

Record-breaker Sumit Antil has more peaks to conquer

Sumit Antil won gold in the F64 Men's javelin throw at the Tokyo 2020 Paralympics after he hurled the javelin a distance of 68.55m. In his first attempt, he scored 66.95m which beat his previous personal best of 62.88m and the current world record. In his second throw, he cleared a distance of 68.08m to set a new world record for this category. His next two attempts of 65.27m and 66.71m would have also broken his earlier world record which he set at the 2019 World Para Athletics Championships in Dubai.

However, he had saved the best for the least as he threw 68.55m to break his own record again. Michal Burian of Australia came second with a score of 66.29m. Let us take a look at the journey of India's latest sensation, Sumit Antil.

Antil was born on June 7, 1988, and is based in Sonipat, Haryana. He hails from a middle-class family and his father was a JWO (Junior Warrant Officer) in the Indian Air Force. He was into sports from a small age and his favourite sport was wrestling. In fact, he wanted to be a wrestler and idolises Yogeshwar Dutt who won a bronze medal at London 2012 Olympics.

An accident that changed his life

On January 5, 2015, when he was returning from tuition on a bike he met with an accident. He was immediately taken to the Air Force Hospital where the doctors had no other option but to amputate his leg below the knee.

"A tractor hit me from behind. I slipped on the road and then the tractor driver failed to apply the brakes on time and ran over my left leg," he stated to Times of India.

After 53 days, he was shifted to Artificial Limb Center in Pune and he got a prosthetic leg which helped him to get back on his feet. However, his dreams of becoming a wrestler had a premature end.

After the accident, he did not want to give up sports. In July 2017, he was informed about Paralympics by a fellow para-athlete named Rajkumar who belonged to the same village. It was a journey filled with pain and patience as sometimes his prosthetic liner would be filled with blood due to excessive corrosion and heat. However, he did not quit.

He met Virender Dhankar, the 2018 Asian Games silver medallist, and then he was introduced to javelin coach Naval Singh who took Antil under his wings. He started to train at New Delhi's Jawaharlal Nehru Stadium.

"He is a hardworking soul. Many times I have asked him to come to practice at 3 am in the morning and he was there with a javelin in hand. I have never seen such a dedicated person," said Singh, a Dronacharya awardee.

How did Sumit Antil qualify for the Paralympics?

Antil had booked his place at the Tokyo 2020 Paralympics in the F64 category after he clinched a silver medal at the 2019 World Para Athletics Championships.

There is no doubt that his biggest achievement is the gold that he won at Tokyo 2020 Paralympics. He is the current world no.1 and world-record holder in the F64 category. He won a silver medal in Paris Open Handisport in 2019. The javelin thrower also came second at the World Para Athletics Grand Prix, Italy 2019.

Awards

2021 – Khel Ratna Award, highest sporting honour of India.

2022 – Padma Shri Award, fourth-highest civilian award of the Republic of India.



Kids Craft: Rock Fish Pond



WHAT YOU NEED:

Rocks (clean, unpolished, uncoated), Acrylic paint
Netting/ mesh (from veggie bags etc.), Paint brushes, Small beads
Glue (white craft glue), Thick paper
Elastics or a baggie clip, Scissors

Fish Pond

Container, Glass gems, Rocks, Craft foam

HOW TO MAKE FISH:

Don your smock. Put your rock into your mesh baggie. Close it with an elastic or bag clip on both ends. Paint over your mesh (we made Koi fish, but go with whatever type of fish you may like) and your paint your thick paper allowing it to dry overnight.

Once dry, cut the elastic bands off carefully and remove the mesh which will leave a scale like appearance. Glue your eyes onto your fish.

Cut out a tail and fins out of paper and the mesh that you used for painting your rock. Glue them onto your fish.

HOW TO MAKE POND:

Line your container (we used a pie plate) with your water gems.

You could make lily pads out of craft foam or use green gems for them.

Line your pond with rocks.

Play with your pond!



FUN RIDDLES

I am often following you and
copying your every move.
Yet you can never touch me
or catch me.
What am I?

English Proverbs and Meanings

* **You are never too old to learn.**
You can always learn something new, no matter how old you are.

* **You can lead a horse to water but you can't make it drink.**
You can offer somebody an opportunity to do something but you can't force them to do it.

* **You can't teach an old dog new tricks.**
A person who is used to doing things a certain way cannot change.

* **Young idler, an old beggar.**
If you don't work, you won't

have any money when you're old.

* **What the eye doesn't see, the heart doesn't grieve over.**
If a person doesn't know about something, it cannot hurt them.

* **Who makes himself a sheep will be eaten by the wolves.**
Possible interpretation: an easily influenced person can be mislead.

* **Two wrongs don't make a right.**
It is wrong to harm someone because they have harmed you.

Veg Nuggets



Ingredients:
2 large boiled, peeled potato
1/2 cup boiled, peeled peas
3/4 cup grated low fat mozzarella cheese
1/2 teaspoon minced garlic
2 small chopped green chilli

1/2 teaspoon roasted cumin powder
1/2 teaspoon garam masala powder
1/4 cup vegetable oil
1 medium boiled, peeled carrot
1 cup bread crumbs
1/2 teaspoon minced ginger
3 tablespoon chopped coriander leaves
4 tablespoon corn flour

Method

Mash carrots, potatoes, and peas together. Add red chilli powder, cheese, chopped coriander leaves coriander powder, salt, and garam masala to the mashed veggies. Mix everything well.

In the mixture, add 3 tbsp of bread crumbs. Take some mixture and try shaping it into the shape of a nugget. If needed, add more bread crumbs.

Mix 2 tbsp of cornflour in 1/2 cup of water. Dip the nuggets into the cornflour and then roll them over the remaining bread crumbs.

Heat oil in a pan and then add nuggets into it. Shallow fry them until they turn golden brown in colour. Once done, transfer them to an absorbent paper to remove excess oil. Your Veg Nuggets are ready now. Serve them with tomato ketchup or your favourite dip.

J
U
N
I
O
R
C
H
E
F

Oreo Chocolate Mousse



Ingredients:
20 oreo cookies
1/2 cup melted milk chocolate
2 tablespoon chocolate sauce
1 1/2 cup heavy cream
2 tablespoon powdered sugar
2 tablespoon chocolate chips

Method

Firstly remove the white cream from oreo cookies. Place the cookies in a grinder and crush them.

Now place the white cream from cookies in a bowl.

Add heavy cream and use an electric hand whisker to blend it properly.

Add sugar and whisk it till you get stiff peaks. Take out 2 tbsp whipped cream separately, as we'll use it as a garnish in the end.

Now add crushed cookies to the cream and fold it. Mix till you get a smooth mixture.

Now pour it into a piping bag.

Fill the mixture into 2 jars or glasses.

Garnish with some whipped cream, chocolate sauce and choco chips.

Serve and Enjoy !