



GENERAL COURSE REPORT
ADVANCE SKIING COURSE SR. NO. 06, INDIAN AIR FORCE PERSONNEL
20 FEB 2011 – 05 MARCH 2011

INSTITUTE: JAWAHAR INSTITUTE OF MOUNTAINEERING & WINTER SPORTS (JIM & WS) PAHALGAM

VENUE: GULMARG, J&K

REPORT ON: ADVANCE SKIING COURSE

COURSE SERIAL NO: ASC-06

DURATION OF COURSE: 20 Feb – 05 MARCH 2011 (14 Days)

INTRODUCTION

1. Jawahar Institute of Mountaineering & Winter Sports, (JIM & WS) conducted one Advanc Skiing Course w.e.f 20 Feb to 05 March 2011 (14 days) for Indian Air force personnel and a group of private students from different states, at Gulmarg sponsored by Director, Air Force Adventure wing New Delhi.

AIM

2. To impart technical training on all aspects of Snow Skiing and theoretical training in survival in High Altitude and in snow bound area to the students.
3. To train the students to operate in mountains/snow bound terrains
4. To train Air force officers capable of imparting training to Air men of their unit to conduct operations in winters in mountains.

STANDARDS TO BE ACHIEVED

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

- (a) Students should be able to effectively utilize technical skills to during rescue operations in High Altitude and snow bound terrain.
- (b) Students should be able to carry out special missions by Air Force in High Altitude and snow bound area on skies.
- (c) Air Force personnel should be able to participate in winter games at national and International levels.
- (d) Local students to become Instructor / get employment within the state as well as in Central Govt.

OBJECTIVES

- 6. (a) Promote adventure activities in the state.
- (b) Impart training on technical aspects of Skiing.
- (c) Hone Skiing skills of individuals.
- (d) Create environment awareness amongst the student.

OPENING ADDRESS

7. Opening address was given on the first day by Capt Rahul Mahajan, Vice Principal, JIM & WS making the students aware of the well known history of the esteemed Institute JIM & WS. Students were explained safety and security measures to be observed around Gulmarg in training area of the Institute.



**OPENING ADDRESS BY CAPT RAHUL MAHAJAN, VICE PRINCIPAL ON BEHALF OF
COL VIRINDER SINGH, PRINCIPAL, JIM & WS**

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GENERAL

8. Jawahar Institute of Mountaineering and winter Sports (JIM & WS) is a joint venture between Ministry of Defense, Government of India and department of Tourism Govt. of J&K. Headquarter of the Institute is located at Nunwan, Pahalgam and sub centers at Bhaderwah (Doda), Sanasar (Patnitop), Shey (Leh) and one adhoc sub centre at Gulmarg for skiing courses. Over last 29 years the Institute has excelled in different adventure activities like Mountaineering, Skiing, Paragliding, water rafting and short term adhoc adventure courses.



HEADQUARTER PAHALGAM



ADHOC SUB CENTRE, GULMARG

CONDUCT OF TRAINING

9. The students were trained in Acclimatization walk, refresher lectures on Langlauf, Herringbone, Snow plough, Snow Plough turn, Traverse Stem Turn, Kick turn, followed by advanced techniques of parallel turn, pole plant, Stem Swing, Dynamic Swing, Wedlen, Brook turn (short, middle & long) Shallow turn, Deep turn, One Leg Skiing, slalom, skating first gear, second, third and fourth gear with stick.

10. 16 Personnel of Indian Air force, adventure wing, new Delhi and 05 private students reported to JIM & WS, Gulmarg on 19 Feb 2011 evening. Scheduled training of these 21 students started w.e.f. 20 Feb 2011 morning. The students completed the training with desired level of standard. Nominal roll of students with grading is enclosed as **Appendix "A"**.

11. Training for the students started beyond basics of skiing at slope with greater gradient for initial 01 day followed by training on lift fitted slope of more gradient for next 13 days. This was followed by final test and Slalom competition, graduation ceremony. A copy of training programme is enclosed as **Appendix “B”**

ACCLIMATIZATION WALK/PHYSICAL EXERCISE

12. For acquiring physical fitness and mental robustness, initial morning hours utilized to achieve the same. Langlauf marches of 3.5 to 5 kms around slopes of Gulmarg were conducted during early morning hours which were accompanied by mountain physical training.



