

## Lesson - 6

# SAINA NEHWAL : The Badminton Star

### A. WARMER

**Name the women players who have won laurels for India?  
Which play/game they are famous for?**

It was a historical moment. Indian Badminton star Saina Nehwal became the first Indian woman to reach the semi-final of 2010 All - England super series. She lost to eventual champion Tina Rasmussen. But she won many admirers with her performance.



Saina with her feats has become the symbol of pride for the nation.

The best Indian woman player in badminton, Saina was born on 17th March 1990 at Hisar in Haryana. Nahi Prasad, the coach of Lal Bahadur Shastri Stadium in Haryana, recognised her talent when Saina was only eight years old. It was at his advice that Saina was enrolled as a summer trainee. As a trainee, she travelled nearly 50 km a day in order to accomodate the training schedule from her house to the stadium. This was richly awarded.

Saina won International recognition when she became the first Indian woman to win a 4-star tournament 'the Philippenes Open in 2006.' The same year also saw Saina as runner up at the 2006 BWF World Junior Championship. She became the first

Indian woman to reach the Quarter Finals at the Olympic Games when she upset world number five and fourth Seed Wang Chen of Hong Kong.

Saina has been renamed the most Promising player in 2008, the first Indian to win a BWF super series title, the most prominent badminton series of the world. In August 2009, she reached the Quarterfinals of World Championship. Saina Nehwal was awarded Arjuna Award the same year. She has been signed up by Olympic Gold Quest to support her in fulfilling her dream of winning the Olympic Gold medal. Saina has been awarded with Padma Shri Award in January 2010. Still India has a lot of hope from Saina Nehwal.

Before Saina, only two players have won International prestige. They are Prakash Padukone and Syed Modi. They won laurels for India in badminton.

## GLOSSARY AND NOTES

moment	:	(मोमेन्ट), क्षण, पल	time
eventual	:	(इवेन्चुअल), संभावित, अंतिम	final
admirers	:	(अडमायर्स), प्रशंसा करना	fans
performance	:	(परफारमेंस), प्रदर्शन	feat
recognise	:	(रिकग्नाइज), पहचान	identify
enroll	:	(एनरोल), नामांकित	take admission
laurel	:	(लॉरेल), प्रतिष्ठा	glory

## B. COMPREHENSION

### B.1 Think and Tell

#### B.1.1 Answer the following:

1. Who is Saina Nehwal?
2. Who was her coach?

3. Where did she practise as summer trainee?
4. At what age did she summer practice?
5. Where was Saina born?

## B.2 Think and Write

**Answer in a word or a sentence :**

1. At which stadium Saina made her summer trainee?
2. What is the name of Ratna, Saina received?
3. When did Saina become the most promising player?

### B.2.1 Answer in not more than 50 words :

1. Write in brief Saina's performance in badminton.
2. Write about two famous badminton players before Saina.

## C. Match the words in Column 'A' with their meanings in Column 'B' :

**Column-'A'**

Admire

Advice

Tournament

Shuttle cock

Prominent

**Column-'B'**

Competition

Inportant

Praise

Counsel

Feathered shape

## D. GRAMMAR

**Change the following into interrogative sentences. One is done for you :**

*Example:*

*Mohan went to market with his mother.*

*Did Mohan go to market with his mother?*

1. Saina is a girl of nineteen years.
2. Rakesh reads in class VII at Danapur High School.
3. Everyday he walks 3 km in the morning.
4. He likes to play cricket.
5. His brother admires him.

## E. LET'S TALK AND WRITE

### Group Work

Discuss 'Your favourite game' and then write a paragraph on it individually.

## F. TRANSLATION

### F.1 Translate the following into English :

1. मेरा प्रिय खेल बैडमिन्टन है ।
2. यह दो दलों के बीच खेला जाता है ।
3. बैडमिन्टन एक इनडोर खेल है ।
5. इस खेल में नेट, रैकेट एवं शटल का प्रयोग होता है ।
6. यह खेल शरीर को सक्रिय रखता है ।

### F.2 Translate the following into Hindi :

1. Playing is an important exercise.
2. I like to play cricket.
3. My favourite player in Cricket is Sachin Tendulkar.
4. I play cricket with my friend.
5. I am the captain of my cricket team.

