

Chapter 3.5: Unbeatable Super Mom-Mary Kom

WARMING UP [PAGE 128]

Warming Up | Q 1 | Page 128

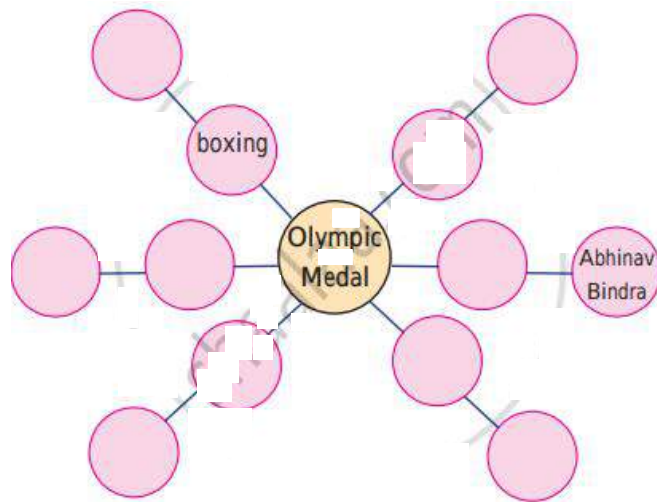
Discuss and find out the jobs which were done only by men in the past but nowadays women too have started doing them.

SOLUTION

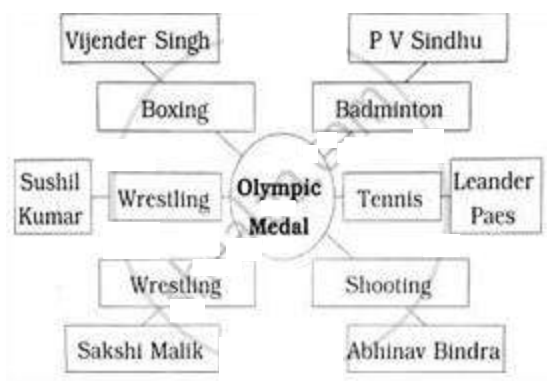
HR Manager. Medical Manager. Financial Manager. Accountant. Auditor. Budget Analyst, Insurance Underwriter, Tax Examiner, Revenue Agent, Financial Specialist. Medical Scientist. Psychologist, Advertising, and Promotions Manager. Social and Community Service Manager, Police Force. Army, Airbus Pilot, Veterinarian, an Autorickshaw driver.

Warming Up | Q 2 | Page 128

Complete the following web of India's winning medals in the Olympics.



SOLUTION



Warming Up | Q 3 | Page 128

The text is about a famous female boxer, Mary Kom, who has brought laurels to our country by winning many national and international boxing championships. Make a list of famous men and women boxers across the world. You can take the help of the internet or your school library to get this information to complete the table.

Name of boxer	Gender	Country
1. Mary Kom	Female	India
2.		
3.		
4.		
5.		

SOLUTION

Name of boxer	Gender	Country
1. Mary Kom	Female	India
2. Muhammad Ali	Male	US
3. Vijender Singh	Male	India
5. Dolph Lundgren	Male	Sweden
6. Holly Holm	Female	US
7. Natascha Ragosina	Female	Russia
8. Lucia Rijker	Female	The Netherlands

9. Dingko Singh	Male	India
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ENGLISH WORKSHOP [PAGES 133 - 136]

English Workshop | Q 1. (a) | Page 133

Choose the correct alternative and underline it.

What is included in the text?

1. story
2. speech
3. **interview**
4. poem

SOLUTION

interview

English Workshop | Q 1. (b) | Page 133

Choose the correct alternative and underline it.

Which State does Mary Kom belong to?

1. Maharashtra
2. Tamil Nadu
3. Kerala
4. **Manipur**

SOLUTION

Manipur

English Workshop | Q 1. (c) | Page 133

Choose the correct alternative and underline it.

Who inspired Mary Kom and other youngsters in Manipur to choose boxing as a career?

1. **Dingko Singh**
2. Charles Atkinson
3. Mangte Tonpa Kom
4. Adams

SOLUTION

Dingko Singh

English Workshop | Q 1. (d) | Page 133

Choose the correct alternative and underline it.

What does Mary Kom prefer being called?

1. **Super mom**
2. Super boxer
3. Super woman
4. Super being

SOLUTION

Super mom

English Workshop | Q 2 | Page 133

Go through the text again and find out the name of cities and their importance in Mary Kom's life. One is given to you.

