

**Title: ARUNIMA SINHA: FROM TRAGEDY TO TRIUMPH**

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## **Title: ARUNIMA SINHA: FROM TRAGEDY TO TRIUMPH**

### **Introduction:**

This is the story of a brave young girl Arunima Sinha who kept her mind over matters. It is an inspiring story that inspires and makes people believe that we can achieve success and do whatever we want if we have a strong will and an optimistic outlook. Arunima Sinha is the first female amputee to climb the highest peak on the Earth: Mount Everest. Despite facing tremendous adversity, she refused to be defined by tragedy and instead chose to pursue her mountaineering dreams. She believes in the quote, "Let not what you can't do come in the way of what you can do." Her story exemplifies the idea that mental toughness is far stronger than physical strength.

### **Objective:**

To analyze the motivating story of Arunima Sinha, delving into her life-changing experience from tragedy to triumph. This paper is intended to describe the profound resilience and social significance of Arunima Sinha's journey, which serves as a beacon of hope and inspiration for individuals who are facing their challenges. To survey people about their thoughts on Arunima Sinha and women's empowerment.

### **Abstract:**

Arunima Sinha's journey from sorrow to success exemplifies the strength of the human spirit. Introduced to me through a popular television show, Kaun Banega Crorepati, she stands as an icon of inspiration for me to never give up in life. Despite losing a limb in a devastating accident, Sinha's dedication encouraged her to incredible climbing exploits. This paper delves into Sinha's amazing narrative, addressing the hurdles she experienced and her tenacity in overcoming them. Sinha's summit of Mount Everest as the first female amputee is a source of hope and empowerment for people worldwide. Beyond her climbing accomplishments, Sinha's work as a motivational speaker and champion for people with disabilities broadens her reach, pushing others to overcome obstacles and follow their aspirations. Apart from being a strong mountaineer, she is a national-level volleyball player and the author of her biography, "Born Again on the Mountain: A Story of Losing Everything and Finding It Back". In recognition of her extraordinary contributions, Sinha was honoured with the Padma Shri, India's 4 highest civilian awards, underscoring her indelible impact on the nation's consciousness. Arunima Sinha's incredible path shows the transformational power of endurance and drives, inspiring many others to overcome hardship and achieve new heights.

**Keywords:**

Accident, amputee, mountaineer

**Background of Arunima's story:**

Born in the small village of Ambedkarnagar in Uttar Pradesh, Arunima Sinha had loving parents. Her father was an engineer in the Army whereas her mother was a medical supervisor at a Primary health care centre. ("Ability magazine: Molly Shannon Issue") When she was just three years old, a tragedy struck- her father passed away. The matter got worse when her family was falsely accused of his mysterious death. However, her mother remained undefeated and fought tirelessly to remove their name from the case. This instilled a fighting spirit in Arunima from her childhood. Born to a family who loved sports, Arunima was athletic by birth. She played football at her school level and volleyball at the national level during her college days. However, due to societal restrictions, she was not able to pursue her career in sports. Thereby she thought about continuing her passion along with a job for a regular income.

**The Tragic Train Accident:**

Arunima Sinha dreamt big as we do. But her dreams were put to the ultimate test when she was travelling from Lucknow to Delhi on Padmavat Express on the night of 11 April 2011. A group of robbers came and tried to snatch away the gold chain which was a very precious gift from her mother. (Indian Express) While struggling to oppose them, she was pushed out of the moving train and before she realised she was hit by another train moving on the adjacent track. The train ran over her left leg and therefore she was forced to amputate her leg. She was lying on the tracks the whole night and 49 trains passed by her. Nobody came to help her as they thought it to be a suicidal case. However, the next morning, humanity rose with the rising sun and a group of fellow villagers came to help her. They shifted her from tracks to carts.

**Journey from Hospital to Highest Peak on Earth:**

In a cruel twist of fate, Arunima was left waiting for hours for paperwork to be completed before she could receive medical attention. When Arunima finally arrived at the hospital, she faced yet another challenge – the surgery she desperately needed had to be performed without anaesthesia. However, Arunima was ready to endure the pain for she knew that it was a small price to reclaim back her life. She had severe loss of blood and no blood donors. The

pharmacist of the hospital was very motivated by Arunima Sinha and therefore donated his blood. Later she was transferred to AIIMS on the advice of the sports minister. (Sinha 41) She underwent months of rigorous pain and later determined to prove to herself and the world that she was still capable of achieving her dreams. She was lying on the bed when she read the magazine on Mount Everest. It was mentioned that there are 15 ways to target Everest out of which 14 are targetted by mountaineers. However, the idea of summiting Everest in that one unexplored way struck Arunima's mind. Armed with nothing but her determination and her indomitable spirit, she embarked on a journey that would test her to her very limits. The quote, "Arise, Awake and stop not till the goal is achieved" by her spiritual guru Swami Vivekananda kept her going during her journey. Arunima joined the Tata Steel Adventure Foundation (TSAF) camp in Uttarkashi last year, where she was trained by Bachendri Pal, the first Indian woman to conquer Mt Everest. (Economic Times) Against all odds, against all the doubters, she reached the summit of Mount Everest and became the first female amputee to achieve this incredible feat in 2013- just two years after the horrible train accident. She reached the summit after 52 days of hard work, sheer determination and courage.

