

5

The World of Limitless Possibilities

Summary

The chapter The World of Limitless Possibilities highlights the inspiring world of the Paralympic Games, which celebrate the courage, determination, and talent of athletes with disabilities. It shows how these games go beyond sports by breaking stereotypes and changing society's perception towards disability.

The chapter focuses on the life of Dr. Deepa Malik, a renowned Indian para-athlete. After being paralysed due to a spinal tumour, she chose not to give up but to transform her life through sports. Her determination led her to win a silver medal in shot put at the 2016 Rio Paralympics, making her the first Indian woman to win a Paralympic medal.

Dr. Malik strongly believes in "ability beyond disability" and proves that physical limitations do not define one's potential. She faced many challenges, including negative societal attitudes, but overcame them with courage, family support, and strong willpower.

Apart from her achievements, she works for disability rights, women empowerment, and spreading awareness among youth. The chapter teaches us that with resilience, positivity, and self-belief, every challenge can become an opportunity, and every individual has limitless potential.

Message: This chapter teaches us that with determination and confidence, any challenge can be overcome. It inspires us to believe in our abilities and never give up.

New Terms

- **Resilience** – ability to recover quickly from difficulties
- **Locomotor** – related to movement of body parts
- **Quell** – to control or overcome
- **Indelible** – lasting or cannot be removed
- **Squander** – to waste something
- **Remorse** – feeling of regret
- **Trailblazer** – a person who shows a new path
- **Coveted** – greatly desired
- **Accolades** – praise and awards
- **Proponent** – a person who supports an idea
- **Fortitude** – courage in difficult times
- **Testament** – proof or evidence
- **Preconceived notions** – ideas formed before knowing the truth
- **Inclusivity** – including everyone equally
- **Advocating** – supporting or speaking for something
- **Unleashed** – set free or released

Reflect and Respond

- I. This is a picture of Sheetal Devi, a para-archer who was honoured with the Arjuna Award in January 2024.

Look at the picture carefully and share your observations with your classmates and teacher.



Ans. Observations:

- Sheetal Devi is a para-archer.
- She does not have arms but still practices archery using her feet.
- She looks focused, confident, and determined.
- She represents courage and strong willpower.

1. **Does this personality inspire you? Explain how.**

Ans. Yes, she inspires me a lot. Despite physical challenges, she has achieved success through hard work and determination. She teaches us that nothing is impossible if we believe in ourselves and keep trying.

2. **Give a caption for this picture.**

Ans. "Where there is willpower, there is a way."

- II. Complete the table given below about Paralympics. Share your responses with your classmates and teacher.

What I know	What I want to know

Ans.

What I know	What I want to know
<ul style="list-style-type: none"> • Paralympics are games for athletes with disabilities. • It is held every four years like the Olympics. • It promotes equality and inclusion. • Athletes compete in different sports events. 	<ul style="list-style-type: none"> • How are athletes selected for Paralympics? • What kind of training do para-athletes undergo? • How many countries participate in Paralympics? • What challenges do para-athletes face in their journey?

Check Your Understanding

- I. Fill in the fact table given below based on the interview with Dr. Deepa Malik. Discuss your answers with your classmates and teacher.

Fact Table	
1. diagnosed with spinal tumour at the age of	
2. result of the surgery	
3. named as one of the 10 most effective para-athletes by	
4. first successful Paralympic event	
5. list of 'firsts'	(i) (ii)
6. awards won	(i) (ii) (iii)
7. two things supported by her	(i) (ii)

Ans.

Fact	Answer
1. Diagnosed with spinal tumour at the age of	- 29 years
2. Result of the surgery	- Paralysed below the chest (wheelchair-bound)
3. Named as one of the 10 most effective para-athletes by	- International Paralympic Committee (IPC)
4. First successful Paralympic event	- Shot Put (Rio Paralympics 2016 – Silver Medal)
5. List of 'firsts'	- (i) First Indian woman to win a Paralympic medal (ii) First Indian woman to participate in Paralympic athletics
6. Awards won	- (i) Padma Shri (ii) Arjuna Award (iii) Rajiv Gandhi Khel Ratna Award
7. Two things supported by her	- (i) Women empowerment (ii) Inclusion of persons with disabilities

- II. Read the two sets of sentences given below.

