

Vinesh Phogat — India's wrestling rebel

Success is not easy, one needs to earn it with consistent hard work, struggle, passion and dedication. Despite of mass criticism and hate, Vinesh Phogat continued to practise to make her dream come true. Vinesh Phogat, the first Indian woman to win gold medal at Asian Games and qualify for Rio Olympics, holder of Arjun award and two times commonwealth gold medalist. Vinesh hails from small village called Balali in Haryana. She lost her father at the age of nine. After death of her father, her uncle Mahavir Singh Phogat, father of her cousin star wrestlers Geeta and Babita Phogat played role of her father as well as coach. She started her training at very tender age of seven. Initially she didn't wanted to Pursue wrestling as her career, because of villagers attitude towards it. But when she started it, she gave her all efforts to do it the best way she could. She gave up all the little distractions a girl child wishes to enjoy. She got her hairs cut short and dressed up like boys. Her friends made fun of her boyish look but she ignored all these things and focused on just one thing and that is wrestling. Vinesh along with her uncle and cousin sisters had to face a lot of criticism and opposition from villagers, because wrestling was not ethically acceptable for girls in Haryana. They continued to practice under immense pressure of villagers and relatives. Under supervision of Mahavir Singh Phogat, Vinesh and her sisters used to practise more with male wrestlers and it raised a question mark on their values. They were bullied in school, street and everywhere in village for playing wrestling with boys, as girls in their village were only allowed to talk with their husband, brother or father. And Phogat sisters were breaking every boundation imposed by society, which came in the way of their success.

All these hardships and hatred didn't stop this star player and she soon gave result with her first medal in Asian Wrestling Championship 2013. She won bronze medal in freestyle 52kg women wrestling. In the same year, she again won silver medal in commonwealth Games in women's freestyle 51kg category.

In 2014, Vinesh tasted her first golden triumph in Commonwealth Games in 48 kg freestyle category. She won bronze in Asian games in 48 kg category in the same year.

Vinesh Phogat continued to work hard and again won silver medal in Asian games, 2015.

In 2016, She qualified for Rio Olympics and reached quarter final. But she lost her chance to win owing to knee injury. This injury put a question mark on her wrestling career and devastated her mentally, but she came back stronger after a break.

She received Arjun Award for her brilliant performance in 2016.

The wrestler won silver medal in Asian Championship 2017.

In 2018, Phogat bagged gold medal in 50 kg freestyle wrestling, Commonwealth Games in Golf Coast.

The year 2018 too was the young wrestler's year. She clinched the gold medal in the 50 kg freestyle at the Asian Games in Jakarta and become the first Indian woman wrestler ever to do so.

Vinesh won gold medal in Asian Championship, 2018 and became first Indian women wrestler to win gold in Asian Games.

The star wrestler became the first Indian to be nominated for the prestigious Laureus World Sports Award.

Vinesh has been nominated in "Laureus World Sporting Comeback" category for the year 2019.

She was also nominated for Padma Shri by Sports Authority of India.

Her journey wasn't easy at all, despite of her knee and elbow injury she continued to work for her dream. She gracefully handled pressure of being Phogat sister and high expectations of everyone around her with her sweat and determination.



THE FACT CORNER

Did you know?

SWEAT is odorless, it only smells when combined with **BACTERIA** found on your skin

Did you know?

Positive emotions **ENHANCES** the brain's ability to make good **DECISIONS**

Did you know?

Always **EXHALE** when your left foot hits the ground to **AVOID** cramps while running

Did you know?

The **TONGUE** is the only muscle only attached to **ONE** extremity

FUN RIDDLES

What has hands and a face, but can't hold anything or smile?



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.

Garlic Cheese Corn Roll



Ingredients:
10 Cups All-purpose flour
1-1/4 Cup Sugar
2/3 Cups Baking cocoa
6 tsp Baking soda
4 tsp Baking powder

5 tsp Salt
Additional ingredients (for each batch)
2 Cups Buttermilk
2 Eggs
2 tsp Red food coloring
Butter and Maple syrup
Method
In a large bowl, combine the flour, sugar, baking cocoa, baking soda and salt all together.
Place 2 cups in each of five resealable plastic bags or containers. Store in a cool, dry place for up to 6 months.
Prepare pancakes:
Pour the mixed ingredients into a large bowl.
In a small bowl, whisk the buttermilk, eggs and food coloring.
Stir into dry ingredients just until moistened. Pour batter by 1/4 cupful's onto a greased hot griddle; turn when bubbles form on top.
Cook until the second side is golden brown.
Serve with butter and syrup. Flip the dosa, lower the flame and cook for 2 to 3 minutes more.
Serve hot with ghee or butter, toasted almonds, and freshly sliced fruits.

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Peanut candy bars



Ingredients:
3 cups cereal (Cap'n Crunch)
1 1/2 cups pretzel sticks
One bag 11oz caramel candies
3/4 cup cocktail peanuts
1/4 cup peanut butter
2tbsp cream
1 cup melted dark chocolate chips

Method
Grease a baking pan and line up using parchment paper. Mix crushed pretzel sticks, cereal, and chopped peanuts in a bowl.
Add caramel candies, peanut butter and cream, and cook them on medium-low temperature. Heat it for about 15 minutes until the mixture is smooth. Keep stirring occasionally.
Pour in the cereal mixture and mix.
Transfer the mixture into a prepared pan and chill it for about one hour to let it set. Cut the set into 12 bars.
Sprinkle the bar with warm melted chocolate.
Let them stand for an hour until the chocolate is nicely set.