LANFLAUF AFTER FRESH SNOW FALL

TECHNICAL TRAINING

13. Training was provided in beyond basic skills of skiing administration in mountain snow & introduction and use of skiing equipment. Despite of adverse weather conditions continuous snow fall and extreme cold climate students were made to train in various techniques of skiing with successful completion of training. At the culmination of this training, students could identify and narrate the uses of skiing equipment and its skillful application in snow area. The Intermediate course covered some of the advance

techniques of skiing to make the students more proficient as a skier and more than it a sportsman Details of activities conducted are as follows:

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(a) Introduction to Skiing

Initial 01 day was allotted to revise basic instructions and training on Langlauf, Herringbone, Snow plough, Snow Plough turn , Traverse Stem Turn, Kick turn, The training was accompanied by lecture cum demonstration of the lessons delivered on slope.



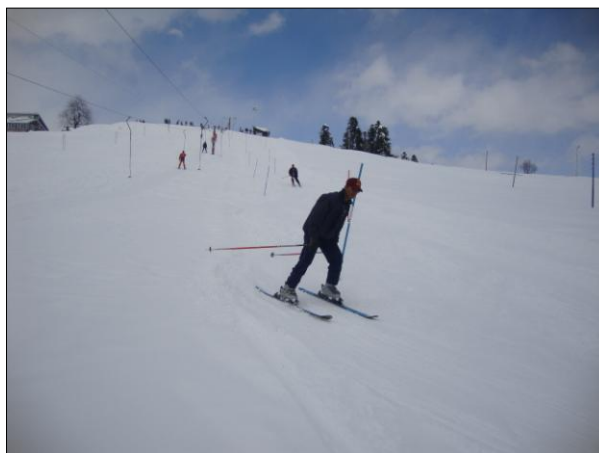
REVISING BASIC TECHNIQUES



SKATING FIRST TO FOURTH GEAR

(b) Basic Skiing Technique

After successful completing of initial 02 days of course when each student had achieved desired improvement the batch was shifted to a longer slopes with more gradient and installed lift for uphill movement. In this phase, students were instructed upon advanced techniques of parallel turn, pole plant, Stem Swing, Dynamic Swing, Wedlen, Brook turn (short, middle & long) Shallow turn, Deep turn, One Leg Skiing, slalom, skating first gear, second, third and fourth gear with stick. The last few days were reserved for slalom practice for final test and slalom competition.



(c) Lectures /Demos / presentations:

The following aspects of adventure activities and related subjects were covered in great details in the form of lecture cum Power point presentations and movies concerning Skiing as mentioned below:

- (i) Revision of Introduction to Skiing equipment.
- (ii) Improved skiing techniques Snow hazards.
- (iii) High altitude illness / cold injuries and its preventive measures.
- (iv) Survival In Snow Bound areas.
- (v) Skiing movie.
- (vi) Avalanche Awareness movie.
- (vii) Snow hazards.
- (viii) Winter Terminology.



INSTRUCTORS DELIVERING LECTURES/DEMOS/PRESENTATIONS

(d) Sports

Through discussions with the Instructors students got familiarized with adventure sports like rock climbing, paragliding, water rafting and Para jumping. Students showed keen desire to undergo training at the institute for the adventure sports in near future. Students showed interest in participation in national skiing competitions held at Manali and Gulmarg

ACCOMMODATION

14. The accommodation facility at Gulmarg was made in well furnished and maintained Hotel “GULMARG SAHARA HOTEL” for the whole duration of the course. They were provided with facilities like heating system and attached bathroom and warm water to make their stay comfortable in the cold weather of Gulmarg.



GULMARG SAHARA HOTEL

FOOD

15. The students were provided with hygienic and palatable food during the training period with additional energy supplements like fruits, dry fruits, soups and juices etc. The nutritional requirements were well taken care by providing them with tea, biscuits even during training on the slopes.



ENJOYING SUMPTUOUS FOOD

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EQUIPMENT AND CLOTHING

16. Keeping in view the harsh and extremely cold training conditions during the course, the students were provided with quality clothing gear, sleeping bags, and imported equipment for training purpose.



EQUIPMENT AND CLOTHING PROVIDED BY JIM & WS

MEDICAL COVER

17. Dedicated medical officer of the institute provided medical support to the participants through out the course duration. The students were educated about the mountain hazards, illnesses of the mountainous and high altitude area with its treatment modalities.