- a. Kangthei - Mary Kom's birth place
- b. _____ - _____
- c. _____ - _____
- d. _____ - _____

SOLUTION

(a) Kangathei	Mary Kom birthplace
(b) Manipur	home state of Dingko Singh and Mary Kom
(c) Bangkok	the city that hosted the Asian games of 1998
(d) the United States	A country that hosted the first AIBA Women's World Boxing Championship

English Workshop | Q 3. (a) | Page 133

Go through the text again and complete the following sentence.

Mary Kom helped her parents with _____.

SOLUTION

Mary Kom helped her parents with Farm-related chores.

English Workshop | Q 3. (b) | Page 133

Go through the text again and complete the following sentence.

The success of Dingko Singh inspired _____.

SOLUTION

The success of Dingko Singh inspired Many youngsters in Manipur to try boxing.

English Workshop | Q 3. (c) | Page 133

Go through the text again and complete the following sentence.

Mary Kom made her debut at _____.

SOLUTION

Mary Kom made her debut at The first AIBA Women's World boxing championship in the united state.

English Workshop | Q 3. (d) | Page 133

Go through the text again and complete the following sentence.



We can get more gold medals if _____.

SOLUTION

We can get more gold medals if More and more people take up sports as a full-time career.

English Workshop | Q 3. (e) | Page 133

Go through the text again and complete the following sentence.

Mary Kom was able to increase her weight by _____.

SOLUTION

Mary Kom was able to increase her weight by eating the right kind of healthy food rather than bad saturated fats.

English Workshop | Q 3. (f) | Page 133

Go through the text again and complete the following sentence.

Mary Kom is good at _____.

SOLUTION

Mary Kom is good at cooking and other household work too.

English Workshop | Q 3. (g) | Page 133

Go through the text again and complete the following sentence.

Mary Kom loves to be _____.

SOLUTION

Mary Kom loves to be A mom, acknowledge that it is the best thing that has ever happened to her.

English Workshop | Q 3. (h) | Page 133

Go through the text again and complete the following sentence.

Mary Kom apologised the nation for _____.

SOLUTION

Mary Kom apologised to the nation for not being able to win gold.

English Workshop | Q 3. (i) | Page 133

Go through the text again and complete the following sentence.

Kom's parents were _____ Her father was _____.

SOLUTION

Kom's parents were farmers, Her father was a Tenant farmer.

English Workshop | Q 3. (j) | Page 133

Go through the text again and complete the following sentence.

Kom was the first woman boxer to _____.



SOLUTION

Kom was the first woman boxer to become the World Amateur Boxing champion for a record six times.

English Workshop | Q 4 | Page 133

You will find some Acronyms (short forms) in the text. Go to the library or search the internet to find their full forms. Discuss it with your partner. One is given to you.

- a. OGQ - Olympic Gold Quest
- b. IBN -
- c. MTV -
- d. YPA -
- e. AIBA -
- f. CNN -

SOLUTION

- a. **OGQ**- Olympic gold quest
- b. **IBN** - India broadcasting network
- c. **MTV** - music television
- d. **YPA** - young players association
- e. **AIBA** - association International de boxe amateur
- f. **CNN** - cable news network

English Workshop | Q 5 | Page 134

Fill in the fact file of Mary Kom.

- (a) Full name :
- (b) Native of :
- (c) Early life and interests :
- (d) Special sports taken up :
- (e) Inspired by :
- (f) Coach :
- (g) Early achievements :
- (h) International achievements :
- (i) Her passion :
- (j) Future plans :

SOLUTION

- (a) Full name:** Chungneijang Mary Kom Mangte
- (b) Native of** Manipur, India
- (c) Early life and interest:** Athletics, Boxing
- (d) Special sport taken up:** Boxing
- (e) Inspired by** Dingko Singh of Manipur

(f) Coach: Charles Atkinson

(g) Early achievements: Manipur State Women's Boxing Championship Regional championship in West Bengal

(h) International achievements:

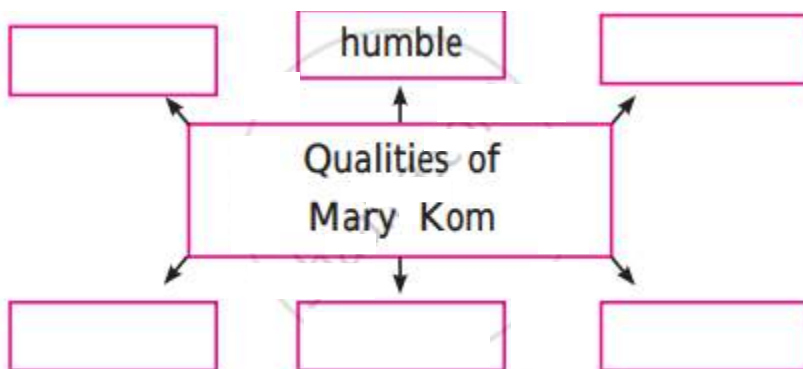
- 2001: International debut at the first AIBA Women's World Boxing Championship in the United States - won the silver medal in the 48 kg category
- 2012: Bronze medal at the Olympics, flyweight (51 kg category)
- five times World Amateur Boxing Champion

