First Indian Woman To Win Gold at Paralympics: Avani Lekhara

Avani Lekhara is the first Indian woman who has won a gold medal at the Tokyo Paralympics. Here's the amazing story of Avani, who is just 19. Avani Lekhara, a shooter, has etched her mark in history by winning against all odds during her outstanding journey from Jaipur to Tokyo. She arrived at the Paralympics as one of the youngest athletes and would leave as the first woman Indian gold medalist.

Avani became the victim of a car crash when she was 11 years old, which resulted in a spinal cord damage and paralysis of her lower half. The girl, who was confined to a wheelchair for the rest of his life, had to contend with not only physical illness but also inward screams of rage and hopelessness.

But she says that life isn't about holding good cards, but about playing the ones you do have skillfully.

Avani's accomplishment not only earned her another personal victory, but also brought pride to Indian paralympians. Dilraj Kaur, India's first woman para shooter, expressed pride over Avani's victory.
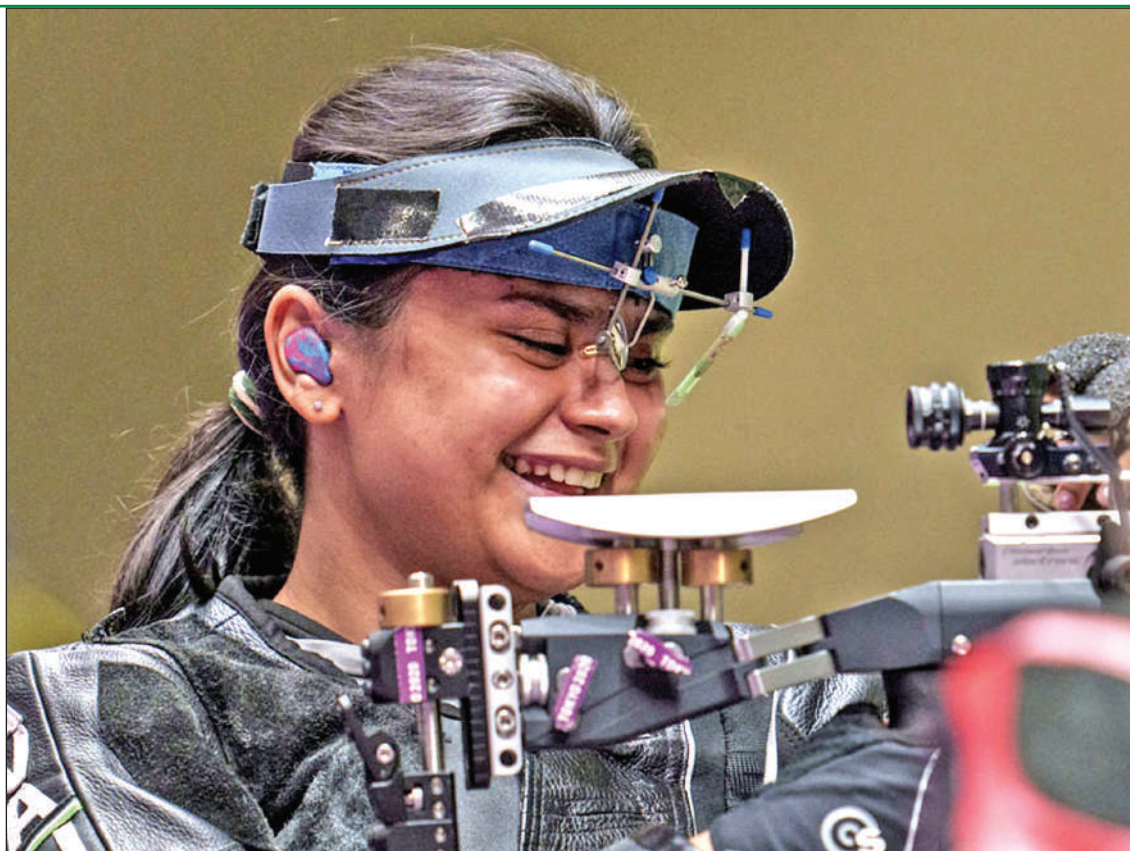
How Avani's career as an athlete started

From a young age, the girl was driven by ambition and had her sights set on bringing honours to the country. She is currently studying her BA LLB degree at the University of Rajasthan and has always aspired to be a pillar of the judiciary or a gold medalist in athletics.

When her severe injury rendered her sedentary, Avani decided to try her hand at sports with the help of her father. She said her father took her to shooting and archery ranges in 2015, and she tried both. However, Avani felt incredibly linked to shooting since the first time she grabbed a rifle.

As a result, her career as an athlete began.

As she became interested in the field, Avani read 'A Shot At History,' which narrates the life story of Abhinav Bindra who was India's first Olympic solo gold medalist in shooting. Bindra's determined journey pushed the young athlete to reach greatness even though the route was difficult.

