

Reading Comprehension

Professional Communication-1

Mahammadayan S. Shaikh

Roll Number :- CE121

1. Write a review of the book 'Trust with Reality'.

- 'Trust With Reality' - in this book, author has expressed and explained his unplanned trip to Himalaya very precisely and honestly. The narration of whole trip is beautifully explained and accurately divided into parts. It contains simple yet accurate narration which directly connects author's emotions and experience to my heart. Pictures attached by author gave me one kind of 3 D experience of a beautiful and memorable trip. Despite of being non-reader, this story of author's journey creates so much interest while reading. This virtual experience made me feel that I am also travelling with author and Sumant. Each experience shared by author directly touches the heart. Complex Concepts like inner peace, spirituality, destiny are explained in the simplest way. This trip of author is a perfect example that how one unplanned trip can create a huge positive impact in your life.

2. What according to you is 'spirituality' ? What is the difference between 'religion' and 'spirituality' ?

- 'Spirituality' is one wide and broad concept which can differ from one person's point of view to another. Spirituality is a feeling of acceptance that there is so much in life than ourselves. There is something more than just existing as a human being. It involves the exploring of so many universal things like love, life, death, truth, wisdom etc. Spirituality is a concept of finding the ultimate aim & destiny of the life given to us. For some people, it can be about relating the knowledge gained to the practical life and making life more worthy and meaningful. For some, it may be related to their personal relationships with other people or connection with God or connection with nature.
- Religion is concept or belief of superhuman basically God. It basically involves the faith towards God. It contains specific set of organised believes with some specific boundaries. While spirituality doesn't contain any boundaries. It is concept of more self realization. Religion is about believing and following principles, life-lessons, morals and

applying in our own lives. Spirituality is about knowing and understanding ourselves better and better, and improving our life style, habits, relationships with others. If we say in short, Religion is about connection with God, while spirituality is about connection with our own soul.

3. Express your views on “leaving your fate to the universe and letting things unfold on its own”.

- The above quote or sentence has a simple meaning which states that everything and every moment in the world is meant to be happened. It gives us message that we just need to be in a present moment and live it wholeheartedly. We don't need to think over future things and future events again and again. If that thing or event is meant to be happened by universe, then it will happen for sure. And it is not meant to be then it will never happen. That's why it is important to accept it and better enjoy the current moment in which we are living.

4. 'You can't connect the dots looking forward; you can only connect them looking backwards'. Explain how the above quote by Steve Jobs, was reflected in the author's experience/journey in TWR.

- While we are doing something in present, we don't know where it will take you up in future. But after sometime, there will be a moment or point in life when you will actually realize the reason behind that thing which has happened. The same thing happened with author, too. Before starting his unplanned trip, author had not any idea where this trip will take him in future and what kind of impact it is going to make on his life. But at the end, this journey guided him towards realization of spirituality and inner peace. Here, connecting dots simply means understanding relationships between things. We never know what is going to happen in future, that's why we can't connect dots by looking forward. We can just understand past events and can realize the connection of things and moments which led us to a present moment.

5. In today's world of ever growing needs and new definitions of luxury, how does the book talk about finding happiness in the 'smaller' things in life?

- As new technologies are coming, our needs and demands for life are also increasing. But in the book TWR, the author talks about the infinite happiness which he found in smaller things and the simple life. That happiness cannot be found in luxuries things. Staying in Ashram during the journey led author to realization of fact that simplicity can give you so much happiness than running behind money for getting luxuries. That can only gives you stress. Decision of staying at Ashram instead of guest house gave memorable experience to author that helped him to find inner peace.

6. What instances are indicative of the fact that Sumant was the perfect companion for the author? Share your views on the same.

- Without Sumant, this trip to Himalaya was not possible at all. He proposed the idea of trip to author. He suggested the author to travel to Delhi by train instead of plane to make author ready for the trip mentally. Being a best friend of author, he gave a perfect company to author throughout the trip. Author enjoyed every single moment with him in the trip. He was the one who has well organized ideas and plans for the trip. Author shared his philosophical views and thoughts with him too during the trip.

7. The book is a cocktail of emotions which can be felt throughout the story. According to you, what emotions can you identify as the ones which best describes the book?

- Among the all emotions felt while reading the book, the emotion of connection with heart and emotion of realization of spirituality were the ones which can be felt throughout the story. Also, it creates so much interest in you while reading and gives you one kind of virtual experience specially in this pandemic time when you are so much keen and eager to have a trip with your best friends.

8. Travelling and exploring are considered as the food for our soul and minds. Keeping the book in mind, explain how travelling is helpful in the growth of our minds and soul.

- Travelling is not only about having fun with friends. It has so many benefits in our life. It helps you to explore beauty of nature. It connects people with different culture, different mind sets, different believes which helps you to share your opinions with others and you also come to know about other people's thoughts and opinions. Travelling can teach so many important lessons of life. The author also learnt and realize importance of spirituality and inner-peace during his trip. Travelling keeps you fit. It releases stress from your daily life and gives enthusiasm in daily life works.

9. The author talks about the pledges he took few years back in the book. Do you think taking pledges is important for everyone? If yes, what is the pledge you want to take?

- Yes, taking pledges is important in life as it always motivates us to give better efforts in order to achieve our goals. It helps us not to give up in any tough situation and just stick to the plan to reach our destiny. I want to take pledge that I will always work hard to make my parents proud, and I will try my best to be a better human being always.

10. What are the thrills of an unplanned backpacking trip? Do you think there are any similarities between our real life and an unplanned trip? If yes, explain in detail.

- In unplanned trips, we don't have any plans or organized activities. We enjoy thrills of unexpected moments with so much joy. It gives so many surprises and fill ourselves with those precious surprised moments. Our life is also similar to unplanned trip. Like unplanned trip, we also don't have any idea about future things in life. We can't predict

anything which is going to happen in future. Life gives us surprises like the unplanned trip.

11. In part 3 (going back), the author says: “although our 15 days ‘trip’ had concluded, I felt as if the ‘journey’ had just begun”. Can you explain what the author is trying to convey through the above statement?

- After completing journey, author realized so many important things and lessons like spirituality, inner peace, importance of simplicity and happiness in smaller things than luxuries etc. He started connecting all the dots which led him to this point of life when he has understood many important things in life. That's why he meant that his journey to explore more toward those morals of spirituality and inner peace has just begun.