

જા. ક્ર: ૧૨૬/૨૦૧૮-૧૯, આચાર્ય, પર્વતારોહણ સંસ્થા, માઉન્ટ આબુ, વર્ગ-૧ ની
જગ્યા પર ભરતી માટેની પ્રાથમિક કસોટીમાં ભાગ-૧ અને ભાગ-૨ ના ૧૮૦
મિનિટના સંયુક્ત પ્રશ્નપત્રનો અભ્યાસક્રમ

પ્રાથમિક કસોટીનો અભ્યાસક્રમ	
ભાગ-૧	
કુલ પ્રશ્નો-૧૦૦	માધ્યમ: ગુજરાતી
	કુલ ગુણ : ૧૦૦
૧	ભારતની ભૂગોળ- ભૌગોલિક, આર્થિક, સામાજિક, કુદરતી સંસાધન અને વસ્તી અંગેની બાબતો- ગુજરાતના ખાસ સંદર્ભ સાથે
૨	ભારતનો સાંસ્કૃતિક વારસો- સાહિત્ય, કલા, ધર્મ અને સ્થાપત્યો- ગુજરાતના ખાસ સંદર્ભ સાથે
૩	ભારતનો ઇતિહાસ- ગુજરાતના ખાસ સંદર્ભ સાથે
૪	ભારતની અર્થવ્યવસ્થા અને આયોજન
૫	ભારતીય રાજનીતિ અને ભારતનું બંધારણ: (૧) આમુખ (૨) મૂળભૂત અધિકારો અને ફરજો (૩) રાજ્યનીતિના માર્ગદર્શક સિદ્ધાંતો (૪) સંસદની રચના (૫) રાષ્ટ્રપતિની સત્તા (૬) રાજ્યપાલની સત્તા (૭) ન્યાયતંત્ર (૮) અનુસૂચિત જાતિ, અનુસૂચિત જનજાતિ અને સમાજના પછાત વર્ગો માટેની જોગવાઈઓ (૯) એટર્ની જનરલ (૧૦) નીતિ આયોગ (૧૧) પંચાયતી રાજ (૧૨) નાણા પંચ (૧૩) બંધારણીય તથા વૈધનિક સંસ્થાઓ- ભારતનું ચૂંટણી પંચ, સંઘ લોક સેવા આયોગ, રાજ્ય લોક સેવા આયોગ, કોમ્પ્રોલર એન્ડ ઓડિટર જનરલ; કેન્દ્રીયસતર્કતા આયોગ, લોકપાલ તથા લોકાયુક્ત અને કેન્દ્રીય માહિતી આયોગ
૬	સામાન્ય બૌદ્ધિક ક્ષમતા કસોટી
૭	સામાન્ય વિજ્ઞાન, પર્યાવરણ અને ઈન્ફર્મેશન એન્ડ કોમ્યુનિકેશન ટેકનોલોજી
૮	ખેલ જગત સહિત રોજબરોજના પ્રાદેશિક, રાષ્ટ્રીય અને આંતરરાષ્ટ્રીય મહત્વના બનાવો

Syllabus of Preliminary Test

Part-1

Total Questions-100

Medium:Gujarati

Total Marks- 100

1	Geography of India-Physical, Economic, Social, Natural Resources and population related topics- with special reference to Gujarat
2	Cultural heritage of India-Literature, Art, Religion and Architecture-with special reference to Gujarat
3	History of India with special reference to Gujarat
4	Indian Economy and Planning
5	<u>Indian Polity and the Constitution of India:</u> (1) Preamble (2) Fundamental Rights and Fundamental Duties (3) Directive Principles of State Policy (4) Composition of Parliament (5) Powers of the President of India (6) Powers of Governor (7) Judiciary (8) Provisions for Scheduled Castes, Scheduled Tribes and backward classes of the society (9) Attorney General (10) NITIAayog (11) Panchayati Raj Institutions (12) Finance Commission (13) Constitutional and Statutory Bodies: Election Commission of India, Union Public Service Commission, State Public Service Commission, Comptroller and Auditor General; Central Vigilance Commission, Lokpal and Lokayukta, Central Information Commission
6	General Mental Ability
7	General Science, Environment and Information & Communication Technology
8	Daily events of Regional, National and International Importance including Sports

**Syllabus for the Preliminary Test for the recruitment of
Principal of Mountaineering Institute, Mount Abu, Class-I**

PART-2

Marks – 200

Questions-200

Medium: English

1. BASIC MOUNTAINEERING

History of Indian Mountaineering, Map Reading, Navigation, Mountain Weather, Mountain Health, Mountain Hygiene, Principles of Rock Climbing, Basic Techniques of Movement on Rock, Snow and Ice, Rock Terminology, Rock Craft Techniques, Snow Craft and Ice Craft Techniques, conservation of Himalayan environment.

