



TRAINING CATALOGUE

www.sankatmonchanbal.com

ABOUT US

Sankat Mochan Bal Safety Training Institute Pvt. Ltd. (SMBSTI) is a **Military Veteran-led Organization** committed to enhancing water safety, disaster management, and emergency response capabilities. Our primary objective is to promote water safety through education and public awareness while equipping individuals and organizations with essential life-saving skills in technical rescue, first aid, and maritime safety.

As the specialized training division of Add On Safety & Surgicals Pvt. Ltd. (AOSSPL)—a trusted name in the industrial safety sector since 2012—SMBSTI leverages the expertise of highly trained ex-Armed Forces personnel with national accolades. Our world-class training programs cater to government and semi-government agencies, including NDRF, SDRF, Indian Railways, Airport Authority of India, Civil Defense, Forest Departments, Volunteer Rescuers and Adventure sports organizations etc.

AOSSPL is a leading manufacturer of First-Aid & Trauma Kits, Stretchers, Spill Kits, First Responder Medical Emergency Kits, Wind Socks, Life Jackets, and other critical safety equipment. Recognizing the increasing need for specialized training.



Why Choose Us

- ▶ Certified Instructors: Industry experts with real-world experience
- ▶ Hands-on Training: Practical exercises and real-life simulations
- ▶ Flexible Scheduling: On-site and online training options
- ▶ Recognized Certifications: Compliant with industry standards
- ▶ Customizable Courses: Tailored solutions for corporate clients

Aim of our Training Institute

To enhance disaster preparedness and response capabilities by providing advanced training in rescue operations, first aid, and safety management. We aim to equip individuals, organizations, and government agencies with the skills and knowledge needed to effectively mitigate and manage emergencies, ensuring a safer and more resilient society.



OBJECTIVES

Natural Disasters and Man Made accidents are often proved to be fatal. Many a times a small injuries becomes complicated when the casualties are not finding a right First-Aid. Creating Sankat Mochan Bal Safety Training Institute will be working hard on creating awareness and training the volunteers for disaster management, and thus it will curb the death tolls and tragedy due to unawareness and lack of trained force that could save lives of many people.

VISION

Creating Sankat Mochan Bal Safety Training Institute will be working hard on creating awareness and training the volunteers for disaster management. Our vision will be training the trainers through out India and making our nation world class in the field of disaster management which is well equipped with world class Gadgets and Equipment.



MISSION

Sankat Mochan Bal Safety Training Institute will be working through out India in association with National & State Govt. Agencies for giving the world class training along with Supply of the Rescue Gears and Safety Equipment. A range of traing like deep diving, Life saving techniques, First-Aid Training, CPR Training, Rescue skills, working on heights, etc. All the training programs will be delivered through affiliation of world class agencies with valid certificate that approves the trainers to train more and more volunteers all over India.



TRAINING COURSES

No.	Course Name	Brief Curriculum	Duration
1	Flood Rescue course (Basic)	Introduction to flood rescue, PPE, Water rescue equipments & techniques, Self Rescue & swimming Techniques, Evacuation & casualty Handling, Basic First Aid	10 Days
2	Advanced Flood Rescue Course	Introduction of flood rescue, PPE, advanced boat operations, Rope rescue techniques in flood environment, Rescue Swimmer techniques, Structure based flood rescue, medical emergency, Realistic flood rescue scenarios, Water rescue equipments & techniques, Swift water and flood water hydrology, Evacuation & casualty Handling, Basic Diving.	25 Days
3	Aquatic Disaster Rescue Course	Introduction to flood rescue, PPE, Water rescue equipments & techniques, Basic Diving, Self Rescue & swimming Techniques, Evacuation & casualty Handling, Basic First Aid, Boat and Water Craft Operations, Search & Rescue in aquatic environments, Highline System, Basic Diving	16 Days
4	Aquatic Disaster Rescue Course (TOT)	Introduction to flood rescue, PPE, Water rescue equipments & techniques, Basic Diving, Self Rescue & swimming Techniques, Evacuation & casualty Handling, Basic First Aid, Boat and Water Craft Operations, Search & Rescue in aquatic environments, Technical Rope Rescue for Water Environments, Flood Rescue & Evacuation Strategies, Medical Emergencies in Water Rescues etc	25 Days
5	Aquatic Disaster Response Course (with Rescue Diving) level - 2	Introduction to Aquatic Disaster Rescue, Rescue Techniques, Search & Rescue Operations, Diving and Submerged Rescue, Advanced First Aid & Trauma Care, Use of Rescue Equipment, Tactical Water Rescue in Disaster, Incident Command & Coordination, Post Rescue Operations, Technical Rope Rescue for Water Environments, Boat and Water Craft Operations, Rescue Diving and Emergencies	25 Days
6	Life Saving Techniques course	Swimming Techniques, Rescue Techniques, Rescue Equipments Operations, Water Entries.	5 Days
7	Rescue Boat Operator Course	Boat Handlings, Maintenance, Boat Assembly, Approach, Parking, Navigation	3 Days
8	United Technical Rescue Course	technical rope rescue, swift water rescue, boat operations, basic deep diving, rescue swimming	15 Days
9	Advanced Technical Rescue Course	Advanced Swimming Techniques, Advanced Boat Ops, Advanced Technical Rope Rescue, Advanced Deep Diving, Night operations, Advanced watermanship.	28 Days
10	Basic Deep Diving Course (15 mtr)	Scuba Diving, Equipment Assembling & Disassembling, Buddy Breathing, Ascending, Descending, Attendance Duty	18 Days

