

Unit 5: The World of Limitless Possibilities + Nine Gold Medals

English Notes + Complete Solutions with Explanation / Notes by Abhishek Sir

PART A: Interview - The World of Limitless Possibilities (Paralympics)

1. Key Facts

- **Paralympics:** locomotor, sensory ya intellectual disabilities wale athletes ka international khel mahotsav - resilience aur talent ka celebration; stereotypes todta hai.
- **Bharat ka debut:** 1968; **pehla medal:** 1972 (swimming).
- **Origin:** 1948 me Sir Ludwig Guttmann ne England me spinal-injury wale war veterans ke liye **Stoke Mandeville Games** karaye; 1960 me Rome me pehla Paralympics.
- Ye Winter aur Summer Games me baanta hai aur Olympics ke turant baad usi city me hota hai.

2. Dr. Deepa Malik ka interview - Summary

Dr. Deepa Malik (Khel Ratna, Arjuna aur Padma Shri awardee) ko 29 saal ki umar me spine tumour hua. Surgery ke baad doctors ne kaha ki wo kamar se neeche paralysed rahegi aur wheelchair par rahegi. Unke saamne do raaste the: "squander my life in remorse or transform it into a world of limitless possibilities". Unhone dusra raasta chuna aur swimming ke baad para-athletics shuru ki. 2016 Rio Paralympics me shot-put me silver medal unka breakthrough tha. Wo Asian Games me athletics medal jeetne wali pehli Indian mahila para-athlete aur Paralympics medal jeetne wali pehli Indian mahila (kisi bhi khel me) hain. Unhone batya ki sabse badi chunauti samaaj ki soch thi. Unka mantra: "ability beyond disability" aur "every setback is an opportunity to prove your strength". Wo disability sports awareness, women empowerment aur para-sportspersons ko equipment dene ka kaam bhi karti hain.

Theme / Message

- Disability limitation nahi, unique strength hai.
- Himmat, family ka support aur mental strength se obstacles = stepping stones.
- Sports stereotypes todte aur inclusivity badhate hain.

Word / Phrase	Meaning
defy the odds	aisi safalta jahan sab fail hone ki ummeed karen
a new lease of life	nayi urja aur nayi zindagi ka ehsaas
in hindsight	baad me samajhna
breakthrough moment	bada vikas/khoj ka pal
stepping stones	safalta ki sidhiyan
fortitude	dhairya, hausla
trailblazer	rasta dikhane wala pehla vyakti
inclusivity	sabko saath lena

PART B: Poem - Nine Gold Medals (David Roth)

Story of the poem: Special Olympics ki daud me nau athlete start par taiyaar hain. Pistol ki awaaz par daude, par sabse chhota ladka girkar rone laga. Baaki aath ne daud rok kar use uthaya, sab ne haath pakde aur saath me chal kar finish line par pahunche.

Darshakon ne standing ovation diya aur nauon ko gold medal mile. **Message:**

Sportsmanship, empathy aur ekta jeet se badi hain. **Tone:** pehle expectant, phir sad, ant me warm aur uplifting. **Devices:** imagery, alliteration, symbolism (haath pakadna = ekta), narrative poem.

SOLUTIONS - INTERVIEW

Q. Reflect I-II

Ans. Sheetal Devi (para-archer) ki tasveer me paero se dhanush pakadte hue nishana lagane ka hausla dikhta hai. Wo inspire karti hai kyunki unhone disability ko hurdle nahi banne diya. **Caption:** "Where there is a will, there is a way" / "Aim beyond limits".

Check Your Understanding

Fact	Answer
1. Spinal tumour diagnosis ki umar	29
2. Surgery ka result	Kamar se neeche paralysed; wheelchair par rehna pada
3. 10 most inspirational women para-athletes (list kisne banayi)	International Paralympic Committee
4. First successful Paralympic event	Shot-put (2016 Rio, silver)

Fact	Answer
5. "Firsts"	(i) Asian Games me athletics medal jeetne wali pehli Indian mahila para-athlete; (ii) India ki pehli mahila Paralympics medallist (kisi bhi khel me)
6. Awards	(i) Khel Ratna (ii) Arjuna (iii) Padma Shri
7. Two things supported by her	(i) Emotional health of persons with challenges / women empowerment through outdoor sports; (ii) Providing equipment to para sportspersons from lower socio-economic strata

Q. II. Fact-Opinion ya Cause-Effect?

Ans. (1) Fact-opinion: (i) "secured the silver medal" = fact (proof hai); (ii) "I feel it was a moment of personal victory" = opinion. (2) Cause-effect: (i) tumour = cause; (ii) surgery aur wheelchair ki baat = effect.

