

4.4 Unbeatable Super Mom – Mary Kom

Warming up!

Chit-Chat

1. Discuss in your class.

Indian women who have made it to International Levels in sports and games.

Discuss the following points about each of them.

- (a) Name of the sportsperson.
- (b) Sport or Game
- (c) Level reached
- (d) Outstanding achievements.
- (e) Awards/Prizes/Titles

1. Fill in the table.

Name of Sport/ Game	Place where played	Individual or Team Event	Sports Equipment
1. Boxing	Ring	Individual	Boxing gloves
2.			
3.			
4.			
5.			
6.			

2. Complete the Interview with an imaginary Captain of Ladies Cricket Team of your Town/City/State.

Interview

Interviewer : J Prasad (J. P.)

Captain : Vijetha Bhide (V. B.)

J. P. : Good Morning. We are simply privileged and delighted to have the presence of the Captain of our State Women's Cricket Team, which won the final of the Inter State series in Mumbai, last week.
Hello Vijetha, welcome to our show.

V. B. : Thank you for inviting me.

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(Now continue the interview adding about 4 to 5 Questions/Answers and conclude it with a farewell message.)

Unbeatable Super Mom – Mary Kom

There had to be one successful story if Indians were to survive in sports and we have that story now. Enough has been said about this great warrior who conquered the world. This warrior is none other than Mary Mangte Kom – the Komqueror and the Komrade. She is famed as a five times World Boxing Champion and the only boxer to win a medal in every one of the six world championships. In the 2012 Olympics, she became the first Indian woman boxer to qualify and win a bronze medal in the 51 kg flyweight category of Boxing.

Kom was born in Kangthei village, Moirang Lamkhai in Churachandpur district of rural Manipur in eastern India. She came from a poor family. Her parents, Mangte Tonpa Kom and Mangte Akham Kom were tenant farmers who worked in **jhum** fields. Kom grew up in **humble surroundings**, helping her parents with farm related chores, going to school and learning athletics initially and later boxing simultaneously. Her father was a keen wrestler in his younger age.

She had an eager interest in athletics since childhood and the success of Dingko Singh a fellow Manipuri returned from the 1998 Bangkok Asian games with a gold medal, Kom recollects, had inspired many youngsters in Manipur to try boxing and she too thought of giving it a try.

Mary Kom's career started in 2000 after her victory in the Manipur State women's boxing championship and the regional championship in West Bengal. In 2001, she started competing at international level. She was only 18 years old when she made her international **debut** at the first **AIBA** Women's World Boxing Championship in United States, winning a silver medal in the 48 kg weight category. Her greatness is **reinforced** by the way she apologized to the whole nation for not being able to win the Gold. She is **a legend** for sure and an idol for all the sportswomen to look up to.

✦ What was Mary Kom's exceptional achievement?

- **jhum** : farming, shifting cultivation
- **humble surroundings** : simple and poor conditions

✦ How did Kom's parents make a living?

✦ What has added to Kom's greatness as a boxing champion?

- **AIBA** : The Amateur International Boxing Association
- **debut** : first public appearance or performance
- **reinforced** : strengthened
- **a legend** : one who makes history

AN INTERVIEW

In an exclusive interview with Sportskeeda correspondent Taruka Srivastava, Olympic Bronze medalist Mary Kom talked about her preparation for the Olympics and her **elation** at winning a medal.

Interviewer : First things first—you're the first Indian female boxer to win an Olympics medal for India. Has the feeling completely **sunk in**?

Mary Kom : I am really happy with my achievement and yes it is yet to sink in. I am just so **exhilarated**.

Interviewer : You were the only female representative from India in boxing. Did that put additional pressure on you?

Mary Kom : No, not at all. I was pretty confident about myself. I knew.

Interviewer : Your coach Charles Atkinson was not allowed to accompany you to the Olympics. How did that affect your preparations?

Mary Kom : Well I did miss him there but thankfully, we had already done our homework and I was well prepared.

Interviewer : During your preparations for the Olympics, you sparred with the male boxers of the Indian contingent. Who was your favourite **sparring** partner?

Mary Kom : (Laughs) Well, I trained hard in Pune and the male boxers were kind enough to practise with me whenever I required them. To name a favourite would be unfair.

Interviewer : You were quoted saying “Adams was very clever, a counter-puncher but, although she carried power, she wasn't very **tactical**. I was scoring but the judges were not pressing the buttons.” Do you think **dodgy** judging was part of the reason for your loss in the semi-finals?

