

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 Shehetskik.

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.

Kids Craft: Flower Pens Craft



You'll need the following:

Silk flowers (color and style of your choice)
Ballpoint Pens
Tacky Glue
Floral Tape, Washi Tape, or Duck tape
Scissors
Flowerpot or short vase filled with glass beads

Steps to make:

Remove the top of the pen
Wrap tape around the pen, from the top of the pen to the bottom
Remove the silk flower from the stem.
Place glue around the base of the flower and insert the flower into the top of the pen.

Add decorative rocks to a small flowerpot or vase and then add your new pens!

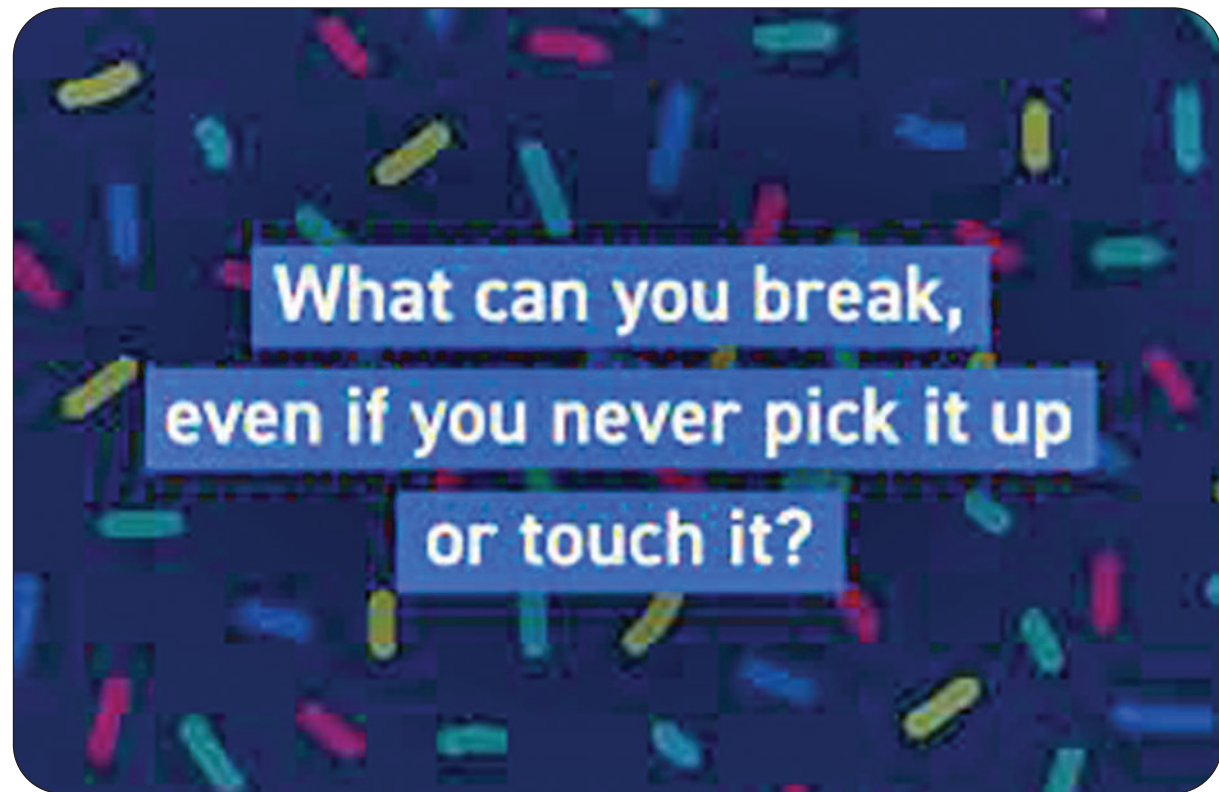
Rather than use paper to make the stem we used a pen and wrapped it with Washi tape/Duct tape.

We cut the length of paper in half, using just 4 inches to wrap around each stem/pen.

Present the pens in your choice of holder. Some ideas include a coffee mug, a mini flower pot, a tin can decorated in the style of your choice, or a simple cup. I used a wire mesh pen cup from the dollar store, dressed up with some burlap and raffia.



FUN RIDDLES



English Proverbs and Meanings

*** Don't dig your grave with your own knife and fork.**
Don't do something yourself which causes your own downfall.

*** Familiarity breeds contempt.**
Knowing somebody very well may lead to a lack of respect for them.

*** 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.

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

*** He who pays the piper calls the tune.**
The person who provides the money for something should control how it is spent.

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

Strawberry Jam Shortbread Biscuit



Ingredients:

1/2 Cup Sugar
1 Cup Butter
2 Cup Flour
1 Egg
Heart shape moulds
200 Gram Strawberries
50 Gram Sugar
5 Gram Gelatine

How to Proceed:

First make short bread by slowly mixing together sugar, butter and flour. Also add an egg once it all come together to make a dough, dust some more flour and roll it flat like a chapatti. Cut it with a heart shape ring mould then take another bigger cutter to make a layer of shortbread to form boundaries. Bake it for 180 degree for about 9 minutes .

To prepare strawberry jam:

Blend strawberries and sugar together and add gela tine. Boil it until thick. Chill the jam down and fill between heart moulds along with some generous icing of sugar on it before serving.

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Omelette in a Mug



Ingredients:

1 egg
2 egg whites
2 tbsp of shredded cheddar cheese
1 tbsp of diced green bell pepper
Salt and ground black pepper (to taste)
Chopped ham or bacon (optional)
Cooking spray

Method:

Combine egg, egg whites, cheddar cheese, bell pepper, salt, ground pepper in a microwave-safe mug coated with non-stick spray.
Mix all ingredients well.
Microwave on high for 1 minute and give the contents a stir.
Return to the microwave and cook until the eggs are completely set, 1 to 1 1/2 minutes longer.

(Note: Time differs from one microwave to the next).
Sprinkle cheddar cheese on top if desired and dig in!