

Chapter - 5

Swimming across the English Channel

C. Answer the following questions.

1. Who was Arati Saha ?

⇒ Arati Saha was the first Asian woman to swim across the English Channel on 29th September 1959.

2. Where is the English Channel situated ?

⇒ The English Channel is a body of water that separates England from Europe. It connects the North sea to the Atlantic and is one of the world's busiest shipping route.

3. Why is swimming across the English Channel dangerous ?

⇒ It is dangerous due icy cold water, strong unpredictable currents,

heavy ship traffic and stinging Jellyfish.

4.5 What was the unique feat performed by Arati Saha in 1959?

⇒ She became the first Asian woman to successfully swim across the English Channel.

5. Who motivated Arati Saha? why?

⇒ She was motivated by Mihir Sen, to take on the challenge for the pride of the country.

6. What did the Government do to acknowledge her achievements?

⇒ She was awarded the Padma Shri in 1960, making her the first Indian sportswoman to receive this honour.

Alcumby
08/07/26

She was accompanied by a pilot team who helped her in directing her through the channel. She made her own record of swimming a distance of 42 miles in 16 hours and twenty minutes. She hoisted the Indian flag at Sand Gate. She also participated in the Helsinki Olympics in the year 1952. In recognition of her achievements, she was awarded the Padma Shri in 1960.



- Arati died of jaundice on August 23, 1994. A stamp was issued by the Indian Postal Department in her memory in 1999. Her achievements motivated and inspired many other Indian and Asian swimmers

COMPREHENSION

A. Tick (✓) the correct option.

1. The English Channel separates

i) England from Asia ☐

ii) England from Europe ☒

iii) England from Australia ☐

2. Arati Saha belonged to

i) Kolkata ☒

ii) Chennai ☒

iii) Delhi ☐

3. Arati Saha set an All India Record in

i) 1945 ☐

ii) 1949 ☐

iii) 1951 ☒

4. Mihir Sen was the first person to

i) swim across the English Channel. ☐

ii) swim across the seven seas. ☐

iii) to swim across the seven seas of the five continents in a calendar year. ☒

5. Arati Saha covered a distance of _____ while swimming across the English Channel.

i) 33 miles

☐

ii) 42 miles

☒

iii) 42 kms

☐

B. Write 'T' for true and 'F' for false statements.

1. Swimming across the English Channel is compared to climbing the Mount Everest.

T

2. Arati Saha crossed the English Channel at the young age of 14 years.

F

3. Arati Saha was encouraged by her coach Mihir Sen to swim.

T

4. Sea swimming is more difficult than pool swimming.

T

5. Arati Saha participated in two Olympics.

F

C. Answer the following questions.

1. Who was Arati Saha?

2. Where is the English Channel situated?

3. Why is swimming across the English Channel dangerous?

4. What was the unique feat performed by Arati Saha in 1959?

5. Who motivated Arati Saha? Why?

6. What did the Government do to acknowledge her achievements?

D. Read the following extracts and answer the questions that follow.

1. *Swimming across the English Channel is compared to climbing the Mount Everest.*

i) Which is one of the world's busiest shipping routes?

ii) Why has swimming across the English Channel been compared to climbing of Everest?

iii) Which animal is dominantly found in the channel?

2. *She was interested in swimming right from her childhood.*

i) Who is being referred to here?

ii) Who motivated her to swim across the English Channel?

iii) What according to you are the qualities required to achieve success?

3. *Sea swimming is totally different from pool swimming.*

i) Which type of swimming requires more stamina?