

# REPORT ON ROCK CLIMBING TRAINING CAMP (RCTC 2025)

Held at Devkatiya (2/11GR), Pithoragarh,

From 12th October to 17th October 2025



## INTRODUCTION

The Rock Climbing Training Camp (RCTC) was organized from 12th October to 17th October 2025 at Pithoragarh Uttarakhand under the guidance of NCC. The main objective of this camp was to train cadets in rock climbing techniques, physical fitness, and adventure skills, while promoting teamwork and self-discipline among the participants.

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## **ACTIVITIES CONDUCTED**

During the Rock Climbing Training Camp, a wide range of adventurous and educational activities were conducted to enhance the confidence, discipline, and physical fitness of cadets. Each activity was carefully designed to develop team spirit, leadership qualities, and mental endurance among participants. The camp provided a perfect blend of training, adventure, and self-discovery.

The main activities conducted during the camp were as follows:

### **1. Artificial Rock Climbing:**

Cadets were trained in the basics of rock climbing under the supervision of qualified instructors. We learned how to wear harnesses, tie knots, and use ropes safely while climbing. This activity helped us overcome the fear of height and boosted our confidence. Each climb was a test of strength, patience, and courage.

### **2. Rappelling:**

In this activity, cadets practiced descending from a rock wall using ropes and safety equipment. It required trust in oneself and in the team members managing the belay. Rappelling taught us the importance of proper communication, balance, and confidence while facing challenging situations.



### **3. Jumaring:**

**Jumaring was one of the most exciting activities of the camp. It involved climbing up a suspended rope using a device called a jumar. This required a great deal of coordination and arm strength. It taught us perseverance and helped in developing upper body fitness as well as mental determination.**

### **4. Physical Training and Morning Drill:**

**Each day began with physical training sessions, stretching, and drill exercises to maintain stamina and discipline. The sessions promoted teamwork and unity among cadets, setting a disciplined tone for the rest of the day.**



#### **5. Lectures and Demonstrations:**

**Instructors conducted short lectures on adventure safety, mountaineering basics, and the importance of physical fitness in defence life. These sessions were informative and helped us understand the values of courage, discipline, and teamwork in real-life scenarios.**

#### **6. Temple Visit and Cultural Activities:**

**A temple visit was organized during the camp, giving us a moment of peace and spiritual refreshment. In the evenings, cultural programs and group**

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interactions were held, which encouraged bonding and teamwork among cadets from different colleges and regions.



Through all these activities, we not only learned new skills but also developed confidence, self-control, and determination. The camp truly tested our limits and taught us that nothing is impossible with discipline, teamwork, and willpower.

## EXPERIENCE And LEARNING

The Rock Climbing Training Camp was one of the most memorable and life-changing experiences of my NCC journey. From the very first day, the camp taught us the true meaning of discipline, teamwork, and determination. Each activity pushed us beyond our comfort zones and helped us realize our inner strength and potential.

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The training sessions were both physically and mentally challenging. Climbing steep rocks and performing activities like rappelling and jumaring required courage, focus, and trust in our instructors and teammates. Initially, many of us felt nervous and hesitant, but with constant practice and encouragement, we gradually gained confidence. Every successful climb brought a sense of achievement and pride that cannot be expressed in words.

Living in a disciplined environment throughout the camp taught us time management, self-reliance, and the importance of following orders. Early morning physical training sessions strengthened our endurance, while evening activities promoted team spirit and bonding. The instructors motivated us to never give up, no matter how difficult a task seemed.

Apart from physical development, the camp also taught us emotional balance and mental toughness. We learned how to remain calm in pressure situations and how teamwork and coordination can make any task easier. The temple visit added a touch of peace and spirituality to our adventurous journey, reminding us of humility and gratitude.

By the end of the camp, I felt more confident, disciplined, and responsible. I learned that success is not just about strength but also about patience, focus, and belief in oneself. This camp not only improved my physical fitness but also shaped my personality and attitude towards challenges. It was truly an unforgettable experience that will continue to inspire me throughout my life.

Submitted By

Cadet Vanshika Sharma

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### Acknowledgement

We are thankful to our respected ANO, instructors, and all NCC officials for their guidance, discipline, and motivation throughout the camp. Their continuous support made this training an inspiring and memorable experience for both of us.