## THE SUMMIT WITHIN

## ABOUT THE AUTHOR

**Major H.P.S. Ahluwalia was a member of the first successful Indian expedition to Mount Everest in 1965. He climbed the Mount Everest on 29 May 1965 along with his friends Rawat and Phu Dorji. In the Indo- Pakistan war of 1965, he was injured and confined to a wheelchair.**  
**He is the recipient of several awards like Padma Bhushan, Arjun Award, the National Award for the best work done in the field of Disability. He won the Tenzing Norgay National Adventure Award for lifetime achievement on August 29, 2009.**  
**He has written several books like ‘Higher than Everest, ‘Beyond the Himalayas’ and ‘Everest is within You’**  
On May 29, 1953, Edmund Hillary and Tenzing Norgay became the first to reach the summit of Mount Everest which stands 29,035 feet above sea level. The two mountaineers spent only about 15 minutes on the snow-covered summit. Tenzing, a Nepalese Sherpa, also left some of the sweets as a Buddhist offering, and Hillary, a beekeeper from New Zealand, placed a cross nearby

**MOUNT EVEREST: HISTORY AND FACTS**

**It was first identified by a British survey team lead by Sir George Everest in 1841.**  
**In 1865, it was named Mount Everest, after Sir George Everest.**  
**Everest is 29,035 feet or 8848 meters high.**  
**Everest is called Chomolungma in Tibet. It means mother Goddess of the universe. Everest is called Sagarmatha in Nepal. It means Goddess of the sky.**  
**The first woman to summit Everest was Junko Tabei of Japan in 1975.**

NEW WORDS

**Summit:            the highest point**  
**Panorama:       view of a wide area**   
**Jubilant:         very happy because of success**  
**Fade:               disappear gradually**  
**Brutal:             very cruel, without mercy**

## KEY POINTS

* ***Major H.P.S. Ahluwalia was a member of the first successful expedition to Mount Everest in 1965.***
* ***The author H.P.S. Ahluwalia has narrated his experience of climbing the summit of Everest.***
* ***As the author stood on the summit many emotions surged through him.***
* ***Of all the emotions, the dominant one was humility.***
* ***Climbing the summit of Everest provides a deep sense of joy which lasts   a lifetime and changes the climber completely.***
* ***According to the author, there is another summit- the summit of mind that is more difficult to climb.***
* ***After getting down from the summit, the author questioned himself as to why people climb mountains.***
* ***The mountain presents great difficulties.***
* ***Man takes delight in overcoming obstacles.***
* ***There are three qualities that played a major role in climbing- endurance, persistence and will power.***
* ***From childhood the author has been attracted by the mountains.***
* ***Mountains are nature at its best.***
* ***Mountains are a means of communion with God.***
* ***Adventure is risky but pleasurable.***
* ***It is a brutal struggle with rock and ice.***
* ***It gives the sense of a battle fought and won and a feeling of victory and of happiness.***
* ***It provides physical, emotional and spiritual experience.***
* ***The climbers left some symbols to make their obeisance.***
* ***The author left on Everest a picture of Guru Nanak.***
* ***Rawat left a picture of Goddess Durga.***
* ***Phu Dorji left a relic of the Buddha.***
* ***Edmund Hillary had buried a cross.***
* ***There is another summit that is in your mind.***
* ***The physical act of climbing to the summit of mountain outside is akin to the act of climbing mountain within.***
* ***It teaches us much about ourselves.***
* ***It gives us inspiration to face life’s ordeals with determination.***