

## 4.2 P. V. Sindhu – An Icon of Success

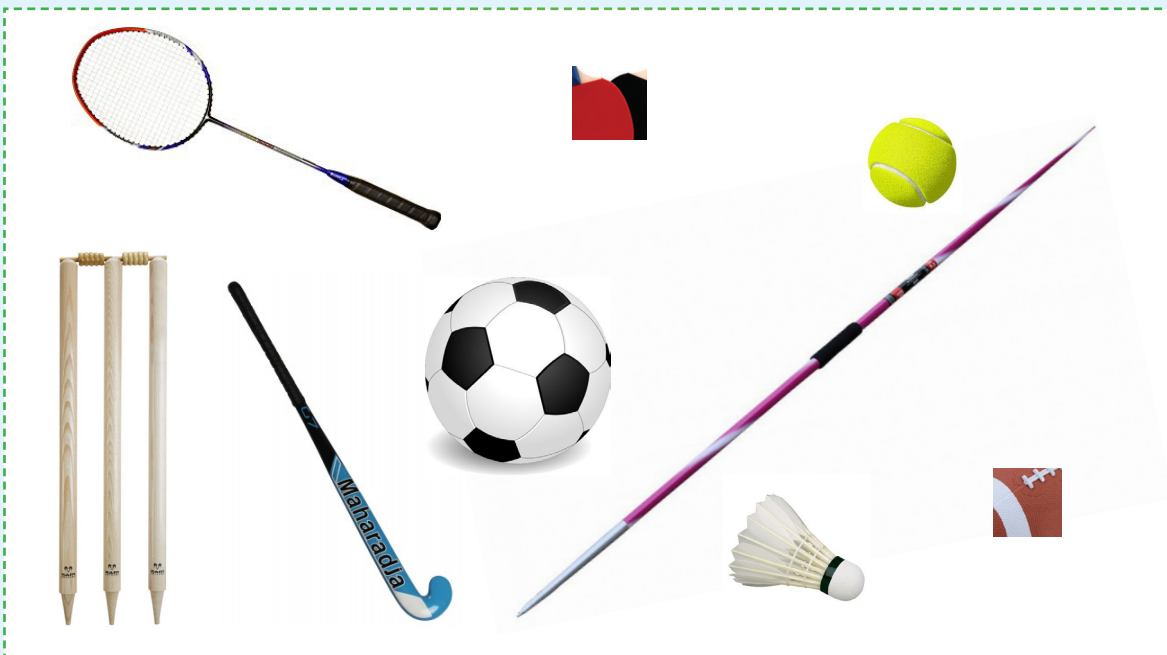
### WARMING UP !

#### CHIT - CHAT

- (1) Do you like to play / watch the games?
- (2) Which games do you like to play?
- (3) What are some of our local Indian games?
- (4) Who is your favourite sportsperson?
- (5) What games are played in Olympics?

#### (1) Sports Equipment

Write the name of the game / sport near the sports equipment shown below.



#### (2) Match the game with the place where it is played.

##### A

- (1) cricket
- (2) badminton
- (3) golf
- (4) boxing
- (5) skating
- (6) carrom

##### B

- (a) ground
- (b) board
- (c) rink
- (d) course
- (e) court
- (f) arena

## P. V. Sindhu – An Icon of Success

P. V. Sindhu or Pusarla Venkata Sindhu is an **ace shuttler** and silver medalist at 2016 Rio Summer Olympics. This young badminton player from Andhra Pradesh was born to volleyball players P. V. Ramana and P. Vijaya in the year 1995. Her father was honoured with Arjuna Award for having displayed excellence in his sport. One of the youngest and talented badminton players of the **contemporary** times, Sindhu has **featured** in top 10 in the world badminton rankings for the most part of 2014.

