

INDIAN MOUNTAINEERING FOUNDATION



Let's Accelerate Action this....

WOMEN'S
Day
2025

indmount.org

Mountain Challenge

This Women's Day, dare to dream, dare to climb, and dare to conquer! Presenting a one-of-a-kind Mountain Challenge designed especially for beginners—where age is no bar, and all you need is the desire to rise. If you've ever dreamed of scaling great heights but never had the chance, this is your moment!

Take on this thrilling challenge at the IMF Campus, push your limits, test your endurance, and prove your determination. The best part? Those who successfully complete the challenge will win an opportunity to embark on an exhilarating mountain journey—It's certainly is a once-in-a-lifetime adventure for many where you'll experience the raw beauty and thrill of the mountains like never before!

No prior experience needed—just your spirit, courage, and a heart that's ready to climb. Whether you're here for fun, self-discovery, or the ultimate adventure, this challenge is your gateway to something truly extraordinary. Will you take the leap?

Climbing Challenge

This Women's Day, take on the Climbing Challenge at JRD Tata Climbing Wall in the IMF Campus and push your limits like never before! Whether you're a seasoned climber or trying it for the first time, this is your chance to gain new heights, embrace climbing, and celebrate strength. With each level you reach on the Climbing Wall, exciting goodies await as a reward for your determination and skill!

Join us for a day of thrill, where every climb represents resilience, confidence, and the spirit of unstoppable women. Gather your friends, accept the challenge, and show the world how high you can go!

Fitness Challenge

This Women's Day, challenge yourself, push your limits, and showcase your strength, endurance, and agility at the IMF Fitness Challenge! Designed exclusively for women, this event is all about celebrating fitness, resilience, and determination through a series of physical tasks. Whether you're a fitness enthusiast or just looking for a fun way to stay active, this challenge is your chance to prove that nothing is impossible when you put your mind and body to the test! Join us at IMF Campus for an electrifying Fitness Challenge, where women come together to celebrate their power, resilience, and determination! Every effort counts, every challenge conquered brings a sense of accomplishment, and winners walk away with fantastic goodies!

Activities - Aspire, Accelerate & Action

Zumba, Rappelling, Rock Climbing,
Ice Climbing, Slack Line, Rope Course

This Women's Day, step into a world of adventure, fitness, and empowerment at IMF Campus, where a thrilling lineup of activities awaits to test, inspire, and celebrate YOU! Feel the beat and dance your heart out with Zumba, a high-energy session that blends movement and joy, or test your strength and endurance with Rock Climbing, pushing past limits to reach new heights. Take a leap of courage with Rappelling, where controlled descent symbolizes confidence and self-belief, or challenge your balance and focus on the Slack Line, mastering the art of stability. If you seek an obstacle course, the Rope Course will test your agility, coordination, and resilience as you navigate tricky challenges. Each activity is designed to empower, energize, and inspire—whether you're scaling new heights, defying gravity, or dancing with joy, every moment is a celebration of strength and determination.

Carnival Games

This Women's Day, step into a world of excitement at the IMF Carnival, where fun meets celebration! Get ready to challenge yourself with a variety of thrilling carnival games, enjoy a vibrant atmosphere, and compete in friendly contests. Whether you're here to test your skills, share laughter with friends, or simply soak in the festive spirit, this is your chance to make unforgettable memories. Join us as we honor the strength, joy, and brilliance of women in the most entertaining way possible. Come, play, win, and celebrate the incredible women within!