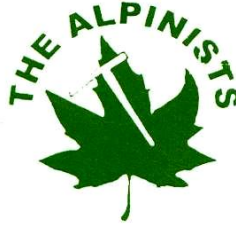


# JAWAHAR INSTITUTE OF MOUNTAINEERING & WINTER SPORTS



## NUNWAN, PAHALGAM, JAMMU & KASHMIR



### COURSE REPORT

#### INTERMEDIATE SKIING COURSE -04

#### INDIAN AIR FORCE

04 FEB 2011 TO 17 FEB 2011 AT GULMARG



**GENERAL COURSE REPORT**  
**INTERMEDIATE SKIING COURSE- 04, INDIAN AIR FORCE PERSONNEL**  
**04 FEB 2011 – 17 FEB 2011**

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

VENUE: GULMARG, J&K

REPORT ON: INTERMEDIATE SKIING COURSE

COURSE SERIAL NO: ISC-04

DURATION OF COURSE: 04 Feb – 17 Feb 2011 (14 Days)

**INTRODUCTION**

1. Jawahar Institute of Mountaineering & Winter Sports, (JIM & WS) conducted one Intermediate Skiing Course w.e.f 04 Feb to 17 Feb 2010 (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.

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## **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**

## **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 Baderwah (Doda), Sanasar (Patnitop), Shey (Leh) and one adhoc sub centre at Gulmarg for skiing courses. Over last 28 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 Snow Plough, Snow plough turn, Traverse stem turn, Langlauf, Herringbone, Sidestepping, followed by advanced techniques of parallel turn, pole plant, Stem Swing, Dynamic Swing, Brook turn (short, middle & long), slalom, skating first gear, second, third and fourth gear with stick.

10. 13 Personnel of Indian Air force, adventure wing, new Delhi and 07 private students reported to JIM & WS, Gulmarg on 03 Feb 2011 evening. Scheduled training of these 16 students started w.e.f. 04 Feb 2011 morning. The students completed the

training with desired level of standard. Nominal roll of students with grading is enclosed as **Appendix “A”**.

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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 2.5 to 4 kms around slopes of Gulmarg were conducted during early morning hours which were accompanied by mountain physical training.



**LANGLAUF/ STRETCHING**

### **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 introduction to equipment, carrying equipment, standing on skies, fall and recovery, balancing, double push, side stepping, snow plough, hearing bone, 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 04 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 stem turn, parallel turn, basic swing, uphill swing, hearing bone, pole plant, shallow and deep turn, skating first to fourth gear with sticks and gate attack of slalom. The last few days were reserved for slalom practice for final test and slalom competition.



## USING LIFT FOR UPHILL MOVEMENT

## SLALOM COMPETITION

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### **(c) Visit to High Altitude Warfare School (HAWs)**

The students were taken to visit the museum of HAWs, they got a vast information on the work profile, the history, expedition, rescue missions conducted by Army and HAWs. They also got familiarized with different mountaineering equipments and High Altitude clothing gear.



**VISIT TO HIGH ALTITUDE WARFARE SCHOOL (HAWs) MUSEUM**

### **(d) Gulmarg Gondola**

Students also visited Gulmarg Gondola Phase II, which is situated near the Indo –Pak LOC (14000Ft) to enjoy the picturesque view of Gulmarg and surrounding snow covered mountain areas.



## **GULMARG GONDOLA**

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### **(d) 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**

### **(e) 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.

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## **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 Intermediate skiing techniques and slalom (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**

## **GRADUATION CEREMONY**

19. The participants presented entertainment programme after completion of scheduled training. Beautiful events like singing, mimicry and jokes were presented by the participants, Capt Rahul Mahajan Medical Officer, Vice Principal praised the students for their excellent performance. The event was followed by the distribution of the course batches and certificates by the Vice Principal to all the participants and prizes to the best students of the course. This was followed by departure of the course on 17 Feb 2011 morning.



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

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**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.

**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 Advance skiing course, 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 Intermediate 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)  
Col  
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.

