

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 Shehetnik.

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

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

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

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

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?

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?

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

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

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?

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?

4 Q. If the zookeeper had 100 pairs of animals in

3. 3 (the grandfather is also 200; $200 + 800 = 1000$; 1000
2. 4 also a son) $100 \times 2 = 6. 6$
5. Nine
1. 11 cartons total
a father and the father is
- 23 = 977)

English Proverbs and Meanings

* **Every man for himself.**
You must think of your own interests before the interests of others.

* **He who hesitates is lost.**
If you delay your decision too long, you may miss a good opportunity.

* **He who plays with fire gets burnt.**
If you behave in a risky way, you are likely to have problems.

* **He who wills the end wills the means.**
If you are determined to do

something you will find away.

* **If you chase two rabbits, you will not catch either one.**
If you try to do two things at the same time, you won't succeed in doing either of them.

* **Lightning never strikes in the same place twice.**
An unusual event is not likely to occur again in exactly the same circumstances.

* **Many hands make light work.**
Sharing work makes work easier.

Garlic Cheese Corn Roll



Ingredients:
10 Cups All-purpose flour
1-1/4 Cup Sugar
2/3 Cups Baking cocoa
6 tsp Baking soda
4 tsp Baking powder

5 tsp Salt
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.

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Peanut candy bars



Ingredients:
3 cups cereal (Cap'n Crunch)
1 1/2 cups pretzel sticks
One bag 11oz caramel candies
3/4 cup cocktail peanuts
1/4 cup peanut butter
2tbsp cream
1 cup melted dark chocolate chips
Method

Grease a baking pan and line up using parchment paper. Mix crushed pretzel sticks, cereal, and chopped peanuts in a bowl. Add caramel candies, peanut butter and cream, and cook them on medium-low temperature. Heat it for about 15 minutes until the mixture is smooth. Keep stirring occasionally. Pour in the cereal mixture and mix. Transfer the mixture into a prepared pan and chill it for about one hour to let it set. Cut the set into 12 bars. Sprinkle the bar with warm melted chocolate. Let them stand for an hour until the chocolate is nicely set.