

## CHAPTER-5 | The Summit Within

## QUIZ-01

1. What was the dominant emotion the author felt on reaching the summit of Everest?
- A. Victory  
B. Excitement  
C. Humility  
D. Pride (C)

**Explanation:** The author describes humility as the dominant emotion, realizing his smallness in the vast universe despite the great physical feat.

2. Why did the author feel a tinge of sadness even after climbing Everest?
- A. He was physically exhausted  
B. He thought there was nothing higher to climb now  
C. He missed his family  
D. He was scared to return (B)

**Explanation:** The author wondered if, after achieving the 'ultimate' climb, all paths from there would only lead downward.

3. Why does the author say the climb to the summit within is more difficult?
- A. It is impossible to climb  
B. It requires inner strength and self-awareness  
C. It involves physical obstacles  
D. It can be done by anyone (B)

**Explanation:** The internal summit refers to personal growth and self-discovery, which is more challenging than physical exertion.

4. What qualities helped the author most in climbing Everest?
- A. Intelligence, power, and skill  
B. Money, gear, and guides  
C. Endurance, persistence, and will power  
D. Fame, luck, and health (C)

**Explanation:** The author specifically mentions these three as crucial to his physical and mental journey.

5. What makes adventure both risky and pleasurable according to the author?
- A. The reward is money  
B. It gives pain and injury  
C. It challenges physical strength and gives a sense of fulfillment  
D. It helps to win competitions (C)

**Explanation:** Overcoming challenges gives a deep sense of joy and personal satisfaction.

6. What does the author mean by saying mountains are a means of 'communion with God'?
- A. They are very tall  
B. They are closer to the sun  
C. They help him feel spiritually connected  
D. God lives in the mountains (C)

**Explanation:** The beauty and majesty of mountains make the author feel a divine connection.

7. What did members of the Everest team leave at the summit?
- A. National flag  
B. Their gear  
C. Symbols of reverence like pictures and relics  
D. Nothing (C)

**Explanation:** The author mentions items like a picture of Guru Nanak and a relic of the Buddha as offerings of respect.

8. What physical feeling does the author describe during the final climb?
- A. It was easy and joyful  
B. A grim struggle with ice and rock  
C. A walk in the park  
D. A smooth and fast journey (B)

**Explanation:** The climb required effort in every step, testing their nerves and stamina.

9. How does the author relate the physical climb with the spiritual one?
- A. Both are fun  
B. Both give fame  
C. Both require money  
D. Both change a person deeply (D)

**Explanation:** Climbing either the outer or inner summit gives life-changing experiences and insights.

10. What did the author realize about life after his Everest experience?
- A. Life was boring now  
B. He had no challenges left  
C. He was inspired to face life's challenges with determination  
D. He became arrogant (C)

**Explanation:** The experience on Everest gave him the mental strength to deal with life's hardships resolutely.