

Sheetal Devi, India's First Woman with 2 Asian Para Games Golds

Sheetal Devi is not your ordinary archer. She has overcome a unique challenge, one that sets her apart as an extraordinary talent. She became India's first armless woman to win a medal at the Para World Archery Championships in July, an accolade that marked the beginning of her incredible ascent.

As if that wasn't enough, the 16-year-old sensation recently etched her name in the annals of history as the first Indian woman to secure two gold medals in a single edition of the Asian Para Games. The world watched in awe as she claimed the top honors in the women's individual compound event, a feat of extraordinary skill and determination.

Using her foot to hold the bow, Sheetal Devi defeated Singapore's Alim Nur Syahidah in the gold medal match with a score of 144-142. It was a breathtaking display of precision and focus, showcasing her unrivaled talent in the world of para-archery.

Sheetal Devi's journey is nothing short of a fairy tale. Discovered at a military camp in a remote corner of Kishtwar, she was embraced by the Indian Army in her childhood. Her story is one of resilience and unwavering dedication, proving that the human spirit knows no bounds.

A Hat-Trick of Medals and Counting

Sheetal Devi's remarkable journey has not been without its share of milestones. In addition to her historic win in the women's individual compound event, she achieved a hat-trick of medals at the Asian Para Games. Earlier in the week, she clinched a gold in the compound mixed team event and added a silver in the women's doubles category. Sheetal's meteoric rise is a testament to her remarkable talent and indomitable spirit.

Para-Archer Training at Shri Mata Vaishno Devi Shrine Board Sports Complex

Sheetal's journey to becoming India's celebrated armless archer began at the Shri Mata Vaishno Devi Shrine Board Sports Complex in Katra. Here, under the guidance of her dedicated coaches, Abhilasha Chaudhary and Kuldeep Vedwa, she underwent extensive para-archer training.

The dedication and hard work that Sheetal poured into her training are nothing short of awe-inspiring. She started by shooting 50-100 arrows daily, a testament to her unwavering commitment. With each passing day, her skill and accuracy grew, and soon she was shooting a remarkable 300 arrows in a single day. Her relentless pursuit of excellence was undeniable, and her efforts bore fruit when she secured a silver medal at the Para Open Nationals.

Sheetal's story is a living testament to the power of human potential. It is a narrative of perseverance, dedication, and the unyielding spirit to overcome the odds. Sheetal Devi has not just conquered archery; she has conquered life's challenges with grace and tenacity, reminding us all that with determination, we can achieve the extraordinary.

A Beacon of Hope and Inspiration

Sheetal Devi's journey is more than just a remarkable sporting achievement; it is a beacon of hope and inspiration for people facing adversity around the world. Her story exemplifies the triumph of the human spirit and serves as a testament to the power of unwavering determination. As she continues to soar to greater heights, one thing remains certain: Sheetal Devi is not just a champion archer; she is a champion of life itself. Her story is a reminder that no dream is too big, no challenge too daunting, and no obstacle insurmountable. In the face of adversity, Sheetal Devi has shown us that the only limits that truly matter are the ones we place on ourselves. Her journey is a testament to the fact that with unwavering determination and unyielding spirit,



it, we can defy the odds, break barriers, and achieve greatness. Sheetal Devi's remarkable story is etched in the annals of history, inspiring generations to come. It is a story of triumph over adversity, of dreams realized against all odds, and of a young girl from Kishtwar who became a symbol of hope and inspiration for us all.

Kids Craft: Crocodile Craft with Popsicle Sticks



You'll need the following:

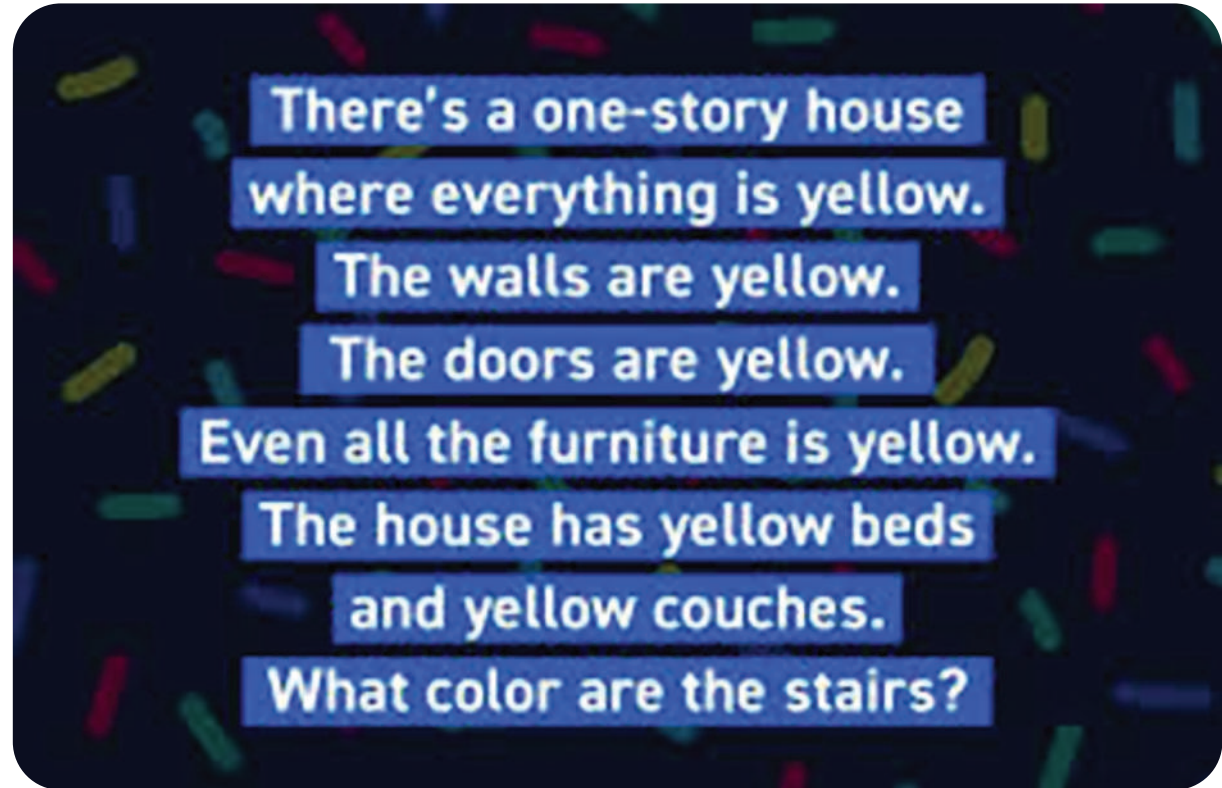
x5 Popsicle Sticks,
Green Paint
Green & Black Marker Pens
Googley Eyes,
Green Paper
Pencil,
Scissors

