

# INDIAN POLICE MOUNT EVEREST EXPEDITION - 2008





**SAGARMATHA**

**CHOMO LUNGMA**

**QOMO LUNGMA**

**MT EVEREST**

**LHOTSE**

**SOUTH COL**



# MT EVEREST

# LHOTSE



26,000 FT  
C IV

24,000 FT C III

20,400 FT C II

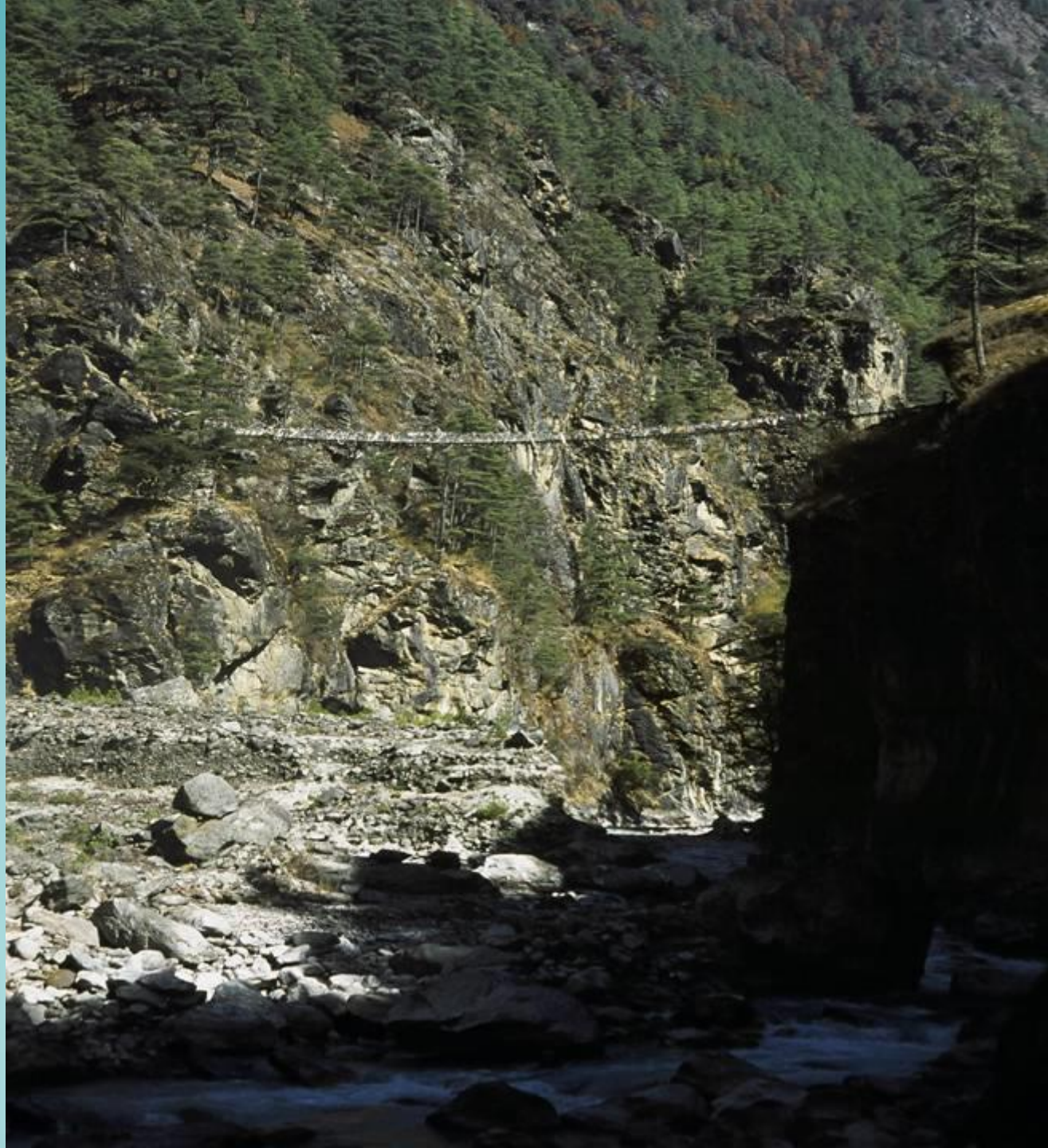
C I

19,500 FT

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**















Life is either a daring  
adventure  
or nothing at all.

