

Read to Understand:

A. Answer these questions with reference to the context.

'A year and a half ago, he was not sure if he could walk again!'

1. Who does 'he' refer to in this sentence?

Ans: 'He' refers to Nisar Ahmad.

2. Why was he not sure if he could walk again?

Ans: He was not sure if he could walk again because he contracted the dreaded chikungunya.

3. What helped him recover? Did he achieve his dream?

Ans: With the encouragement of his parents, Singh, Rai and with medication helped him recover.

Yes, he achieved his dream.

B. Answer these questions briefly.

1. Why did the spectators have their eyes set on Ahmad?

Ans: The spectators had their eyes set on Ahmad because he was there on the track participating was an achievement. A year and a half ago, he was not sure if he could walk again!

2. What should a runner's diet consist of?

Ans: A runner's diet should consist of proteins and vitamins.

3. What obstacle did Nisar Ahmad face when he got back from Kozhikode?

Ans: When Ahmad got back from Kozhikode he contracted the dreaded chikungunya, he also had severe muscle injuries.

4. What sacrifices did Nisar Ahmad's family make for him?

Ans: Ahmad's parents have taken loans from money lenders so that he can pursue his dream. His elder sister's wedding was also put off, and the money was used on him.

5. Who played important roles in Ahmad's success?

Ans: Ahmad's family members, his physical education teacher, Coach and Ahmad himself played important roles in Ahmad's success.

Discuss and Write:

1. What qualities helped Nisar Ahmad realize his dream?

Ans: The qualities that helped Nisar Ahmad realize his dream are:-

i) He showed faith, courage, and confidence.

ii) He treated problems in life as something to be overcome.

iii) When he realized he could win races, he was determined to do better and better. This is also his great quality.

2. What obstacles did Nisar Ahmad face from the people around him?

Ans: From the people around him, Nisar faced the obstacles of discouragement.

3. How did Surrender Singh help Nisar Ahmad overcome financial obstacles?

Ans: Surrender Singh helped Ahmad materially to overcome financial obstacles.

Expand words

A. Choose two meanings from the help box for each word and write them down.

1. raise-

- a. to lift to a higher level
- b. to increase the amount

2. coach-

- a. a person who trains
- b. a comfortable bus

3. track-

- a. rails that a train runs on
- b. a special surface for races

4. star-

- a. a large ball of burning gas in space
- b. a famous performer

5. grit-

- a. courage
- b. very small pieces of stone

B. Write the opposites of these words by adding the prefixes **un-**, **in-**, or **dis-**.

Ans: 1. unable 2. dislike 3. ingratitude 4. inactive 5. unnoticed 6. unclean
7. inattention 8. unbelieve

Grammar:

Answer these questions using one word only. Use an **adjective** + **ly** to answer.

Ans: attentively

happily

heartily

A. Fill in the blanks with the types of **adverbs** mentioned in brackets.

1. daily

2. upwards

3. inside

4. bravest (remove the word brave given in the question)

5. slowly

6. How
7. already
8. seldom
9. happily
10. How

B. Use correct degrees of comparison of the adverbs given in brackets to complete the sentences.

1. hastily
2. more sensibly
3. quietly
4. enthusiastically
5. most swiftly
6. most fiercely

Pair work:

Take return to say each statement using the adverb given in brackets. (OR) Insert the given adverbs in their proper places.

1. We **always** cook our food in olive oil.
2. I **recently** visited my grandparents in Nasik.
3. The students finished their assignment **quickly**.
4. You are requested to go **there** at this very moment.
5. The children at the boarding school **hardly** watched T.V **ever**.