Q. III. Pairs ka type

Ans. (i) Pehli = fact (Twelfth Five Year Plan group ki member), doosri = "It is believed" = opinion -> 2 (fact-opinion). (ii) Pehli sentence cause (Paralympics talent dikhate hain) aur doosri effect (global perception badalti hai) -> 1 (cause-effect).

Critical Reflection - Extract 1

Q. (i) Caterpillar -> butterfly

Ans. Jaise caterpillar poori tarah naya roop le leta hai, Dr. Malik ne bhi tragedy ke baad apni zindagi ko nayi disha di.

Q. (ii) Para-athletics me comfortable kyun?

Ans. Kyunki unhe sports pasand the aur wo pehle swimmer bhi rah chuki thi.

Q. (iii) Rio 2016 "breakthrough moment" kyun

Ans. kyunki unhone shot-put me silver medal jeeta, jo unki pehli badi international safalta thi aur logon ki soch badalne ki taraf kadam tha.

Q. (iv) "in hindsight"

Ans. B. reflective - wo peeche mud kar apne anubhav par soch rahi hain.

Q. (v) Kaunsi perception badli?

Ans. Ye soch ki disabled log kamzor hain aur kuch bada nahi kar sakte.

Extract 2

Q. (i) Tone

Ans. (a) A and D - appreciative aur optimistic.

Q. (ii) Analogy

Ans. ability : potential :: preconceived notions : stereotypes.

Q. (iii) True/False

Ans. True.

Q. (iv) "push boundaries"

Ans. Wo apni limits se aage jaane wali, himmatwali aur mehnati hain.

Q. (v) Transformation wali phrase

Ans. "a new lease of life".

Answer the following questions

Q. 1. Achievements aur samaaj ki soch

Ans. Unki jeet ye sabit karti hai ki disability ke bajood koi bhi badi safalta pa sakta hai. Log pehle unhe underestimate karte the; medals aur awards ne soch badal di aur dikhaya ki "ability beyond disability".

Q. 2. Youth ko advocacy me jodne ka long-term asar

Ans. Bachche samvedansheel (empathetic) bante hain, stereotypes kam hote hain, bade hokar inclusive society banate hain aur disability sports ko support karte hain.

Q. 3. Title ka audit

Ans. Title "The World of Limitless Possibilities" sahi hai kyunki Dr. Malik ne tragedy ko "limitless possibilities" me badla - unka attitude aur medals sab yehi sikhte hain ki sambhavnayein asimit hain.

Q. 4. Setback = opportunity (sabke liye)

Ans. Har insaan ko asafalta, exam me fail ya nuksan milta hai. Agar hum use seekhne ka mauka maanein to wo hamari taakat banta hai - sirf athletes hi nahi, student, doctor ya businessman sab ke liye.

Q. 5. 10 most inspirational women recognition aur gender equality

Ans. Ek mahila aur disabled ke roop me unki pehchaan dikhati hai ki sports me mahilaon ko bhi barabar mauke milne chahiye; isse nayi ladkiyon ko prerna milti hai aur gender aur disability ke stereotypes toot-te hain.

Q. 6. "ability beyond disability"

Ans. Ye har para-athlete ko sikhati hai ki apni kamiyon se zyada apni khoobiyon par dhyan do - jo bhi kar sakte ho uspar focus karke excel karo.

Q. 7. Maine kya seekha

Ans. Mushkilon me hausla na harna, support system par bharosa karna aur khud par vishwas rakhna. Main exam me asafal hone par bhi seekh kar dobara try karunga.