-Helen Keller



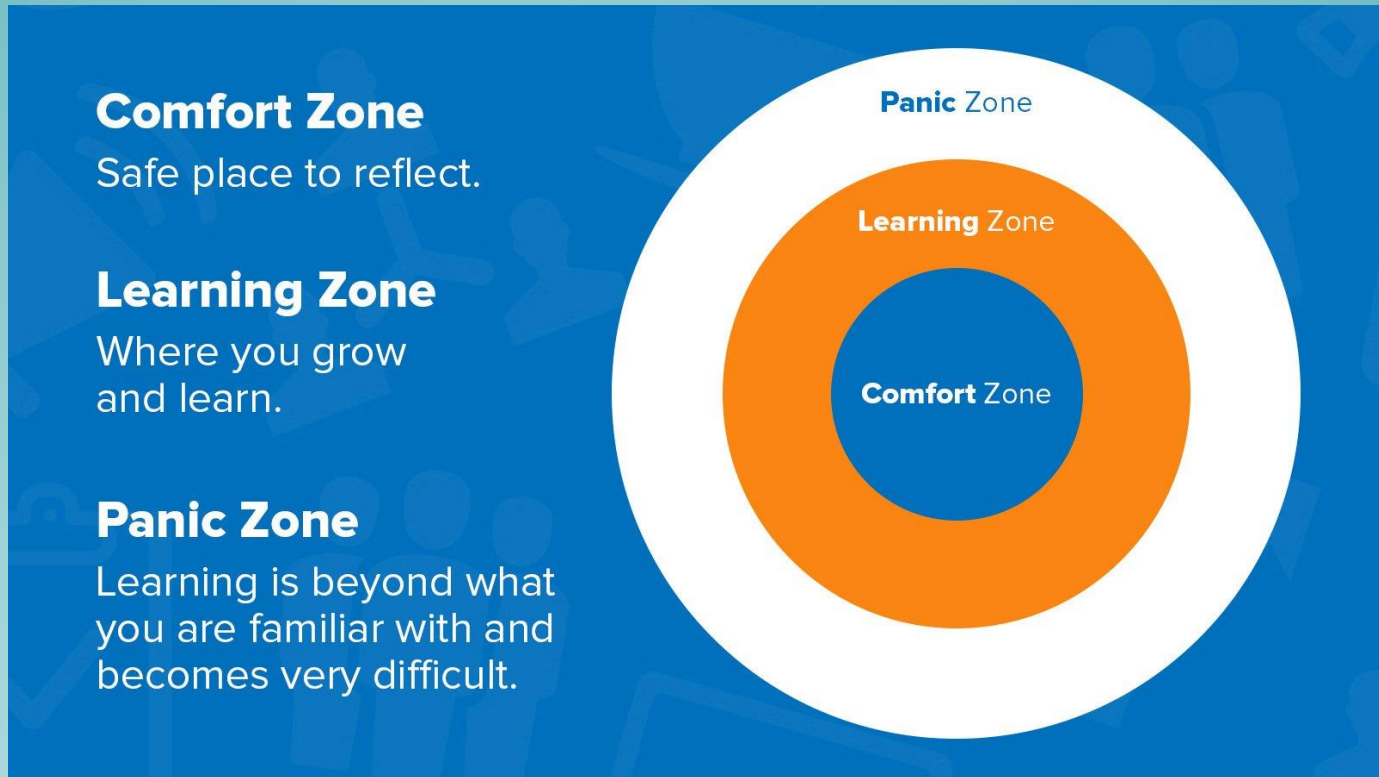
If you risk nothing, then you risk everything.

