



# ENGLISH

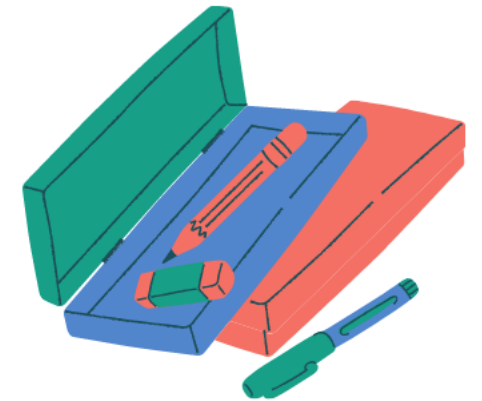
DEEP WATER



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## BEGINNING OF FEAR

“From the beginning, I had an aversion to it.. This started when I was three or four years old and my father took me to the beach in California... The waves knocked me down and swept over me. I was buried in water. My breath was gone. I was frightened. My father laughed.”

- Aversion: A strong feeling to dislike something/someone. Detestation/Loathing
- Knock: To hit somebody/something hard
- Buried: to put something in a hole in the ground.
- Frightened: Fear

## DEEPENING OF FEAR

My introduction to the YMCA swimming pool revived unpleasant memories and stirred childish fears, But in a little while, I gained confidence... I was just beginning to feel at ease in the water when the misadventure happened.

- Revive: Bring back something
- Unpleasant: a bad feeling
- Stirred: To move
- Childish fears: Fears that you developed as a child
- Feel at ease: to be comfortable
- Misadventure: Accident

## THE MISADVENTURE

One day, I went to the pool when no one else was there. The place was quiet. I was timid about going in the pool all alone. I decided to sit beside the pool and wait for others to join. I had not been there for long, when a big bruiser of a boy, probably eighteen years old picked me and threw me into the water.

- Timid: Shy/Hesitant
- Beside: Next to/Adjacent
- Big bruiser: Heavy built/Strong

I was frightened but not yet frightened out of my wits. The nine feet felt like ninety. I thought, as soon as I would hit the ground, I would summon up all my strength and spring back up like a cork but before I touched bottom, my lungs were bursting.

- frightened out of my wits: Very scared
- Summon: Bring forward
- spring back up like a cork: Come up

## THE TERROR

After trying twice or thrice to come up to the surface, I failed and now I felt as if a great force was pulling me under. My lungs ached and my head throbbed and I felt dizzy. And then sheer stark terror seized me, terror that knows no understanding, terror that knows no control. I was shrieking under water. I was paralysed under water – stiff, rigid with fear. Only my heart and the pounding in my head, said that I was alive.

- Ache: Pain
- Throbbled: Beat fast
- Terror: Great fear
- Seized : To catch something
- Shriek: Shout
- Pounding: Beating

## GETTING UNCONSCIOUSNESS

Then all effort ceased. I relaxed. Even my legs felt limp; and a blackness swept over my brain. It wiped out fear; It wiped out terror ; there was no more panic. It was peaceful.. Its nice to be carried gently.. To float along in space.. I crossed in oblivion, and the curtain of life fell.

- Oblivion: Emptiness
- Limp: Weak
- To float along in space:
- Curtain of life fell: Death

## SAVED

Several hours later, I regained consciousness. The guy who had thrown me said, that he was just fooling around. I was lying on my stomach, vomiting and feeling weak. For days, a haunting fear was in my heart. I never went to the pool. I feared water.

Regain: Get something back

## LIVING WITH FEAR

Whenever I wished to go back to pool or swim in the rives, lakes or cascades, this fear gripped all of me. The unpleasant memories and the near death experience flashed back to life.

- Cascades: Waterfall
- Unpleasant: Sad
- Near death: Close to death

## TAKING A GRIP OF FEAR

Finally one October, I decided to get an instructor and learn to swim. I went to a pool five times a week, for one hour a day. The instructor was sympathetic and patient. He understood my problem. I trained with him for six months and then he left.

- Sympathetic: understanding



## CONQUERING OF FEAR

I wondered if I would be terror stricken if I was alone in the pool. He tried and tiny vestiges did return. I wasn't satisfied. Many occasions after that, he attempted a swim or a dive and whenever the terror would return, he was able to overcome it.

Finally, the terror did not reappear.

- Vestiges: A small part
- Conquer: To take control of/Beat

## LESSON LEARNT

The terror and conquest of it, gave me an insight into the meaning of life and death. I had experienced the fear of death as well as sensation of dying. I felt there is peace in death. So I lived more joyfully and deeply.

- Insight: A deep understanding

## SHORT ANSWER QUESTIONS:

1. Why did the author join the Y.M.C.A pool?
2. What is the misadventure that Douglas talks about?
3. Why does Douglas have this fear of water? OR Describe the event that led to Douglas developing the fear of water.
4. What were the series of emotions that Douglas went through when he was thrown into the pool?

## LONG ANSWER QUESTIONS:

1. Why was Douglas determined to get over his fear of water?
2. How did Douglas make sure that he conquered his terror of water?
3. How did the instructor “build a swimmer” out of Douglas?
4. How did Douglas overcome his fear of water?
5. How did the event in childhood and at the Y.M.C.A pool affect Douglas?
6. Our determination helps us to achieve success?



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