

## **Scaling Heights: A SWOT/SWOC Analysis of Malavath**

### **Poorna's Inspirational Journey**

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#### **Abstract:**

Understanding the journey of Malavath Poorna, the youngest girl to scale Mt. Everest, through SWOT/SWOC analysis provides insight into overcoming socio-economic and gender-based challenges. Poorna's strengths—self-confidence and physical stamina—helped her combat weaknesses, including financial constraints and societal biases. Opportunities like mentorship and training empowered her against challenges such as discrimination and physical hardships. Her perseverance reflects the significance of self-awareness and strategic planning in achieving success. SWOT/SWOC analysis helps students assess their strengths, weaknesses, opportunities, and challenges, guiding them toward self-improvement and goal attainment. By embracing challenges positively, individuals can navigate obstacles and achieve personal excellence. Poorna's story inspires students to leverage their potential, reinforcing the idea that self-belief and determination can break barriers.

**Keywords:** SWOT analysis, SWOC analysis, Malavath Poorna, self-confidence, opportunities, challenges, perseverance.

#### **On the Top of the world**

#### **Malavath Poorna: The Youngest Girl to Scale Mt. Everest**

#### **1. Think before you Read:**

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*Have you ever participated in any sports or games or any competition? How much dedication and commitment is required? How much time do you need to*

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*practice every day? What type of encouragement and positive environment is needed for them to win?*

*Read the story with the intention of how Poorna Malavath, a Telangana tribal girl, had challenged the life and society and fulfilled her dream. Poorna has overcome her weaknesses with her inner strengths and used her opportunities against threats or challenges.*

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“In order to achieve success, you must believe that you are not inferior to anyone,” said Poorna Malavath. On May 25, 2014, she became the youngest, at the age of 13, female climber in the world to scale *the* Mt. Everest. But she didn’t stop there. Now she is attempting to climb the Seven Summits—the seven highest mountains in each Continent. With all her climbs, Malavath’s goal has been to encourage other girls and women to never give up on their dreams. Malavath Poorna’s life is an inspiration for every girl and women to never give up self confidence.



### **STRENGTHS**

Poorna had to win the Everest inside first and outside next. Poorna’s first strength is her self-confidence. For her winning means doing better than one has ever done before. Poorna’s second biggest strength is her physical stamina. In order to gain it, she underwent the rigorous training that included 12-15 mile jogs every day, yoga, meditation, and drinking lots and lots of milk—which was difficult for Poorna at first, since she hated drinking milk. “I run at least 20 kilometers each day and follow a protein rich diet,” she says. The first time Poorna

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saw Mount Everest; she turned to her coach and said confidently, “It’s not that tall. We can climb it in a day.” She was 13 years old.

### **WEEKNESSES**

The saga of Poorna’s story started with several insurmountable obstacles since her childhood. Poorna was born in Pakala, a small village in in Nizamabad district, Telangana. Her parents were farmers, earning about 2,000 rupees (about \$1) a month—far below even India’s poverty line. As part of the tribal ethnic class, the family belonged to one of India’s least privileged groups. Poorna grew up outside a village that didn’t have shops or buses; she had to walk three miles to even buy a matchbox. As she was a girl, she was looked down by the tradition of the community and forced to get married by discontinuing her school education by her parents and elders. She needed understanding and cooperation from friends, relatives, parents and teachers. The perception that because Malavath is female, tribal and poor was branded by others as less capable and less human than others. Hundreds of thousands of people across India from Tribal and Dalit communities face discrimination and are denied basic human rights like education.

### **OPPORTUNITIES**

The first thing that changed Poorna’s life was her admission into the Telangana Social Welfare Residential Education Institutions Society (TSWREIS). Second opportunity knocked her door was in the form of Dr. R. S. Praveen Kumar, Secretary, TSWREIS. He organized “Operation Everest,” which was a project aimed at helping train students in mountaineering. He played a crucial role in grooming Poorna. “He wanted to show that everybody can do anything,” Malavath explained. “I wanted to prove that girls could do anything, that too social welfare students could do anything. For a tribal like me, opportunities are very rare and I was looking for one opportunity where I could prove my calibre.”

Poorna’s coach and trainer, Sekhar Babu was the third opportunity came on the way to Poorna’s success. Although Poorna scared in the beginning, she started believing that victory comes from finding opportunity in problems. Poorna was selected to attend the workshop. The first day she said to her coach, “I cannot do this climbing.” But he encouraged her and told her some tips, and she just started slowly climbing.

### **CHALLENGES**

There are always new, grander challenges to confront, and a true winner will embrace each one. Poorna began her journey to the top of Mt. Everest in April 2014. But they received grim news: a freak avalanche had killed 16 climbers.

Shortly afterwards, Praveen Kumar called Malavath via satellite phone, asking her and the other team members to return to safety as the Nepali government banned any more climbing from their side of the mountain. But for Poorna, turning around was not an option. Malavath's trip to the top of Mt. Everest took 52 days. Poorna struggled with altitude sickness, including near-constant vomiting. "Every step is really dangerous. We had to be very careful," Poorna said. She and her team hiked through the night of May 24 and reached the summit early May 25, 2014. Poorna called Praveen Kumar on the satellite phone, announcing her success. Climbing the Everest was certainly more difficult than I thought, but my willpower to prove that a tribal girl can do something kept me going.

