

**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**.

