

Manpreet Singh: The barometer of Indian hockey

In a historic moment, India's men's hockey team defeated Germany by 5-4 to clinch a bronze medal. While this isn't the first time the country is boasting a win under Manpreet Singh's captaincy, this being an Olympic victory after 41 years makes the moment second to none. During the course of his field career, Manpreet has played 259 international matches, winning a steady stream of golds. But his own journey to the field has a history of its own.

As a kid from the small village of Mithapur in Jalandhar, Manpreet was an ordinary boy who passed his time playing video games and listening to music all day. At the age of 9, when he saw his father and brothers play hockey, he was inspired to try out the sport as well. But this was unacceptable to his family for the hazards of being a sportsperson.

Sharing his story with Hindustan Times, he revealed, "One day, when I was 10 years old, my brother locked me in a room just as I was about to leave for coaching. However, I managed to get out and join him at the coaching ground. He was angry and about to hit me, but the coach said I should be given a chance to learn the game since I was so keen."

The early stages of his sports career were riddled with complications even after that. Manpreet's father passed away in 2016, leaving the weight of raising three children on his mother's shoulders. Despite this, his determined approach meant that his mother would do everything in her power to help him see his dream through. She worked odd jobs to sustain the family and supported her son's dream against all odds. "If she was not there, I would be nothing. I owe everything that I have earned in my career to her," Manpreet told PTI in an interview.

The making of a true captain

The star champion says various sports persons like boxer Mary Kom, former hockey captain and flag bearer Parjat Singh, and Christiano Ronaldo have lit a spark in him through different phases of his life.



"Their success stories have been a big inspiration for me," he also told. Today, Manpreet is known to have led multiple sportsmen and entire teams.

While he made his debut at the 2012 London Olympics, in 2013 he was leading the junior national team. His captaincy also won the gold at the Men's Hockey Junior World Cup, the Asian Games in Incheon, and the 2013 Sultan of Johor Cup, as well as silver at the 2014 Commonwealth Games in Glasgow. And yet, any interaction with the established leader points towards his focus on the game and his team. In an interview with SportsAdda, he said "...We have a culture in this team where there is no distinction between senior players and junior players. Everyone in the team drives each other on to play without hesitation or fear." "From growing up and playing hockey in Mithapur village to being named the flag bearer for the Indian contingent is a big honour for a player like me. It is a matter of pride as well as motivation – for the Indian hockey team as well as fans – and I hope we return with a medal from Tokyo," he had told.

Manpreet Singh Achievements:

Silver at the 2014 Glasgow Commonwealth Games
Gold at the 2014 Incheon Asian Games
Silver at the 2016 Men's Hockey Championships in London
Gold at the 2017 Asia Cup
Bronze at the 2017 Hockey World League
Silver at the 2018 Champions Trophy
Bronze at the 2018 Jakarta Asian Games
Gold at the 2018 Asian Champions Trophy

Awards

Arjuna Award 2018,
TOISA 2018.

THE FACT CORNER

Did you know?



Like humans, honeybees need 5-8 hours of sleep each day. When bees get tired, they have trouble communicating and finding their hives. Many get lost and never return.

Did you know?



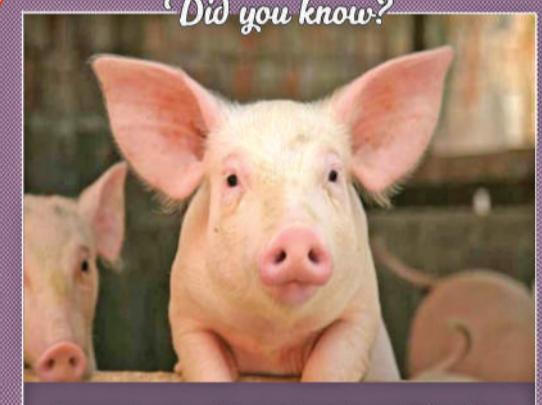
If you get a zebrafish drunk and put it in a tank of sober zebrafish, the sober fish will adopt it as their leader and follow the drunk fish around the tank.

Did you know?



A baby's body has about 300 bones at birth. These eventually fuse (grow together) to form the 206 bones that adults have.