Choose whether the given statements display: fact-opinion or cause-effect.

(1)

(i) In the 2016 Rio Paralympic Games, I secured the silver medal in the shot-put event.

(ii) I feel it was a moment of personal victory and a step forward in changing perceptions.

Ans. Fact–Opinion

(2)

(i) I was diagnosed with a tumour in my spine.

(ii) I had a surgery and was told that I would be bound to a wheelchair for the rest of my life.

Ans. Cause–Effect

III. Work in pairs to identify which of these pairs of sentences show:

1. cause-effect

2. fact-opinion

Write 1 or 2 in the boxes given.

(i) Dr. Deepa Malik was a member of the Working Group for the Formulation of Twelfth Five Year Plan (2012–17).

It is believed that she contributed greatly to create better sports policies for the persons with disabilities.- 2

Ans. 2 (Fact–Opinion)

- First sentence → Fact (true information)
- Second sentence → Opinion (belief)

(ii) Paralympics showcases incredible talent and determination of para-athletes.

The global perception on disabilities shifts, inspiring para-athletes to pursue their dreams.-1

Ans. 1 (Cause–Effect)

- First sentence → Cause (Paralympics showcases talent)
- Second sentence → Effect (changes perception and inspires others)

Critical Reflection

I. Read the extracts given below and answer the questions that follow.

1. 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.

Ans. Because she changed her life positively after a difficult situation and became stronger and successful.

(ii) Why could the speaker switch to para-athletics quite comfortably?

Ans. Because she already loved sports and was a swimmer.

(iii) Complete the sentence with an appropriate reason.

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

Ans. Because she won a silver medal and gained recognition at the international level.

(iv) Select the correct option to complete the sentence.

- The phrase 'in hindsight' indicates the speaker is _____.
- curious
 - reflective
 - determined
 - courageous

Ans. B. reflective

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

Ans. One perception she changed: People with disabilities cannot achieve success in sports.

2. 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.

(i) 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

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

(ii) Complete the analogy given below with a word from the extract.

- ability : potential :: preconceived notions : _____

Ans. ability : potential :: preconceived notions : stereotypes

(iii) 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.

Ans. True

(iv) What does 'helped me push boundaries' tell us about the speaker?

Ans. It shows that the speaker crossed her limits and achieved more than expected. It also reflects her confidence, determination, and courage.

(v) Which phrase from the extract suggests that the speaker was able to transform her life?

Ans. The phrase from the extract that suggests the speaker was able to transform her life is:

"a new lease of life"

This phrase shows that she got a fresh start and changed her life in a positive way.

II. Answer the following questions.

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

Ans. Dr. Deepa Malik's achievements prove that disability does not limit a person's potential. By winning medals and earning recognition, she breaks the stereotype that people with disabilities are weak or dependent. Her success changes society's mindset and shows that they are equally capable.

2. What can be the long-term impact of involving youth in schools and colleges in advocacy with respect to disability?

Ans. Involving youth creates awareness, empathy, and acceptance from an early age. It helps build an inclusive society where people respect diversity and support equal opportunities. In the long term, it can remove discrimination and create a more understanding and supportive environment.

3. 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 Dr. Malik's life shows that with determination and courage, no goal is impossible. Despite her disability, she achieved great success, proving that opportunities are endless for those who believe in themselves.

4. "Every setback is an opportunity to prove your strength". How might this be a life lesson for every individual, and not just sportspersons?

Ans. This idea teaches that failures and difficulties should not discourage us. Instead, they should motivate us to work harder and become stronger. This lesson applies to everyone, as challenges in life help us grow and achieve success through perseverance.

