



ACP

(Theme: If you believe in yourself then age is not a bar to achieve your goal)

Story of Premlata Agrawal

Born	Premlata Garg
	1963 (age 61–62)
	Darjeeling, West Bengal, India
Nationality	Indian
Occupation	Mountain climber
Known for	Summitting Mount Everest (2011)The first Indian woman - mountaineer to complete the seven summits and the oldest Indian women mountaineer to summit Mount Everest at an age of 48 years



Premalata Agrawal (born 1963) is the first Indian woman to scale the Seven Summits, the seven highest continental peaks of the world. She was awarded the Padma Shri by the Government of India in 2013 and Tenzing Norgay National Adventure Award in 2017 for her achievements in the field of mountaineering. On 17 May 2011, she became the oldest Indian woman to have scaled the world's tallest peak, Mount Everest (29,032 ft.); at the age of 48 years at that time while Sangeeta Sindhi Bahl hailing from Jammu and Kashmir broke Premlata's record on 19 May 2018 and became the oldest Indian woman to climb Mount Everest at the age of 53.



ACP

(Theme: If you believe in yourself then age is not a bar to achieve your goal)

Seven Summits climbing details [\[edit \]](#)

No. ^[11] ⇅	Image ⇅	peak ⇅	Elevation ⇅	Continent ⇅	Date of Summit ⇅
1		Mount Everest	8,848 m (29,029 ft)	Asia	20 May 2011
2		Aconcagua	6,961 m (22,838 ft)	South America	10 February 2012
3		Denali	6,194 m (20,322 ft)	North America	23 May 2013
4		Kilimanjaro	5,895 m (19,341 ft)	Africa	6 June 2008
5		Mount Elbrus	5,642 m (18,510 ft)	Europe	12 August 2012
6		Mount Vinson	4,892 m (16,050 ft)	Antarctica	5 January 2013
7		Puncak Jaya	4,884 m (16,024 ft)	Australia	22 October 2013