

LESSON-15



The Glorious Sportswomen Of India

In India, the world of sports is still dominated by men. Women are usually not encouraged to take up sports. Since their childhood, girls are pushed to learn virtues of a good homemaker whereas boys are motivated to play outdoor games.

Even today, while buying toys for children, parents tend to buy dolls, indoor games and kitchen playing sets for their daughters, but cricket bats and footballs for their sons.

On the other hand there are many Indian sportswomen who have brought glory to the nation by winning medals and titles.

Now, things have certainly improved for women. The role and status of an Indian woman in sports have become equivalent to that of a man.

Fortunately, we have many women sports personalities, who are the role models for the younger generation; their success have inspired other girls to take up sports as their career.



P T Usha is one of India's best known women athletes. She has won many national and international awards. She was known as 'The Queen of Indian Track and Field.' P T Usha received 'Padma Shree' and 'Arjuna Award'. She was named the 'Sportsperson of the Century' by the Indian Olympic Association.



Saina Nehwal is also known as the 'Golden Girl' of Indian badminton. She is the first woman in the history of Indian sports to reach the world's number one rank in badminton. She has received 'Padma Bhushan', 'Padma Shree', 'Rajiv Gandhi Khel Ratna' and 'Arjuna Award' for badminton.



Sania Mirza is one of the most recognised faces in Indian sports. She is the only woman face of Indian Lawn Tennis, who was formerly ranked number one in the women's doubles ranking. She has received 'Arjuna Award,' WTA new comer of the year, 'Padma Shree,' 'Rajiv Gandhi Khel Ratna,' and 'Padma Bhushan.'

P V Sindhu is a rising star in the world of badminton, who is currently the world's number two in BWF world ranking. She became the first ever Indian woman singles player to win a medal at the badminton world championship. She has received 'Arjuna Award,' 'Padma Shree' and 'Rajiv Gandhi Khel Ratna Award'.



M C Mary Kom is also known as the 'Million Rupee Baby' in India. This tough lady is a five times boxing world champion and also has an Olympics bronze medal in her kitty. She is the first lady boxer to have won the bronze medal for India at the London Olympics. She is honoured with 'Padma Bhushan,' 'Padma Shree,' 'Arjuna Award' and 'Rajiv Gandhi Khel Ratna Award'.



Mithali Raj is the face of Indian women's cricket team and is ranked number one by the ICC World Women Cricket rating. She is the captain of the Indian women's cricket team in test and ODI. She is the highest run scorer in women's international cricket. She has

received 'Arjuna Award,' 'Padma Shree,' 'Youth Sports Icon of Excellence Award' and many more.



Geeta Phogat is an Indian wrestler and the first sports woman from the country to have qualified for the Olympics. She is a freestyle wrestler who has won India's first ever gold medal in wrestling at the Commonwealth Games. She has been conferred with the 'Arjuna Award' for outstanding achievement in National Sports in 2012.

Arunima Sinha is the first Indian female amputee to climb Mount Everest. A former national football and volleyball player. She lost her leg after she was thrown out from a running train while resisting an attack from thieves in 2011. She has received 'Padma Shree' and 'Tenzing Norgay National Adventure Award' which is at par with the 'Arjuna Award'.

There are many Indian sportswomen, who bring glory to their families and the nation. However, our society still needs to understand that encouraging sports among girls is as important for their personality development as it is for their academics. Virtues like team spirit, leadership, decision making ability and flexibility can be better learned on the sports ground.

New Words

Word	Meaning
-------------	----------------

dominated	-हावी हुआ
-----------	-----------

- encouraged -प्रोत्साहित किया
- conferred -प्रदत्त किया
- virtues -सद्गुण
- motivated -प्रेरित किया
- glory -सम्मान मिलना
- fortunately-सौभाग्य वश
- athlete -खेलकूद प्रतिभागी
- honoured-सम्मानित किया

Comprehension Questions

1. Answer the following questions:

- a. Who is known as the 'Golden Girl of Indian Badminton'?
- b. Who is the highest run scorer in women's international cricket?
- c. Who is your favourite sportswoman and why?
- d. What qualities can be learned on the sports ground?
- e. What do you do in order to encourage girls to take up sports?

2. Tick (a)the correct options:

Who among the following is known as the 'Queen of Indian Track and Field' -

Mithali Raj,,P V Sindhu,,P T Usha ,,Saina Nehwal

M C Mary Kom is also known as -

million rupee baby,,one dollar child ,,500 rupee note ,,crorepati of India

Who is the recipient of 'Tenzing Norgay Award' -

Geeta Phogat ,,Sania Mirza,,Arunima Sinha ,,Saina Nehwal

Who is the highest run scorer in Women's International Cricket -

P T Usha ,P V Sindhu ,,Mithali Raj ,,M C Mary Kom

Word Power

1. Match the expressions with their meanings :

Expressions

Meanings

black sheep favourite person

dark horse an easy situation

apple of one's eye disgrace to the family

bed of roses someone who wins unexpectedly

2. Read the following abbreviations and their full forms :

IOA -Indian Olympic Association

BWF -Badminton World Federation

ODI - One Day International

ICC -International Cricket Council

WTA-Women's Tennis Association

Language Practice

1. Read and understand :

- We use 'going to' when we have the intention to do something before we speak.
- We use 'going to' to make prediction about the future.
- Now put the verbs given in the brackets into the correct form and use 'going to'. One is done for you :
- It (rain) _____.
- **It is going to rain.**
- They (eat) _____ apples.
- We (help) _____ you.
- I (wear) _____ blue shoes tonight.
- It is 8:30 pm. You (miss) ___ your train.

2. Read and understand :

Preposition 'through' implies entering the middle of something and then going out the other side.

Preposition 'across' implies from one side to the other side of a place or area.

Example-

He looked through the window.

The boy jumped across the stream.

Now complete the following sentences using 'through' or 'across' :

- a. We swam _____ the river.
- b. We walked _____ the forest.
- c. The train was passing _____ the tunnel.
- d. There is a bridge _____ the river.
- e. They walked _____ to the other side of the street.
- f. He hit the nail _____ the wood.

Let's Know More

» National Sports Day is celebrated throughout India on August 29 to mark Major Dhyan Chand's birthday . He is referred to as 'The wizard, for his incredible hockey skills'.

» International Day of Sport for Development and Peace is celebrated on April 6 which recognise the power of sport in promoting peace and erasing cultural barriers worldwide.

Activity

Let's Write

- Write a few lines about the 'Values of Games' in Life.
 - Think of a person who has inspired you. It could be a friend, family member or a teacher or even a famous personality. Write how you got inspired by that person; what qualities do you like about him/her and how he/she has influenced your life.
 - Names of some games are given below. Mention the names of some famous players associated with these games :
-
- Tennis
 - Cricket
 - Football
 - Badminton
 - Hockey