

## ACTIVITY - 1

Identify the personalities in these pictures. Ask students to speak a few lines on the personalities they know:



## ACTIVITY - 2

Read the following passage:

**BACHENDRI PAL: A HEROINE OF THE HIMALAYAS**

Bachendri Pal was born in 1954 in a village called Nakuri in the district of Garhwal, in Uttaranchal. Her father, Kishan Singh Pal was a small trader. The family had five children and Bachendri Pal was the middle one. Right from her childhood, Bachendri was very active. She was good at both her studies and sports.

Bachendri's first mountaineering experience was at the age of twelve. She, along with her classmates went for a picnic. She climbed a height of 13, 123 feet with a few of her friends. However, they couldn't climb down the height as it became dark. They had to spend the night without food and shelter. It was an unforgettable experience for Bachendri Pal and it increased her love for adventure and mountaineering. Though there were hardships, Bachendri Pal continued her studies and completed it successfully. The principal of the school advised her parents to send her to college. She completed her studies and became the first girl in her village to graduate. During her college days, Bachendri Pal also secured the first position in the event of rifle shooting.



One day, Bachendri Pal told her parents about her dream of becoming a professional mountaineer. Her parents did not like her idea. They thought that mountaineering was not an appropriate work for a woman. They wanted her to be a teacher but Bachendri Pal was firm. She convinced her parents to allow her to join the Nehru Institute of Mountaineering (NIM). Her instructors soon realized that she was an extraordinary student and treated her as 'Everest Material'. In 1982 while at NIM, Bachendri Pal had the opportunity to climb the Gangotri and Rudugaria peaks as well. Meanwhile, she also got the job of an instructor at National Adventure Foundation which trains women for mountaineering.

**Key Words**

trader – a person who buys or sells things  
shelter – a place that protects you from bad weather or danger  
hardships – difficult conditions of life  
secure – to get something with hardwork  
firm – a person with strong will power (strong determination)  
convince – to make someone believe  
peak – the top of a mountain

**ACTIVITY - 3****Answer the following questions:**

1. In which event did Bachendri Pal secure the first position ?
2. What was her dream?
3. What did Bachendri's parents think about the profession she chose ?
4. Why did her instructor treat her as 'Everest Material' ?
5. What is the full form of 'NIM' and 'NAF' ?

**ACTIVITY - 4**

**Note any three qualities of Bachendri Pal. Exchange your points with your friends and form a paragraph by writing what are the qualities you would like to imbibe in yourself.**

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## ACTIVITY - 5

Fill in the missing letters to create a word from the article given below.  
Then write the full word on the line.

1. \_\_\_ u \_\_\_ i \_\_\_

*Clue: top of a mountain*

1. \_\_\_\_\_

2. \_\_\_ \_\_\_ t \_\_\_ h

*Clue: from the United Kingdom*

2. \_\_\_\_\_

3. \_\_\_ r \_\_\_

*Clue: journey on foot*

3. \_\_\_\_\_

4. \_\_\_ e \_\_\_ o \_\_\_ e

*Clue: reply, answer*

4. \_\_\_\_\_

5. \_\_\_ e \_\_\_ a \_\_\_ e \_\_\_

*Clue: passed something along from one person to another.*

5. \_\_\_\_\_

## ACTIVITY - 6

Read the following passage:

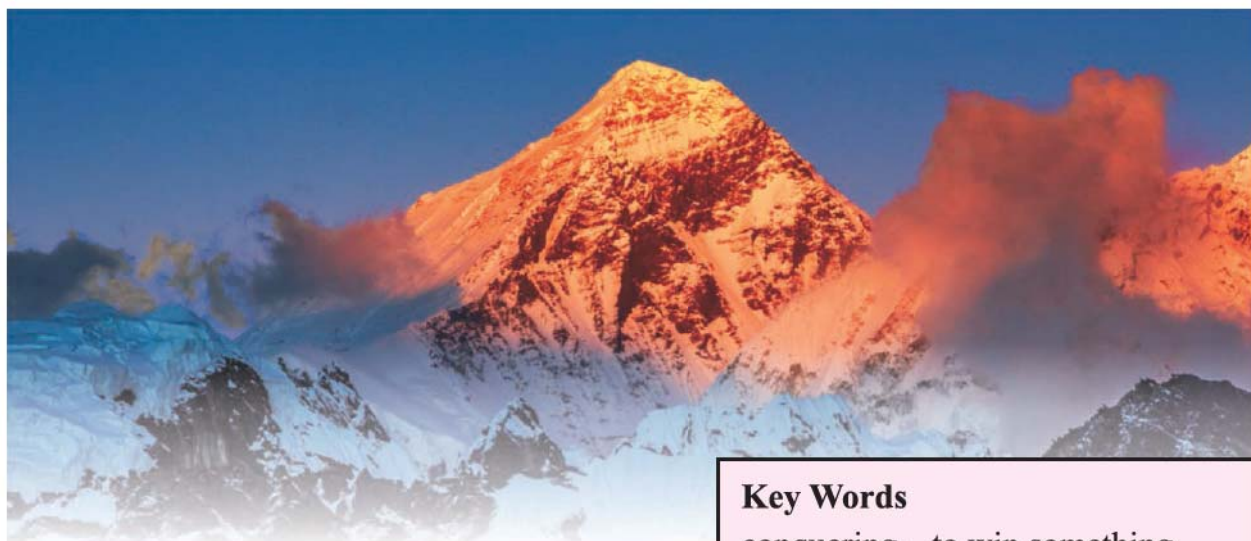
### CONQUERING EVEREST

Mount Everest is the tallest mountain on Earth. Its peak is located on the border between Nepal and Tibet in China. It is a part of the great Himalayan Mountain range.

