

What is 'Soul of Steel Himalayan Challenge'?

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About Soul of Steel Himalayan Challenge:

- The challenge supported by the Indian Army in collaboration with Conquer Land Air Water (CLAW) Global was launched by defence minister on January 14 at Dehradun.
- The campaign was initiated on the 120th Raising Year of the 9 (Independent) Mountain Brigade.
- It was based on the lines of the 'Ironman triathlon', a long-distance triathlon held in Europe which tests an individual's physical capabilities.
- The initiative is aimed at enabling life skill training and youth development. It is also expected to boost global promotion of adventure tourism in Uttarakhand.
- It was a unique blend of specialised skills, including high altitude mountaineering, extreme cold survival, psychological and physical endurance.

- The challenge **opened the domain of niche military skills to an average person**, who wishes to challenge their physical and psychological limits.
 - It attracted interest from 1,401 (including 94 women) highly skilled athletes, adventure sports enthusiasts and armed forces aspirants.
 - **These applicants were put through a gruelling two-stage screening process**, of which **only 23** (including two women) **were finally chosen** to undergo a **10-week extensive training** in endurance, mountaineering, survival and rescue skills under a joint team of experts from the armed forces and CLAW Global.
 - The participants were **trained to operate beyond the assumed limits of their body**, to discover the limitless realms of their mind, consciousness and spirit.
 - **In the final phase of the challenge, 18 ‘Soul of Steel’ warriors set out on a challenge to compete as teams of three along the rugged mountainous terrain of the Garhwals, at an altitude of 17,000 feet and covered a distance of 65 km** through glaciers, ice walls, rock faces and snow-capped Himalayan peaks.
 - The challenge **tested their self-sustained mountain climbing, survival, navigation skills, psychological endurance and physical toughness**.
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Q1) What is the Ironman triathlon?

An Ironman Triathlon is one of a series of long-distance triathlon races organized by the World Triathlon Corporation (WTC), consisting of a 2.4-mile (3.9 km) swim, a 112-mile (180.2 km) bicycle ride and a marathon 26.22-mile (42.2 km) run completed in that order, a total of 140.6 miles (226.3 km). It is widely considered one of the most difficult one-day sporting events in the world.

Source: [‘Soul of Steel’: Backed by Indian Army, Extreme Himalayan Challenge a Test Beyond Assumed Physical Limits](#)

Source: <https://vajiramandravi.com/current-affairs/what-is-soul-of-steel-himalayan-challenge/>

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