Class 9 English Kaveri – Chapter 5

The World of Limitless Possibilities

CHAPTER SUMMARY • Prose + Poem • CBSE 2026–27

Poem: Nine Gold Medals – David Roth

This summary presents the main ideas, sequence of events, themes and message of both parts of Chapter 5 in a concise, revision-friendly format.

At a Glance

Part	Focus
Prose	Dr. Deepa Malik’s journey, the Paralympics, resilience, determination, inclusion and advocacy.
Poem	Nine Gold Medals – compassion, empathy, unity and sportsmanship.
Overall message	Challenges do not have to define a person’s possibilities; support, self-belief and compassion can t

1. Summary of The World of Limitless Possibilities

The prose introduces the Paralympic Games as a global celebration of resilience, exceptional talent and determination among athletes with locomotor, sensory or intellectual disabilities. It emphasises that the Paralympics go beyond competition by challenging stereotypes and redefining possibilities. The textbook notes that Bharat's Paralympic debut dates to 1968 and that the first medal came in swimming in 1972.

The central part of the prose is an interview with Dr. Deepa Malik. She recalls that she was 29 when she was diagnosed with a spinal tumour. After surgery, she was told that she would be paralysed from the waist down and would need a wheelchair for the rest of her life. She describes two choices: remaining in remorse or transforming her life into a world of limitless possibilities.

Dr. Malik loved sports and had been a swimmer, so she decided to switch to para-athletics. Her Paralympic journey reached a major breakthrough at the 2016 Rio Paralympic Games, where she secured a silver medal in shot put. She describes this as a personal victory and a step towards changing perceptions.

The interview highlights her achievements and recognition. The textbook describes her as a trailblazer and states that she became the first Indian female para-athlete to win an Asian Games medal in athletics and India's first female Paralympics medallist across any sport. Her achievements strengthen her belief that physical limitations do not define a person's potential. She supports the idea of "ability beyond disability."

Dr. Malik also discusses the challenges she faced, particularly societal perceptions and people underestimating her abilities. She says overcoming these attitudes required physical strength, mental resilience and family support. She learned to treat challenges as opportunities and to turn obstacles into stepping stones.

She believes that sports, especially the Paralympics, can challenge stereotypes. When people see the strength, skill and competitive spirit of para-athletes, preconceived ideas about disability can change. For her personally, the Paralympics gave her a new lease of life and helped her push boundaries.

The final part of the interview focuses on advocacy. Dr. Malik supports disability awareness, inclusion, accessibility, emotional health, women's participation in outdoor sports and opportunities for para-sportspersons. She also emphasises involving young people through awareness and advocacy sessions in schools and colleges. Her goal is a society in which everyone is treated with dignity and given a fair chance to succeed.

> **Her final advice is that every setback can become an opportunity to prove one's strength. She encourages people to build a support system, believe in themselves and allow their journey to inspire others.**

2. Summary of Nine Gold Medals

David Roth’s poem Nine Gold Medals describes a race at the Special Olympics. Athletes have come from different parts of the country after many weeks and months of training. They hope to win medals, while spectators gather around the field and wait excitedly for the final event.

Nine determined athletes take their positions for the hundred-yard dash. When the starting signal is given, they all charge forward. However, the smallest athlete stumbles, staggers and falls onto the asphalt. He cries out in frustration and anguish because his dreams and efforts appear to have been destroyed.

The poem then takes an unexpected turn. The other eight runners stop their own race and return to help the fallen athlete. One by one, they help him stand. Instead of competing separately, all nine runners join hands and continue the race together, walking rather than running.

The athletes finally reach the finish line together. They receive nine gold medals and a standing ovation. Their smiling faces and joined hands communicate the importance of compassion and unity more powerfully than words could. The poem presents this moment as a true expression of the spirit of the Special Olympics.

The poem’s message

- True sportsmanship is not only about winning; it also involves helping others.
- Empathy and compassion can transform a competitive situation into a shared achievement.
- The athletes show that another person’s difficulty can matter more than personal victory.
- The nine gold medals symbolise collective success, unity and human kindness.

3. Chapter Themes

Theme	How it appears in Chapter 5
Resilience	The prose shows how Dr. Malik responds to a life-changing physical challenge with determinatio
Self-belief	She refuses to let physical limitations define her potential.
Changing perceptions	Her achievements and the Paralympics challenge preconceived ideas about disability.
Inclusion	The chapter promotes equal participation, dignity and fair opportunities.
Advocacy	Dr. Malik works to create awareness and opportunities for persons with disabilities.
Empathy and compassion	The poem shows athletes putting another runner’s well-being before their own competitive adva
Sportsmanship	The poem redefines victory through cooperation and support rather than speed alone.

4. Quick Revision: Prose

- The chapter introduces the Paralympics as a celebration of resilience, talent and determination.
- Bharat's Paralympic debut is stated as 1968; the first medal mentioned is from swimming in 1972.
- Dr. Deepa Malik was diagnosed with a spinal tumour at the age of 29.
- After surgery, she became paralysed from the waist down and was told she would need a wheelchair for life.
- She chose to transform her circumstances rather than remain in remorse.
- Because she loved sport and had been a swimmer, she moved into para-athletics.
- Her breakthrough came at the 2016 Rio Paralympic Games with a silver medal in shot put.
- She views her achievements as evidence that physical limitations do not define potential.
- She identifies societal perceptions as an important challenge.
- Family support and mental resilience helped her overcome obstacles.
- She believes Paralympic sport can challenge stereotypes and change attitudes towards disability.
- She advocates inclusion, accessibility, disability awareness and fair opportunities.
- Her message is to treat setbacks as opportunities, build support and believe in oneself.

5. Quick Revision: Poem

- The athletes have trained for many weeks and months and arrive hoping to win medals.
- Nine athletes prepare for the hundred-yard dash.
- The race starts and the smallest athlete falls.
- He feels frustration and anguish because his dream appears to have been destroyed.
- The other eight runners stop and return to help him.
- All nine join hands and continue the race together at a walking pace.
- They reach the finish line together.
- Nine gold medals and a standing ovation celebrate their shared achievement.
- The poem highlights empathy, compassion, unity and the true spirit of sportsmanship.

6. One-Minute Revision

Question	Key point to remember
Why is the title appropriate?	The chapter presents people who turn limitations and setbacks into possibilities through resilien
What is Dr. Malik's main message?	A setback can become an opportunity; believe in yourself and build a support system.
How can Paralympics change perceptions?	They allow people to witness the strength, skill and competitive spirit of para-athletes.
What happens in Nine Gold Medals?	Eight runners stop to help a fallen athlete, and all nine finish together.
What do the nine gold medals represent?	Shared achievement, compassion, unity and sportsmanship.

Source note: This summary is based on the uploaded Kaveri Chapter 5 textbook PDF, pages 137–168, and paraphrases the textbook content for student revision.