Steps to make:

Step 1: Paint 4 long popsicle sticks green.
Step 2: Cut a popsicle stick into two smaller pieces (the same width as the 4 popsicle sticks lined up together).
Step 3: Align the group of four into a row and secure with the two supporting pieces of popsicle sticks. This will complete the crocodile's body.
Step 4: Trace the crocodile elements onto green paper.
Step 5: Affix a pair of googley eyes and draw nostrils and eyebrows.
Step 6: Glue the crocodile's head onto one of the ends of the popsicle sticks.
Step 7: Affix the crocodile's legs and tail.
Step 8: Use a green marker pen to draw a row of random spots onto the crocodile's body. Ideally, the marker pen will be a different shade of green to the popsicle sticks.
Your crocodile is ready !



FUN RIDDLES



English Proverbs and Meanings

* **A bad penny always turns up.**
An unwanted or disreputable person constantly comes back.

* **A bad tree does not yield good apples.**
A bad parent does not raise good children.

* **A bad workman blames his tools.**
Blaming the tools for bad workmanship is an excuse for lack of skill.

* **A black plum is as sweet as a white.**
People should not be judged by their appearance.

* **A broken friendship may be soldered but will never be sound.**
Friendships can be rebuilt after a dispute but will never be as strong as before.

* **A burden of one's own choice is not felt.**
Something difficult seems easier when it is done voluntarily.

* **A constant guest is never welcome.**
If you come to visit too often, your host will be less pleased to see you.

Rajma Sandwich



Ingredients needed

Brown bread - 6, Onion - 1
Ginger - 1/2 inch piece finely chopped
Green chilli - 1 finely chopped or chilli powder -1/2 tsp
Rajma /kidney beans - 1/2 cup cooked
Pepper powder to taste, Salt
Butter for toasting the bread

For the seasoning

Oil - 2 tsp, Cumin seeds - 3/4 tsp

Method -

Heat 2 tsp of oil, add cumin seeds, when it splutters, add finely chopped onions, green chillies, ginger and saute until onions turn transparent. If it is for kids, you can add 1/2 tsp chilli powder instead of green chillies. Add the ground rajma, needed salt, pepper powder and mix it well.

How to prepare sandwich toast

Butter both sides of the bread, place 1-2 tbsp of the rajma filling and cover it with another buttered bread. Place it in a sandwich toaster and toast until golden brown. If you do not have a sandwich toaster, use a tawa to toast the bread. Cut diagonally and serve hot with tomato ketchup or tomato chutney.

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Motichoor Laddoo



Ingredients:

2 1/2 cup gram flour (besan)
3 cup ghee
2 pinch baking soda
1 1/2 teaspoon green cardamom
1/2 teaspoon edible food color

For The Main Dish

3 cup sugar

2 cup water

Method

To make this traditional Indian sweet at home, take a large bowl to add 2 1/2 cups of gram flour, then mix orange colour and mix it well. Then, add some water and a little baking soda.

Blend the mixture well and make sure, there are no lumps. Once the blend attains a perfect consistency. It's time to move to the next step.

Now, heat ghee in a large deep frying pan. Place a perforated ladle on top of the oil and add some of the batter. Slowly let the boondi batter fall in the oil and cook them on a low flame, till properly cooked. Once done, place the boondi on a tissue paper to remove excess oil.

Then, take a pan and add some water and sugar, allow this blend to boil until it attains a two string consistency. Then add some cardamom powder and let it cook.

Then add the boondis and cook till the sugar syrup and boondi is perfectly mixed.

Cover it with the lid and turn off the flame.

Grease your hands with a little ghee and start shaping the ladoos. Place them in an open tray and garnish with some crushed pistachios and indulge in the goodness.

Enjoy!