



## JAWAHAR INSTITUTE OF MOUNTAINEERING & WINTER SPORTS

NUNWAN, PAHALGAM – 192126

### COURSE PROGRAMME – 2023-24

<b>BASIC MOUNTAINEERING COURSES</b>										
Serial No.	Course	Duration	From	To	No. of vacancies	Venue	Course fee		Age group	Status
							For J&K students	For other states		
143	Basic Mountaineering	24 days	06 May	29 May 2023	60	Pahalgam	13,860/-	20,500/-	17-40 years	<b>Full</b>
144	Basic Mountaineering	24 days	01 Jun	24 Jun 2023	60	Pahalgam	-do-	-do-	-do-	Available
145	Basic Mountaineering	24 days	28 Jun	21 July 2023	60	Pahalgam	-do-	-do-	-do-	Available
146	Basic Mountaineering	24 days	25 July	17 Aug 2023	60	Pahalgam	-do-	-do-	-do-	Available
<b>ADVANCE MOUNTAINEERING COURSES</b>										
48	Advance Mountaineering	24 days	10 Aug	02 Sept 2023	40	Pahalgam	13,860/-	20,500/-	17-42 years	Available
49	Advance Mountaineering	24 days	05 Sept	28 Sept 2023	40	Pahalgam	-do-	-do-	-do-	Available
<b>METHOD OF INSTRUCTION COURSE</b>										
21	MOI	15 days	14 Sept	28 Sept 2023	20	Pahalgam	13,860/-	20,500/-	17-45 years	Available
<b>ADVENTURE COURSES</b>										
90	Adventure Course	15 days	01 Apr	15 Apr 2023	50	Pahalgam	7500/-	11,100/-	12-50 years	Available
91	Adventure Course	15 days	18 Apr	02 May 2023	50	Pahalgam	-do-	-do-	-do-	Available
92	Adventure Course	15 days	07 May	21 May 2023	50	Sanasar	-do-	-do-	-do-	Available
93	Adventure Course	15 days	25 May	08 Jun 2023	50	Sanasar	-do-	-do-	-do-	Available
<b>SKIING COURSES</b>										
61	Basic Skiing	14 days	05 Jan	18 Jan 2024	60	Sonamarg/Pahalgam	13,860/-	14,750/-	12-45 years	Available
62	Basic Skiing	14 days	21 Jan	03 Feb 2024	60	Sonamarg/Pahalgam	-do-	-do-	-do-	Available
63	Basic Skiing	14 days	06 Feb	19 Feb 2024	30	Sonamarg/Pahalgam	-do-	-do-	-do-	Available
64	Basic Skiing	14 days	22 Feb	07 Mar 2024	30	Sonamarg/Pahalgam	-do-	-do-	-do-	Available
18	Intermediate Skiing	14 days	06 Feb	19 Feb 2024	30	Sonamarg/Pahalgam	-do-	-do-	-do-	Available
18	Advance Skiing	14 days	22 Feb	07 Mar 2024	30	Sonamarg/Pahalgam	-do-	-do-	-do-	Available

### **SPECIAL ADVENTURE /SKIING (05/06/07/08/09/10DAYS)**

1. Special Adventure Courses & Special Skiing Courses will be conducted on request for groups (minimum strength 25 students), keeping other training commitments of the Institute in view. The rate will be Rs 1000/- per day per student for Special Adventure and Rs.2000/- per day per student for Special Skiing Course. The course can be conducted at Pahalgam, Sanasar, Bhaderwah and Leh. The skiing course dates are subject to change, keeping in view the weather and snow conditions. Charges for Special Mountain Courses at Leh will be different as in Pahalgam, Sanasar & Bhaderwah.
2. The Institute provides food, accommodation, equipment, and first aid during the course in the above mentioned fee structure. No escort is permitted with individual trainees, but escort is only permitted for Special Courses for registered schools only.

### **Deduction of Course fees**

- |    |     |  |   |     |
|----|-----|--|---|-----|
| 3. | (a) | Cancellation of seat 03 months before the course | - | 15% |
|    | (b) | Cancellation of seat 02 months before the course | - | 25% |
|    | (c) | Cancellation of seat 01 month before the course  | - | 50% |

### **How to apply**

4. Application and medical forms are available on our website [www.jawaharinstitutepahalgam.com](http://www.jawaharinstitutepahalgam.com) for admission in any course in the Institute. Pay the applicable fee online and attach the receipt of the fee with application and medical form and send us through speed post only.
5. The Institute will provide mountaineering equipment and all specialized clothing required during the course. The students are however, required to bring the following:-
  - (a) One or two changes of personal clothing.
  - (b) Toilet requisites.
  - (c) Sport shoes.
  - (d) Goggles
  - (e) Woolen Socks
  - (f) Woolen gloves & cap
  - (g) Sun screen lotion / lip guard
  - (j) Thermals under garments
  - (k) Wind & water proof jacket

### **Administrative Details**

6. The administrative details are given in succeeding paragraphs:-
  - (a) Fee is payable in advance, along with duly filled application forms. Adventure sports activities are prone to physical injuries. Students participating in these activities should be aware of the risks involved and accepted the same. Participation is on voluntary basis.
  - (b) Students would be relieved on last day of the course after breakfast. In order to make return journey comfortable, students are advised to have the reservation done in advance.
  - (c) Medium of instructions for training would be Hindi and English.
  - (d) All queries regarding the courses / administrative details are to be addressed to the Principal, Medical officer and training clerk only.