Vocabulary and Structures

Q. I. Phrases matching

Ans. 1 defy the odds - (iii); 2 a new lease of life - (v); 3 in hindsight - (iv); 4 breakthrough moment - (i); 5 turn obstacles into stepping stones - (ii). Sentence: "She defied the odds and won the race."

Q. II. Word cline (slowest -> fastest)

Ans. creep -> crawl -> plod -> amble -> stroll -> saunter -> walk -> jog -> run -> dart -> sprint.

Q. III. Modals ka function

Ans. 1 "could hear" - (v) past ability; 2 "couldn't be helped" - (vi) impossibility; 3 "should give my best shot" - (iv) obligation; 4 "would win" - (iii) prediction. (Extra: promise, possibility.)

Q. IV. Sentences with functions

Ans. could: It could rain today (possibility). I could swim when I was five (unreal/past ability). Could you help me? (request). You could try again (suggestion). couldn't: I couldn't lift the box (inability). should: She should be home by now (probability). You should exercise (advice). would: Would you open the door? (request). We would play cricket every evening (past habit).

Q. V. Reported speech observation

Ans. Sentences direct speech me aur declarative hain. Changes (Column 3): said/says added; that-linking word; tense: have been -> had been, love -> loved; pronoun: you -> she, I -> she; had been; decided -> had decided; "your story is" -> "her story was"; "I believe" -> "she believes" (reporting verb present ho to tense same).

Q. VI. Conversation reported

Ans. 1. Siya said that she had watched a documentary on the para equestrian event on television the previous night. 2. Siya added that it did and that it had been so interesting to watch. 3. Siya replied that they also had to find and develop their own style of communication with their horse. 4. Tarun said that he would watch that documentary the following weekend.

Q. Listen and Respond (transcript page 268)

Ans. Transcript PDF me nahi hai. Likely answers: 1. auditorium/school hall; 2. students/sports captain; 3. unity and diversity (ya inclusion); 4. workshop; 5. team-building activity - teacher ke transcript se confirm karo.

Q. Speaking: Interview

Ans. Informal (Sports Captain): "Hi! Tell me about your love for sports. Did you face any challenges?" Formal (Coach): "Good morning, sir. Could you share something about the challenges you faced?" Formal me polite aur lambhe sentences, informal me chhote aur friendly.

Q. Writing: Notice (50 words tak)

Ans. ABC Public School

NOTICE / 10 January 2026

Inter-School Athletic Meet

Interested students of Classes 6-10 are invited to register for selection in track and field events. Last date: 15 January. Selection trials: 18 January, 3 p.m., school ground. Names to be submitted to the Sports Captain.

Rohan Mehta, Sports Captain

(Isse box me likho.)

SOLUTIONS - NINE GOLD MEDALS

Q. Reflect II. Empathy, sympathy, compassion

Ans. 1. "I am so sorry for what is happening to you..." = **sympathy** (dusre ke dukh par afsos). 2. "I can imagine how you feel. I understand..." = **empathy** (dusre ki feelings samajhna). 3. "I will spend some time with you so that you don't feel lonely" = **compassion** (samajhkar madad karna).

Q. Check I. Matching

Ans. 1 dashed in the dirt - (ii) destroyed; 2 stumbled - (iv); 3 staggered - (i); 4 anguish - (v); 5 asphalt - (iii).

Q. II. Gist of stanzas

Ans. Stanza 1 - 5; Stanza 2 - 1; Stanza 3 - 4; Stanza 4 - 2; Stanza 5 - 8; Stanza 6 - 6; Stanza 7 - 7; Stanza 8 - 3.

Q. III-1. Alliteration

Ans. (i) "dashed in the dirt" (d); (ii) "holding hands" (h).

Q. III-2. Visual imagery

Ans. (i) "blocks all lined up"; (ii) "fell to the asphalt"; (iii) "nine beaming faces" / "holding hands still".

Q. III-3. Auditory imagery

Ans. "the pistol exploded" (ya "cry of frustration").

Q. III-4. Imagery ka asar

Ans. Imagery se daud, girna aur ekta ka drishya aankhon ke saamne aata hai - kavita zyada jeevant aur emotional ban jaati hai.