5. 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. Malik's global recognition highlights that women, including those with disabilities, can excel in sports. It inspires other women to participate and challenges gender bias, promoting equal opportunities and respect for female athletes.

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

Ans. This thought encourages para-athletes to focus on their strengths rather than limitations. It motivates them to believe in themselves, work hard, and achieve success, proving that their abilities are greater than their disabilities.

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

Ans. I have learnt the importance of determination, self-belief, and a positive attitude. I will implement these lessons by staying confident, facing challenges bravely, and never giving up on my goals.

Vocabulary and Structures in Context

I. Work in pairs. Match the given phrases in Column 1 with their meanings in Column 2. Use the phrases in sentences of your own.

Column 1	Column 2
1. defy the odds	(i) a time of significant development or discovery
2. a new lease of life	(ii) overcome challenges and achieve goals
3. in hindsight	(iii) succeed in doing something when most people think it would result in failure
4. breakthrough moment	(iv) ability to understand something after it has happened
5. turn obstacles into stepping stones	(v) an occasion when you become more energetic and active than earlier

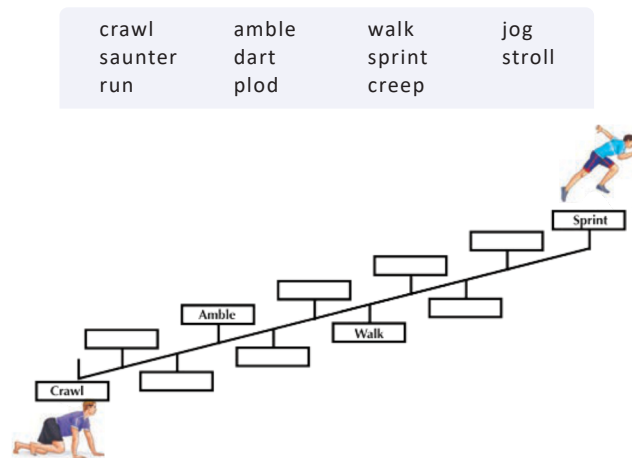
Ans.

Sentences:

- **Defy the odds** - She defied the odds and became a successful athlete despite her disability.
- **A new lease of life** - Winning the medal gave him a new lease of life.
- **In hindsight** - In hindsight, I realised that hard work always pays off.
- **Breakthrough moment** - Getting selected for the team was a breakthrough moment in her career.
- **Turn obstacles into stepping stones** - We should learn to turn obstacles into stepping stones for success.

II. A common word used in athletics is 'sprinting' which relates to movement. Read the words related to movement given in the box below.

- Arrange them on the word cline in increasing order of pace from the slowest to the fastest. Some examples have been done for you.



Ans. Here is the correct order from slowest to fastest movement:

Crawl → Creep → Plod → Amble → Saunter → Stroll → Walk → Jog → Run → Dart → Sprint

Explanation (simple):

- Crawl / Creep → very slow movement
- Plod / Amble / Saunter / Stroll → slow and relaxed walking
- Walk / Jog → normal to slightly fast
- Run / Dart / Sprint → fast to very fast movement

III. Match the highlighted verbs in Column 1 with their functions in Column 2. There are two extra functions that you do not need.

Column 1	Column 2
1. I could hear the audience clapping.	(i) promise
2. It couldn't be helped.	(ii) possibility
3. I should give it my best shot.	(iii) prediction
4. I knew if I tried, I would win.	(iv) obligation
	(v) past ability
	(vi) impossibility

- The verbs in bold are called modal auxiliaries. Each of these modal verbs can perform various functions based on the situation in which they are used.

Ans.

Column 1	Column 2
1. I could hear the audience clapping.	(v) past ability
2. It couldn't be helped.	(vi) impossibility
3. I should give it my best shot.	(iv) obligation
4. I knew if I tried, I would win.	(ii) possibility

IV. Read the table which shows other functions of the modal auxiliaries.

Modal Verbs	Functions
1. could	(i) possibility (ii) unreal ability (iii) request (iv) suggestion
2. couldn't	(i) inability
3. should	(i) probability (ii) advice
4. would	(i) request (ii) past habit

- Now, make sentences with the modal verbs given in the table above with each function of the modal verbs. Mention the function in brackets.