### Insurance Cover for the Trainees

7. (a) Students undergoing mountaineering / adventure/Skiing courses at JIM & WS are to get themselves insured for the duration of the course. They must report to the Institute along with insurance papers. The insurance must cover accidents, death, loss of limb any illness/injury suffered while undergoing courses at JIM & WS.
- (b) Customized insurance facility for the duration of adventure activity can be facilitated at JIM & WS, Pahalgam (J&K) on a payment basis on arrival.

### COVID-19 ADVISORY

8. Course aspirants are advised to follow COVID-19 guidelines as appended below:
- (a) The aspirants should be in possession of RT- PCR test report (Covid Negative report) undergone not more than 72 hours prior to reporting at JIM & WS.
- (b) A preliminary medical checkup/clinical screening will be done at the time of reporting of all the trainees. If an individual is observed to be suffering from high fever / having cough, he/she will be immediately referred to the nearest Hospital.
- (c) Trainees are requested to bring their own masks and sanitizers for personal hygiene and prevention.
- (d) Advisory for COVID-19 Protocol issued from MOHFW and J&K (UT) to be followed strictly.

### Climatic condition

#### Pahalgam

- (a) Pahalgam has a cool and pleasant climate in summers and very cold climate in winters and the best season for adventure is from **April to October**.
- (b) Winters (November to March) are chilly and snow bound. The minimum mercury level goes below sub zero levels and the region mostly covers receives fresh **snowfall**.  
The views of the landscape are excellent with snow covered hilly terrains.
- (c) Summers (March to June) are warm and pleasant. The temperature in this hilly region ranges between 11°C and 25°C. Intermittent showers are seen during this period.  
There is no snowfall but **snow** can be found on high altitudes.
- (d) Monsoons (July to September) are very scanty. The region becomes highly humid during this period.

#### Sanasar

- (a) Sanasar has a cool and pleasant climate in summers and very cold climate in winters and the best season for adventure is from **Apr to Oct**.
- (b) Winters (October to March) are chilly and snow bound. The minimum mercury level goes below sub zero levels and the region mostly covers receives fresh **snowfall**.  
The views of the landscape are excellent with snow covered hilly terrains.
- (c) Summers (March to June) are warm and pleasant. The temperature in this hilly region ranges between 15°C and 30°C. Intermittent showers are seen during this period.  
There is no snowfall but **snow** can be found on high altitudes.
- (d) Monsoons (July to September) are very scanty. The region becomes highly humid during this period.

#### Bhaderwah

- (a) Bhaderwah has a cold and pleasant climate in summers and very cold climate in winters and the best season for adventure is from **Apr to October**.
- (b) Winters (November to March) are chilly and snow bound. The minimum mercury level goes below sub zero levels and the region mostly covers receives fresh **snowfall**.  
The views of the landscape are excellent with snow covered hilly terrains.
- (c) Summers (March to June) are warm and pleasant. The temperature in this hilly region ranges between 15°C and 30°C. Intermittent showers are seen during this period.  
There is no snowfall but **snow** can be found on high altitudes.

### Leh (Ladakh)

- (a) Leh (Ladakh) has a hot and dry climate in summers and very cold climate in winters and the best season for adventure is from **May to September**.
- (b) Winters (October to April) are chilly and snow bound. The minimum mercury level goes below sub zero levels and the region mostly covers receives fresh **snowfall**.
- (b) Summers (March to June) are very hot and dry. The temperature in this hilly region ranges between 25°C and 40°C. No showers are seen during this period. There is no snowfall but **snow** can be found on high altitudes on the peaks.

### Sonamarg

- (a) Sonamarg has a cool and pleasant climate in summers and very cold climate in winters and the best season for adventure is from **Jun to October**.
- (b) Winters (November to March) are chilly and snow bound. The minimum mercury level goes below sub zero levels and the region mostly covers receives fresh **snowfall**. The views of the landscape are excellent with snow covered hilly terrains.
- (c) Summers (Apr to October) are warm and pleasant. The temperature in this hilly region ranges between 11°C and 25°C. Intermittent showers are seen during this period. There is no snowfall but **snow** can be found on high altitudes.

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(I S Thapa)  
Colonel  
Principal (JIM & WS)

#### **Mobile:**

: 9906967821 (Med Officer)  
: 9906967830 (Training Clerk)  
: 01936-243129 (TELE / FAX)

**Web Site:**[www.jawaharinstitutepahalgam.com](http://www.jawaharinstitutepahalgam.com)

**Email:** [principal@jawaharinstitutepahalgam.com](mailto:principal@jawaharinstitutepahalgam.com)