

Basic Rock Climbing Course of AAU Girls at Mount Abu

Basic Rock Climbing Course for girls Student of Anand Agricultural University, Anand was organized during January 17-26, 2016 at Swami Vivekanand Institute of Mountaineering (SVIM), Mount Abu by the Director of Students Welfare, AAU, Anand. Total 49 girl students of B.A. College of Agriculture, College of Food Processing Technology & Bio Energy, College of Horticulture, College of Agriculture Information Technology and College of Agriculture, Vaso participated in the Basic Rock Climbing Course.

Mount Abu offers some excellent climbing spots which can be ideal location to start learning the sport. Basic rock climbing field located near the Nakki Lake. It is a site that covers many types of rock features and hence can be used to practice various climbing methods.

During the training programme students learned about three point contact climbing techniques, Chimneying (backing up & down), Straddling, Lay back and lay away, different hold types and foot holds. Students also learned different types of belays and rappelling techniques like American side, stomach and Side rappelling. Theory lectures were also included in this course on the topics of Principle & methods of climbing and rappelling, trekking and camp manner, Belays: types, methods & calls and Rack formation. Students also learned about different equipments which are required for safety as well as ease in climbing like ropes, carabiners, bolts and pitons, helmets and tapes. Students enjoyed night trekking of about 10 kms in forest areas and hilly tracks. As a part of training programme camp fire was also arranged. They had wonderful experience of staying in forest.

The principal and administrative organizer of SVIM coordinated a lot during this 10 days mountaineering course with a continuous guidance and support.