Poorna has few more challenges to achieve. "My goal is to complete all seven peaks before my twentieth birthday," she said. Climbing mountains can be an expensive hobby. But her coach and mentor take care of everything. "I'm really lucky to have them," she said. "Because of both of them and my parents' support, I'm here today".

Poorna has another challenge to face and win. She wants to continue her education. Dr. Praveen Kumar supported her education. "He helped not only me but many other students who are from underprivileged communities," she said. "I want to become like him. I want to help the same communities." It was my reason for climbing Everest," she added.

The biggest challenges ever faced by a tribal Indian poor girl are the barriers like caste and gender and poverty. Since she climbed Everest, the number of applications for admission at TSWREIS increased to 60,000 from 8,700 students in a year. Poorna continues to visit schools across India to encourage students to follow their dream.

### **Highlights**

- In 2017 a Bollywood movie "*Poorna*" was released based on the Poorna Malavath story.
- A biography of Poorna Malavath "*Poorna*" was written by Aparna Thota.

### **2. Answer the following questions and later you may discuss in your class.**

1. Who was Poorna and what did she achieve?
2. What were the family conditions of Poorna?
3. What are the three opportunities came to her?
4. How did Poorna equip herself with her strengths?
5. What are Poorna's future goals?
6. What were the obstacles that Poorna encountered in her expedition?

### **3. Applying the story:**

*Poorna had weaknesses:* Poorna was born in a poor tribal family in a village which led her into many challenges. She was undergone lot of financial and social problems. As a girl she was not encouraged and need to walk miles together to school.

*Poorna had strengths:* Although Poorna had been looked down as girl, poor and tribal girl, she had the amazing power of mental strength. She had a dream of climbing mount Everest.. She had self confidence and higher self esteem. She was not driven away by the fear of failure but challenged the circumstances.

*Poorna had beaten gender, social and financial disadvantages with her mental strength:* She neither believed nor accepted failure. She tried to substitute weaknesses with her mental stamina. She strained her body and mind and worked hard in training as she was ambitious of reaching her goal.

*Poorna had threats:* Poorna was born in a poor family. She didn't have support of any training institute but she was studying in a social welfare school. She couldn't offer proper food or coaching for herself but she need to use the facilities whatever the social welfare schools provided. She had strong social barrier as she was tribal girl and had the stigma of untouchable. Above all, she was a woman, who meant for nothing in male dominated society.

*Poorna had opportunities:* She got all her source of inspiration from his guru Dr.RS Praveen Kumar. Sekhar Babu was her great strength. He was also a motivation to her who was a wonderful coach who encouraged her to the best.

*Poorna overcame challenges with her opportunities.* Although her family was poverty stricken, she found that they were not poor in spirit. She defeated poverty with the social welfare schools continues effort. She never allowed caste stigma in her mind and being looked down by anybody on the basis of colour or status. She successfully over came the gender discrimination and proved herself more than any man in scaling the Everest.

### **4. Knowing about SWOT/C**

“Know thyself ” Socrates had said many moons ago. This just goes to show that a human's quest for self-knowledge is ancient. What Socrates meant when he said this was that nothing before or after matters, what is within is what matters and that this was the universal truth. Socrates taught this truth to his disciple Plato, and Plato to Aristotle. Self-knowledge is all-encompassing. Whatever is learnt through

experience can be applied across everything else we face. Self-knowledge is the highest form of knowledge, surpassing all else.

**What is SWOT/SWOC?**

*Knowing others is strength; knowing yourself is wisdom. -Tao Te Ching*

SWOT stands for strengths, *weaknesses*, *opportunities* and *threats*. It is a scientific tool for any individual or organizations to study those four elements for existing status and plan for future. SWOT studies the internal and external factors that are favorable and unfavorable to reach that goal.

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**Why “T” in SWOT changed to be “C” :**

The term 'Threat' is originated from military strategy which gives a negative meaning. Using “C” as Challenge or Constrains is recommended to create more positive attitude.

**Why SWOT/SWOC is useful for students?**

The typical problem of today’s youth is familiarity with many things and ignorance of own self. They know many things about Sachin and Dhoni and many more about Hollywood and Bollywood but they do not know few about themselves. On the path of exploring, you may suffer fewer problems if you know what weaknesses are. And if you manage these weaknesses the path to excellence is easy to reach.

Therefore, in order to identify these strengths and weaknesses, and analyzing the opportunities and challenges, SWOT Analysis is proven to be most useful technique. The following are the some of the advantages.

- SWOT Analysis shows why people are unable to reach their goals in life.
- It helps to understand various ways to reach your goal.
- It is a beneficial to recognize both the opportunities available and the threats to face.
- By realizing weaknesses, one can overcome and escape threats.
- It points out the need to boost your career and assists you reach your personal goals.
- Knowing and using your strengths can make you potential and turns you a quality person.
- Used in a employment context, it stirs you to excel in your profession.
- It discloses opportunities that you need to be utilized.

**5. My SWOT/SWOC analysis:**

To do your personal SWOT analysis, write down the points in given empty matrix.

<b>My STRENGTHS</b>	<b>My WEAKNESSES</b>

<b>My OPPORTUNITIES</b>	<b>My CHALLENGES</b>

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