

## Sunil Chhetri, from local fields to global goals — A striking success story

Sunil Chhetri is a great Indian football player popularly known as “Captain Fantastic” his fans and loved ones. The player is one of the top football players in India. He is counted as one of the best sportspeople in the country as well as the world. He is on the top list in the Indian international ranking scoring approximately more than 80 goals. And he is the captain of the Indian national football team and also of the Super League club Bengaluru. He is well known for scoring goals for his team and for this reason he is counted among the top footballers of the world along with Lionel Messi and Cristiano Ronaldo. He is ranked fifth in the list of best footballers in the world which is a proud thing for the Indian nation.

Started his career in 2002 when he completed 17 years of age. He did not take any initial pieces of training to step into the career as he came from such a background that football was in his blood.

He started playing football and other sports at a very young age and was sure from the very beginning that he wanted to play football as his full-time profession. Having said that, a lot of motivation and support came from his parents who were also kind of sportsperson.

He started his football career professionally in the year 2002 from the Mohun Bagan. There he started his own football club and played there for at least three consecutive years. He then decided to move to Jagatjit Cotton & Textile Football Club Hoshiarpur district of Punjab. He played various memorable matches there, and he played around 48 matches in total and scored 21 goals during the journey. This was the highest score achieved by him at that time during his career.

Talking about his international matches as a football player, he represented India for the first time under-20 team in 2004 with Pakistan in under-23 team in Pakistan. His career took a gear in the year 2006 when the Indian team defeated Cambodia with 6-0 goals in which Chhetri along scored two goals. From then he did not look back and his career began to gear up. Eventually, he became one of the best footballers in the world. He represented India numerous times at the international level. From the year 2007, his game as a national player began when he started representing India at the national and international levels. And represented India at the Nehru cup in the year 2007 for the very first time and this continued for years. He represented India in the same Nehru cup again in the years 2009 and 2012.

He not only represented India but also helped India to win the cup in all these three



years that is 2007, 2009, and 2012 by scoring goals for the country. Consecutively in the year 2008, India played the Asian Football Confederation (AFC) Challenge Cup. In that tournament he was awarded as one of the best players on the Indian football team as he helped and contributed to the team as a result India won the AFC Challenge Cup.

**Awards:** Sunil Chhetri has won many prestigious awards in his career. He has won one of the most renowned, All India Football Federation (AIFF) Player of the Year four times in the years 2007, 2011, 2013, and 2014 for his exemplary form and achievements for his club and country.

In the year 2007, he was the top scorer for India in the Nehru Cup and led the team to victory with 4 goals and that was the major turning point in his football career.

In the year 2011, he scored 11 goals in 20 Club appearances and 13 goals in 17 international matches.

The same year, in 2011 he was also awarded the Arjuna Award for his outstanding achievement in National Sports. During the same year, he scored 11 goals in 20 Club appearances and 13 goals in 17 international matches.

By the year 2013, he reached the mark of Scoring 43 goals for the country. He had won the I-League crown while playing for the Churchill Brothers. On the 19th of July, 2013, he joined the amazing Bengaluru FC. In the year 2014, he had scored 14 goals in I-League season. He went ahead of the most fabulous and talented I M Vijayan who had won the award 3 times in 1992, 1997, and 2000.

Sunil Chhetri has also been named AIFF Player of the Year five times in 2007, 2011, 2013, 2014, and 2017. With 56 goals in 97 appearances and matches, he is also the all-time top goal scorer for the India national team, and also he is the most-capped player.

He was also honored with FPAI Indian Player of the Year in 2009 and 2018. AFC (Asian federation confederation) Challenge Cup Most Valuable Player in 2008, and SAFF (South Asian Football Federation Championship) Championship Player of the Tournament in 2011, Hero of the I-League for the 2016-17 season, and the Hero of the Indian Super League for the 2017-18 season.

Recently in the year 2021, he was awarded the most prestigious, Major Dhyan Chand Khel Ratna Award. He has also received the Arjuna Award from the then president of India Pratibha Patil.

Even after contributing and serving the country and the national football team of India for more than 10 years now, he is still the most precious asset for the team. He is the top scorer in the Indian football team with a total of 53 goals in almost 93 appearances and matches.

Even the coaches of the Indian team and the Indian head Coach Igor Stimac agrees and has praised Chhetri for his outstanding contribution and captaincy especially after the success against the Bangladesh team.