Did you know?



A hungry pig will eat almost anything they can chew. Pigs are omnivores and can eat a whole human body except for the teeth and hairs.

BRAIN TEASERS

1 Q. Divide 30 by 1/2 and add 10. What is the answer?

2 Q. A man builds a house rectangular in shape. All sides have southern exposure. A big bear walks by, what color is the bear? Why?

3 Q. If there are 3 apples and you take away 2, how many do you have?

4 Q. How many two cent stamps are there in a dozen?

5 Q. There's one sport in which neither the spectators nor the participants know the score or the leader until the contest ends. What is it?

6 Q. What famous North American landmark is constantly moving backward?

7 Q. What fruit has its seeds on the outside?

8 Q. Only four words in Standard English begin with the letters "dw". They are all common. Name two of them.

3. You have two, because YOU took away two!

8. "Dwarf", "dwell", "wimp", and "wheedle"

7. Strawberry

6. Niagara Falls

5. Boxing

2. White. Because a house with southern exposures on all

4 sides must be at the North Pole, where they only have

4 sides.

1. 70. 30 divided by 2 would have made 25, but 30 divided

by 1/2 equals 60. Plus 10 equals 70.

4. 12! A dozen of anything is still 12.

SOLUTION:

English Proverbs and Meanings

* Facts speak louder than words.

People show what they are really like by what they do, rather than by what they say.

* Fools rush in where angels fear to tread.

Inexperienced people act in situations that more intelligent people would avoid.

* Half a loaf is better than none.

You should be grateful for something, even if it's not as much as you wanted.

* Honey catches more flies than vinegar.

You can obtain more coopera

tion from others by being nice.

* It takes all sorts to make a world.

People vary in character and abilities, and this is a good thing.

* Kill the goose that lays the golden egg.

Destroy something that would be a source of wealth or success.

* Losers weepers, finders keepers.

If you lose something you weep, if you find something you keep it.

Vegetable Sooji Toast



Ingredients:

8 bread slices, 1 cup semolina (rava)
1/4 cup chopped capsicum, tomatoes
1/4 cup grated carrot
1/4 cup shredded cabbage
1/2 cup fresh cream
1 tsp freshly ground black pepper (kalimirch) powder
1 tsp dried mixed herbs
1/2 tsp ginger (adrak) paste
1/2 tsp green chilli paste
salt to taste,
oil for shallow frying
Method

Combine the semolina and vegetables in a bowl and mix well.
Add the cream, salt, pepper, herbs, ginger and green chilli paste and mix well.
Cut bread into half diagonally, put the stuffing on 1 side.
Take nonstick tava, add oil/ butter and put the bread to roast.
First roast bread side then turn to stuffing side.
Serve with tomato ketchup and green chutney.

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Bread Pizza Pocket



Ingredients needed
6 slices bread slices, 1 medium capsicum (green pepper)
1 small carrot, 1 tablespoon vegetable oil
1/2 teaspoon chilli flakes, 2 cheese cubes
salt as required, 1 medium onion

3 tablespoon corn, 3 tablespoon pizza sauce
1/2 teaspoon oregano, 4 cloves garlic
4 tablespoon vegetable oil
Method

Heat 1 tbsp oil in a pan. Add minced garlic and chopped onion. Saute for a minute. Now add finely chopped carrot, capsicum and corn. Saute for 2-3 minutes. Now add salt as per taste, oregano and chilli flakes. Saute for a minute.

Lastly, add pizza sauce and grated cheese. Saute for a minute and switch off the flame. Your filling mixture is ready.

Take a bread slice and trim the edges. Use a rolling pin to flatten the bread. Add 1-2 tbsp filling to the bread and spread it a bit. Apply a few drops of water on all the sides of the bread and fold the bread in half.

Press down on all sides to seal the edges. Applying water helps in sealing the pocket properly. Repeat this step to make more such pockets with the remaining bread slices and filling.

Heat 3 tbsp oil in a non-stick pan. Once hot, place all the pockets in the pan. Shallow fry from both sides until golden brown in colour. Serve the Bread Pizza Pockets with tomato ketchup and enjoy.