

1. Standing on Everest, the writer was

1.1 overjoyed.

1.2 very sad.

1.3 jubilant and sad.

2. Choose the right item.

2.1 The emotion that gripped him was one of

a) victory over hurdles.

b) **humility and a sense of smallness.**

c) greatness and self importance.

d) joy of discovery.

3. Choose the right item. Correct answers are coloured.

3.1 “The summit of the mind” refers to

a) great intellectual achievements.

b) the process of maturing mentally and spiritually.

c) overcoming personal ambition for common welfare.

d) living in the world of thought and imagination.

e) the triumph of mind over worldly pleasures for a noble cause.

f) **a fuller knowledge of oneself.**

4. Answer the following questions.

a) What are the three qualities that played a major role in the author’s climb?

Answer. The three qualities that played a major role in the author’s climb are physical stamina, emotional determination, and spiritual faith.

b) **Why is adventure, which is risky, also pleasurable?**

Answer. In an adventure people seek to overcome the challenges of Nature’s creations. Crossing seas and oceans, deserts, and finding new lands till the entire Earth has been mapped and explored, are well known adventures.

Mountain climbing is one such adventure. It is Nature’s biggest challenge and risk. It involves physical, emotional and spiritual strength on a person. It is risky because one can slip and fall to own death in a moment. Therefore, completing a high

risk adventure is highly pleasurable, and changes the climber's mindset forever.

- c) What was it about Mount Everest that the author found irresistible?

Answer. The author was emotionally attached and attracted to mountains since his childhood. Climbing Mount Everest had become a part of his life like breathing. The summit was the highest in the world and the biggest challenge of Nature. The author himself and many other climbers had repeatedly failed to climb it. Therefore, Mount Everest was irresistible to the author.

- d) One does not do it (climb a high peak) for fame alone. What does one do it for, really?

Answer. One does it for testing one's own physical sustaining capacity, emotional strength and determination to continue despite facing hardships, and one's spiritual faith. It is a physical, emotional and a spiritual challenge all rolled into one.

The delight of overcoming physical obstructions after complete exhaustion from climbing, the communion with God in the form of Nature's forces, and the feeling of exhilaration on reaching the summit make people take it up as an adventure.

- e) "He becomes conscious in a special manner of his own smallness in this large universe." This awareness defines an emotion mentioned in the first paragraph. Which is the emotion?

Answer. The emotion is one of 'humility' of man before Nature and God. Standing on the summit of the highest mountain on Earth, make one bow down to pay reverence to one's God, the creator of such lofty heights and vast spaces. In comparison, the climber on the summit is nothing but a pebble or a speck of dust.

- f) What were the "symbols of reverence" left by members of the team on Everest?

Answer. The five members of the team left symbols of reverence of their religion on the summit. The author left a

picture of Guru Nanak, Rawat left a picture of Goddess Durga, Phu Dorji left a relic of the Buddha, Edmund Hillary left a cross.

- g) What, according to the writer, did his experience as an Everest climber teach him?

Answer. It taught him humility and the realization that each man carries a summit within in one's mind. He must climb it through his life to reach a fuller knowledge of himself. The summit in the mind is also fearful and unscalable, and it cannot be climbed by anyone else. It has to be climbed by oneself. The physical act of climbing a summit outside is the same as the mental act of climbing the inner summit. The climbing part always changes the person. Climbing Mount Everest taught the author to face life's ordeals resolutely.

5. Write a sentence against each of the following statements. Your sentence should explain the statement. You can pick out sentences from the text and rewrite them. The first one has been done for you.

5.1 The experience changes you completely.

Answer. One who has been to the mountains is never the same again.

5.2 Man takes delight in overcoming obstacles.

Answer. Man likes challenges that come in his path of achieving something he wants to achieve.

5.3 Mountains are nature at its best. The going was difficult but the after effects were satisfying.

Answer. Mountain climbing offers the biggest difficulty for any man. There climb is tough and challenges physical endurance, stamina and mental determination of the climber to the utmost. Yet, on reaching the summit there is a feeling of immense calm and peace.

5.4 The physical conquest of a mountain is really a spiritual experience.

Answer. It is a spiritual experience because the physical climb is full of situations where one can slip and fall to one's death. Therefore, total faith in one's faith or the god one believes in is essential. This aspect makes it a spiritual experience.