Ans.

1. Could

- (i) Possibility – It could rain later in the evening.
- (ii) Unreal ability – If I had wings, I could fly across the sky.
- (iii) Request – Could you please help me with my homework?
- (iv) Suggestion – We could go to the park after school.

2. Couldn't

- (i) Inability – She couldn't lift the heavy box by herself.

3. Should

- (i) Probability – The train should arrive by 6 p.m.
- (ii) Advice – You should study regularly for better results.

4. Would

- (i) Request – Would you mind opening the window?
- (ii) Past habit – When we were kids, we would play outside every evening.

V. Read the following sentences.

- Interviewer: You've been listed as one of the 10 most inspirational women para-athletes globally by the International Paralympic Committee.
- Dr. Malik: I love sports and had been a swimmer too, so I decided to switch to para-athletics.

The sentences given above are in _____ . (Direct Speech/Reported Speech)

The sentences given above are _____ sentences. (declarative/interrogative/exclamatory/imperative)

Now, work in pairs. Observe the changes from Column 1 to Column 2. Note these changes in Column 3. One example has been done for you.

Ans.

- The sentences given above are in Direct Speech.
- The sentences given above are declarative sentences.

Column 1 (Direct Speech)	Column 2 (Reported Speech)	Column 3 (Changes Noted)
<ul style="list-style-type: none"> Dr. Malik: I love sports and had been a swimmer too, and so I decided to switch to para-athletics. 	<ul style="list-style-type: none"> Dr. Malik said that she loved sports and had been a swimmer too, and so she had decided to switch to para-athletics. 	<ol style="list-style-type: none"> 'said' added 'that' added love → loved I → she had been (no change) decided → had decided
<ul style="list-style-type: none"> Interviewer: Your story is indeed a testament to the power of determination. 	<ul style="list-style-type: none"> The interviewer said that her story was indeed a testament to the power of determination. 	<ol style="list-style-type: none"> 'said' added 'that' added is → was your → her
<ul style="list-style-type: none"> Dr. Malik: I believe youth is the voice of tomorrow. 	<ul style="list-style-type: none"> Dr. Malik says that she believes youth is the voice of tomorrow. 	<ol style="list-style-type: none"> 'says' added 'that' added I → she believe → believes is → is

VI. Read the conversation given below.

Siya: I watched a documentary on the para equestrian event on television last night.

Tarun: I didn't know Paralympics has equestrian events.

Siya: It does. It was so interesting to watch.

Tarun: That's wonderful. So, para equestrians must be training for months for this.

Siya: They also have to find and develop their own style of communication with their horse.

Tarun: I will watch this documentary the next weekend.

Change the conversation given above to reported speech.

- Siya said that she 1. _____ . Tarun replied that he hadn't known that Paralympics had equestrian events. Siya added that 2. _____. Tarun remarked that it was wonderful and that para equestrians must be training for months for that. Siya replied that 3. _____. Tarun said that 4. _____ .

Ans. Here is the correct reported speech:

- Siya said that she had watched a documentary on the para equestrian event on television the previous night. Tarun replied that he hadn't known that Paralympics had equestrian events. Siya added that it did and that it had been very interesting to watch. Tarun remarked that it was wonderful and that para equestrians must be training for months for that. Siya replied that they also had to find and develop their own style of communication with their horse. Tarun said that he would watch that documentary the following weekend.

Listen and Respond

I. You will listen to an announcement for special assembly in school. As you listen, fill in the blanks with one or two exact words. (Transcript for teacher on page 268)

1. The venue for the special assembly is the _____.
2. A presentation on inclusion will be made by the _____.
3. The dance performance will focus on the themes of _____ and _____.
4. A _____ will be conducted by experts who support inclusion.
5. The celebration will end with a _____ to encourage team work.