(i) Her passion: cooking

(j) Future plans: coaching Indian women

English Workshop | Q 6 | Page 134

Glance through the text and find the special qualities of Mary Kom. Complete the web by putting different qualities of Mary Kom in the boxes.



SOLUTION

Qualities of Mary Kom

1. Confident
2. Humble
3. Fair
4. Underplays the faults of others
5. Ability to perform under stress
6. Willingness to take responsibility for her Losses

English Workshop | Q 7 | Page 134

'Super Mom' refers to an excellent mother. Give three reasons why 'super' has been added to the word 'mom' as in the title.

1. _____
2. _____
3. _____



SOLUTION

- a. The word 'Super' is used to describe a person who aims for the highest standards of excellence. As a boxer Mary Kom aimed for the highest standards. As a result, she achieved success at the Olympics.
- b. When asked if she preferred the title 'Super Mom' to 'Super Boxer', she opted for the former. It was her joy to be a mother. In her words, it was the best thing that ever happened to her.
- c. This title gives us an idea of the priorities in Mary Kom's life. Motherhood is her first preference, Hence the writer uses this word in the title.

English Workshop | Q 8. (a) | Page 134

Answer the following question in your own words.

What makes the writer call Mary Kom 'a legend'?

SOLUTION

The writer calls Mary Kom a legend not only because of her exceptional achievements as a woman boxer but also because of her truthful admission and apology to the nation about not being able to win the Gold at the Olympics.

English Workshop | Q 8. (b) | Page 134

Answer the following question in your own words.

What prime quality did Mary Kom display during her first attempt in the Olympic games?
What was her bad luck?

SOLUTION

A good sportsperson should be hardworking and persevering. He/She should be humble enough to accept defeat and ambitious enough to pursue success. He/She must have pride in his/her country and team. Above all, he/she must have the all-important sportsman spirit.

English Workshop | Q 8. (c) | Page 134

Answer the following question in your own words.

What does Mary Kom suggest, for India to win more Olympic Gold Medals?

SOLUTION

Mary Kom feels that If more corporates sponsored players, the players would not have any financial pressure and could focus on their games This would help Indian sportsmen win more Olympic Medals.



English Workshop | Q 9 | Page 134

Rearrange the facts below in their proper order, as per the text.

- (a) Mary Kom made her first appearance at the international level.
- (b) She sparred with male boxers in Pune.
- (c) Mary Kom won the Manipur State's Women's Boxing Championship.
- (d) She won a bronze medal in the 2012 Olympics.
- (e) Mary Kom decided to take up boxing.

SOLUTION

1. Mary Kom decided to take up boxing.
2. Mary Kom won the Manipur State's Women's boxing championship.
3. Mary Kom made her first appearance at the international level.
4. She sparred with male boxers in Pune.
5. She won a bronze medal in the 2012 Olympics.

English Workshop | Q 10 | Page 134

Mary Kom prepared rigorously to win many championships. Read the text again and make a list of various things done by Kom regarding her preparations.

- Variety of preparations
- Diet
- Focus

SOLUTION

Variety of preparations

1. coaching under Charles Atkinson
2. sparring with male boxers at Pune

Diet

1. eating healthy foods, not saturated fats

Focus

1. on what to eat.

English Workshop | Q 11. (a) | Page 135

Make sentences of your own using the following word.

debut

SOLUTION

He wanted his daughter to make a debut as a dancer at the prestigious Manipuri Folk Festival.

English Workshop | Q 11. (b) | Page 135

Make sentences of your own using the following word.

elation

SOLUTION

His elation increased at the sight of the little girl he had saved.

English Workshop | Q 11. (c) | Page 135

Make sentences of your own using the following word.

sponsor

SOLUTION

The college students wanted a sponsor for their fashion show.

English Workshop | Q 11. (d) | Page 135

Make sentences of your own using the following word.

reinforced

SOLUTION

His reputation as a brave soldier was reinforced by the many stories told about him by his comrades who fought alongside him.

English Workshop | Q 11. (e) | Page 135

Make sentences of your own using the following word.

humble surroundings

SOLUTION

Abraham Lincoln grew up in humble surroundings.