ASSESSMENT

18. The students were assessed of their performance in the course in the basic skiing techniques and slalom (written & practical) taken by the Instructors of the institute. The students excelled in the test taken by securing good marks and grading. The result sheet is attached as appendix "C".



FINAL GROUND TEST

9

GRADUATION CEREMONY

19. After having witnessed shocking incidence of Avalanche tragedy on HAWS students and being part of rescue team work, it was unanimously decided by the students as well as JIM & WS staff not to celebrate the course completion celebration. To mark the completion of the course Medical officer Capt. Rahul Mahajan distributed the course batches to all the participants and prizes to the best students of the course. This was followed by departure of the course on 05 March 2011 morning.



**CAPT RAHUL MAHAJAN, MEDICAL OFFICER DISTRIBUTING
COURSE BADGES, CERTIFICATES AND MOMENTOS ON BEHALF OF
COL VIRINDER SINGH, PRINCIPAL, JIM & WS**

OBSERVATIONS

20. (a) The students showed marked interest in learning and adopting improved skills of Skiing over the basic techniques.
- (b) The students improved a lot in their physical as well as mental capabilities.
- (c) The students excelled in the final test taken by the institute to assess their Performance and proved themselves as experienced skiers.

- (d) The students showed keen interest in to be trained for Advance Skiing in adventure sports at JIM & WS.
- (e) Students proved to be excellent in skiing ready to take up new challenges and to participate in skiing competitions.
- (f) Air Force personnel set an example of team work during Avalanche Rescue Mission at HAWS.

FEEDBACK

21. Photo copies of feedback by students are attached as **appendix "D"**, reflecting standards of training, accommodation and other facilities provided by the Institute during the course.

RECOMMENDATIONS

22. It is recommended that the students may be sent to JIM & WS for Methods Of Instruction as well as other adventure courses like Basic, Advance Mountaineering, Paragliding, White water rafting. The students with grade "A" are recommended to participate in winter games at national level.

CONCLUSION

23. The training provided to students during Advance skiing course was formulated for Air Force Personnel attending the course for operating effectively in mountains and snow bound area to act as force leaders by using skiing skills gained during basic and intermediate skiing course and to form the back bone and guiding spirit of Indian Air Force teams participating in skiing competitions at National and International levels. The performance of the participants can be evaluated by making them participate in National Games to represent Indian Air Force. The avalanche rescue work performed by IAF personnel provided them with an opportunity to form and be active member of rescue team aimed in response to natural calamities. The results will prove the worthiness of training provided to Air Force personnel by Jawahar Institute of Mountaineering and Winter Sports.

(Virinder Singh)
Colonel
Principal

Encl: As stated

Copy to:

1. Jenab Omer Abdullah, Chief Minister of J&K, Civil Secretariat, Jammu : for info.
2. D (HMI), R.No. 225 F , South Block Ministry of Defence, New Delhi-11
3. Secretary Tourism, Govt. of J&K, Civil Secretariat Srinagar –J&K
- 4 . Institute Library.

LIST OF STUDENTS, ADVANCE SKIING COURSE -06**WEF 20-02-2011 TO 05-03-2011**

S.No.	NAME	ADDRESS/UNIT	SEX	GRADING AWARDED	REMARKS
1	Sgt F A Hafiz	GRD Trg Flt PTS, AF, AFS Kheria Agra UP	M	A	Air force personnel
2	Cpl Yuvraj Singh	402 AFS Chakeri Kanpur UP	M	A	-do-
3	Cpl B Singh	Stn Sports Flt 01 Wg,AF C/O 56 APO Srinagar	M	A	-do-
4	Cpl Rajesh Patro	251 SU, AF C/O 04 Wg, AF C/O 56 APO Agra	M	B	-do-
5	Cpl Atul Sharma	605 Garud Flight C/O 23 Wg C/O 56 APO AFS Jammu	M	A	-do-
6	Cpl Laxmana Ram Suthar	Accounts Section,AFS, Dalhousie Chamba HP	M	A	-do-
7	Cpl Kailash Chand	612 Garud Flight GRTC,AFS Chandigar C/O 28 Wg	M	A	-do-
8	Cpl JPS Raina	2309 FLI C/O 33 Wg, AF Udyognagar Jamnagar, C/O 56 APO	M	A	-do-
9	Cpl AK Singh	HRM Flt 414 AFS, Yelahanka Bangalore	M	A	-do-
10	Lac S Imran Basha	No 2 Airmen Mess, AFS Kheria Agra UP	M	B	-do-
11	Lac C P Tholiya	EE Room DK,AFS Dalhousie HP	M	A	-do-
12	Lac A K Dash	EE Room DK,AFS Dalhousie HP	M	B	-do-
13	Lac Owais Hafeez Beig	412 AFS Race Course New Delhi	M	A	-do-
14	Lac Bhushan Kumar	DSS, 43 Sqn AF C/O 10 Wg C/O 99 APO Assam	M	A	-do-
15	Cpl Devesh Dhananjay	Elect, Section 48 Wing, AF C/O 56 APO	M	B	-do-
16	Cpl R Kumar	Lgs. Section 48 Wing, AF C/O 56 APO	M	B	-do-
17	Mr. Jerry Pothen	4, Kasi Gardens Phl, Subraya Ngr,Chennai	M	A	Praivate students
18	Mr. Mansoor Ahmad Palla	Hardu Madam Tangmarg J & K	M	A	-do-
19	Mr. Kuldeep Singh	R/O Puneja Bhadarwah, Doda C/O JIM & WS	M	A	-do-
20	Mr.Rishi Manhas	R/O Mathola Bhadarwah, Doda C/O JIM & WS	M	A	-do-
21	Mr.Mahfooz Ilahi Hajam	R/O Kujar Kulgam C/O JIM & WS, Pahalgam	M	A	-do-