*Geena Davis*

*www.thequotes.in*

**FEAR VS.  
COMFORT ZONE**

# Lev Vygotsky / Tom Senninger - Adventure pedagogue – Learning Zone Model



**“But I don't want comfort. I want God, I want poetry, I want real danger, I want freedom, I want goodness. I want sin.”**

**— Aldous Huxley**

# **EXPERIENCE SHARING**

**WHAT WOULD YOU  
LIKE TO DEVOTE  
YOUR LIFE TO?**



# What is possible!

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.



# Marathon Monks of Mt. Hiei



# How much do they run?

Year 1 – 40 km for 100 days

Year 2 – 40 km for 100 days

Year 3 – 40 km for 100 days

Year 4 – 40 km for 200 days

Year 5 – 40 km for 200 days

Year 6 – 60 km for 100 days

Year 7 – 84 km for 100 days followed by 40  
Km per day for 100 days

# Arunima Sinha – first female amputee to scale Mt. Everest



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

**Year  
2020. -  
15 year  
old Jyoti  
cycles  
1200 km  
to bring  
father  
back to  
the  
village**



# How?

Winners and losers have the  
same objectives!



**HOW MUCH DO  
YOU WANT IT?**

**OPERATE FROM  
YOUR CIRCLE OF  
CONTROL**

# **PROCESS AND SYSTEMS**

Goals bring temporary  
happiness

# Developing Good Habits:

- Changing the environment – clues
- Detailed plan
- Reward yourself
- Start small – Atomic Habits
- Maintain a diary / calendar, sign a contract – announce it!
- Keep good company

- Perseverance / Grit – Angela Duckworth. Plateau of latent potential.
- Relationships
- Seek knowledge, counsel, model
- Discipline – life becomes easy and single focused
- Conscious vs. compulsive
- Every moment is a choice