English Workshop | Q 12. (a) | Page 135

Find antonyms of the following word from the text.

Arrogant x _____.

SOLUTION

Arrogant x humble

English Workshop | Q 12. (b) | Page 135

Find antonyms of the following word from the text.

Finally x _____

SOLUTION

Finally x initially

English Workshop | Q 12. (c) | Page 135

Find antonyms of the following word from the text.

Depressed x _____

SOLUTION

Depressed x exhilarated



English Workshop | Q 12. (d) | Page 135

Find antonyms of the following word from the text.

Disqualify x _____

SOLUTION

Disqualify x qualify

English Workshop | Q 12. (e) | Page 135

Find antonyms of the following word from the text.

Diffident x _____

SOLUTION

Diffident x confident

English Workshop | Q 12. (f) | Page 135

Find antonyms of the following word from the text.

Float x _____

SOLUTION

Float x sink

English Workshop | Q 13. (a) | Page 135

Underline the subordinate clause and state their kind.

Enough has been said about this great warrior, who conquered the world. (Subordinate clause)

SOLUTION

Adjectives

English Workshop | Q 13. (b) | Page 135

Underline the subordinate clause and state their kind.

The male boxers kindly practiced with me whenever I required them.

SOLUTION

Adverb

English Workshop | Q 13. (c) | Page 135

Underline the subordinate clause and state their kind.

I think that more people should take up sports as a full-time career.

SOLUTION

Noun

English Workshop | Q 13. (d) | Page 135

Underline the subordinate clause and state their kind.

Do you think nutrition is a neglected area in Indian sports?



SOLUTION

Noun

English Workshop | Q 13. (e) | Page 135

Underline the subordinate clause and state their kind.

That's the best thing, that has happened to me.

SOLUTION

Adjective

English Workshop | Q 13. (f) | Page 135

Underline the subordinate clause and state their kind.

India managed just 6 medals in the 2012 Olympics even though we are a nation of 1.3 billion people.

SOLUTION

Adverb

English Workshop | Q 14. (a) | Page 135

Pick out from the lesson the Verb forms of :

- (a) qualification: _____
- (b) negligence: _____
- (c) company: _____
- (d) decisions: _____
- (e) practice: _____
- (f) birth: _____

SOLUTION

- (a) qualification:** to qualify
- (b) negligence:** to neglect
- (c) company:** to accompany
- (d) decisions:** to decided
- (e) practice:** to practice
- (f) birth:** to born

English Workshop | Q 14. (b) | Page 135

Pick out the Noun forms of :

- (a) represent: _____
- (b) change: _____
- (c) prepare: _____
- (d) achieve: _____
- (e) aware: _____
- (f) succeed: _____

SOLUTION



- (a) **represent:** representation
- (b) **change:** achievement
- (c) **prepare:** preparation
- (d) **achieve:** change
- (c) **aware:** awareness
- (f) **succeed:** success

English Workshop | Q 14. (c) | Page 135

Pick out the Adjective forms of :

- (a) favour
- (b) proportion
- (c) finance
- (d) nutrition
- (e) female
- (f) addition

SOLUTION

- (a) **favour:** to be favorite
- (d) **nutrition:** nutritional
- (b) **proportion:** proportionate
- (c) **finance:** financial
- (e) **female:** femenene
- (f) **addition:** additionate

English Workshop | Q 15 | Page 136

Imagine that you are the Captain of your team. A famous cricketer is going to visit your school. You are assigned the task to conduct an interview with that famous cricketer. Frame a set of 10 questions that you will ask the cricketer. Take the help of the points given below.

- (a) Early life
- (b) Interest in this field
- (c) Inspiration
- (d) Coaching and guidance
- (e) Achievements/ Records
- (f) Future plans
- (g) Advice to youngsters

SOLUTION

questions of the Interviewer:

Sir, welcome to our school. May I ask you a few questions? Thank you.

- (1) Could you tell us something about your early life?
- (2) Which field of sports were you interested in your Early life?
- (3) Who was your inspiration?
- (4) Who was your coach and your guide during your early years of training?
- (5) Which aspect of cricket do you prefer - batting, bowling, or fielding?

- (6) Just for the record, could You list your achievements and records?
- (7) Surely you must have some future plans. What are they?
- (8) What difficulties did you face when you started your career?
- (9) Who do you think is a model cricketer today?
- (10) What is your advice to youngsters?

English Workshop | Q 16 | Page 136

Write a short paragraph describing the life and work of Mary Kom. Take the help of the points given below. You can take the help of the fact file that you have prepared earlier.