11	Under Water Diving Course On Life Saving & Salvage	Fundamentals of Diving, Life Saving Techniques, Salvage Operations, Navigation and Search Methods, Specialized Equipment Handling, Hazard Management and risk assessment, Practical Training and simulations.	25 Days
12	Advanced Deep Diving Course TOT	Scuba Diving, Equipment Assembling & Disassembling, Buddy Breathing, Ascending, Descending, U/W Communication, U/W Videography, Attendance duty, U/W Search Techniques, Emergency Ascending and Descending	25 Days
13	Advanced Deep Diving Course MOT	Introduction to Advance Deep Diving, Advance Dive Planning, Technical Dive Equipment, Deep Diving Techniques, Narcosis Management & Mitigation, Search & recovery at Depth, Emergency procedure & rescue operations, Technical Methodology for deep diving, Equipment Assembling & Disassembling, Buddy Breathing, Ascending, Descending, U/W Communication, U/W Videography, Attendance duty, U/W Search Techniques, Emergency Ascending and Descending, Supervise all the Diving Drills,	25 Days
14	SAR Deep Diving course (20 mtr)	Scuba Diving, Equipment Assembling & Disassembling, Buddy Breathing, Ascending, Descending, U/W Communication, U/W Videography, Attendance duty, U/W Search Techniques, Emergency Ascending and Descending, Diving Disease, Flying Restriction, Uses of Periodic tables, Emergency Ditching Drill, Buoyancy.	30 Days
15	Dog Handler Course	Types of Dogs, Basic Veterinary First aid, Basic Tracking & Search Skills, Advanced Tracking & Search skills, Substance Detection etc	10 Days
16	Maintenance Technician Course	Weiding, OBM maintenance, Rescue Boat Maintenance, Air Compressor Maintenance, Hydraulic tools maintenance, Troubleshooting & repair Techniques, Preventive Maintenance & Record Keeping, Scuba Diving Equipment maintenance, Fabric Repair, Fibre glass theory and practical etc	10 Days
17	Maintenance Technician Course (TOT)	Equipments introduction, Training Methodologies, Technical competencies and maintenance procedures, tools and equipments handlings, Safety and compliance training, Hands-on training and practical session	12 Days
18	Maintenance Technician Course (MOT)	Master trainers roles and responsibility, Advance training techniques, Trainee Psychology and behaviour management, Technical Mastery, Tools, Equipments and asset management, Leadership, Safety and Compliance, Technical Workshop, Hands-On Leadership training, field application.	15 Days
19	Equipment Maintenance Course Basic	Introduction to equipment maintenance, Tools and techniques for maintenance, Mechanical Equipment maintenance, Electronic equipments maintenance, Water and air rescue equipments, Fire and rescue equipment maintenance, First aid and medical equipments maintenance etc.	10 Days
20	Equipment Maintenance Course TOT	Fundamentals of equipment maintenance. Tools, equipments and maintenance procedure. Training Delivery and assessment. Develop lessons plans for equipment maintenance. Training techniques for emergency response team.	12 Days

