

A photograph of Mount Everest, showing its snow-covered peaks and rocky ridges against a clear blue sky. The foreground features a dark, rocky slope with patches of snow. The text "Mt. Everest" is overlaid in a teal, outlined font, underlined.

# Mt. Everest



# INDIAN POLICE MOUNT EVEREST EXPEDITION - 2008



**SAGARMATHA**

**CHOMO LUNGMA**

**QOMO LUNGMA**

**MT EVEREST**

**LHOTSE**

**SOUTH COL**





[illegible]

**MT EVEREST**

**LHOTSE**

**26,000 FT CIV**

**24,000 FT C III**

**20,400 FT C II**

**19,500 FT CI**

**BC 17,500 FT**

Other labels on the map include: MOUNT EVEREST (29,028 ft / 8,848 m), South Summit (28,100 ft / 8,750 m), Dhaulagiri (27,890 ft / 8,530 m), Lhotse (25,760 ft / 7,850 m), Cho Oyu (23,317 ft / 7,108 m), Rongbuk Glacier, Khumbu Glacier, and various other peaks and ridges.

[illegible][illegible]

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**LHOTSE**

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Map labels include: MOUNT EVEREST (29,028 ft / 8,848 m), South Summit (28,100 ft / 8,750 m), Lhotse (27,890 ft / 8,530 m), North Summit (27,800 ft / 8,530 m), Nuptse (25,760 ft / 7,850 m), Baruntse (23,577 ft / 7,188 m), Cho Oyu (28,911 ft / 8,813 m), Rongbuk Glacier, Khumbu Glacier, and various ridges like the Northeast Ridge and West Ridge.

**MT EVEREST**

**LHOTSE**

**26,000 FT**  
**C IV**

**24,000 FT**  
**C III**

**20,400 FT**  
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**19,500 FT**  
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**BC 17,500 FT**

[illegible][illegible][illegible]

**MT EVEREST**

**LHOTSE**

**26,000 FT**  
**C IV**

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**C II**

**19,500 FT**  
**C I**

**BC 17,500 FT**

































































































































5/22/2008 9:47









5/22/2008 6:54







































— TOP OF THE WORLD —

**“IT IS NOT THE MOUNTAIN  
YOU CONQUER,  
YOU CONQUER YOURSELF!”**

**- LATE SIR EDMUND HILLARY**























**EXPLORE**



# Adventure!

Life is either a daring  
adventure  
or nothing at all.

-Helen Keller







































































Nyalam – towards Mansarovar – Cycling...









ABC









ABC









Mansarovar Lake





ABC



**UNLIMITED  
RESOURCES**



# What is possible!

## **Facts**

Place: France, Year 1994, Age: 26,  
Occupation: Steelworker. Married, one son,  
wife pregnant

Incident: Electrocution, Result: Quadruple  
amputation

Thoughts?







**Philippe Croizon** – swam across the English Channel in 2010, 34 km in 14 hours.





# What is possible!

## Facts

- Place India, lost her father at age 3
- Time 2011. Age 22 years, Occupation: Volleyball player, selected for CISF
- Incident – Pushed off a train by robbers
- Result: Amputation of left leg, rods in the right leg, multiple fractures in spinal cord
- Thoughts?



# Arunima Sinha



- Injured in 2011, climbed Mt Everest in 2013
- Has climbed the 7 highest peaks of the 7 continents