Mary Kom : Yes, I think some of the decisions were unfortunate and did not work to my benefit.

Interviewer : India managed just 6 medals in the 2012 Olympics even though we are a nation of 1.3 billion people. Where do you think a change is

- **elation** : great joy

- **sink in** : realize and accept

- **exhilarated** : very thrilled

- ✦ What failed to pressurize Mary Kom during the Olympics?

- **sparring** : motions of boxing during training, without landing actual blows

- **tactical** : planned actions to gain victory

- **dodgy** : unjust/partial

- ✦ What can help Indian Sportsmen win more Olympic Medals?

required to help us win medals that are proportionate with our population?

Mary Kom : I think more and more people should take up sports as a full-time career if we want more gold medals. More **corporates** should come in and **sponsor** players so that the players don't have any financial pressure and can just focus on their games.

Interviewer : Do you think interest in boxing in India will ever go beyond the Olympics?

Mary Kom : Yes, I am sure that in a few years boxing will be very popular among everyone in India, all the year round.

Interviewer : How aware are Indian women of their nutritional requirements? Diet and nutrition must've been a key factor in your **conditioning** for the Olympics. Do you think nutrition is a neglected area in Indian sports?

Mary Kom : The awareness is growing now among the female athletes when it comes to nutritional requirements. Nutrition has definitely been a neglected area in Indian sports. I had to gain 3 kgs since I had to fight in the 51kg event instead of the usual 48kgs that I fight in. So I had to focus on what to eat. I gained weight by eating the right kind of healthy food rather than **bad saturated fats**.

Interviewer : How big a role did **OGQ** play in shaping the boxing scene in India for the better?

Mary Kom : OGQ really played an important part in my success. They helped me out whenever I needed something. They took care of everything, which helped me focus on my boxing and kept me stress-free.

Interviewer : What's your opinion on the future of Indian boxing?

Mary Kom : The future is very bright and I am sure many more boxers will get medals for us.

Interviewer : Do you find it difficult to convince your children not to fight when they watch you go out and do it in style all the time?

Mary Kom : Well, I have twins and yes, sometimes it becomes really difficult to keep them under control.

- **corporates :**
companies or industries
- **sponsor :**
organization that pays or aids sportsmen or a sport event

- **conditioning :**
becoming fit

✦ How did Mary Kom increase her weight?

- **saturated fats :**
unhealthy fats
- **OGQ :** Olympic Gold Quest

✦ What did OGQ do for Mary Kom?

- **stereotype** : fixed ideas held as common standards

✦ What is Mary Kom more proud of— being a boxer or a mother?

Interviewer : Will you train your kids to become boxers as well?

Mary Kom : I haven't really thought about it. As of now, just let their mother box!

Interviewer : You have broken several **stereotypes** about the women in India by showing that women can compete with men in any field. But how good are you at the 'traditional' feminine activities like cooking?

Mary Kom : Well, I am good at cooking and other household work too.

Interviewer : Would you be interested in coaching Indian women in boxing one day?

Mary Kom : Let's see. In the future, may be yes.

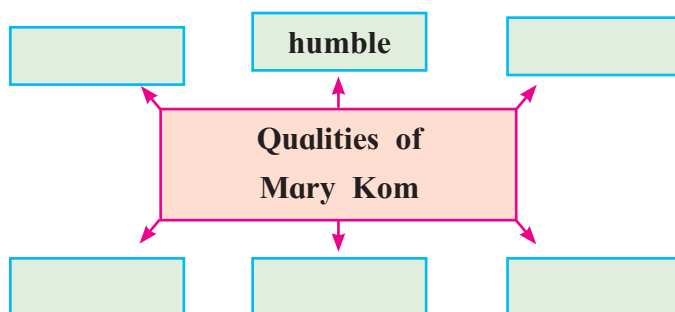
Interviewer : What do you prefer being called – Super Mom or Super Boxer?

Mary Kom : I love being a mom. That's the best thing that has ever happened to me.

Awards and recognitions

- Arjuna Award (Boxing) in 2003
- Padma Shree (Sports) in 2006
- Contender for Rajiv Gandhi Khel Ratna Award in 2007
- People of the Year-Limca Book of Records in 2007
- CNN-IBN and Reliance Industries Real Heroes Award in 2008
- Pepsi MTV Youth, AIBA in 2008
- 'Magnificent Mary', AIBA in 2008
- Felicitation by Zomi Student's Federation (ZSF) at New Lamka YPA Hall in 2008
- Rajiv Gandhi Khel Ratna award in 2009
- International Boxing Association's Ambassador for Women's Boxing in 2009
- Sportswoman of the year, Sahara Sports Award in 2010
- The first Indian Woman Boxer to win Gold at the 2018 Commonwealth Games.