P. V. Sindhu started playing badminton from the age of eight, after she drew inspiration from Pullela Gopichand's victory in All England Open Badminton Championship in 2001. That's the reason why she chose badminton over volleyball although her parents were professional volleyball players. Her **initial apprenticeship** started with Mehboob Ali at the badminton courts of Indian Railway Institute of Signal Engineering and Telecommunications in Secunderabad. Later, she joined Pullela Gopichand's badminton academy to further **enhance** her sporting skills.

### Early Success

Sindhu's first major recognition came in the form of the 5<sup>th</sup> Servo All India ranking championship for under-10 category. She also won the singles title at the Ambuja Cement All India ranking.

In the under-13 category, Sindhu won doubles titles at the IOC All India Ranking, Krishna Khaitan All India Tournament, the Sub-Junior Nationals and the All India Ranking in Pune.

At the 51<sup>st</sup> National School Games in India, Sindhu won the gold medal in under-14 category.

### Sindhu's Debut and Performance at International level

P. V. Sindhu didn't take much time **to launch** and establish herself as a **promising** player in the **global arena**. She won a bronze medal at the 2009 Sub-Junior Asian Badminton Championships held in Colombo.

- **ace shuttler** : a top badminton player

- ◆ *What was P.V. Sindhu's outstanding achievement in 2016?*

- **contemporary** : belonging to the same times

- **featured** : have an important part in

- ◆ *Around what age did Sindhu start her achievements in Badminton?*

- **initial** : starting, first

- **apprenticeship** : learning as a trainee

- **enhance** : further improve

- ◆ *What was Sindhu's first win at international level?*

- **to launch** : to start or begin

- **promising** : sure to succeed

- **global arena** : international scene

- **bagged** : succeeded in achieving something

◆ *Before winning the silver medal in the Rio Olympics in 2016, what did she win?*

◆ *Name the two great honours that Sindhu has received.*

- **successive** : one after another

- **create history** : set a record

- **noteworthy** : remarkable, notable

- **endorsement** : confirmation

- **dedication and commitment** : constant, faithful efforts

- **attitude** : a fixed way of thinking or feeling about something

- **never-say-die** : never give up hope

The star player **bagged** silver in the women's singles at Iran Fajr International Badminton Challenge in 2010 and found a place in the national team at the 2010 Uber Cup.

### P. V. Sindhu's Recent Recognitions

On 7 July 2012, Sindhu won Asia Youth Under-19 Championship. Sindhu's performance at Malaysian open 2013 made her win the maiden Grand Prix Gold title.

The best moment in her career perhaps came in the same year when she became India's first medalist in women's singles at the Badminton World Championships.

P. V. Sindhu ended 2013 on a happy note by winning Macau Open Grand Prix Gold title, and also won the Arjun Award, one of the highest honours for a sportsperson in the country. In 2014, she won back-to-back medals in the World Badminton Championship and became the first Indian to do that. In November, 2015, she **bagged successive** women's singles title at the Macau Open Grand Prix Gold.

The year 2016 brought her another achievement of winning the Malaysia Masters Grand Prix Gold women's singles title, where she defeated Scotland's Kirsty Gilmour in the final. In August, she reached the semi-final of the women's singles event at the 2016 Summer Olympics, after defeating World No.2 Wang Yihan.

Sindhu **created history** by reaching the finals after beating Japan's Nozomi Okuhara in the women's singles semi-final in the Rio Olympics. She won a silver medal in the finals, while the gold was taken by Spain's Carolina Marin.

Later, she defeated Carolina Marin and won 2017 India Open Superseries title.

### Noteworthy Honours

Among the other noteworthy honours that Sindhu has received are the Padma Shri in 2015, which is the fourth highest civilian award of India. In 2016, she received the Rajiv Gandhi Khel Ratna Award.

The best **endorsement** of Sindhu has been Gopichand's words about her **dedication and commitment** to the sport: "The most striking feature in Sindhu's game is her **attitude** and the **never-say-die** spirit."

P.V. Sindhu has been **pushing the envelope** like no young badminton player had done before in the history of women's badminton, in India.

