbing -do- -do- Ladder Launching	Accl. LDP Prac -do- LDP	Instructors -do- -do- -do- -do-	ICA -do- -do- -do- Camp
19	Day-19	0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1710hrs	2pt, 3pt, 4pt climbing -do- -do- -do- Base Making Practice	Prac LDP Prac -do- LDP	Instructors -do- -do- -do- -do-	ICA -do- -do- -do- Camp
20	Day-20	0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1710hrs	4pt, Rope fixing climbing -do- Crevasse crossing & Rescue Drill -do- -do-	LDP Prac LDP Prac -do-	Instructors -do- -do- -do- -do-	ICA -do- -do- -do- Camp
21	Day-21	0900-1300 hrs	High Altitude Trekking through Glacier March	Move	Instructors	ICA
22	Day-22	0900-0945hrs 1005-1050hrs 1100-1145hrs 1155-1240hrs 1530-1700hrs	Ice craft test -do- -do- -do- Survival	Test -do- -do- -do- Lec	Instructors -do- -do- -do- -do-	ICA -do- -do- -do- Camp
23	Day-23	0800-1600hrs	Survival Camp	Prec	Instructor	Institute
24	Day-24	0800-1600hrs	Deposit of clothing	Misc	ASK	Institute
25	Day-25	0900-1000hrs 1900-2000hrs	Written Test Graduation Ceremony/closing address	Test Misc	Instructors Principal/MO	Institute -do-
26	Day-26	0800hrs	Departure	Misc	Incharge	Institute

(Virinder Singh)
Colonel
Principal (JIM & WS)

Note: - Programme changes subject to local weather conditions.

Legends: LDP-Lecture Demo Practice

MO-Medical Officer

ASK –Assistant Store Keeper

RCA-Rock Craft Area

ICA-Ice Craft Area

Bed tea will be served at 0630hrs

Break-Fast 0800-0845hrs

Tea and Snacks 0945-1005hrs

Lunch Break/own time 1545-1600hrs

Roll call 1900hrs

Dinner 2000-2100hrs

Light of 2130hrs