21	Equipment Maintenance Course MOT	The role of master trainers, Advance equipment maintenance and troubleshooting, Curriculum Development and standardization, Practical leadership and evaluation, Field application and real world training like emergency response drill and equipment failure.	15 Days
22	CPR & AED Course	CPR theory & Practical, AED	2 Days
23	Medical First Responder Course	Introduction to Emergency Medical Services, Basic First Aid, AED, O2 Therapy, Basic Anatomy & Physiology, Patient Assessment, Airway Management, CPR, Trauma Emergencies, Environmental Emergencies, Practical Skill Training and Scenarios	7 Days
24	First Aid Course	Introduction to first Aid, Basic Life Support & CPR, Airway & Breathing Emergencies, Bleeding & Wound Management, Fracture, Bandages, Sprains and Tissue Injuries, Shock & Medical Emergencies, First Aid Kits & Preparedness etc	3 Days
25	Rope Rescue Course	Rope Rescue, Precautions During Work at Height, Height Rescue, Equipment and Gear Familiarization, Rope Knots and Hitches, Anchors & Anchors System, Rappelling & Rope Descending Techniques, Ascending and Climbing Techniques, Mechanical Advantage System etc.	10 Days
26	Advanced Technical Rope Rescue Course	Rope Rescue, Precautions During Work at Height, Height Rescue, Equipment and Gear Familiarization, Rope Knots and Hitches, Anchors & Anchors System, Rappelling & Rope Descending Techniques, Ascending and Climbing Techniques, Mechanical Advantage System, High Angle Rescue System, Knot Passing, Load Sharing Specialized Anchors, Stretcher Packing	13 Days
27	Basic Rescue Course (Forest)	Inland rescue fundamentals, SAR planning, First Aid and trauma management, Rope rescue techniques, Snake/ Wild animals rescue planning and operations, Practical drills and assessments.	2 Days
28	Wildlife Rescuer Course	Wildlife Identification, Wildlife Rescue Techniques, First Aid for wild Animals, Transporting Animals, Legal & Ethical Considerations, Animal Behavior, Release Protocols, Personal Safety	7 Days
29	Life Guard Course	Introduction to Lifeguarding, Water Safety Skills, First Aid & CPR, Emergency Procedures, Advanced Rescue Techniques, Preventive Lifeguarding, Communication & Teamwork, Physical Fitness & Endurance	5 Days
30	Security Course	Roles and responsibilities of securities, Codes of Conducts, Basic Security Techniques, Emergency Response and First Aid, Physical Fitness & Self Defense, Legal Knowledge, Communication Skills, Handling of Special Situations, Practical training and Evaluation,	7 Days

PANEL OF EXPERTS

Colonel Dinesh Kumar Jha, Veteran Director

Colonel Dinesh Kumar Jha, a veteran with 30 years of experience in disaster management, crisis response, and strategic planning, has demonstrated exceptional leadership in emergency preparedness, rescue operations, logistics, and safety protocols, coordinating relief missions and risk mitigation strategies.



Rashmin Shah Director

Mr. Rashmin Shah is the Director of Sankat Mochan Bal Safety Training Institute Pvt Ltd. With 15 years in the Safety Industry, including 12 years as a director at Add On Safety & Surgical Pvt Ltd, he specializes in the creation of First Aid Safety and Disaster Management Equipments. He holds a Bachelor's in Commerce.



Sayali Shah Director

Mrs. Sayali Shah is the Director at Sankat Mochan Bal Safety Training Institute with 9 years of experience at Add On Safety & Surgical Pvt. Ltd. A specialist in React Right, She has pioneered innovative safety equipments in First Aid & Wild Animal Rescue. Her Vision is to advance India's Disaster Management by providing advanced level training to volunteers. She holds MBA in Finance.



Adv. Pravin Kumar Teotia Ex Petty Officer (Marcos), Shaurya Chakra Awardee Sr. Training Manager

Praveen Kumar Teotia, a Shaurya Chakra Awardee, is an ex-MARCOS and author of 26/11 Braveheart. With over 15 years of experience, he is the first Differently abled IRONMAN (4X) of India and a certified clearance diver, specializing in marine safety and technical rescue operations.



Imran Ahamad Ex Petty Officer (Indian Navy Clearance Diver & Supervisor) Training Manager

Mohd Imran Ahmed, a 15-year veteran of the Indian Navy, is a renowned expert in rope rescue, diving, flood water rescue, maintenance training, and wild animal rescue. He is a certified Clearance Diver, ensuring high standards of safety and emergency response.



Praveen B K Training Manager

Mr. Praveen, a seasoned dive instructor, free diver, and mountaineer with over eight years of experience, specializes in free diving, scuba diving, and swimming instruction. With over 4,500 dives across Southeast Asia, he combines technical proficiency with a passion for exploration.



Suraj Pandey Trainer

Suraj Pandey, a wildlife rescue expert with over a decade of experience, has conducted training programs for various organizations, including the Forest Department, and has successfully rescued over 10,000 reptiles and mammals.





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AFFILIATED MEMBER