2. MOUNTAINEERING TERMINOLOGY

Acclimatisation, Acrete, Avalanche, Anchor, Belay, Bergschrund, Buttress, Cairn, Chimney, Chockstone, Col, Cornice, Crevasse, Free Climbing, Fixed Rope, Gendarme, Glacier, Gully, Hanging Glacier, Hold, Ledge, moraine, Overhang, Pitch, Rappelling, Rib, Scree, Serac, Slab, Snow Line, Snout, Tran, Traverse, Verglas, Wall, White Out, Wind Chill, Wind Slab.

3. MOUNTAINEERING EQUIPMENT

Helmet, Harness, Boot Multipurpose, Rock climbing Boots, Rope Climbing, Rope Rappelling, Sling, Carabiners, Rock Pitons, Rock Hammer, Chock Nuts, Spring-loaded Camming Devices, Jumar, Descender, Pulleys, Crampons, Ice-Axe, Ice-pitons, Ice-Hammer, Deadman Anchor, Snow Shovel, Equipment to be Carried While Operating In Mountains, Various types of knots used in Mountaineering.

4. ANCHORS

Introduction to Anchors, Types of Anchors, Natural Anchors: Trees, Boulders, Chock stones, Rock Projections, Bushes and Shrubs etc. Artificial Anchors: Deadman, Pitons, Chock Nuts and Spring Loaded camming Devices, Applications of anchors.

5. SHELTERS

Introduction and Need of Shelters, Types of Shelters, Standard Shelters, Improvised Shelters: Shelters Built with Branches, single lean to, Double lean-to, Wigwam, Shelters Built with Snow, Igloo, Emergency Igloo, Snow Cave, Lapp Shaft, Snow Pit, Tree Pit Shelter, Shelter Made with Sangar, Natural Caves, Bivouac, Dhok etc,

6. AVALANCHES AND ITS RESCUE

Introduction to Avalanches, Types of Avalanches, Loose Snow Avalanches: Dry Snow Avalanches, Wet Snow Avalanches etc., Packed Snow Avalanches, Combination Avalanches, Factor Aiding Avalanche Formation: Weather, Rainfall, Snowfall, Wind Speed and Direction, Temperature, Clouds, Visibility, Snow Conditions, Fresh Snow, Snow Temperature etc., Situations Preceding Avalanches, Triggers.

Avalanches Rescue: Precautions, Selection of Routes, Avalanche Slope Crossing Drill, Actions Carried out when caught in Avalanches, Avalanche Rescue Drill, Searching Victim Using Avalanche Victim Detector.

Avalanche Victim Detector: Introduction, Modes of AVD, Technical Data.

Avalanche Rescue Team and Equipment: Need For Avalanche Rescue Team, Organization of Avalanche Rescue Team, Individual equipment carried by Avalanche Rescue Team: Rucksack, Carry Mat, Jacket Gortex, Special Socks, Trouser Gortex, Water Poncho, Cap Balaclava, Hand Gloves, Head Lamp, Gaiters, Snow Goggles, Face Mask, Ice Axe, Crampons, Snow Shovel, Avalanche Victim Detector, Avalung, Avalung Cord etc., equipment carried by Avalanche Rescue Team as team load.

7. STREAM CROSSING

Site Selection for stream crossing, Preparation for stream Crossing, Methods of Stream Crossing: Wading, Chain Method of Crossing, Single Log Bridge and Double log Bridge, Single Rope Bridge, Double Rope Bridge, Tarzan Swing etc.

8. COLD INJURIES

Common Problems of High Altitude, Hypothermia, Frostbite, Chilblains, Snow Blindness, Sunburn, High Altitude Pulmonary Oedema etc. and their Signs and Symptoms, Risk Factors, first aid treatment and prevention.

9. MOUNTAIN HAZARDS

Introduction to Mountain Hazard, Cause of Mountain Hazards, Types of Mountain Hazard, Subjective Hazards: Falling, Camp Site, Equipment etc., Objective Hazards: Snow Group Hazard, Weather Hazards, Rock Hazards, and Health Hazards etc.

10. EMERGENCY FIRST AID AND CPR

Introduction and Need of Emergency First Aid, Care for Bleeding, Shock, Sprains, Strains, Dislocations and Fractures, Poisoning etc., Cardiopulmonary Resuscitation, Universal Precautions.

11. Do's and Don'ts in Mountains, Snow Bound Areas and Glaciated Terrain during Acclimatisation, Camping, Physical Fitness and when Caught in Storm.

12. Physical Geography of Himalayas and Indian Subcontinent (Peninsular India).

13. Impact of Tourism/Mountaineering/Trekking on Environment.

14. Legal Framework in Relevant Field.

15. Current Trends and Recent Advancements in the field of Mountaineering.