5. Glance through the text and find the special qualities of Mary Kom. Complete the web by putting different qualities of Mary Kom in the boxes.



6. 'Super Mom' refers to an excellent mother. Give three reasons why 'super' has been added to the word 'mom' as in the title.

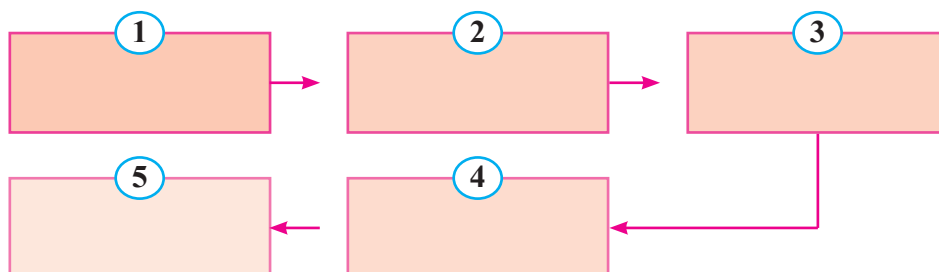
1.
2.
3.

7. Answer in your own words.

- (a) What makes the writer call Mary Kom 'a legend'?
- (b) What prime quality did Mary Kom display during her first attempt in Olympic Games? What was her bad luck?
- (c) What does Mary Kom suggest, for India to win more Olympic Gold Medals?

8. Fill in the flow chart after rearranging the facts below in their proper order, as per the text.

- (a) Mary Kom made her first appearance at international level.
- (b) She sparred with male boxers in Pune.
- (c) Mary Kom won the Manipur State's Women's boxing championship.
- (d) She won a bronze medal in the 2012 Olympics.
- (e) Mary Kom decided to take up boxing.



9. Make sentences of your own using the following words.

- | | |
|-------------------------|---------|
| (a) debut | 1. |
| | 2. |
| (b) elation | 1. |
| | 2. |
| (c) sponsor | 1. |
| | 2. |
| (d) reinforced | 1. |
| | 2. |
| (e) humble surroundings | 1. |
| | 2. |

10. Find antonyms of the following words from the text.

- | | |
|------------------------|-----------------------|
| (a) Arrogant ✕ | (b) Finally ✕ |
| (c) Disqualify ✕ | (d) Diffident ✕ |

11. Imagine that you are Captain of your team. A famous cricketer is going to visit your school. You are assigned the task to conduct an interview of that famous cricketer. Frame a set of 10 questions that you will ask the cricketer. Take help of the points given below.

- | | |
|--------------------------|----------------------------|
| (a) Early life | (b) Interest in this field |
| (c) Inspiration | (d) Coaching and guidance |
| (e) Achievement/Records | (f) Future plans |
| (g) Advice to youngsters | |

12. Write a short paragraph describing the life and work of Mary Kom. Take help of the points given below.

- (a) Early life
- (b) Training
- (c) Achievements
- (d) Future plans

13. 'What Men Can Do, Women can do better'

Divide your class in 2 groups. Let one group offer points 'For the topic' and the other, 'Against the topic.' Note down the points in your notebooks, expand the points in two separate paragraphs of about 15 to 20 lines each. Suggest suitable titles for each.

1. Underline the Subordinate Clauses and state their kind.

- (a) Enough has been said about this great warrior, who conquered the world.
- (b) The male boxers kindly practised with me, whenever I required them.
- (c) I think that more people should take up sports as a full-time career.
- (d) Do you think nutrition is a neglected area in Indian Sports?
- (e) That's the best thing, that has happened to me.
- (f) India managed just 6 medals in 2012 Olympics even though we are a nation of 1.3 billion people.

2. (A) Pick out from the text the VERB forms of

- (a) qualification (d) decisions
- (b) negligence (e) practice
- (c) company

(B) Pick out the NOUN forms of

- (a) represent (d) achieve
- (b) change (e) aware
- (c) prepare (f) succeed

(C) Pick out the ADJECTIVE forms of

- (a) favour (d) nutrition
- (b) proportion (e) female
- (c) finance (f) addition