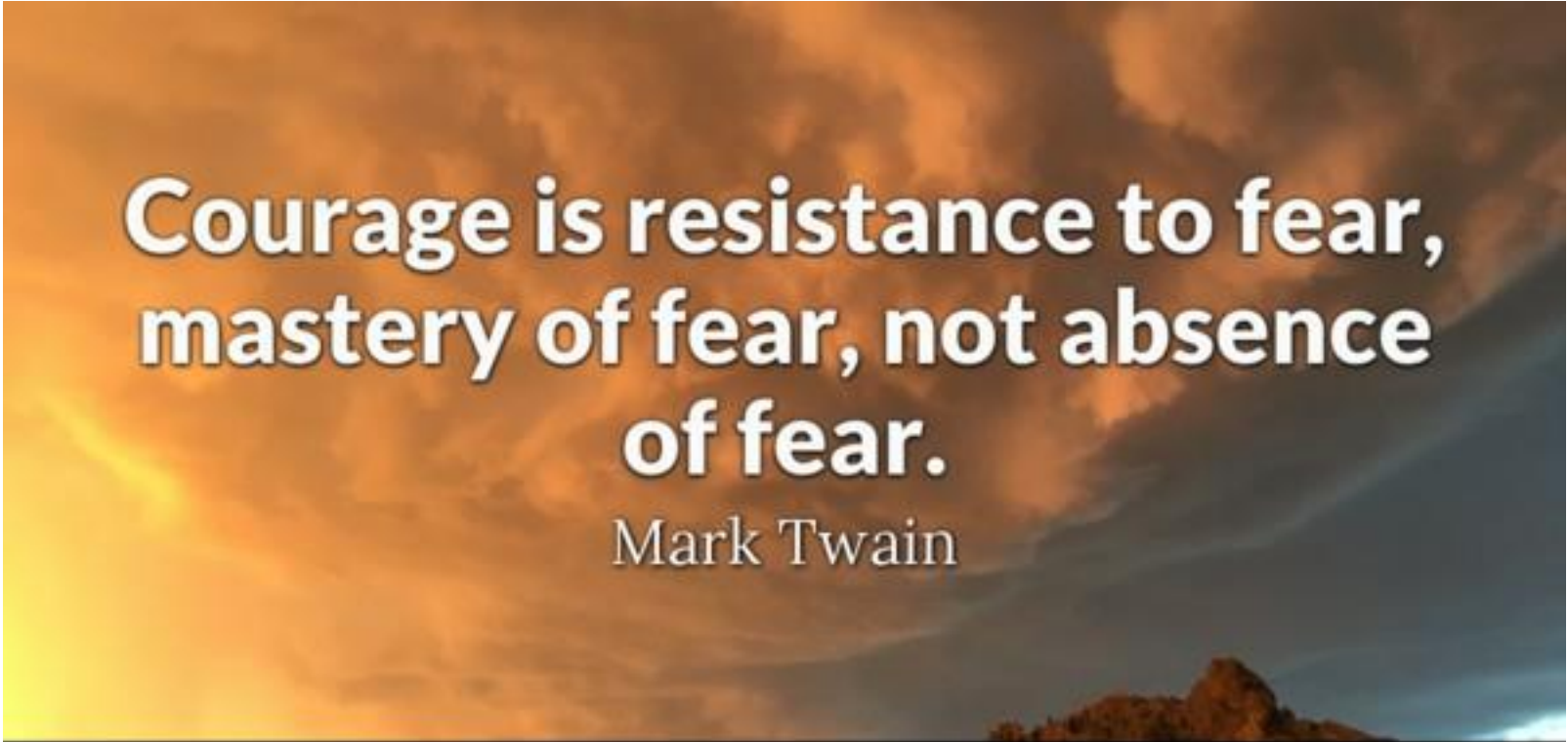


**PASSION**



# **FEAR VS. COMFORT ZONE**





**Courage is resistance to fear,  
mastery of fear, not absence  
of fear.**

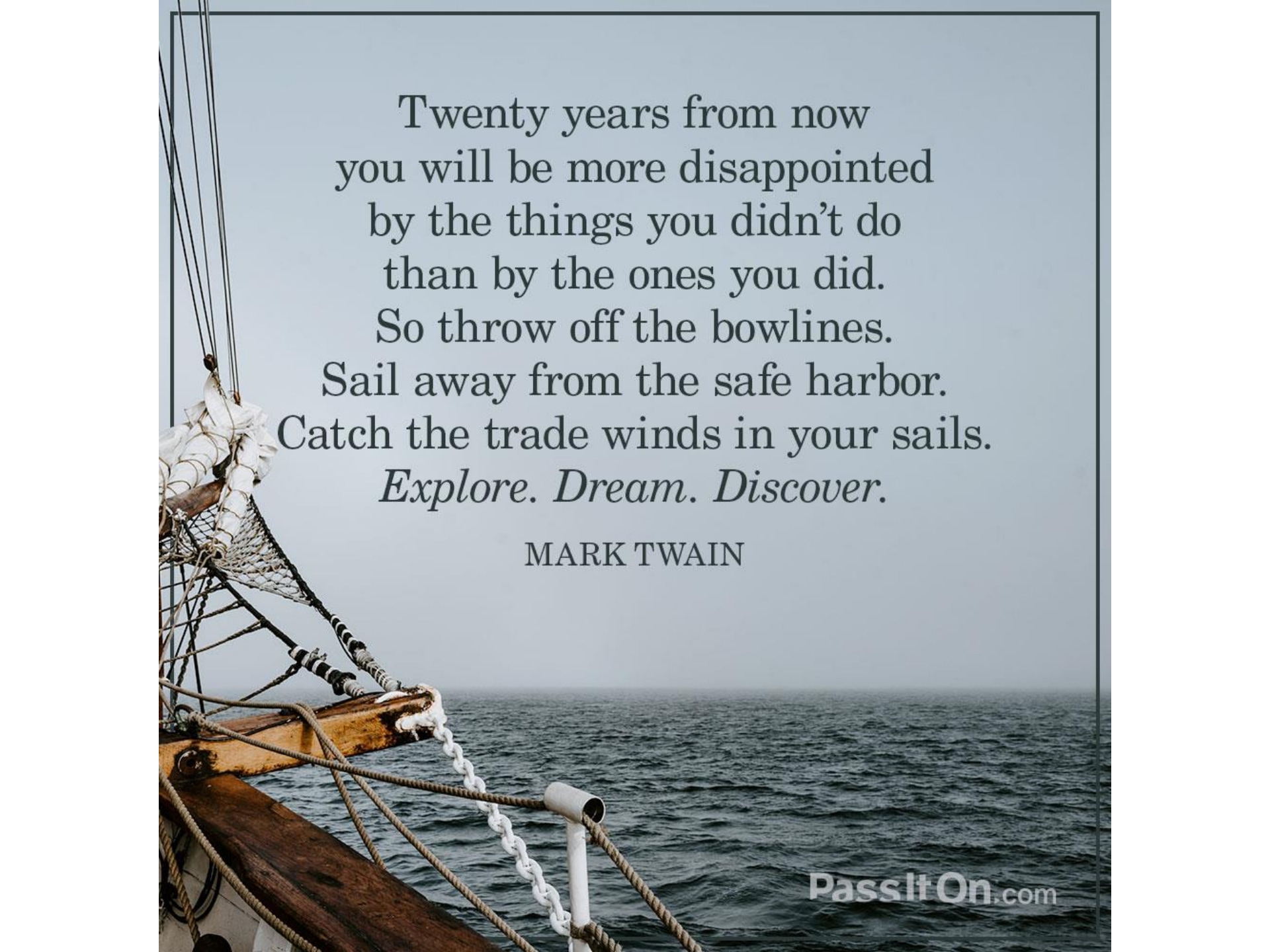
Mark Twain



AN  
EXTRAORDINARY  
LIFE-  
A LIFE TO BE  
PROUD OF  
-IS A  
DECISION.

@THEMINIMALISTS





Twenty years from now  
you will be more disappointed  
by the things you didn't do  
than by the ones you did.  
So throw off the bowlines.  
Sail away from the safe harbor.  
Catch the trade winds in your sails.  
*Explore. Dream. Discover.*

MARK TWAIN





**THANK YOU**