

# Vivekananda College Thakurpukur

## Rock Climbing

Rock Climbing is a dynamic sport that engages both your mind and body. It offers a blend of strength training, core conditioning, gymnastic movement, and strategic thinking as you navigate your way up the wall. At the Vivekananda College's Climbing Wall, beginners can embark on their climbing journey with confidence. Our experienced instructors provide guidance and support, ensuring a safe and thrilling experience for all. Whether a student, faculty member, or staff, everyone is welcomed to join in the adventure of scaling new heights and experiencing the rush of abseiling down from the top.

Instructor and Trainer: Sri Jit Roy

### Aims/Objectives

- Promote physical fitness and mental well-being- It is an excellent full-body workout that builds strength, endurance, and flexibility. It also boosts self-confidence and promotes mental well-being.
- Develop climbing skills and foster a passion for rock climbing-Students are provided with the skills and knowledge to climb safely and confidently. The trainer gives training and guidance to help members improve their climbing abilities.
- Build a supportive community and promote adventure and exploration- Members can connect, share experiences, motivate each other, and celebrate successes together. Students can embrace adventure and experience the thrill of outdoor activity.
- Safety and Education- Provides comprehensive training on climbing safety protocols, equipment usage, and risk management to ensure that all members can enjoy climbing in a safe and responsible manner.

## Activity

### Report on Intra College Sports Climbing Competition

**Date: January 7, 2024**

In the exhilarating celebration of Students' Week at Vivekananda College, the Sports Climbing Competition held on January 7, 2024, added a thrilling dimension to the festivities. The event aimed to foster physical fitness, mental resilience, and the spirit of healthy competition among the students.

Participants:

The competition saw enthusiastic participation from students across various departments. Both male and female students showcased their climbing prowess, bringing a dynamic and competitive atmosphere to the event.

#### Event Highlights:

The climbing wall, specially set up for the competition, provided a challenging yet safe environment for participants. The competition featured three main criteria for evaluation- time, boards covered and height reached. The climbers exhibited exceptional agility, strength, and strategic thinking as they navigated the climbing routes.

Judges: The competition benefited from the expertise of distinguished judges comprising of a seasoned mountaineer with extensive experience Sri A. Chowdhury and faculty member Prof. Sumi Karmakar.

#### Winners and Recognition:

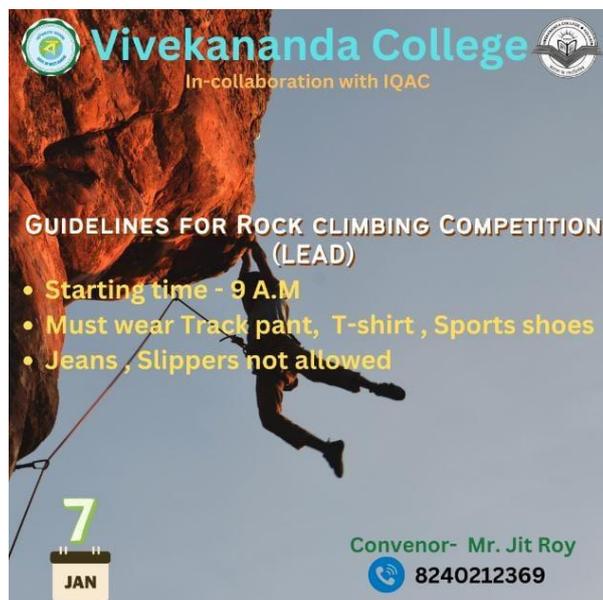
The competition was keenly contested, and the winners were determined based on a combination of speed, technique, and successful completion of the climbing routes. Medals and certificates were awarded to the top performers (separately male and female category), and participation certificates were given to all the participants acknowledging their outstanding achievements.

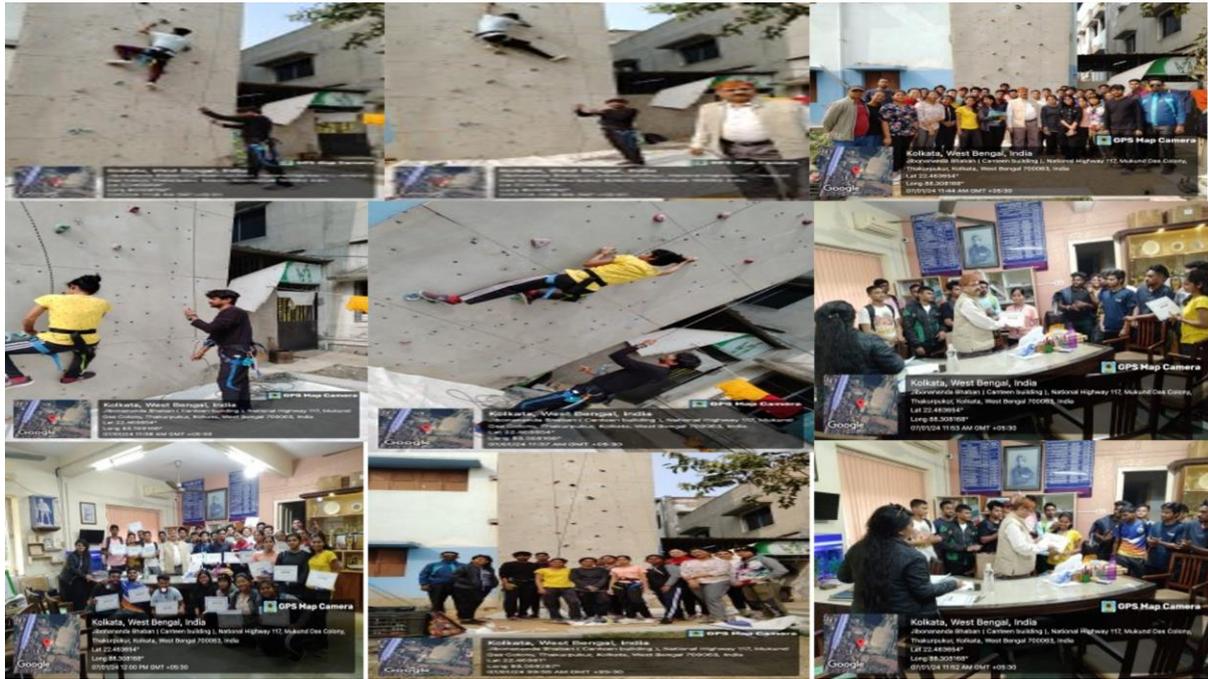
#### Spirit of Camaraderie:

Beyond the competitive aspect, the Sports Climbing Competition also fostered a sense of camaraderie among the participants. Students encouraged each other, shared tips, and celebrated the collective spirit of sportsmanship.

#### Conclusion:

The Intra College Sports Climbing Competition not only added an adrenaline rush to the Students' Week Celebration but also emphasized the importance of physical activity and sports in the holistic development of students. The event's success was a testament to the college's commitment to promoting a healthy and active lifestyle among its student community.





**Some Glimpses of the Intra College Sports Climbing Competition, Vivekananda College Thakurpukur, Kolkata, 7th January 2024**