

15-YES, WE CAN



Veena and Shalu are good friends. Both are excited to take part in a sports rally which is going to be held at school in the next month. Veena is a good badminton player whereas Shalu is good at racing. Shalu is a bit upset because she is having a leg injury which is the cause of worry for her performance in the upcoming event.

Veena : Why are you upset?

Shalu : Veena, I want to participate in the sports rally. But due to injury in my leg I am not confident whether I will be able to take part in it or not.

Veena : Dear friend, don't be upset. Have you not heard the name of Arunima Sinha, the famous mountaineer?

Shalu : No, I haven't. Who is she?

Veena : She is a national level volleyball player. She was pushed out from a running train by some robbers. She was badly injured, so one

of her leg was amputated.

Shalu : Oh! It's sad.

Veena : In spite of this, she climbed the world's highest peaks and made us proud.

Shalu : Wonderful! This should be the spirit.

Veena : Not only she, but Bharat Kumar (a Para Swimmer), Sudha Chandran (Bharatnatyam Dancer) also became famous in their fields in spite of their disabilities.

Shalu : They are really very courageous and confident people.

Veena : Yes, you should take inspiration from them. You are good at sports. All you need is to boost up your confidence.

Shalu : You are right. Now, I will participate and do my best.

Veena : That's like my good friend. We all have some special qualities. We should have faith in ourselves.

Shalu : Definitely! I will work hard to give my best.

Veena : So dear, "Always say I can; never say I can't."

Shalu : I can do it.

Veena : That's the spirit.

Where there is a will, there is a way

New Words

Word Pronunciation Meaning

confident - कॉन्फिडन्ट -आत्मविश्वासी मर्भाग लेना

mountaineer - माउन्टेनियर्(र) -पर्वतारोही

injured - इन्ज(र)ड -चोटिल हुआ

amputated - एम्प्यूटिड्- अंग काट दिया

disability - डिसअबिलिटी -विकलांगता

Comprehension Questions

1. Answer the following questions:

- a. Which event was going to be held in the school?
- b. Why was Shalu upset?
- c. Who inspired Shalu to take part in the sports rally and how?
- d. How did Shalu feel at the end of the story and what did she say?
- e. What lesson do you learn from the story?

2. Write 'T' for true and 'F' for false statements:

- a. Shalu is good at racing. ()

- b. Veena is a good badminton player. ()
- c. Arunima Sinha is a basketball player. ()
- d. Bharat Kumar is a para swimmer. ()
- e. We all have some special qualities. ()

Word Power

1. Match the words of list 'A' with their meaning given in list 'B':

A	B
participate	thrilled
excited	handicapped
inspiration	brave
courageous	popular
famous	to take part
disabled	motivation

2. Look at the pictures and encircle the games in the crossword puzzle:



Language Practice

1. Write short answers for the questions given below:

Can a crow fly? Yes, it can.

Can a dog ride a bicycle? No, it can't.

Can a rat run? ____

Can a whale crawl? ____

Can a monkey swing? ____

Can a cat swim? ____

Can a fox fly? ____

Can a frog hop? ____