

CHAPTER - 06 | : AN INDOMITABLE SPIRIT

QUIZ-01

1. Who encouraged Anamika Pegu to try adaptive running?

- a) Her parents
- b) Sunil Gogoi
- c) Ranen Patar
- d) Deepa Malik

Answer : C

Explanation: Anamika mentioned that her **physical therapist, Ranen Patar**, encouraged her to try adaptive running.

2. At what age did Anamika Pegu start rigorous training?

- a) 10
- b) 12
- c) 14
- d) 16

Answer : C

Explanation: She began running at 12 but **started rigorous training at 14**.

3. Who is India's first woman para-athlete to win a Paralympic medal?

- a) Mary Kom
- b) Deepa Malik
- c) Avani Lekhara
- d) Anamika Pegu

Answer : B

Explanation: **Deepa Malik** is India's first woman para-athlete to win a Paralympic medal.

4. Which award did Anamika Pegu receive?

- a) National Sports Award
- b) Olympic Medal
- c) State Sports Award
- d) Arjuna Award

Answer : C

Explanation: Anamika was honoured with the **State Sports Award**.

5. What was one of the main challenges Anamika faced in her sports journey?

- a) Language barrier
- b) Lack of interest
- c) Infrastructure limitation
- d) Shortage of coaches

Answer : C

Explanation: She faced **infrastructure limitation** and self-doubt during her journey.

6. Who interviewed Anamika Pegu in the lesson?

- a) Ranen Patar
- b) Sunil Gogoi
- c) Deepa Malik
- d) A teacher

Answer : B

Explanation: The interview was conducted by **Sunil Gogoi**, a correspondent of a sports channel.

7. What is Anamika's ultimate goal?

- a) Become a coach
- b) Win an Olympic medal
- c) Represent India in international competitions
- d) Write a book

Answer : C

Explanation: Her ultimate dream is to **represent India in international competitions**.

8. Which word from the lesson means "lack of confidence"?

- a) Resilience
- b) Crucial
- c) Self-doubt
- d) Showcase

Answer : C

Explanation: The glossary defines **self-doubt** as *lack of confidence*.

9. In Anamika's training routine, what is the minimum distance she tries to run in one session?

- a) 3 km
- b) 4 km
- c) 5 km
- d) 6 km

Answer : C

Explanation: She always tries to run **at least five kilometres** in each session.

10. What message does Anamika give to the youth of Assam?

- a) Work hard only in studies
- b) Focus on weaknesses
- c) Believe in yourself and chase your passion
- d) Avoid sports and focus on career

Answer : C

Explanation: Anamika tells youth to **believe in themselves, set and pursue their dreams, and chase their passion**.



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