Q. III-5. Tone change

Ans. Shuru me expectant aur excited, beech me udaas aur chintit (gir jaane par), ant me warm, proud aur uplifting.

Q. III-6. Overall mood

Ans. Heart-warming aur inspiring.

Q. III-7. Message

Ans. Jeet se badi insaaniiyat hai - teamwork, empathy aur ek-dusre ki madad hi asli victory hai.

Critical Reflection - Extract 1

Q. (i)-(v)

Ans. (i) B. stopped running. (ii) Kind / compassionate / empathetic. (iii) Warm aur admiring. (iv) Thankful, touched aur relieved - use pyaar aur ekta mehsoos hua. (v) Haan, turning point: yahin se competition cooperation me badal gayi.

Extract 2

Q. (i)-(v)

Ans. (i) Khush, garvit aur santusht (joyful and proud). (ii) Kyunki sabne saath milkar race poori ki aur Special Olympics ki spirit (sabka jeet) ko dikhaya. (iii) unity and togetherness. (iv) A. amazed. (v) Khushi se chamakte chehre aur standing ovation shabdon se zyada bol gaye - emotion kehne ki zarurat nahi.

II. Answer the following questions

Q. 1. Pehle do stanzas ka setting

Ans. Athletes ka poore desh se aana, mahino ki training aur darshakon ka jutna ek utsaah aur ummeed bhara mahaul banate hain - isse aage ki ghatna ka drama aur emotion badh jaata hai.

Q. 2. Girne par sabse chhote athlete ne kaisa mehsoos kiya?

Ans. Nirasha, dard aur sharm - uske sapne toot gaye the ("cry of frustration and anguish").

Q. 3. Athletes race ke liye utsuk kyun?

Ans. Kyunki unhone mahino mehnat ki thi aur gold, silver ya bronze jeetne ka sapna tha.

Q. 4. Daud ka walk me badalna

Ans. Ye jeet ki hod se ekta aur sahyog ki taraf badlav ka pratik hai - ab maksad pehle pahunchna nahi, saath pahunchna hai.

Q. 5. Agar sirf individual achievement hota

Ans. Kavita ek common sports poem ban jaati - usme empathy aur ekta ka message nahi hota; sirf ek hi winner hota aur baaki haar jate.

Q. 6. Language aur tone

Ans. Saral shabd, vivid imagery, narrative style aur tone ka badlav reader ko ghatna se jodta hai aur ant me bhaav-vibhor kar deta hai.

Q. 7. Poet ka purpose

Ans. Logon ko sportsmanship, empathy aur inclusion ka mahatva batana aur Special Olympics ki spirit (jeet nahi, koshish aur saath) ka celebration.

Vocabulary in Context

Q. I. Adjective-noun collocations

Ans. "beaming faces", "young boy", "old field", "gold medals".

Adjective	Collocating nouns
1. big	disappointment, failure, surprise, decision
2. heavy	rain, traffic, load, burden
3. strong	wind, coffee, belief, willpower
4. large	crowd, number, amount, family
5. great	success, pleasure, courage, effort

Q. III. Adjectives replace

Ans. 1. littlest -> youngest; 2. smiling -> positive; 3. huge -> loud; 4. terrible -> significant; 5. gaudy -> noisy.

Q. Listen and Respond (Patrick Gomes) - transcript page 268

Ans. Transcript PDF me nahi hai. Likely: I. 1 False? (confirm), 2 True/False transcript se dekho, 3 False. II. 1 (i) challenge themselves, 2 (ii) coach of special athletes, 3 (ii) turning point, 4 (i) track events, 5 (i) a positive outlook - teacher ke transcript se confirm karo.

Q. Speaking (Special Olympics)

Ans. Sample: "Personally, I believe Special Olympics promotes inclusion. It's my belief that it gives special athletes confidence and respect. We can spread awareness through school assemblies, posters and social media."

Q. Writing: Slogans aur Poster

Ans. Slogans: (1) "Special Olympics: Every Heart Wins!" (2) "Different abilities, one spirit." (3) "Run together, win together." Poster me slogan, call to action aur illustration box ke andar rakho.

- Teacher: Abhishek Sir / Practice: is topic ke 100 MCQs ka CSV zaroor solve karo.