For many years, climbers tried and failed to reach the summit of Mount Everest. In 1953, the British put everything they had into giving it one more try. They hoped that their climbers would reach the top in time for the coronation of Queen Elizabeth. Ten different climbers from all over the world were chosen to make the trek. In April and May, supplies were relayed up the mountain, and camps were set up every 1,000 to 2,000 feet.

When they returned home, journalists kept asking the two men who reached the summit first. Each time they were asked, the response was the same:





“We reached it together, as a team.”

- *Kimberly M. Hutmacher*

### Key Words

conquering – to win something

summit – the top of a mountain

coronation – a ceremony at which

a person is made king or queen

## ACTIVITY - 7

Observe the table given below and complete the sentences:

Sr.No	Name	Nationality	Date of Birth	Date of ascent
1.	Sharon Wood	Canadian	18 <sup>th</sup> May '57	20 <sup>th</sup> May '86
2.	Santosh Yadav	Indian	10 <sup>th</sup> Oct. '67	12 <sup>th</sup> May '92
3.	Dicky Dolma	Indian	5 <sup>th</sup> April '74	10 <sup>th</sup> May '93
4.	Junko Tabei	Japanese	22 Sept. '39	16 <sup>th</sup> May '75

- The first woman to climb Mt. Everest is \_\_\_\_\_ at the age of \_\_\_\_\_.
- Sharon Wood was \_\_\_\_\_ years old when she \_\_\_\_\_.
- Most of the climbers climbed the Everest during the month of May because \_\_\_\_\_.
- The eldest woman among all is \_\_\_\_\_ and is at present \_\_\_\_\_ years old.
- Dicky Dolma was the \_\_\_\_\_ climber among all.



### ACTIVITY - 8

(A) Read the following poem:

#### TOPSY TURVY LAND

The people walk upon their heads,  
The sea is made of sand,  
The children go to school by night,  
In TopsyTurvy Land.

The front –door step is at the back,  
You're walking when you stand,  
You wear your hat upon your feet,  
In TopsyTurvy Land.

And buses on the sea you'll meet,  
While pleasure boats are planned  
To travel up and down the streets  
In TopsyTurvy Land.

You pay for what you never get,  
I think it must be grand,  
For when you go you're coming back  
In TopsyTurvy Land.

*H.E. Wilkinson*

### ACTIVITY - 8

(B) Let's write a same poem by filling missing words in the blanks :

#### Unusual Land

The people \_\_\_\_\_ upon their heads,  
The sea is made of \_\_\_\_\_,  
The children go to \_\_\_\_\_ by night,  
In \_\_\_\_\_.

The \_\_\_\_\_ door step is at the front,  
 You're walking when you stand.  
 \_\_\_\_\_ wear my hat upon \_\_\_\_\_ feet,  
 In \_\_\_\_\_.

And \_\_\_\_\_ on the sea you'll meet,  
 While \_\_\_\_\_ boats are planned,  
 To travel up and down the streets \_\_\_\_\_,  
 In \_\_\_\_\_.

You pay for what you never get,  
 I \_\_\_\_\_ it must be grand,  
 For when you go you're \_\_\_\_\_ back,  
 In \_\_\_\_\_.

## ACTIVITY - 9

Find nine words related to adventure from the following grid:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

T	E	X	C	U	R	S	I	O	N
R	B	V	N	O	C	M	B	P	J
A	Q	W	T	R	R	Y	F	I	O
V	A	S	R	D	U	J	L	K	L
E	X	P	E	D	I	T	I	O	N
L	Q	E	K	Y	S	R	G	L	K
V	O	Y	A	G	E	I	H	N	M
S	A	F	A	R	I	P	T	X	C

## ACTIVITY - 10

### FUN TIME

1. I jump when I walk, I sit when I stand,  
My pouch holds, Something precious  
Who am I? \_\_\_\_\_

2. Choke the landscape with my ashy snow,  
My boiling fountain of fire and smoke,  
Better run though my river flows slow,  
I cover all you see with my darkened cloak.  
Who am I? \_\_\_\_\_

4. You saw me where I was never,  
I walked away with you.  
All that separates is a sheet of glass,  
Our only difference is the point of view.  
Who am I? \_\_\_\_\_

3. I have a neck,  
But no head,  
I have two arms,  
But no hands.  
Who am I?  
\_\_\_\_\_

5. I sing, I talk,  
You can hear me,  
But not touch or  
see?  
Who am I?  
\_\_\_\_\_

### Helpline

**Activity - 3 :** Bachendri Pal climbed the Mt.Everest at the age of 30. PratibhaPatil is the first woman President of India. Saina Nehwal, badminton player, won the medal at the Olympics. Sunita Williams, Indian by origin spent the maximum time in space

**Activity - 8 (B) :** Accept the relevant words given by the students. Do not expect an ideal poem. Entertain the whole class. The teachers should talk about the figures of speech and explain about the usage of Refrain. (Refrain is the repetition of the same line)

**Activity - 10 :** Answer key: Kangaroo, volcano, shirt , reflection and voice