



# Brain International School

Vikas Puri, New Delhi

## ASSIGNMENT NO. 1

**SUBJECT: ENGLISH**

**CLASS- VII**

**APRIL, 2025**

### **Ch-1: Tokyo Paralympics**

Theme: It highlights the remarkable achievements of Indian para-athletes who, despite facing physical disabilities, showcased extraordinary courage, determination, and perseverance. The chapter celebrates their victories, breaking of records, and the powerful personal stories that inspire others to believe in themselves, proving that true strength lies in the will to overcome obstacles.

- Q1. What challenges did Manish Narwal face, and how did he overcome them?
- Q2. According to you, what qualities are important for athletes to succeed in the Paralympics?
- Q3. How did Sumit Antil's life change after his accident?
- Q4. Who was Avani Lekhara's idol? How did he inspire her?
- Q5. *'A car at the age of eleven paralysed her legs and lower body. However, she never gave up on herself'*
  - a) Who is 'she' in the above lines? How did 'she' not give up on herself?
  - b) Which sports helped her etch a name in Indian sporting folklore?
  - c) Who was her inspiration in shooting?

### **Ch-2: Be the Best of Whatever You Are**

Theme: The theme of 'Be the Best of Whatever You Are' by Douglas Malloch revolves around the idea of striving for excellence and making the most of one's unique abilities and circumstances. It emphasizes the importance of personal growth, determination, and perseverance in achieving success and fulfillment in life.

- Q1. What is the tone of the poem?
- Q2. In the final stanza, why does the speaker ask the reader to be a 'trail' or a 'star'?
- Q3. On what, according to the speaker, does a win or a loss not depend?
- Q4. *'There's a big work to do, and there's lesser to do,  
And the task you must do is the near.'*
  - a) What does 'big work' mean?
  - b) What does 'lesser to do' imply?
  - c) What is the speaker trying to convey?

Q5. *If you can't be a bush be a bit of the grass  
And some highway happier make;  
If you can't be a muskie then just be a bass—  
But the liveliest bass in the lake!*

- a) Identify the poetic device used in above lines.
- b) Pen down the rhyme scheme of the above stanza.