At an interview, Sindhu was asked how much **mentoring**/guidance her father and mother had been able to give her and how involved they were in her sports career. In her own words,

“Guidance wise, every time I go for national level tournaments, they accompany me there and when I practise and play, they tell me what I’m doing. My dad gives me a summary of how I play and it is very helpful, because as outsiders those who look at it, know more about the game. As badminton players, we obviously, know a few things, but someone from the outside can pinpoint stuff, that we may not have noticed easily. So, both as counsellors and parents, it is really helpful.”

In the same interview, a practical question was asked – it’s not possible for a badminton player to win **week in and week out**. As a top player, how did she manage to just go to a tournament and **psychologically** deal with an early loss? Did it hurt when she didn’t win?

To this she replied, “If you don’t play well and lose in the first round, second round, you feel bad, especially if you’re one of the top players. But you need **to come out of** it and practise harder and identify and learn from your mistakes. I think, to come out of it, it takes time. But ups and downs are always there, and you need to cope with it.”

**Hats off**, to you, Sindhu, and wish you even greater success!

- **pushing the envelope** : extend / reach beyond what is possible

- **mentoring** : training, advising

- ◆ *What difference do her parents make, when they attend her tournaments?*

- **week in and week out** : every week without exception

- **psychologically** : affecting mind and emotions

- **come out of** : succeed in dealing with a problem and defeat it

- ◆ *How can one come out of failure or loss, according to Sindhu?*

- **Hats off** : a phrase used to show admiration, praise or congratulate him / her

## English Workshop

### 1. Complete the words by filling in the missing letters.

(A) e\_\_hance, fe\_\_ture, l\_\_unch, not\_\_worthy, m\_\_ntor, iden\_\_ify.

(B) Make as many three-letter and four-letter words from the word CONTEMPORARY.

### 2. Make sentences of your own using the following phrases / idioms.

(a) to enhance further

(d) push the envelope

(b) to launch

(e) week in and week out

(c) to create history

(f) to come out of

### 3. Prepare a profile (fact-file) of P.V. Sindhu using the following points.

- Full Name :
- Date of Birth :
- Father :
- Mother :
- Native of :
- Started Badminton at age :
- 1<sup>st</sup> coach :
- 2<sup>nd</sup> coach :
- 1<sup>st</sup> Major Achievement as Junior :
- 1<sup>st</sup> International Win :
- Honours Received :
- Greatest Win (in 2016) :
- Her Great Strength :

### 4. Answer in short, in your own words.

- (1) What made Sindhu take up badminton at the age of eight ?
- (2) What were Sindhu's achievements till she was 14 years old?
- (3) What history was created by P.V. Sindhu in 2016? What was her victory in the following year?
- (4) What are the positive character traits of P.V. Sindhu?
- (5) What role do Sindhu's parents play during her important matches?
- (6) What message does Sindhu convey in the last paragraph?

### 5. Imagine that P.V. Sindhu has recently won very important tournament at International level. Frame an email on behalf of your school, to congratulate her. Use the proper email format.

## Language Study

### 1. Coordination : Observe the clauses in the following sentences.

- (1) He is intelligent and he is hardworking.
- (2) Asif was tired but he could not rest.
- (3) You can go for a walk or you can exercise at home.
- (4) Seema has recovered from fever, so she can attend school.

Each of the above sentences have clauses which do not depend on each other for complete sense. They are called Independent or **Co-ordinate Clauses**. They are joined by conjunctions like and, but, or, so. Such conjunctions are called **Co-ordinators**.

Other co-ordinators are : ● as well as/ not only..... but also ● yet / still / however / nevertheless ● or/ nor / else / either..... or / neither ..... nor ● so / therefore / thus / hence / for

### 2. Pick out the Co-ordinate clauses and encircle the Co-ordinator.

- (1) She bagged a silver medal and she found a place in the national team.
- (2) P.V. Sindhu is an ace shuttler but she was born to volleyball players.
- (3) You must play well or you lose the first round of play.
- (4) My parents point out my flaws, so I can improve my game.