# THE MOST MOTIVATIONAL POSTER

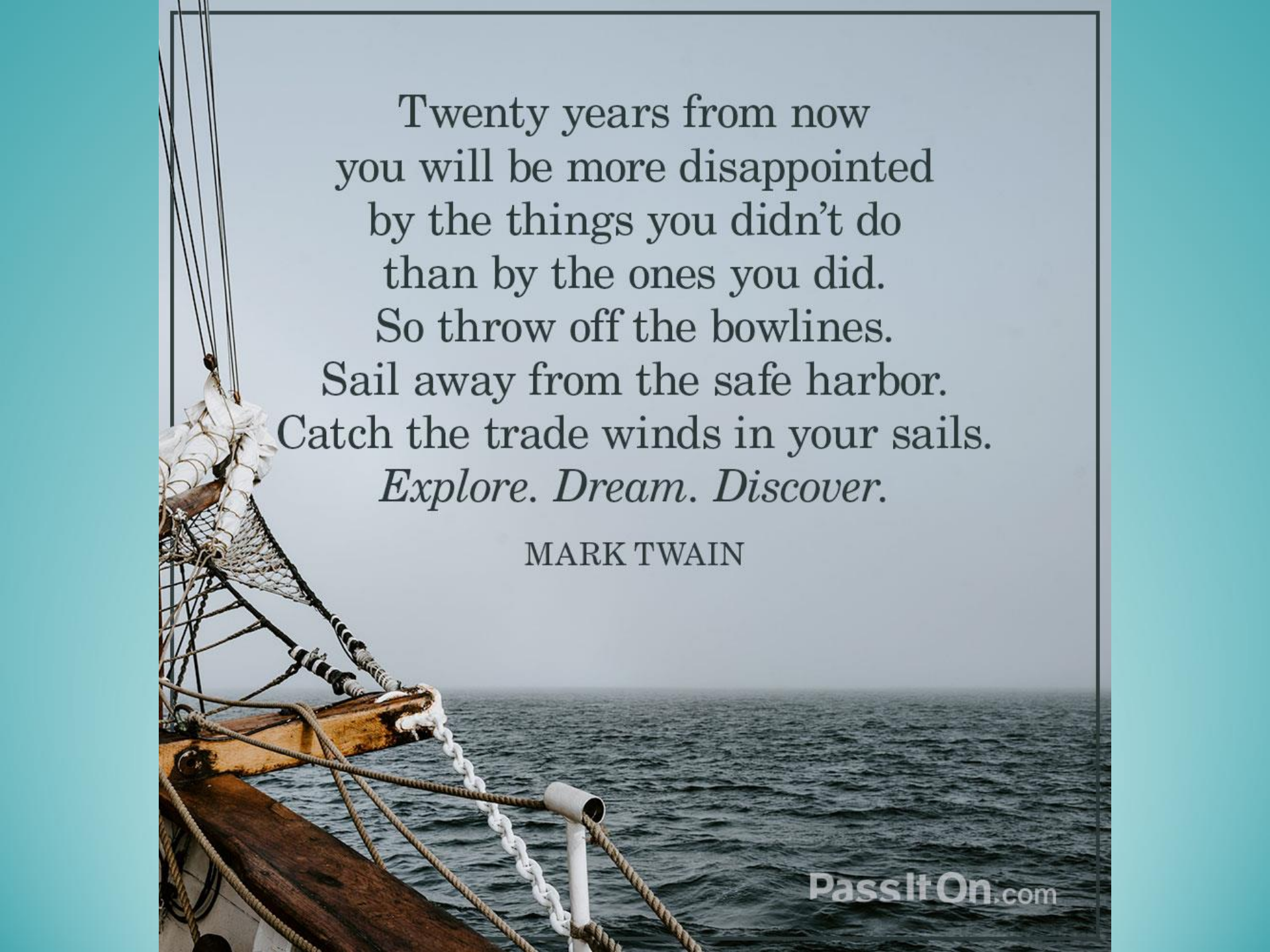
$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$

**EVER**

VIA The difference between going beyond what's required and doing less than what's required.





