

UNIT - 4

SECTION 1 Mary Kom: Never Say Die

1. What are Mary Kom's most important achievements? What essential lessons has her journey taught her?

Mary Kom is a six-time World Amateur Boxing champion, and the only woman boxer to have won a medal in each one of the seven world championships. She is the first Indian woman boxer to get a gold medal in the Asian Games held in 2014 in Incheon. Perhaps her greatest achievement is showing the world that boxing is not just the man's domain, and being an inspiration for millions of young people, both as a woman and a sportsperson.

2. "I think we need to change our attitude towards the sports itself." Why does Mary think so?

Mary Kom thinks that we need to change the attitude to the sport itself because the whole nation lacks enthusiasm in promoting sports for both genders. While the authorities are making efforts and things are changing, she feels that compared to other countries, not as much is done to promote sports and support sportspersons.

3. What does Mary feel about excelling in a male – dominated field?

Mary Kom believes that her achievements will leave a mark on the society and help people to change their perspective that certain sports are not meant to be taken up by women. She believes that women can compete and win in any field of sports.

4. What was Mary's inspiration?

Mary Kom got interested in boxing when she was 15 years old. She was first inspired by Dingko Singh, the Indian boxer who won the gold medal in the 1998 Asian games. Later, she was motivated to try harder and aim higher like her idol Muhammad Ali. Today she is inspired by her own achievements, and goals she has set for herself to win more medals for India. Her passion for boxing acts as the fuel that drives her towards her goals.

5. How did Mary train herself for the sport?

To train herself for the sport, Mary put in eight hours of training every day—once in the morning and once in the evening. She also took great care of what she ate, following a diet that had food items from every group with the right balance of proteins, vitamins, carbohydrates and other required minerals. She never deviated from the diet, ate at fixed times and never skipped meals.

6. What is Mary's advice to other Indian women?

Mary's advice to all Indian women is that if they are passionate about something they should pursue it wholeheartedly. Even if people at first negate a woman's dreams, if she goes after her goals she will succeed and the people around her will eventually be proud and supportive of her achievements. She also advises women to be strong and more confident about themselves.

Reading 2

1. Mary had to face many hurdles to move towards the achieving her dream to become a world champion in boxing. Elaborate

The very first hurdle that Mary faced in moving towards her dreams of becoming a champion boxer was the extreme struggle with poverty in her childhood. Due to this, she had to help her parents in the fields and take care of the house and her siblings, in addition to attending school. It was not easy to fit in training. This was made worse by the fact that most people, including her parents, saw boxing as a male sport and discouraged her from pursuing it. Her diminutive size was another big hurdle. Not only a woman, but a small one at that, Mary had a hard time convincing people that she was made for the sport. After starting as a boxer, she found it difficult to balance her family duties with finding time for training. She also found it hard to afford the training and equipment that she needed. Even after she became famous in her sport, she got little recognition from the public and earned very little money, despite having won five medals. It was only after she won an Olympic medal that things began to get easier for her.

2. write your answer to this question