

NCERT Solutions for Class 7 English (Poorvi)

Unit 4- Travel And Adventure: Chapter 12- Conquering The Summit

Let us discuss

I Read the statements given below and explain each statement in your words.

1. Arunima Sinha is considered a beacon of hope and resilience.

Ans. Arunima Sinha's life story is an inspiration to many because she overcame unimaginable challenges. Despite losing her leg in an accident, she never let it define her. Instead, she showed incredible strength and perseverance, proving that determination and a positive mindset can help one achieve even the toughest goals.

2. Arunima decided to climb Mount Everest despite losing her leg.

Ans. After a tragic accident that resulted in the loss of her leg, Arunima could have given up on her dreams. However, she chose to challenge herself in an extraordinary way by deciding to climb the highest peak in the world. Her determination and courage helped her turn a setback into a remarkable success.

3. Bachendri Pal's guidance was crucial in Arunima's journey to the summit of Mount Everest.

Ans. As the first Indian woman to climb Mount Everest, Bachendri Pal had valuable experience and knowledge. She mentored Arunima, helping her with training, preparation, and motivation. Her guidance gave Arunima the confidence and skills needed to undertake such a challenging expedition.

4. Arunima's achievements go beyond just physical endurance.

Ans. Climbing Mount Everest requires immense physical strength, but Arunima's journey was also a testament to mental resilience and determination. Her achievements are not just about overcoming physical limitations but also about inspiring others to never give up, no matter how difficult their circumstances are.

5. Arunima's autobiography inspires readers around the world.

Ans. Arunima's autobiography tells the story of her struggles and triumphs, motivating people across the globe. Her journey from tragedy to success encourages readers to believe in themselves, stay determined, and face challenges with courage. Her story proves that no obstacle is too big if one has the will to overcome it.

Let us think and reflect

I Read the extract given below and answer the questions that follow.

Bachendri Pal instilled confidence in Arunima and said, "My child, you decided to climb

Mount Everest in these situations with a prosthetic leg— you have conquered the Everest within you; the world will realise it later.”

On 21 May 2013, after 52 exhausting days, Arunima Sinha reached the summit of Mount Everest. Standing at the top of the world, she felt a surge of emotions—pride, relief, and an overwhelming sense of achievement.

1. Complete the sentence with a suitable reason.

Bachendri Pal said that Arunima had conquered the Everest within her because _____.

Ans. she decided to climb Mount Everest with a prosthetic leg.

2. How might Arunima have felt after what Bachendri Pal told her?

Ans. Arunima might have felt confident and motivated after hearing Bachendri Pal's words. She likely felt supported and encouraged, knowing that an experienced mountaineer believed in her abilities. This would have strengthened her determination to achieve her goal.

3. Choose a phrase from the extract which shows that reaching the summit of Mount Everest was tiring.

Ans. The phrase from the extract that shows that reaching the summit of Mount Everest was tiring is “after 52 exhausting days”.

4. Select the correct option to complete the sentence.

After her success when Arunima felt ‘an overwhelming sense of achievement’, she would have most likely said, “_____.”

- (i) I am confident of my abilities
- (ii) I will accomplish this soon
- (iii) I am excited to begin this climb
- (iv) I finally realised my dream

Ans. (iv) I finally realised my dream

II Answer the following questions.

1. What did Arunima do in order to fulfill her ambition of conquering Mount Everest?

Ans. To pursue her ambition, Arunima completed a basic mountaineering course at the Nehru Institute of Mountaineering in Uttarkashi. She then approached Bachendri Pal for guidance to help her fulfil her dream of climbing Mount Everest.

2. Arunima is a beacon of hope and resilience. Support this statement with evidence from the text.

Ans. Arunima Sinha is considered a beacon of hope and resilience because she overcame a tragic accident that resulted in the loss of her leg and went on to achieve something extraordinary. Instead of giving up, she trained rigorously and became the first female amputee to climb Mount Everest. Her determination and courage inspire many people to face challenges with strength and never lose hope.

3. Arunima's autobiography is titled *Born Again on the Mountain: A Story of Losing Everything and Finding It Back*. Why do you think this title is appropriate?

Ans. The title of Arunima Sinha's autobiography, "*Born Again on the Mountain: A Story of Losing Everything and Finding it Back*", is appropriate because it reflects her journey of transformation and resilience.

Born Again: After losing her leg in a tragic accident, Arunima did not give up. Instead, she rebuilt her life with a new purpose, as if she was given a second chance.

On the Mountain: Mount Everest symbolises her triumph over adversity. Her journey to the peak represents her determination to overcome obstacles. **Losing Everything and Finding it Back:** She lost her leg and her sports career but found a new purpose through mountaineering, proving that determination can help reclaim one's dream.

4. Arunima says, "Failure is when we don't have goals worthy enough." What would be the most likely impact of this statement on readers?

Ans. Arunima's statement inspires readers to set meaningful goals and view failure as a lack of ambition rather than defeat. It encourages determination, self-reflection, and a growth mindset. By emphasising the importance of worthy goals, it motivates readers to strive for success despite challenges, making them more resilient and focused.