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**



**EXPLORE**

# Scuba diving





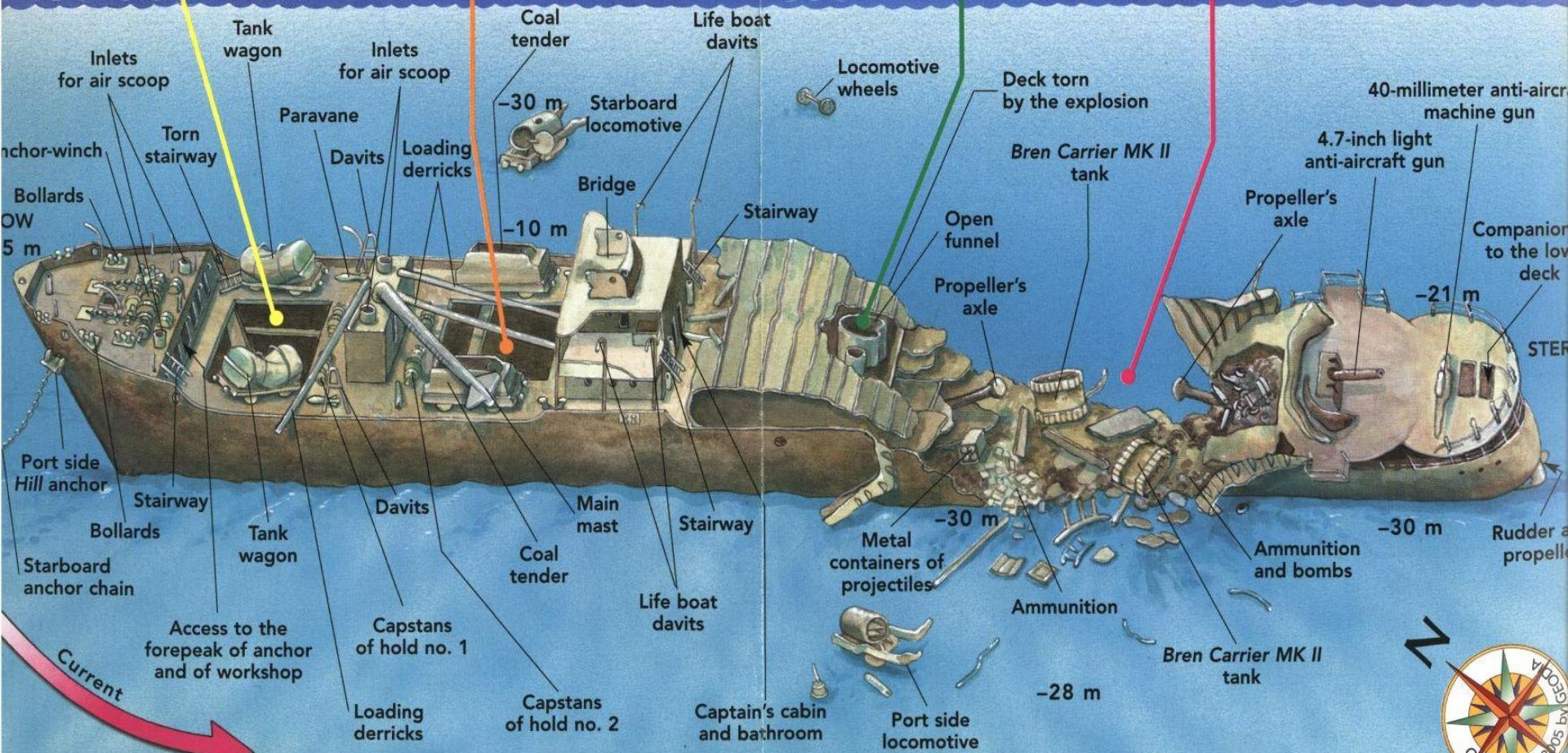


**HOLD no. 1**  
On the upper level there are two empty trailers, motorcycles, cables, and electrical material; on the lower level, trucks, covers for radial airplane engines, crates of medicines, Lee Enfield MK III rifles, and portable electric generators.

**HOLD no. 2**  
On the upper level there are Ford and Bedford trucks, Morris jeeps, and motorcycles; on the lower level, empty trailers, Bedford trucks carrying motorcycles, a Tilling Stevens truck, Norton motorcycles (some with sidecars), airplane spares, rubber boots, tires, and Lee Enfield MK III rifles.

