

## Mary Kom, the Queen of Boxing

An ordinary girl from the Kom tribe of Manipur, India who fearlessly pursued her dreams without bothering about the bars and proved the world that nothing is bigger than the desire to win, by being the first Indian female boxer to earn an Olympic medal for her nation. This six times World Amateur Boxing Champion had numerous face-offs while chasing her dreams, but the best part was that she never quit fighting against the odds which also included her family who never wanted her to become a boxer. Mary's successful career proved that "champions are not born, they are made".

Chungneijang Mery Kom Hmangte was born on 1st March 1983 as the eldest daughter of a tenant farmer who worked in 'Jhum' fields to meet both ends. She spent her childhood helping parents with farm and household chores along with her studies. Mary inherited sportsmanship from her father who used to practice wrestling in his youth. She urged to become a boxer after watching her fellow statesman Dingko Singh who bagged gold medal for India at the Asian Games.

The path was not easy for her as the community as well as her parents objected the decision to pursue boxing considering the sport only for boys. Mary started training in Imphal and used to travel distances to learn boxing under the tutelage of Coach K. Kosana Meitei. At the age of 15, she left her hometown for further studies in Imphal and continued her training there.

In 2000, Mary won the state boxing championship, and it was then her parents knew about her training. Initially, they protested but watching her prolific performance and innate talent, they agreed. Mary dominated the boxing ring for several years, but after her marriage, she took a break from the sport being much engrossed in family and raising her two children. Soon it started airing that she might not come back to the ring but Mary knew that her chase for an Olympic medal would not end up like that.

She made a dynamic comeback, winning a silver medal at the Asian Women's Boxing Championship in 2010 and went on to add many more feathers in her cap proving skeptics that there is a vast difference between stepping back and quitting. Resuming to her training schedules after having kids was not at all easy, but the strong craving to earn an Olympic medal for the country, again led her towards the boxing ring, but this time harder than earlier.

At the AIBA Women's World Boxing Championship of 2012, Mary punched hard



not only to mute the critics but also to qualify for the Olympics as the women's boxing was introduced that year.

Defeating Karolina Michaleczuk in the first round by 19-14, Mary stepped ahead for the quarter-finals where she dominated Maroua Rahali of Tunisia by 15-6, reaching the finals. She not only earned India's first Olympic medal (bronze) in female boxing but also added her name to the Indian sport's history.

Mary's determination to win and moxie attitude makes her the perfect role model for the young generation.

### Awards & Achievements

Mary Kom became the first amateur in India to earn more than most professional athletes in terms of earnings, endorsements, and awards in 2015. She is also the first woman to be awarded the Padma Bhushan award as an amateur athlete and has also been an active Member of Parliament (MP) since 2016 as nominated by the former hon'ble President, Mr Pranab Mukherjee.

### She has been honoured and awarded national awards like:

- Padma Vibhushan (Sports), in 2020
- Padma Bhushan (Sports), in 2013
- Rajiv Gandhi Khel Ratna award, in 2009
- Padma Shri (Sports), in 2006
- Arjuna Award (Boxing), in 2003

### Other Awards and Recognitions:

Mary Kom has been appointed the brand ambassador for the 2016 AIBA Women's World Boxing Championships by the International Boxing Association (AIBA). Awarded the first AIBA Legends award for her "promising boxing career" from the International Boxing Association (AIBA).

Limca Book of Records: People of the Year, 2007.

In 2008, Pepsi MTV Youth Icon was named.

In 2008, AIBA bestowed the title of "Magnificent Mary" to her.

Sahara Sports Award for Sportswoman of the Year 2010.

On March 29, 2016, he received an honorary doctorate degree (D.Litt) from North-Eastern Hill University, and on January 14, 2019, he received a doctorate degree (DPhil) from Kaziranga University.