TRAINING PROGRAMME
ADVANCEC SKIING COURSE -06

S/No.	Time	Subject	Type	Responsible	Place
D-Day	0900-1900hrs	Arrival, Reception, Documentation, Issue of equipment.	Miscl -do- -do-	OIC Clerk ASK	Institute -do- -do-
D-1	0900-1000hrs 1030-1100hrs 1100-1200hrs 1200-1300hrs 1400-1600hrs 1800-1900hrs	Accln. March. Adjusting boot in skii Free Run Snow Plough, Snow Plough Turn, Break & Herring bone Medical Checkup Opening Address	Accln. LDP Prac -do- Med Miscl.	Instructors -do- -do- -do- MO Principal/MO	Slope -do- -do- -do- Institute -do-
D-2	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 2 nd Gear with Stick Traverse Stem Turn Stem Swing	PT. LDP -do- -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-3	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 2 nd Gear with Stick Dynamic Stem Swing Dynamic Stem Swing	PT. Prac LDP Prac	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-4	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 3 rd Gear with Stick Parallel Turn With Pole Plant Parallel Turn With Pole Plant	PT. LDP -do- Prac	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-5	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 4 th Gear with Stick Wedlen Wedlen	PT. LDP -do- Prac	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-6	0900-1300hrs 1400 onwards	Visit To HAWS Adm Recess	Visit Miscl	Instructors -do-	HAWS Institute
D-7	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 1st Gear with Stick Long Brook, Middle Brook & Short Brook Long Brook, Middle Brook & Short Brook	PT. LDP -do- Prac	Instructors -do- -do- -do-	Slope -do- -do- -do-

D-8	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Brook Turn Deep Turn Down Hill	PT. LDP Prac LDP	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-9	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Brook Turn Off Pesta Middle Turn	PT. Prac LDP -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-10	0900-0930hrs 0930-1300hrs 1400-1600hrs	Langlauf/Stretching Gate Attack For Slalom Short Brook Turn	PT. LDP -do-	Instructors -do- -do-	Slope -do- -do-
D-11	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Down Hill One Leg Skiing Magul Skiing	PT. Prac LDP -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-12	0900- 0930hrs 0930- 1000 1600hrs	Skii from Phase-I Down Hill Gate Attack for Slalom Gate Attack for Slalom	PT. Prac -do- -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-13	0900-1600hrs 1800-1900hrs	Slalom Compétition Graduation Ceremony	Test Miscl	Examiner Principal/MO	Slope Institute
D-14	0900-1000hrs	Departure after breakfast	Miscl	OIC	Institute

Note:-

Programme Changes subject to Local Weather Conditions.

Legends:-

LDP- Lecture Demo Practice
 Bed tea will be served at 0700hrs
 Breakfast 0800-0845hrs
 Tea Break 1000-1015hrs
 Lunch Break 1300-1345hrs
 Evening Tea 1630-1645hrs
 Roll Call 1800hrs
 Dinner 2000-2100hrs
 Lights off 2130hrs

(Virinder Singh)
 Col
 Principal