

Ravi Dahiya: From a small village that struggles for electricity to ruling the wrestling world

In a proud moment for India, freestyle wrestler Ravi Kumar Dahiya bagged the second silver medal in Tokyo Olympics 2020 after putting up a fierce fight against Russia's Zaur Uguev. With this feat, Ravi Kumar Dahiya created history for India by becoming the second Indian wrestler to win an Olympic Silver. Read this blog to explore the brave journey of Ravi Kumar Dahiya and his eventual historic win at the Tokyo Olympics 2020.

Ravi Kumar Dahiya was born on 12th December 1997 and hails from the district of Nahri in Sonapat District, Haryana. His journey from underdog to India's most celebrated wrestler is inspiring. Dahiya's father's support has helped Ravi reach great heights, Rakesh Dahiya, was a farmer but he did not own any lands. He would do farming by renting other's fields. At the age of 10 years old, Ravi Kumar Dahiya began training under the guidance of Satpal Singh, a former Indian wrestler and Gold Medallist at the 1982 Asian Games, at the Chhatrasal Stadium in North Delhi. To support his training, his father would travel every day to the Chhatrasal stadium to deliver fresh milk and fruits, which were an essential part of his wrestling diet, for more than a decade.

At the very beginning of his wrestling career, Ravi Kumar Dahiya won the silver medal in the 55kg freestyle category at the 2015 Junior World Wrestling Championship which was held in Salvador de Bahia, Brazil. Soon after, in 2017 he suffered an unfortunate injury that kept him out of action for more than a year.

However, he made his comeback at the 2018 World U23 Wrestling Championship, held in Budapest, and secured the silver medal which was India's only medal at that competition. Furthermore, he remained undefeated at the 2019 Pro Wrestling League, representing the title, Haryana Hammers. He was ranked fifth at the 2019 Asian Wrestling Championships in Xi'an, China, after losing the bronze medal match.

In his World Championship Debut in 2019, Ravi Kumar Dahiya defeated the European champion Arsen Harutyunyan in the round of 16, and the 2017 world champion Yuki Takahashi in the quarterfinal, to earn one of the six available quota places for the 2020 Tokyo Olympics.

Furthermore, Ravi Kumar Dahiya bagged gold at the 2020 Asian Wrestling Championships in New Delhi and at the 2021 Asian Wrestling Championship in Almaty, Kazakhstan.

Second Indian Wrestler to win Silver Medal at Olympics 2020

At the Tokyo Olympics 2020, Ravi Kumar Dahiya reached the finals of 57kg wrestling

after successfully defeating his opponent Nurislam Sanayev of Kazakhstan. In the first period of the match Ravi Kumar Dahiya had managed to take the lead of 2-1, however, in the second period, Sanayev managed to take the lead of 9-2, pinning Ravi Kumar Dahiya in a difficult position. Fortunately, with less than two minutes on the clock, Ravi Kumar Dahiya bounced back, winning point after point with a series of aggressive moves and finally managed to pin Sanayev's shoulders down to secure his way to the finals.

During the Finals, Ravi Kumar Dahiya fought against Russia's Zaur Uguev, the defending two-time world champion. At the beginning of the match, Uguev got the first point of the bout after a tense start that saw both wrestlers defending really well. Uguev pushed the Indian wrestler out of the playing area twice in the initial minutes of the first round to take a 2-0 lead. Again, Ravi Kumar Dahiya turned the tables, by picking up two points but Uguev immediately took back his lead by securing two more points to go up 4-2. Ravi Kumar Dahiya tried to make a comeback again, but Uguev continued to defend his lead.

During the second period, Uguev pushed the Indian wrestler out again to go up 5-2. Ravi Kumar Dahiya tried to make a comeback but the Russian wrestler defended his lead really well. Uguev went up 7-2 but Ravi picked up two points to make it 4-7. In the end, Ravi Kumar Dahiya was defeated by Zaur Uguev but ended up bagging India's second Olympic silver at the Tokyo Olympics 2020, after Saikhom Mirabai Chanu.

Awards and Achievements

For winning the silver medal at Tokyo Olympics 2020, Ravi Kumar Dahiya received the following:

