

Table of Contents

1. Reflect and Respond
2. Paralympics Overview
3. Interview with Dr. Deepa Malik

Reflect and Respond

This section introduces Sheetal Devi, a para-archer honoured with the Arjuna Award in January 2024. The image shows her practicing archery using her foot to hold and draw the bow, demonstrating how athletes with physical disabilities compete using unique techniques. The gold medal symbol indicates her excellence and victory in competitions.

Key Elements

- **Observation:** Sheetal Devi uses her foot to hold the bow and her mouth or teeth to pull the bowstring, showcasing adaptability and skill.
- **Inspiration:** Her determination and success inspire others to overcome challenges.
- **Caption Suggestion:** "Strength Beyond Limits: Sheetal Devi's Triumph in Para-Archery"

Practice Activity

- Observe the picture carefully and discuss your observations.
- Explain how this personality inspires you.
- Create a suitable caption for the image.

Practice Set

- **Level 1 - Easy:** Describe how Sheetal Devi holds and uses the bow.
- **Level 2 - Moderate:** Explain why Sheetal Devi's achievements are inspiring.
- **Level 3 - Challenging:** Discuss the importance of adaptive sports for athletes with disabilities.

Answer Key

- Sheetal Devi holds the bow with her foot and pulls the string with her mouth or teeth.
- Her achievements show that physical disabilities do not limit one's potential, inspiring others to pursue their goals.
- Adaptive sports provide opportunities for athletes with disabilities to compete and excel, promoting inclusivity and breaking stereotypes.

Quick Reference

- Para-archery involves athletes using unique methods to compete.
- Success in sports is possible despite physical challenges.
- Adaptive techniques enable participation and excellence.

Glossary

- **Para-archer:** An archer with physical disabilities competing in archery.
- **Arjuna Award:** A prestigious Indian sports award.
- **Adaptive sports:** Sports modified for athletes with disabilities.

Paralympics Overview

The Paralympic Games are a global sporting event celebrating the resilience and extraordinary talent of athletes with locomotor, sensory, or intellectual disabilities. These

games challenge stereotypes and redefine what is possible for people with disabilities.

Key Elements

- **Resilience:** The ability to recover quickly from difficulties.
- **Locomotor disabilities:** Related to bones, joints, or muscles affecting movement.
- **Quell stereotypes:** To overcome and challenge false beliefs.
- **Inclusivity:** Ensuring everyone has equal opportunities.

Textual Evidence

The image shows athletes participating in archery, javelin throw, and wheelchair racing, demonstrating how specialized equipment and training enable athletes with disabilities to compete at high levels.

India's participation began in 1968, with the first medal won in swimming in 1972. Notable Paralympians like Dr. Deepa Malik have brought honour to the country.

Practice Set

- **Level 1 - Easy:** Define the Paralympic Games.
- **Level 2 - Moderate:** Describe the types of disabilities represented in the Paralympics.
- **Level 3 - Challenging:** Explain how the Paralympics help change societal attitudes towards disability.

Answer Key

- The Paralympic Games are international sports events for athletes with disabilities.
- They include athletes with locomotor, sensory, and intellectual disabilities.
- By showcasing the abilities of para-athletes, the Paralympics challenge stereotypes and promote inclusivity.

Quick Reference

- Paralympics celebrate talent beyond physical limitations.
- Specialized equipment enables participation.
- Indian Paralympians have a rich history of achievement.

Glossary

- **Resilience:** Ability to recover quickly from difficult circumstances.
- **Locomotor:** Related to bones, joints, or muscles.
- **Quell:** To overcome.
- **Indelible:** Enduring or permanent.

Interview with Dr. Deepa Malik

This interview highlights the inspiring journey of Dr. Deepa Malik, a celebrated Indian para-athlete and advocate for disability rights. Despite being paralysed waist down due to a spinal tumour, she transformed her life through sports, becoming the first Indian female Paralympic medallist and an influential role model.

Key Elements

- **Challenges:** Faced paralysis and societal underestimation.
- **Achievements:** Silver medal in 2016 Rio Paralympics, Asian Games medalist, multiple awards including Khel Ratna and Padma Shri.
- **Advocacy:** Promotes inclusivity, disability rights, and empowerment through sports.
- **Philosophy:** "Ability beyond disability" and turning setbacks into opportunities.

Important Quotes

- "Every setback is an opportunity to prove your strength."

- "Disability is not a limitation; it's a unique strength waiting to be unleashed."
- "Physical limitations don't define one's potential."

Practice Set

- **Level 1 - Easy:** Who is Dr. Deepa Malik and what is her significance?
- **Level 2 - Moderate:** Describe the challenges Dr. Malik faced and how she overcame them.
- **Level 3 - Challenging:** Discuss the role of sports in changing societal perceptions about disability, based on Dr. Malik's views.

Answer Key

- Dr. Deepa Malik is an Indian para-athlete who won a silver medal at the 2016 Rio Paralympics and is a role model for many.
- She faced paralysis due to a spinal tumour and societal underestimation but overcame these through resilience and support.
- Sports, especially Paralympics, challenge stereotypes and promote inclusivity, showing that people with disabilities can excel.

Quick Reference

- Dr. Malik's journey exemplifies courage and determination.
- Her advocacy work supports disability rights and empowerment.
- Sports can transform societal attitudes towards disability.

Glossary

- **Squander:** Waste.
- **Remorse:** Regret.
- **Trailblazer:** Pioneer or leader.
- **Coveted:** Strongly desired by many.
- **Accolades:** Praise and honours.

- **Proponent:** A person who supports a particular idea.
- **Fortitude:** Strength to face adversity.
- **Testament:** Proof.
- **Preconceived notions:** Opinions formed before knowing the truth.
- **Inclusivity:** Including everyone equally.
- **Advocating:** Supporting an idea.
- **Unleashed:** Released powerfully.