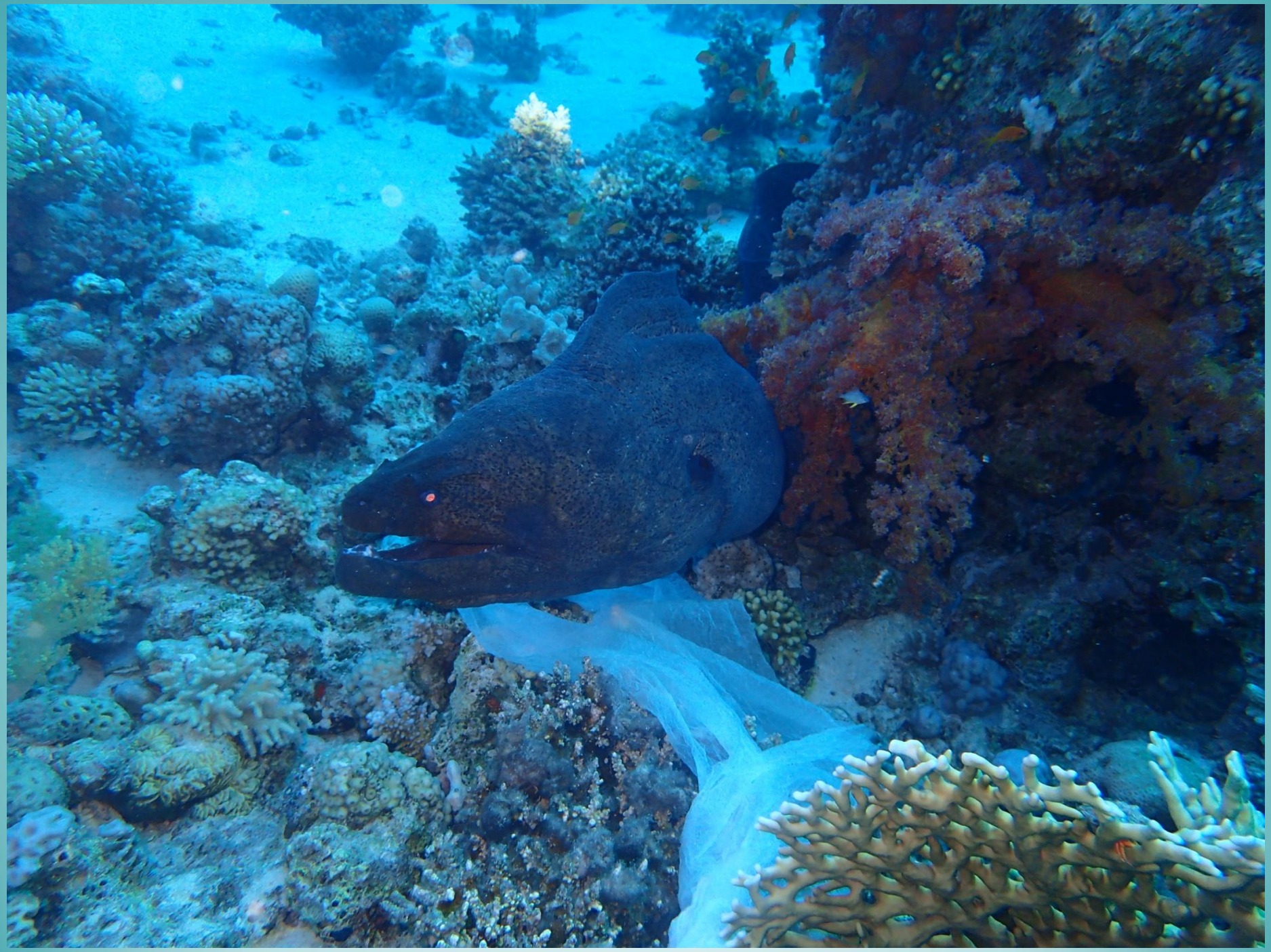
**HOLD no. 3**  
Empty.  
It contained coal.