Right from kickstarting her journey in boxing to sustaining her career as a mother and wife, the world has made her a fighter, who has not only fought in the ring but has also fought many small and big battles to achieve and be at the position where she is now. She truly justified and proved that, "where there is a will, there is a way". She has become the first boxer to win 8 World Championship with 6 Gold Medals, 1 Silver Medal and 1 Bronze Medal. Mary Kom is truly a living inspiration for today's generation and the coming one too.

## THE FACT CORNER

*Did you know?*

The world's first complete granite temple is the **Brihadeswara Temple** at Tanjavur, Tamil Nadu

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*Did you know?*

There are about **1 million ants** for every person in the world

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*Did you know?*

The stripes on each **tiger** are unique, like human fingerprints

#NeverStopLearning

*Did you know?*

The sentence **The quick brown fox jumps over the lazy dog** uses every letter in the alphabet

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## BRAIN TEASERS

- 1 Q. Which word does NOT belong with the others?  
A. parsley B. basil  
C. dill D. mayonnaise
- 2 Q. Which word does NOT belong with the others?  
A. tulip B. rose  
C. bud D. daisy
- 3 Q. Which word does NOT belong with the others?  
A. guitar B. flute  
C. violin D. cello
- 4 Q. Which word does NOT belong with the others?  
A. heading B. body  
C. letter D. closing
- 5 Q. Which word does NOT belong with the others?  
A. tape B. twine  
C. cord D. yarn
- 6 Q. Odometer is to mileage as compass is to  
A. speed B. hiking  
C. needle D. direction
- 7 Q. Marathon is to race as hibernation is to  
A. winter B. bear  
C. dream D. sleep

**SOLUTION:**  
1. Mayonnaise. 2. Bud  
3. Flute 4. Letter 5. Tape  
6. direction 7. sleep

## 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.

## Heart Choco Pops



- Ingredients needed**
- 1 kilograms cake flour
  - 500 ml water
  - 300 ml whipped cream
  - 250 gm white chocolate
  - 50 ml refined oil
  - 2 drops vanilla essence

250 gm dark chocolate  
100 gm colorful sprinkles

**Method -**  
First heat the oven at 325°F, and grease round-shaped mould with butter paper.  
Take the cake mixture in a bowl and add water, oil and mix them all together. Pour the mixture into the mould.  
Now bake for nearly 30 - 35 minutes and check by inserting a toothpick. If no liquid sticks out, then the cake is ready. Then remove the pan from the oven and keep the cake aside for 10 minutes. Let it cool down completely.  
Meanwhile, take melted white chocolate, dark chocolate and whipped cream. Mix them all together in a bowl. Mix for 5-6 minutes or till it becomes light and fluffy.  
Using a knife remove the entire outer layer of the cake and crumble it into a large bowl. Try to get these crumbs to be as fine as possible.  
Now roll the cake crumbs into balls and put wooden sticks in each, like a lollipop. Dip one pop in melted white chocolate and one pop in dark chocolate and cover each with heart-shaped sprinkles. Once done, your Heart Choco Pops are ready to be served.

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## White Chocolate Mousse



- Ingredients needed**
- 1 1/2 cup white chocolate
  - 1/2 cup milk
  - 1 teaspoon vanilla essence
  - 1 cup heavy cream
  - 1 gm whipped cream
  - 2 tablespoon powdered sugar
- For Garnishing**  
2 handfuls raspberry

**Method**  
To begin with this easy recipe, take a pan over low heat and add milk. Once the milk starts heating, add in the white chocolate and keep stirring.  
Turn the flame to medium and add heavy cream, sugar and keep whisking so that the mix doesn't stick to the bottom. Lastly, add vanilla essence and whipping cream, lower the flame and keep whisking the mixture for 3-4 minutes. Turn off the flame.  
Transfer to a large bowl, using an electric beater give it a foamy texture. Next, take a serving bowl and line it with chopped raspberries, pour this mixture, flatten it using a spatula garnish with fresh raspberries and refrigerate for 3 hours. Enjoy!