**Appendix "A"****LIST OF STUDENTS, INTERMEDIATE SKIING COURSE BATCH - 04**

S. No.	NAME	ADDRESS/UNIT	SEX	GRADING AWARDED	Remarks
1	Wg Cdr Farooq Fareed	8 Tetra AF C/O 7BRD AFS New Delhi	M	B	Air force personnel
2	Sgt FA Hafiz	PTS, AF, AFS Kheria Agra UP	M	A	-do-
3	Cpl CK YAdav	230 SU, AF Amritsar Cantt Punjab	M	A	-do-
4	Cpl Yuvraj Singh	402 AFS Chakeri Kanpur UP	M	A	-do-
5	Cpl CS Bora	30 Wg AFS Sarsawa Saharanpur UP	M	A	-do-
6	Cpl Rajesh Choudhary	25 ED AFS Deulali Nashik	M	A	-do-
7	Cpl Avinash Ranjan	509 SU, AFS Shillong,	M	A	-do-
8	Cpl Prashant Kumar	19 FBSU, AF, Thoise C/O 56 APO	M	B	-do-
9	Cpl RS Joshi	405 AFS, Belguam Karnataka	M	B	-do-
10	Cpl Sumit	405 AFS Sambra, Belguam Karnataka	M	B	-do-
11	Lac Bhushan Kumar	DSS, 43 Sqn AF C/O 10 Wg C/O 99 APO Assam	M	A	-do-
12	Lac Owais Hafeez Beig	412 AFS Race Course New Delhi	M	A	-do-
	Lac Mumtaiz Ahmed	402 AFS, Kanpur Chakeri	M	B	-do-
13	Mr Vivek Saraswat	177 Narsi Puram, Mathura UP	M	B	Private students
14	Mr. Aditya Singh	B-3, Tristar Regency,657 Avinashi Road, Coimbatore (TN)	M	B	-do-
15	Kalim-UI-Haq	H. No. 572 Jogi Gate Jammu	M	A	-do-
16	Mansoor Ahmad Palla	Hardu Madam Tangmarg J & K	M	A	-do-
17	Rishi Manhas	R/O Mathola Bhadarwah, Doda C/O JIM & WS	M	A	-do-
18	Kuldeep Singh	R/O Puneja Bhadarwah, Doda C/O JIM & WS	M	A	-do-
19	Mahfooz Ilahi Hajam	R/O Kujar Kulgam C/O JIM & WS, Pahalgam	M	A	-do-

**Appendix “B”****TRAINING PROGRAMME**  
**INTERMEDIATE SKIING COURSE – 04**

<b>S/No.</b>	<b>Time</b>	<b>Subject</b>	<b>Type</b>	<b>Responsible</b>	<b>Place</b>
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 1200-1600hrs	Accln. March. Adjusting boot in skii Free Run Snow Plough, Snow Plough 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 <sup>nd</sup> Gear with Stick Traverse & Kick Turn Stem Turn	PT. Prac -do- -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-3	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 3 <sup>rd</sup> Gear with Stick Stem Swing -do-	PT. Prac -do- -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-4	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 4 <sup>th</sup> Gear with Stick Dynamic Stem Swing -do-	PT. Prac -do- -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-5	0900-1300hrs 1400 onwards	Visit To Baba Reshi Adam Recess	Visit Miscl	Instructors -do-	B/R Institute
D-6	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Skating 1 <sup>st</sup> Gear with Stick Parallel Turn -do-	PT. LDP -do- Prac	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-7	0900-0930hrs 0930-1000hrs 1020-1300hrs 1400-1600hrs	Langlauf/Stretching Weddlen -do- -do-	PT. LDP Prac -do-	Instructors -do- -do- -do-	Slope -do- -do- -do-
D-8	0900-0930hrs 0930-1300hrs 1400-1600hrs	Langlauf/Stretching Brook Turn, Long & Middle -do-	PT. LDP Prac	Instructors -do- -do-	Slope -do- -do-

D-9	0900-0930hrs 0930-1300hrs 1400-1600hrs	Langlauf/Stretching Brook Turn, Short -do-	PT. LDP Prac	Instructors -do- -do-	Slope -do- -do-
D-10	0900-0930hrs 0930-1300hrs 1400-1600hrs	Langlauf/Stretching Off Piste -do-	PT. LDP Prac	Instructors -do- -do-	Slope -do- -do-
D-11	0900-0930hrs 0930-1300hrs 1400-1600hrs	Langlauf/Stretching Gate attack for Slalom -do-	PT. LDP Prac	Instructors -do- -do-	Slope -do- -do-
D-12	0900-0930hrs 0930-1300hrs 1400-1600hrs	Langlauf/Stretching Gate attack for Slalom -do-	PT. Prac Prac	Instructors -do- -do-	Slope -do- -do-
D-13	0900-1000hrs 1000-1600hrs 1800-1900hrs	Langlauf Competition Slalom Competition Graduation Ceremony	Test -do- Miscl	Examiner -do- Principal\MO	Slope -do- 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