



Subject: English

Prepared by: Paran Pareek

Topic – L5: THE SUMMIT WITHIN

---

**Pre Activity :** Write a composition describing a visit to the hills or any place that you found inspiring.

**1. Answer the following.**

**(i) What are the three qualities that played a major role in the author's climb?**

**Ans:** Endurance, persistence, and willpower are three attributes that aided the author's ascent.

**(ii) Why is adventure, which is risky, also pleasurable?**

**Ans:** Adventure is dangerous, but it is also enjoyable. Despite the fact that it provides significant challenges, man enjoys overcoming such obstacles. Everest is the highest and mightiest mountain on the planet, and countless attempts have been made to climb it. When the author reaches the summit, he feels "exhilaration, the joy of having done something, the sense of a war fought and won." There is a sense of accomplishment and joy. The physical ascent of a mountain is simply one aspect of the accomplishment. It is followed by a sense of accomplishment and fulfillment. The experience is not only physical, but also emotional and spiritual in nature.

**(iii) What was it about Mount Everest that the author found irresistible?**

**Ans:** Everest, one of the world's highest and mightiest mountains, lured him in with its beauty, aloofness, harshness, and the hardships encountered along the journey. Climbing it would need every ounce of one's energy due to the harsh struggle with rock and ice. Even if one's life is at stake, it cannot be abandoned halfway. The journey back is just as arduous as the journey forward. However, once the summit is reached, there is a sensation of exhilaration, the joy of having accomplished something, the sense of a war fought and won, a sense of victory and happiness. All of these factors contributed to his inability to reject it.

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

**Ans:** Climbing a mountain requires endurance, tenacity, and willpower. For a climber, demonstrating these physical abilities is exhilarating. The experience is not only physical, but also emotional and spiritual. It undoubtedly creates significant challenges. Man, on the

other hand, enjoys conquering barriers. As a result, one does not climb a mountain solely for the sake of glory. It is truly for the satisfaction of having accomplished something, the sense of a struggle fought and won, a sense of victory and contentment. There is a sense of accomplishment, the fulfillment of a profound desire to climb above one's surroundings, the perennial love of adventure in man.

**(v) “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?**

**Ans:** This awareness describes the emotion of humility.

**(vi) What were the “symbols of reverence” left by members of the team on Everest?**

**Ans:** The author left a picture of Guru Nanak on Everest; Rawat left a picture of Goddess Durga; and Phu Dorji left a relic of the Buddha. Aside from these "symbols of reverence," there was also the cross buried by Edmund Hillary.

**(vii) What, according to the writer, did his experience as an Everester teach him?**

**Ans:** According to the author, his experience as an Everest climber inspired him to face life's challenges head on. It showed him that conquering the internal summit is just as important as climbing the mountain. He also believed that the interior summits could be higher than Everest.

**2. Write a sentence against each of the following statements. Your sentence should explain the statement.**

**(i) The experience changes you completely. One who has been to the mountains is never the same again.**

**(ii) Man takes delight in overcoming obstacles. \_\_\_\_\_.**

**(iii) Mountains are nature at its best \_\_\_\_\_.**

**(iv) The going was difficult but the after-effects were satisfying \_\_\_\_\_.**

**(v) The physical conquest of a mountain is really a spiritual experience \_\_\_\_\_.**

**Ans:**

(ii) Man takes delight in overcoming obstacles. The display of perseverance, resilience, and willpower in the face of enormous adversity is delightful.

(iii) Mountains are nature at its best. The mountains' grandeur and majesty present a huge challenge to climbers and serve as a method of communication with God.

(iv) The going was difficult but the after-effects were satisfying. Climbing the mountains was arduous, but reaching the summit provides a sense of accomplishment and contentment.

(v) The physical conquest of a mountain is really a spiritual experience. The physical act of ascending to the summit of a mountain is akin to the spiritual and immensely fulfilling experience of climbing the mountain within yourself, and any climb will undoubtedly transform you, giving you a sense of being in touch with God.

**Post Activity :** Give a short description about Mt. Everest.