

## CHAPTER 9

## UP YOU GO!

1- Write 'T' for True and 'F' for False statements.

- (i) Sangeeta was a teacher from Kendriya Vidyalaya.
- (ii) A group leader walks ahead of the group.
- (iii) Medical check-ups were done every morning.
- (iv) Tekla village is at height of 2600 m.
- (v) Mountaineers make food on chulhas.
- (vi) Mount Everest is called Sagarmatha in Nepal.
- (vii) Sangeeta was leading group seven.
- (viii) Most of the members in group seven could speak hindi well.
- (ix) While climbing up, the body should be kept at an angle of 45°.
- (x) There was a special kind of discipline in the camp.

2- Fill in the blanks with appropriate words given in the box.

blisters, bleeding, Mizo, Tamil, Telugu, skates, sticks, pegs, nails, hooks, women, children, 45°, 90°, Bachhendri Pal, Sangeeta, tomatoes, cucumbers, 2nd, 5th, 8000, 8848, five, world, Confidence, last soft feathers Sagarmatha, Himalayan, sherpa, hikers

- (i) Sangeeta had ..... on her feet.
- (ii) Khondonbi spoke only ..... language.
- (iii) The rope was tightly fixed to ..... on both sides of the river.
- (iv) Body should be kept at an angle of ..... while climbing a rock.
- (v) Khondonbi plucked two ..... from the field.
- (vi) Mountaineers walk on snow with the help of ..... .
- (vii) On the last day of camp, the 'Best Performace Award' was given to ..... .

- (viii) ..... became the first Indian woman and the ..... woman in the world to reach Mount Everest.
- (ix) The height of Mount Everest is ..... metres.
- (x) The Mount Everest is called ..... in Nepal.
- (xi) There was camp fire on the ..... day of the camp.
- (xii) The sleeping bags were filled with ..... to keep the camper warm.
- (xiii) ..... comes when we face challenges with courage.
- (xiv) K2 is a mountain in the ..... range.
- (xv) ..... are native people who help .....
- (xvi) K2 is ranked in the top ..... most difficult mountains to climb in the .....

3- Give reason for each of the following.

- (i) Sangeeta could not talk to Khondonbi even once.

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- (ii) Mountaineers take Vitamin C, Iron tablets and hot chocolate milk with breakfast.

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- (iii) Everyone was pushing each other to go first for crossing the river.

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- (iv) Mountaineers first observe the rocks carefully before beginning to climb.

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- (v) Mountaineers get into the sleeping bags for sleeping in high mountains.

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4- Answer the following questions based on Bachhendri Pal's life.

- (i) Where did Bachhendri Pal spend her childhood?

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(ii) Which institute did Bachhendri Pal join to learn mountaineering?

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(iii) Who was Bachhendri Pal's guide?

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(iv) Bachhendri Pal was selected to climb which mountain in 1984?

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(v) Define the terms (a) Sleeping bags (b) Rock climbing

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5- Answer the following questions in brief.

(i) What did Sangeeta Arora decide to do when she saw blisters on her feet on the second day of her camp? How did Brigadier Gyan Singh react to her problem?

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(ii) What do mountaineers use for their safety?

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(iii) What is rappelling?

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(iv) How did Sangeeta meet Bachhendri Pal?

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(v) What programme was there on last day of camp?

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(vi) Why did Bachhendri Pal put the Indian flag on the peak?

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6- Answer the following questions based on the experience of Sangeet Arora.

(i) What was her group number?

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(ii) Who were the other members in her group?

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(iii) Who were other members in the camp?

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(iv) Who was the leader of her group?

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(v) In which institute was she learning mountaineering?

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(vi) Who was the director of their Adventure Course?

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7- Observe the picture and answer the following questions.



(i) What are the girls doing in the picture?

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- (ii) Why were double layered plastic sheets used for the tent and the ground?

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- (iii) In order to keep the insects and reptiles away, something is done around the tent. What is it?

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8- Answer the following questions in detail.

- (i) What are the responsibilities of a group leader in mountaineering?

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- (ii) How were Sangeeta and Khondonbi left behind from their group? How did they meet their group again?

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- (iii) How did Bachhendri Pal survive the snow storm and reach the peak of Mount Everest?

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- (iv) Which incident transformed Sangeeta into a confident and courageous person?

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9- Make a list of things that mountaineers keep in their rucksack.

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|-------------|--------------|
| (i) .....   | (ii) .....   |
| (iii) ..... | (iv) .....   |
| (v) .....   | (vi) .....   |
| (vii) ..... | (viii) ..... |
| (ix) .....  | (x) .....    |
| (xi) .....  | (xii) .....  |

10- Find out.

- (i) The highest peak in the world, its height and located in which country.

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- (ii) The highest peak in India, its height and located in which state.

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- (iii) The first man to climb Mount Everest.

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- (iv) The names of two mountaineering institutions in India.

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- (v) Four adventure activities, apart from mountaineering.

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11- Your school is conducting an adventure camp where rock climbing and river crossing will be done. Make a list of things and safety equipments that you will carry. Also design a flag for your camp.

12- Identify and write the name of the given equipments used by the mountaineers:



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