

1. Read the given extracts and answer the questions :

[10]

I had two choices-squander my life in remorse or transform it to a world of limitless possibilities.

I love sports and had been a swimmer too, so I decided to switch to para-athletics. This is how my Paralympics journey began. My breakthrough moment came in the 2016 Rio Paralympic Games, when I secured the silver medal in the shot-put event. In hindsight, I feel it was a moment of personal victory and a step forward in changing perceptions.

I. Give a reason for the following statement.

The speaker's decision to transform her life can be likened to the concept of a caterpillar transforming into a butterfly.

II. Why could the speaker switch to para-athletics quite comfortably?

III. Complete the sentence with an appropriate reason.

The speaker calls 2016 Rio Paralympic Games as a 'breakthrough moment' because _____ .

IV. Select the correct option to complete the sentence.

The phrase 'in hindsight' indicates the speaker is _____ .

A. curious B. reflective

C. determined D. courageous

V. The speaker uses the phrase 'changing perceptions'. List one likely perception the speaker might have changed.

Ans. : 1. The speaker's decision can be compared to a caterpillar turning into a butterfly because she transformed a difficult situation in her life into an opportunity for success and achievement.

2. The speaker could switch to para-athletics comfortably because she already loved sports and had earlier been a swimmer.

3. The speaker calls the 2016 Rio Paralympic Games a "breakthrough moment" because she won a silver medal in the shot-put event.

4. B. reflective

5. One perception she changed is that people with disabilities are less capable and cannot achieve success in sports.

Honestly, I feel sports, especially Paralympics, have the extraordinary ability to challenge stereotypes and change attitudes towards disability. When people witness the strength, skill, and competitive spirit of para-athletes, it breaks down preconceived notions. Paralympics has given me a new lease of life and helped me push boundaries.

VI. Choose the option that lists the words to describe the tone of the speaker.

A. appreciative B. moralistic



C. sentimental D. optimistic

E. defensive

(a) A and D (b) B, D, and E

(c) B and C (d) A, C, and E

VII. Complete the analogy given below with a word from the extract.

ability : potential :: preconceived notions: _____ .

VIII. State whether the following sentence is true or false.

Paralympics is a platform that not only showcases the remarkable abilities of para-athletes but also questions stereotypes.

IX. What does 'helped me push boundaries' tell us about the speaker?

X. Which phrase from the extract suggests that the speaker was able to transform her life?

Ans. : 1. (a) A and D (appreciative and optimistic)

2. stereotypes

3. True

4. It shows that the speaker challenged her limitations and achieved things beyond what people expected, proving her determination and strength.

5. "a new lease of life"

2. Answer the following six questions in about 40- 50 words each : [3]

I. What have you learnt from this interview, and how can you implement these learnings in your life?

Ans. : From this interview, I have learnt the importance of determination, self-belief, and a positive attitude while facing challenges. Dr. Deepa Malik's story teaches that physical limitations or difficulties should not stop a person from achieving their goals. Instead, they can be turned into opportunities for success. I can implement these learnings in my life by staying confident, working hard, and not giving up when I face problems. I will also try to respect and support people with different abilities and promote equality and understanding in society.

3. Answer the following six questions in about 100- 120 words each : [36]

I. Explain how Dr. Malik's achievements challenge societal perceptions.

Ans. : Dr. Deepa Malik's achievements challenge societal perceptions about disability by proving that physical limitations do not define a person's abilities. Despite being paralysed waist down due to a spinal tumour, she chose to pursue sports and became a successful para-athlete. Her silver medal in the shot-put event at the 2016 Rio Paralympic Games and her many "firsts" as an Indian female para-athlete demonstrate that individuals with disabilities can perform at the highest level. Through her success, she has shown that determination, courage, and hard work are more important than physical limitations. Her achievements encourage society to respect and recognise the talents of people with disabilities. By breaking

stereotypes and setting new records, Dr. Malik has helped change the way society views disability and inspired many others to believe in their potential.

II. What can be the long-term impact of involving youth in schools and colleges in advocacy with respect to disability? In the chapter "The World of Limitless Possibilities".