- (a) Early life
- (b) Training
- (c) Achievements
- (d) Future Plans

SOLUTION

Mary Kom's full name is Chungneijang Mary Kom Mangte. She hails from a village in Manipur. Her father was an ex-wrestler. Right from an early age, Mary Kom was interested in athletics and boxing. Finally, she took up boxing, despite objections from her father. He was worried that boxing would mar her face and that would make it difficult for him to arrange a suitable marriage for her. She trained under Charles Atkinson and sparred with some of the finest male boxers in Pune. Mary Kom has a list of National and International achievements. She won the Manipur State Women's Boxing Championship. Then she won the Regional championship for boxing in West Bengal. She made her International debut in 2001 at the first AIBA Women's World Boxing Championship in the United States. There she won the silver medal in the 48 kg category. In 2012, she won the bronze medal at the Olympics in the flyweight (51 kg category). She has been five times World Amateur Boxing Champion. She plans to take up coaching for women boxers with potential.

English Workshop | Q 17 | Page 136

'What men can do, women can do better.' Divide your class into 2 groups. Let one group offer points 'For the topic' and the other, 'Against the topic.' Note down the points in your notebooks and expand the points in two separate write-ups, as views and counterviews. Suggest suitable titles for each.

SOLUTION

View: Men cannot compare to women

Women have naturally inherent qualities, not possessed by men, that enable them to do things better than men do. There was a time when certain professions or careers were considered the sole domain of men. In recent years, women have pooh-poohed the very idea.

Women have more patience and endurance than men. Hence when entrusted with any task, they stick it out and see it through. They are painstaking and focus on every detail. They are able to see the overall picture, unlike men who work for short-term benefits



and instant solutions.

Women tend to communicate more effectively than men, focussing on how to create a solution that works for the group, talking through issues, and utilize nonverbal cues such as tone, emotion, and empathy whereas men tend to be more task-oriented, less talkative, and more isolated. Men have a more difficult time understanding emotions that are not explicitly verbalized, while women tend to intuit emotions and emotional cues.

Men tend to have a 'fight or flight' response to stressful situations while women seem to approach these situations with a 'tend or befriend' strategy.

Hence women do very well as PR Managers, HR Managers, Psychologists, Psychiatrists, etc., - which were previously considered exclusive male-dominated fields of work.

Counterview: Men are the superior species

With no disrespect or offence intended. when it comes to the job-front, men are superior to women. They have the discipline, the psychological assurance and presence, and the most important. the time to sit over time and meet targets.

Women tend to be straightforward, outspoken, and curt in their dealings with clients. Men are more polite, patient, and considerate, especially with irate customers. This is because they are more hormonally stable and balanced than women. They tend to view things from a long-term viewpoint and are focused on the goals of the establishment they work for

Men tend to process better in the left hemisphere of the brain while women tend to process equally well between the two hemispheres. This difference explains why men are generally stronger with left-brain activities and approach problem-solving from a task-oriented perspective.

English Workshop | Q 18 | Page 136

Two famous proverbs - 'Actions speak louder than words' and 'Fortune favours the brave' are best suited to the personality of Mary Kom. Form two groups in the class. Each group should write a paragraph on one proverb with reference to the life and achievements of Mary Kom.

SOLUTION

(1) Actions Speak Louder Than Words

Mary Kom's life and personality exemplify the proverb 'Actions speak louder than words'. Right from an early age, she was interested in athletics and boxing. Her father, a former wrestler, was against her entering the field of boxing for fear of disfigurement, but Mary Kom went ahead, trained rigorously, left her home state, and pursued her goal.

There are many who express desires and ambitions, but limit themselves to highfaluting talks. Mary Kom made her dreams a reality and went on to win a medal at the Olympics for India. Her words always echoed humility. She avoided blaming others for her losses but took the responsibility upon herself.



Mary Kom's life has been a journey of high-voltage action, despite the fact that she is by nature a shy, soft-spoken gentle girl.

(2) Fortune Favours The Brave

It is not easy for a girl to enter and participate in a male-dominated field such as boxing. Mary Kom hailed from Manipur, which is a conservative state, to say the least.

Mary Kom, however, was brave enough to challenge gender-bias, opposition from her father, and the tough rigours of sparring with professional male boxers at Pune.

Her daring and courage were rewarded with awards and national recognition. But the icing on the cake was when she went on to win international events, finally culminating in winning the bronze medal at the 2012 Olympic event.

Lady luck had smiled on her for her persistence, her continual efforts, and her unwavering focus on her goals. Indeed, Mary Kom has proved by her life and her achievements that if one has the spirit of challenging odds, one will surely reap rich dividends.

