



## Varun Vaderia hoisted the tricolour on Europe's highest peak 'Mount Elbrus'

### Why in News?

According to information received from the Public Relations Department of Madhya Pradesh on September 1, 2023, Varun Vaderia, Joint Director (Finance) of Madhya Pradesh Tourism Board, has hoisted the tricolour on Europe's highest peak 'Mount Elbrus'.

### Key Points:

- According to the information, Varun Vaderia has done mountaineering course from Nehru Institute of Uttarkashi, an institution recognized by the International Federation for Climbing and Mountaineering.
- Waderia said that the climb of 'Mount Elbruj', 5642 meters above sea level, was very challenging. At high altitudes, the temperature is less than minus 10 degrees Celsius and the wind flow is quite fast. The wind and cold in the steep climb of the peak test you hard. Therefore, it is not only the highest peak in Europe, but also challenging.
- He said that oxygen and air pressure at the Elbruj peak decreases significantly. Due to their effect, breathing begins to swell. But due to yoga, pranayama, there was a lot of benefit and i completed the climb before the average time.
- It is known that Vadaria is a trained mountaineer, whose goal is to hoist the tricolour on the Seven Summits (Sapta Peak). The Seven Summits are the highest mountains in each of the seven traditional continents.



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