Avani persevered through training to achieve new goals. During a media interview, she recalled how difficult training was owing to the great weight of the gun. Even hiring a coach, she claims, was tough because para-athletes use different tactics that only specific instructors can teach.

Avani says living as a disabled person is in itself a victory

She says, "Some people feel it is easier for us, but it is not…Living with a disability is an accomplishment in and of itself."

Despite this, Avani went on to win many times on the national and international circuits, and her name began to be spoken among world-class shooters such as Veronika Vadovicova and Iryna Shchetnik.

Her first event, conducted in her home state of Rajasthan in 2015, resulted in a bronze medal for her. She has since risen to World Number 5 in the women's 10m air rifle standing SH1. She earned silver medals in the 2017 IPC Para Shooting World Cup and the 2019 Para Shooting World Cup.

This year, she won gold at the first-ever National Para Shooting Championship in the women's R2 10m air rifle women's SH1, as well as silver at the Al Ain World Shooting Para Sport World Cup.

Her first major international victory, though, is a historic Paralympic medal. Her impressive performance in the R-2 women's 10m Air Rifle Standing SH1 totaled 249.6 points. It earned her a gold medal and established a new Paralympic world record.

The fact that she accomplished this achievement the first time she set foot on the Paralympic grounds attests to her fearless approach to achieving her goals.

THE FACT CORNER

Did you know?

SWEAT is odorless, it only smells when combined with **BACTERIA** found on your skin

Did you know?

Positive emotions **ENHANCES** the brain's ability to make good **DECISIONS**

Did you know?

Always **EXHALE** when your left foot hits the ground to **AVOID** cramps while running

Did you know?

The **TONGUE** is the only muscle only attached to **ONE** extremity

BRAIN TEASERS

1 Q. A merchant can place 8 large boxes or 10 small boxes into a carton for shipping. In one shipment, he sent a total of 96 boxes. If there are more large boxes than small boxes, how many cartons did he ship?

2 Q. If 9999 = 4, 8888 = 8, 1816 = 6, 1212 = 0, then 1919 = ?

3 Q. A grandfather, two fathers and two sons went to the movie theater together and everyone bought one movie ticket each. How many tickets did they buy in total?

4 Q. If the zookeeper had 100 pairs of animals in her zoo and if two pairs of babies are born for each and every one of the original animals, and then sadly 23 animal don't survive, how many animals do you have left in total?

5 Q. A little boy goes shopping and purchases 12 tomatoes. On the way home, all but 9 get mushed and ruined. How many tomatoes are left in a good condition?

6 Q. In an alien land far away, half of 10 is 6. If the same proportion holds true, then what is 1/6th of 30 in this alien land?

SOLUTION:
1. 11 cartons total
2. 4
3. 3 (the grandfather is also a father and the father is also a son)
4. 977 animal (100 x 2 = 200, 200 + 800 = 1000, 1000 – 23 = 977)
5. Nine
6. 6

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.

Tiramisu Shots

Ingredients:
250 gm whipping cream
200 gm powdered sugar
1/4 cup espresso coffee
ladyfinger biscuit as required
200 gm mascarpone cheese
1 teaspoon vanilla extract
2 tablespoon coffee liqueur
1 tablespoon cocoa powder

Method
Take whipping cream in a mixing bowl and beat it on medium speed with an electric mixer. Slowly add sugar, vanilla extract and continue to beat until stiff peaks form.

Add mascarpone cheese and mix just until combined. Keep aside for now. Add coffee and coffee liqueur to a bowl. Mix to make a concoction. Dip the ladyfinger cookie in the coffee to just get them wet and lay them in a single layer on the bottom of a glass bowl. Add half of the mascarpone mixture over the top. Add another layer of dipped lady fingers cookies. Use the remaining mascarpone cream to layer again. Dust cocoa powder and add sliced fruits of your choice as garnish. Keep in the fridge for at least 2-3 hours. Serve chilled.

JUNIOR CHEF

Malai Broccoli

Ingredients:
200 gm broccoli, 50 gm heavy cream
50 gm garlic, salt as required
1/4 teaspoon garam masala powder, 100 gm mozzarella chaat masala powder as required, 1/2 cup hung curd
50 gm ginger, 1/4 teaspoon white pepper powder
1/4 teaspoon sugar, 1/4 teaspoon green cardamom
50 gm processed cheese

Method
Cut the broccoli into medium florets and then blanch them in hot water, and keep it aside to get it to cool.

In a bowl, add hung curd, add grated processed cheese then add heavy cream and mix it well.

Then add chopped ginger, chopped garlic, white pepper powder, salt, sugar, garam masala, and cardamom powder and mix it well. Add blanched broccoli florets into the mixture and coat the broccoli until they are coated well.

Now, place them in a tray and bake in the oven until the broccoli pieces turn golden brown for 10 minutes at 180 degrees C. Then add the shredded mozzarella cheese on top of the broccoli florets until the cheese is melted.

Once done, transfer to a plate sprinkled with chilli flakes or chaat masala and serve hot.