### **Arunima's Triumph: Conquering Mount Everest and Breaking Barriers**

From there, she never looked back on life and climbed the seven summits. Arunima Sinha is now dedicated towards social welfare and opened a free sports academy for poor and disabled people. She wrote the book titled *Born Again on The Mountain* in 2014. She was awarded Padma Shri, the fourth highest civilian award in India, in 2015. She was also awarded the Tenzing Norgay Highest Mountaineering Award. ( (London Speaker Bureau)

### **Life Lessons depicted by Arunima's story- Empowerment and Inspiration:**

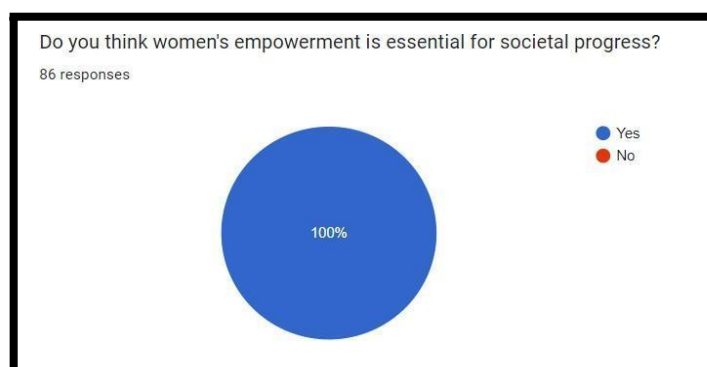
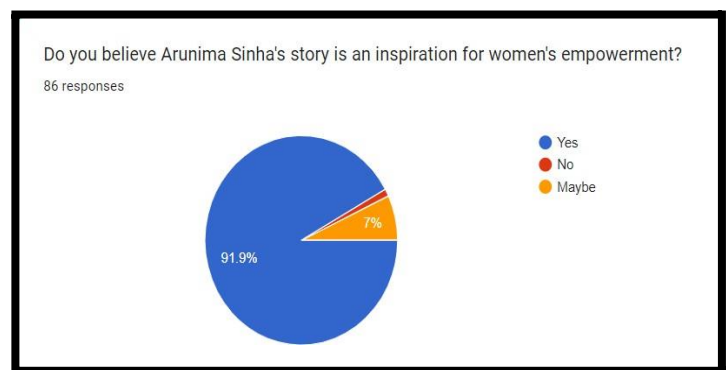
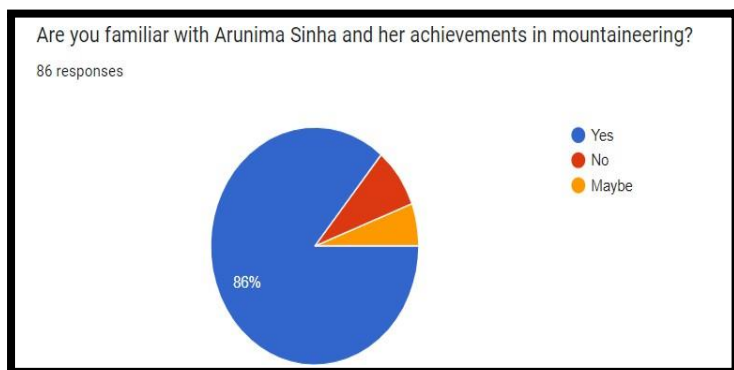
Arunima's story was not just about climbing mountains. It is about empowerment – about showing the world that women are strong, capable, and unstoppable. It's about breaking down barriers, shattering stereotypes, and inspiring others to reach for the stars. Throughout history, women like Arunima have pushed the boundaries and paved the way for subsequent generations. Arunima's journey serves as an example of the idea that anyone can overcome any obstacle with a strong will and an optimistic outlook, demonstrating that mental toughness is greater than physical strength. We can learn from her inspiring story that no dream is too big, no challenge too daunting, and no obstacle too insurmountable. We can learn that true empowerment comes from within – from believing in ourselves, from pushing past our limits, and from never giving up, no matter what.

## Surveying Public Awareness and Attitudes: Arunima Sinha's Journey, Disability Perception, and Women's Empowerment:

I also surveyed people to know whether they feel the same way about her like me. However, the results of the survey were quite astonishing. The survey showed that only 86% of people know about Arunima Sinha. Don't you think more people should be made aware of her inspiring story? Those people who knew her believed that her success helped break stereotypes about disabled people and proved that anyone can achieve big things with determination. When asked about their thoughts on disabled people, they felt positive about disabled individuals, saying they should be treated equally like normal human beings. They felt that god might have taken one of the organs, but gave extraordinary senses in return.

When I asked about how they feel about gender discrimination and social prejudices that are being faced by women hindering their progress, many people said that women still face challenges compared to men, but education, equal opportunities and acceptance can help.

One of the respondents also stated that According to her, a woman should be strong enough to identify herself. The creator has given that strength to every woman which is why they are known as Shakti. Identify that Shakti in you.



**Methodology:**

- 1) Interviews given by Arunima Sinha
- 2) Autobiography of Arunima Sinha
- 3) Research Papers and online sources
- 4) Self-Conducted Survey

**Key Findings:**

- 1) Awareness of Arunima Sinha and her story
- 2) Resilience and Determination
- 3) Changing Perceptions of Disability
- 4) Women's Empowerment

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Survey results:

<https://docs.google.com/spreadsheets/d/1Ze2y8jwFFahdQS3Q5CsKFSA4UHFTf6jLiR5497ODZVU/edit?usp=sharing>