

Report of Adventure Club activity

As a first activity of the Adventure club we decided to take the students for 'Sport Wall Climbing' which is available at Indian Mountaineering Foundation (IMF) at 6, Benito Juarez Marg South Campus, New Delhi. *Indian Mountaineering Foundation (IMF)* is the apex national body for mountaineering and allied sports which also houses Tenzing Norgay museum in it. Total 56 students across all courses registered for the event.

On 3rd November all the students assembled timely in the college premises at 8.30 am. They were very excited about this thrilling experience of sport wall climbing. The bus reached there at 10.30 am. We were greeted by the staff of IMF and he introduced us to our instructor Mr. Ajij Sheikh, who is four-time consecutive National Climbing Champion and winner of 23 gold medals. Students were amazed to know that this simple, down to earth lad has represented India at World Championships in France (2012) & Asian Championships in Iran (2013). He very expertly made us do few set of exercises before introducing the climbing accessories to the students. Few professional climbers were already practising on the walls. Students soon realized that climbing is strenuous and tough for the body, but who wants an adventure activity to be easy on the bones, anyway? Ajij divided all the students in four groups of 14 students and appointed one leader for each group. Each and every student completed the climbing till the top and were rearing to go to climb the other wall which was more arduous. They were introduced to four different disciplines of competitive climbing: Lead, Bouldering, Speed and Team Speed and given a demo too. The second wall was difficult to climb and are higher than the earlier one but students with their boosted up spirits climbing the first wall, were successful in climbing the second wall also. They found it a great experience for confidence building and four of them were ready to go there on regular basis. One of our faculty member also climbed the wall.

Students were very excited to know that sport climbing on an artificial wall surface was officially confirmed as an additional sport for the Tokyo 2020 Olympic Games by the IOC Session in Rio de Janeiro in August 2016 and it has been included as a medal sport in the 2018 Youth Olympic Games in Buenos Aires. They met another National Champion of speed discipline who told them that he left his studies after class 12 and has become a professional sport climber. He demonstrated his speed discipline, which left everyone awestruck and like WOW.

Everyone was taken to the Delhi University South Campus canteen where sumptuous food was waiting for the exhausted students. They found the food very good. The whole experience was awesome for them.