Rs 50 lakh (US\$70,000) from the Government of India

Rs 4 crore (US\$560,000) from the Government of Haryana

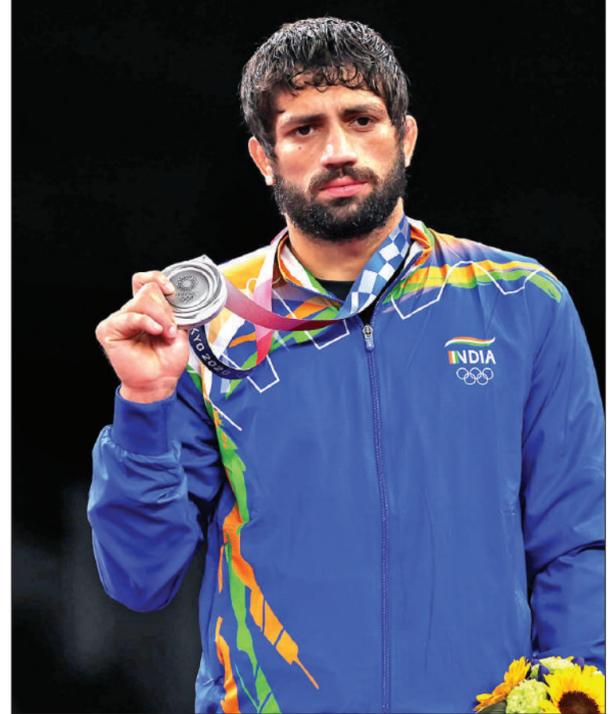
His other awards and achievements include:

In 2015, Ravi Kumar Dahiya bagged the silver medal against Mahir Amirasanov of Azerbaijan at the 2015 World Junior Wrestling Championships.

In 2018, he secured the silver medal against Toshihiro Hasegawa of Japan, at the 2018 World U23 Wrestling Championships.

In 2019, Ravi Kumar Dahiya bagged the bronze medal against Zaur Uguev of Russia at the 2019 World Wrestling Championship.

At the Asian Wrestling Championship, Ravi Kumar Dahiya bagged two gold medals in both the 2020 and 2021 Asian Wrestling Championships.



Kids Craft: Cereal Box Aquarium



You Will Need

- 1 large cereal box, Colored cardstock or Construction Paper
- Shells, Kinetic Sand (We found ours at the Dollar Store for only \$3)
- Light Green Pipe Cleaners, Googly Eyes
- Turquoise Paint, Silver Paint
- Stones, String, X-acto Knife
- Hot glue, Scissors

Steps:

First you need to trace a cut-out on your box. We used a sharpie to make our lines and then used an x-acto knife (adults only) to cut out the center of the box.

Cut out Cardboard Cereal Box

Now paint the inside of your box a turquoise blue color.

Paint the outside of your box silver (to make it look like an aquarium).

Now you can decorate your aquarium however you'd like!

Here are the elements we added:

Kinetic sand as a background on the bottom. We didn't try regular sand but regu-

lar sand would likely work too. The kinetic sand sticks together and holds in place so it's easy to work with. You could also use cereal like cheerios or a puff style cereal to make it look like sand.

Green Pipe Cleaners – cut some strips of green pipe cleaners and glue to the bottom of your box to make it look like seaweed.

Add Sand and Pipe Cleaners to Aquarium

Add Seashells to the Aquarium

Add Stones to bottom

Now it's time to add your fish!

Print off this fish template to make these adorable fish for your cereal box aquarium.

Now cut out your fish template and use it to trace your fish shapes onto your colored paper. We used orange, yellow and red cardstock.

Glue on googly eyes to your fish.

Take a small piece of string and tape it to the back of your fish.

Make Paper Fish for Aquarium

Now attach the strings to the top of your cereal box.

FUN RIDDLES

I am often following you and copying your every move. Yet you can never touch me or catch me. What am I?

English Proverbs and Meanings

* **All cats are grey in the dark.**
People are undistinguished until they have made a name.

* **All's well that ends well.**
There is a solution to everything even though there are doubts.

* **All work and no play makes Jack a dull boy.**
Everybody needs a certain amount of relaxation. It is not good to work all the time.

* **An empty purse frightens away friends.**
When one's financial situation deteriorates, friends tend to

disappear.

* **An ounce of prevention is worth a pound of cure.**
It is easier to prevent something from happening than to repair the damage or cure the disease later.

* **Anger is the one thing made better by delay.**
When you are angry, it is best not to speak or act immediately.

* **Be swift to hear, slow to speak.**
Listen carefully before speaking.

Fluffy French Toast



Ingredients:

- 1/4 cup all-purpose flour
- 1 cup milk
- 1 pinch salt
- 3 eggs
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon white sugar
- 12 thick slices bread
- Apple, Berries
- Powdered sugar

Method

Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth. Heat a lightly oiled griddle or frying pan over medium heat. Soak bread slices in mixture until saturated. Cook bread on each side until golden brown. Serve hot.

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Red Velvet Pancake



Additional ingredients (for each batch)

- 2 Cups Buttermilk
- 2 Eggs
- 2 tsp Red food coloring
- Butter and Maple syrup

Method

In a large bowl, combine the flour, sugar, baking cocoa, baking soda and salt all together. Place 2 cups in each of five resealable plastic bags or containers. Store in a cool, dry place for up to 6 months.

Prepare pancakes:

Pour the mixed ingredients into a large bowl. In a small bowl, whisk the buttermilk, eggs and food coloring. Stir into dry ingredients just until moistened. Pour batter by 1/4 cupful's onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown. Serve with butter and syrup. Flip the dosa, lower the flame and cook for 2 to 3 minutes more. Serve hot with ghee or butter, toasted almonds, and freshly sliced fruits.