In scoring goals for his entire journey, in the match against Bangladesh, he scored his 74th goal leaving behind Ali Mahboub who has a total goal score of 73. He has also broken the record of iconic I M Vijayan who had the record of most goals in the world cup qualifying match.

## Kids Craft: DIY Marble Nail Polish Mugs



### Materials

Mugs  
Nail Polish (stay away from quick dry!)  
Toothpicks  
Container (this will get ruined so make sure it's old or disposable)

### Directions

Fill the container halfway with hot water (hotter is better). Once the nail polish touches the water, it will start to set, and the heat will slow the process.

With the nail polish bottle very close to the surface, pour a drop or two of polish into the water.

Quickly use your toothpick to swirl the polish around.

Dip the mug into the water. The setting process is quick once the polish touches the water, so you'll want to move quickly.

Place the mug on a paper towel to dry, top down.

(Optional) Use nail polish remover to take the excess polish off the bottom of the mug. Let dry overnight before using.

Just like that you've got some one-of-a-kind nail polish mugs! Remember, these are not dishwasher or microwave safe so you'll want to wash them by hand, and you know, not microwave them.

Tip: Spread your nail polish over the surface of the water CLOSE to the water. If you pour it from above, it's going to clump. This will cause clumps on your mugs.



## FUN RIDDLES

I can travel at nearly 100 miles per hour, but never leave the room.

You can cover me up, but that doesn't slow me down.

You will not know if I come only once or again and again and again.

What am I?

## English Proverbs and Meanings

**\* Charity begins at home.**  
A person's first duty is to help and care for his own family.

**\* Distance makes the heart grow fonder.**  
When you are separated from the person you love, your feelings are even stronger.

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

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

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

**\* Fine words butter no parsnips.**  
No amount of talking can replace action.

**\* Fools rush in where angels fear to tread.**  
Inexperienced people act in situations that more intelligent people would avoid.

**\* Learn to walk before you run.**  
Don't rush into doing some thing until you know how to do it.

## Moong Daal Ka Cheela



**Ingredients:**  
2 cups split moong lentils without skin  
2 dry red chillies  
Cumin seeds, Asafetida powder  
2-inch piece of ginger, finely grated  
1/2 cup finely chopped fresh coriander

Salt to taste, Vegetable oil (for frying)

### METHOD

Thoroughly wash the Moong under running water. Put it into a large bowl and add the dry red chillies, cumin seeds and asafetida powder. Mix well and add enough warm water to cover the Moong fully. Leave overnight to soak. The next morning, drain the water away, grind the moong and spices you soaked with it, in a food processor to get a fine paste. Add water only as required to get the consistency of pancake batter - thick but 'pourable'. Add the grated ginger, chopped coriander and salt to taste and mix well.

Heat a griddle or heavy-bottomed pan on medium heat. When hot, add a few drops of cooking oil to it and swirl to coat all sides of the pan.

Now pour a ladle full of batter onto the pan and lightly use the ladle to spread the batter into a circular shape from the center outwards.

Make a circle of diameter roughly 6 inches. Cook for 1 minute. Drizzle with a little oil and lift the edges of the Cheela to allow oil to go under it.

Flip now and cook till the other side is golden too. Remove from pan and serve immediately with chutneys of your choice.

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## Semiya Upma



### Ingredients:

1 cup roasted vermicelli  
1 cup chopped carrots  
1/4 cup fresh green peas  
2 green chillies, chopped  
1 tsp ginger, grated  
1 onion, chopped  
2 tsp mustard seeds, urad dal and chana dal

2 tsp oil  
Handful of peanuts and cashews  
A few curry leaves  
Salt to taste  
1 1/2 cups water  
Lemon juice

### METHOD

In a pan, add two teaspoons of oil and add the seasoning: the lentils and the mustard seeds. Also, add the peanuts and the cashews and sauté for three minutes, or until they turn golden brown.

Add the chopped chillies, ginger, and curry leaves and sauté for another minute.

Add the chopped onions and after a minute, add the carrots, peas, and other veggies.

Add salt and turmeric and cover with a lid for a minute. Add water and let it simmer for five more minutes, to cook the vegetables.

Once the water comes to a boil, and the vegetables are cooked, add the roasted vermicelli. Mix it well, cover and cook for two minutes.

Drizzle the coconut oil and lemon drops and mix it well before you take it off the stove.

Serve hot with chutney or sambhar.