Ans. Here are the correct answers (based on the announcement):

- | | | |
|----------------------|--------------------|------------------------|
| 1. school auditorium | 2. student council | 3. unity and diversity |
| 4. workshop | 5. group activity | |

Speaking Activity

I. Interview the Sports Captain and the Sports Coach of your school.

Note that the interview of the Sports Captain is informal, and that of the Sports Coach is formal. Work in pairs. One of you can be the interviewer and the other the interviewee in the informal interview. Interchange your role for the formal one.

Ans. Here are sample interviews for both informal (Sports Captain) and formal (Sports Coach):

- **Informal Interview (Sports Captain)**

Interviewer: Hello! I'm so glad that you agreed to meet me for this interview.

Sports Captain: Hey! I'm happy to be here 😊

Interviewer: Tell me about yourself and your love for sports.

Sports Captain: I'm the school sports captain and I've loved sports since childhood. I enjoy playing cricket and athletics the most.

Interviewer: Did you face any challenges? How did you deal with them?

Sports Captain: Yes, balancing studies and practice was tough. But I managed my time well and stayed focused.

Interviewer: What are some impressive achievements you've had? How do you feel about them?

Sports Captain: I've won medals at district-level competitions. It feels amazing and motivates me to do better.

Interviewer: What would you like to say to your peers or juniors?

Sports Captain: Never give up and always believe in yourself. Practice regularly and enjoy the game!

- **Formal Interview (Sports Coach)**

Interviewer: Good morning. It is a privilege to have this opportunity to interact with you.

Sports Coach: Good morning. Thank you, the pleasure is mine.

Interviewer: Could you tell me how your journey in sports began?

Sports Coach: My journey began during my school days when I developed a strong passion for athletics, which I later pursued professionally.

Interviewer: Could you share the challenges you faced and how you overcame them?

Sports Coach: Certainly. I faced both financial and physical challenges, but I overcame them through determination and discipline.

Interviewer: You have received many accolades. What do these accomplishments mean to you?

Sports Coach: These achievements reflect years of dedication and hard work, and they motivate me to guide young athletes effectively.

Interviewer: What advice would you give to aspiring athletes?

Sports Coach: Stay dedicated, maintain discipline, and never lose confidence. Success comes with patience and consistent effort.

Writing Task

I. Read the details about a notice in the table given below.

What is a notice?	A notice is generally written to convey some information to students, or a specific group of people.
A notice tells us about...	An event, a celebration, a competition, important information, lost/found article
Format of a notice	<div style="text-align: center;"> <p>Name of Organisation</p> <p>NOTICE</p> <p>Date</p> <p>Heading</p> <p>Details</p> <p>Signature</p> <p>Name</p> <p>Designation</p> </div>

Ans.

- **What is a Notice?** - A notice is a short, formal piece of writing used to inform people about an event, activity, or important information.

Example of a Notice

ABC Public School

NOTICE

Date: 10 July 2026

Sports Day Celebration

All students are hereby informed that our school will celebrate Sports Day on 20 July 2026 in the school playground. Students are encouraged to participate actively in various events.

Those interested should submit their names to the Sports Teacher on or before 15 July 2026.

Riya Sharma

(Sports Captain)

- II. The Sports Club of your school is organising an Inter-school Athletic Meet. As the Sports Captain, draft a notice in not more than 50 words asking interested students to register themselves for selection in different events. Add all necessary details. Do not forget to design your notice within a box.

Ans.

ABC Public School

NOTICE

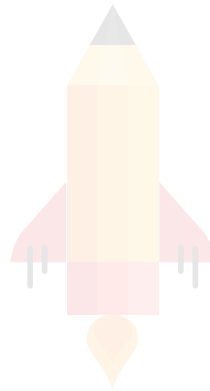
Date: 10 July 2026

Inter-school Athletic Meet

Interested students may register for selection in various events with the Sports Teacher by 15 July 2026. Trials will be held on 17 July in the playground.

Riya Sharma

Sports Captain



One Point Learning