**HOLD no. 4**  
Area struck by the German bombs.





















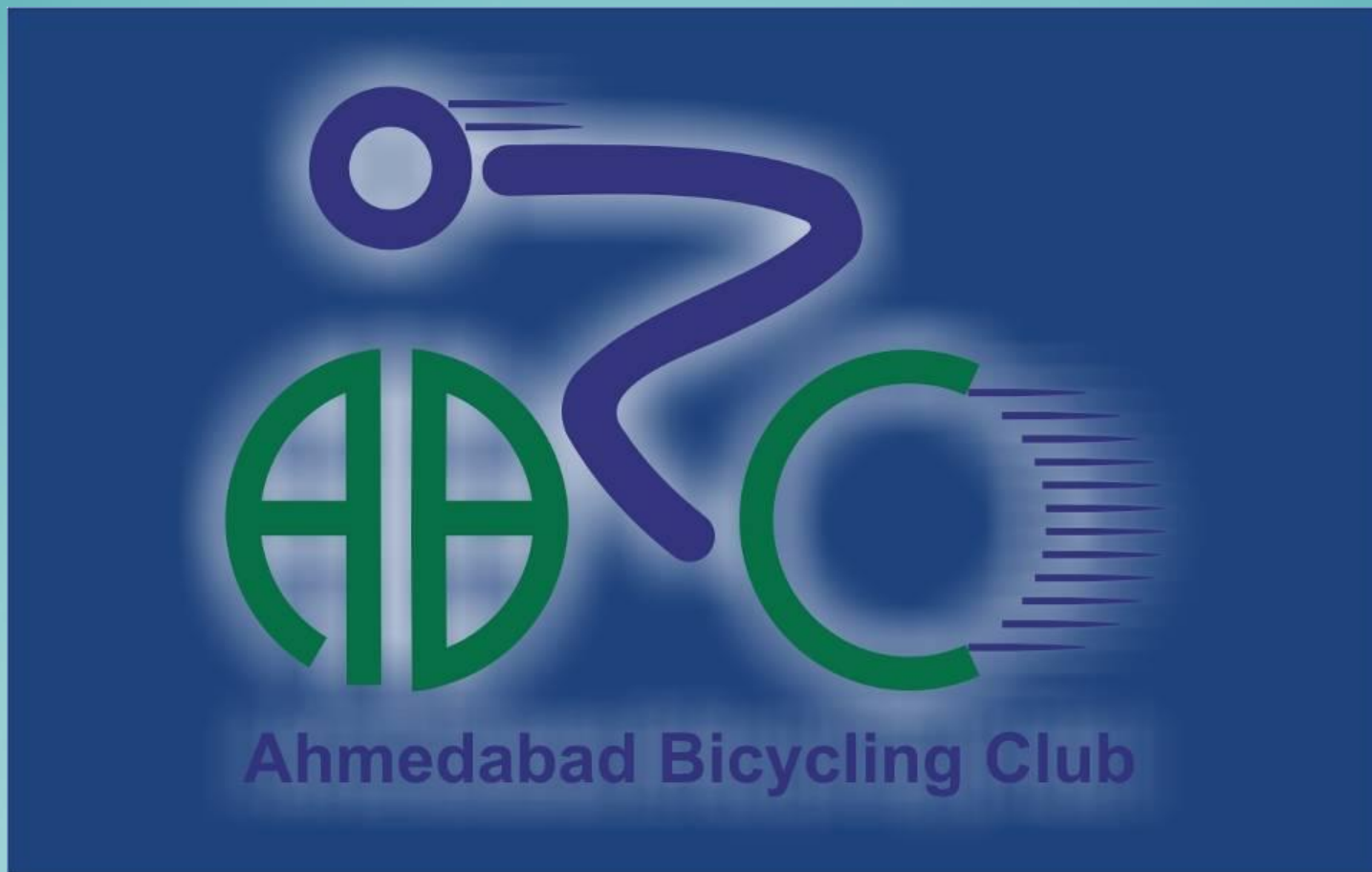












**MANALI – LEH – KHARDUNGLA ON BICYCLES**









































05.09.2011 07:52







# Cycling to Mansarovar and Mt. Kailash 2013





烧烤店

创新网吧

一品醇香

金鑫网店

车挥指防消

17/08/2013























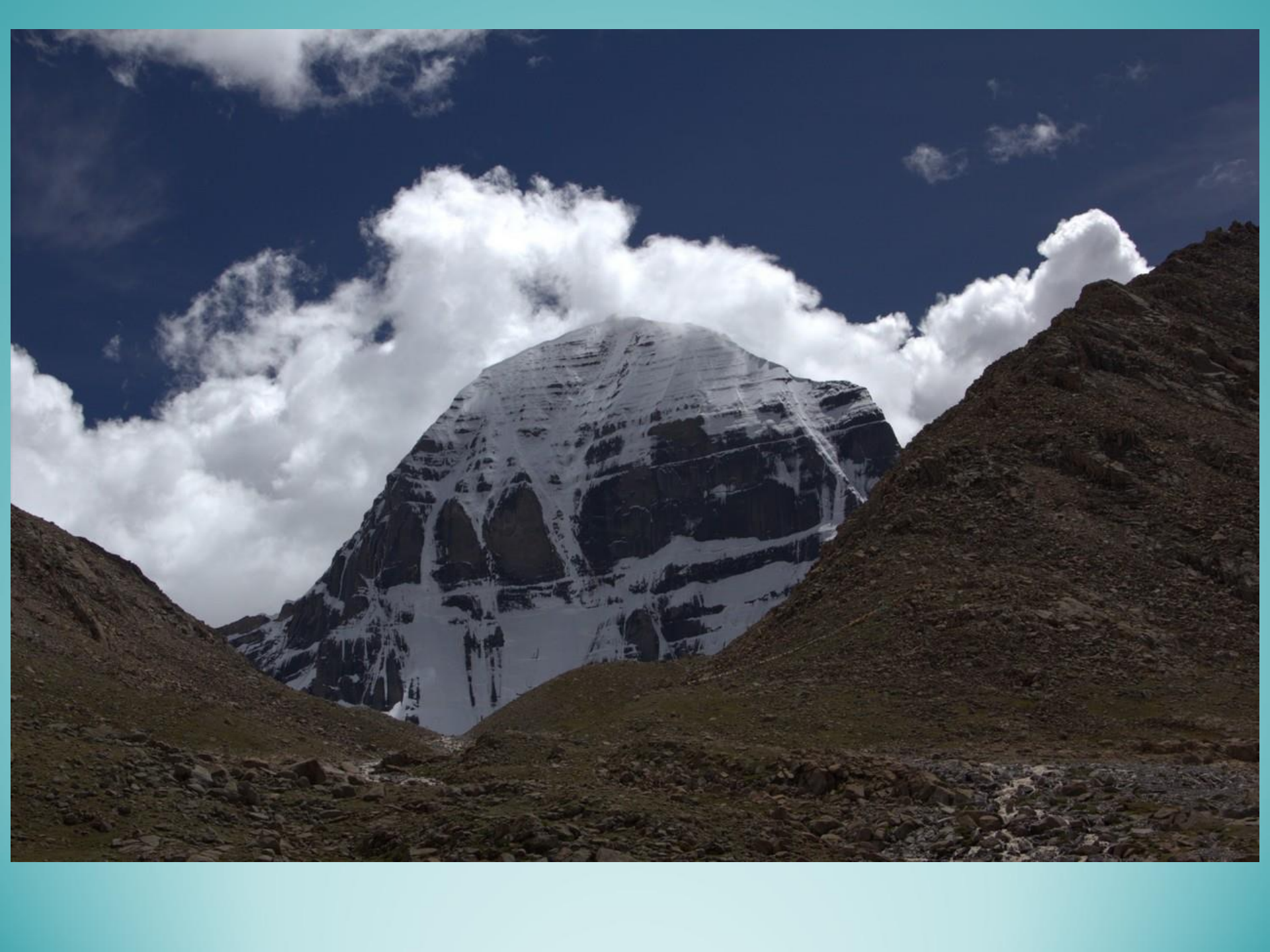
Mansarovar Lake

















**Ah, but a man's reach  
should exceed his grasp,  
Or what's a heaven for.**

- *Robert Browning*

# WHY?

- I want to be more than what I am
- I evolve through struggle – I need to challenge myself, I can overcome my fears
- Curiosity, desire to explore
- Adds fun and excitement to life
- Brings self-discipline and direction to my life
- Pursuing a passion is fulfilling; it can lead to unimaginable achievements and opportunities
- Adds meaning to my life

# What do I get out of adventure

- **KNOW THYSELF** - a glimpse into my unfathomed potential
- Being in the **Learning Zone** constantly
- **Overcoming my fears**, insecurities and limits
- **Experiencing life intensely** – being rooted firmly in the moment, in ‘Flow’
- **Collecting experiences** rather than possessions
- **Becoming stronger** and calmer from each such experience
- **Remaining young** in mind, body and spirit
- **Being with nature** - and feeling one with it