

Name: _____ Class & Sec: _____ Roll No. _____ Date: 22.07.2020

Champions of change



These people made a difference to the world by bringing about reforms in society. Identify these social reformers with the help of the given clues. Choose your answers from the help box.

1. He challenged traditional Hindu culture, denounced the caste system, and formed the Brahmo Samaj, a Hindu reformist sect. His efforts led to the prohibition of the custom of sati. _____



2. His efforts led to legalization of widow remarriage in India. He promoted the education of girls and strongly opposed child marriage and polygamy. _____



3. He made efforts to combine Indian spirituality with Western material progress and dedicated his life towards elimination of child marriage and illiteracy in India. He strongly promoted education among women and lower castes. _____



4. She dedicated her life to charity and to look after the sick and the poor. In 1979, she was awarded the Nobel Peace Prize. _____

5. He gave up his legal career to devote his life to take care of leprosy patients. Later, he founded an ashram dedicated to the treatment and rehabilitation of these patients. _____



6. He fought against child labour and advocated the universal right to education. He founded the *Bachpan Bachao Andolan*. In 2014, he was awarded the Nobel Peace Prize. _____

Mother Teresa

Swami Vivekananda

Kailash Satyarthi

Raja Ram Mohan Roy

Ishwar Chandra Vidyasagar

Baba Amte

Are there any social reformers living in your city? Talk about their good work.



Tops at table tennis



Want to learn table tennis? Here is a beginner's guide to help you get started. Table tennis is an indoor sport played between two players or teams. To play this game, you will need a couple of table tennis bats (also called **rackets**), a ball, and a special table.

The aim of the game is to make the ball go over the net to the opponent's half, so that the opponent cannot reach or return the ball over the net and on the table.

The table

A flat rectangular wooden table (2.74 m long $\times$ 1.525 m wide $\times$ 76 cm high) with a net dividing it into two halves

Playing surface

Tabletop with marked edges and lines within which players hit the ball

Side line

Line marking the sides of the playing surface

Net

Loosely stitched divider across the middle of the table over which players hit the ball

Centre line

3 mm line which divides each half of the table into two, across which the serve is made by the player

End line

Marks the back line of the serving zone and the end of the playing surface



The first Table Tennis World Cup was held in 1980. Table tennis became an Olympic sport in 1988. A Grand Slam is earned by a player who wins singles titles in the Olympics, World Championships, and World Cup.



Identify these table tennis stars. Choose the correct answers from the help box.



1. Ma Long (China)

2. Dimitrij Ovtcharov (Germany)

3. Fan Zhendong (China)

Net support

15.25 cm high vertical piece, used to stretch the net along the table using white tape



Fan Zhendong (China)
Ma Long (China)
Dimitrij Ovtcharov (Germany)

Restriction

While the ball is in play, players cannot move the table and touch the surface or net



The world's longest table tennis rally was played between Daniel Ives and Peter Ives, both from Britain, in 2014. It lasted for 8 hours 40 minutes and 5 seconds.

Tick (✓) the correct answers.

- In which city was the first Table Tennis World Championship held?
a) Paris b) London c) Beijing d) Tokyo
- Today's tennis balls are made of celluloid plastic. What were they originally made of?
a) cork b) wood c) rubber d) all of these

