

**1. Write a review of the book 'Tryst with Reality'.**

→ The book was really very good as it was author's experience and all about the journey. I literally binge read the entire travelogue despite being on a time-tied schedule and fell in love with it. Everything in there - The headlines, The experiences, The description of locations, Metaphors used, Pictures, Maps and the overall sentiment conveyed is so realistic. When the Himalayas call, you've got to head out. And Vishal not only travelled amidst the Himalayas but found a new connect with himself.

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

→ It is a universal human experience sometimes that touches us. This experience can be anything that happens in our life and the one touches us at a deeper level.

→ Difference between religion and spirituality is that religion is a specific set of organized belief practices while spirituality is more of an individual practice and has to do with having a sense of peace and purpose.

**3. Express your views on "leaving your fate to the Universe and letting things unfold on its own".**

→ It is about taking everything as granted and not making any decision by evaluating the risk and to leave them to fate. We should make better decisions evaluating all the factors and then go ahead instead of leaving it to fate.

**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.**

→ This was mentioned in the beginning of the book. After the journey ended, the author realized that it is actually true and mention that As I connected the dots I realized that I could neither have experienced what I did in Gangotri due to my wishes or efforts, nor could I have stop it from happening.

**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?**

→ In today's world, the lifestyle of human beings is constantly improving and needs are growing. The author talked about finding happiness through smaller things in life by enjoying each and every moment and even finding something positive in difficult times because small things can give us happiness which eventually make us learn and enjoy from our daily appearance.

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

→ He and sumant were completely different from each other and it was a blessing in disgust. Sumant was to move organized and experienced companion. He was caring for all the essentials and he knew when to rest during a track, when to hydrate, when to have eatables and in what amount what to wear.

**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 describe the book?**

→ According to me, excitement, interest and calmness were the ones which least describe the book.

**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 souls.**

→ I have learned that through travelling one can get experiences which are different from our daily routine and thus it helps in making ourselves better through travelling. One can learn about how to leave comfort zone. Traveling teaches us to appreciate other cultures and to live a simple life.

**9. The author talks about the pledges he took a 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, I think that taking a pledge is important for everyone and I pledge that I will improve myself for a better future.

**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.**

→ An unplanned backpacking is always full of surprise. One doesn't know what will happen next and so it is a kind of adventurous ride and it has similarities with our day to day life as it is also full of surprise. One can't predict what will happen next and so it is similar to unplanned trips.

**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?**

→ He felt as if the journey had just began because he had realized that a few things during the trip .he had few questions like “when did it happen now,at this juncture in my life ”, “how did it happen without any special efforts and intense desire from my side”he realized that his journey has just started to understand what happened during journey.