Ans. : Involving youth in schools and colleges in advocacy for disability awareness can have a strong long-term impact on society. Young people are the future leaders and decision-makers, so educating them about inclusivity and respect for persons with disabilities helps create a more understanding and supportive society. Awareness programmes can break stereotypes and encourage empathy, respect, and equal opportunities for everyone. When students learn about the abilities and achievements of para-athletes, they begin to appreciate that disability does not limit a person's potential. These young individuals may later support policies, create accessible spaces, and promote equal opportunities in workplaces and communities. As a result, advocacy among youth can gradually change attitudes and build a society where people with disabilities are treated with dignity, fairness, and equal respect.

III. Rationalise the appropriateness of the title of this text with reference to Dr. Deepa Malik's attitude and achievements.

Ans. : The title "The World of Limitless Possibilities" is appropriate because it reflects Dr. Deepa Malik's positive attitude and inspiring journey. After being paralysed waist down, she did not allow her disability to stop her from achieving her dreams. Instead, she chose to turn her life into a world full of possibilities by participating in sports and becoming a successful para-athlete. Her achievements, such as winning a silver medal at the 2016 Rio Paralympics and receiving prestigious awards like the Khel Ratna, show that determination and courage can overcome physical limitations. She also works to promote inclusivity and support other persons with disabilities. Through her success and advocacy, Dr. Malik demonstrates that challenges can be turned into opportunities. Therefore, the title perfectly represents her belief that life offers endless possibilities if one has determination and confidence.

IV. "Every setback is an opportunity to prove your strength". How might this be a life lesson for every individual, and not just sportspersons? In the chapter "The World of Limitless Possibilities".

Ans. : The statement "Every setback is an opportunity to prove your strength" is a valuable life lesson for everyone. In life, people often face difficulties such as failures, disappointments, or unexpected challenges. Instead of losing hope, individuals can use these setbacks as opportunities to grow stronger and learn important lessons. Just like Dr. Deepa Malik turned her disability into a motivation to succeed in sports, others can also overcome obstacles through determination, courage, and hard work. This mindset encourages people to stay positive and keep



trying despite failures. Whether in studies, careers, or personal life, challenges can help individuals discover their true potential. By viewing setbacks as opportunities for improvement rather than obstacles, people can develop resilience and confidence. Thus, this lesson teaches everyone to face difficulties bravely and transform them into success.

- V. Examine how Dr. Deepa Malik's recognition as one of the 10 most inspirational para-athletes globally contributes to the larger discourse on gender equality in sports.

Ans. : Dr. Deepa Malik's recognition as one of the ten most inspirational para-athletes globally contributes greatly to the discussion on gender equality in sports. As a female para-athlete who achieved international success, she challenges both gender and disability stereotypes. Her achievements show that women, including those with disabilities, can excel in competitive sports and gain global recognition. This recognition encourages more women to participate in sports and pursue their ambitions without fear or hesitation. It also highlights the need for equal opportunities, training, and support for women athletes. By breaking barriers and becoming a role model, Dr. Malik has inspired many young girls to believe in their abilities. Her success promotes the idea that sports should be inclusive and provide equal opportunities regardless of gender or physical condition.

- VI. How might Dr. Deepa Malik's thought, 'ability beyond disability', serve as a guideline for success for all future para-athletes?

Ans. : Dr. Deepa Malik's thought "ability beyond disability" can serve as an important guideline for future para-athletes. It reminds them that their physical limitations do not define their capabilities or potential for success. Instead of focusing on their disabilities, para-athletes can concentrate on their strengths, talents, and determination. This mindset encourages confidence, resilience, and a positive attitude towards challenges. By believing in their abilities, they can overcome obstacles and achieve excellence in sports and other fields. Dr. Malik's own journey proves that success is possible through dedication and perseverance. Her message inspires para-athletes to push their limits, work hard, and strive for their goals. In this way, the idea of "ability beyond disability" motivates individuals to believe in themselves and turn challenges into opportunities.

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