

## Heena Sidhu, The first Indian Pistol shooter to reach number one in World Ranking!



Heena Sidhu is an Indian Shooter who hails from Mumbai. She created history on 7th April 2014, when Sidhu became the first-ever Indian pistol shooter to be ranked No. 1 in the International Shooting Sports Federation world rankings. Sidhu was also the first gold medal winner in an ISSF World Cup finals after winning at the 10-meter air pistol event. Heena also held the World record in the 10-meter air pistol event as well with a score of 203.8. Sidhu is coached by her husband, Ronak Pandit.

Gunpowder probably runs through Heena's bloodstreams, considering Sidhu household's deep affiliation with guns. While her father was a National Sports Shooter, her uncle was a gunsmith. She grew up in an environment would always have some guns around, especially so since she lived in a joint. Naturally, the rich gun culture rubbed off.

Heena in a similar way as her brother who also went on to be a professional sports shooter. What started off as a casual hobby soon became a blazing passion.

Sidhu first started to shoot with a rifle, one of the biggest and most sophisticated

guns around. However, considering that the gun needed such complex contraptions such as eyepiece, gas cylinders, heavy jackets, stiff trousers, heavy shoes, stands and many more. As a result, Sidhu chose to go with a simpler and lesser expensive gun, the humble pistol, for a year. She stuck with pistol ever after.

### Initial Success

Sidhu started her professional shooting journey in 2006 when she participated in the national junior and senior teams. She would also frequent the Patiala Club for her shooting practices. While on one hand, Sidhu had started to make her name in the shooting world, she was also studying dentistry at the Gyan Sagar Dental College.

Heena first burst onto the shooting scene when she won a silver at the Beijing ISSF World Cup. Sidhu then went on to finish at the top of the podium in the women's 10m air pistol event at the National Championship in Kerala.

### 2010

Heena started the following year with a bang, scalping a gold at the 2010 Delhi Commonwealth Games' women's pairs 10m air pistol with Annu Raj Singh. The duo had 384 points between themselves. In the singles equivalent of the sport, she won a silver. In November that year, she again proved her mettle with a silver at the 2010 Guangzhou Asian in Women's 10m air pistol team event with Annu Raj Singh and Sonia Rai.

### 2012

Sidhu was among the Indian shooting contingent to compete at the 2012 Summer Olympics in London. In the event, she competed in the women's 10-meter air pistol event. However, Heena could only manage to finish 12th in the qualification round. Nevertheless, it was a vital learning experience for the 23-year-old shooter.

### 2013, 2014

Bouncing back in style, Heena won the gold medal at the 2013 ISSF World Cup in Munich, Germany. In the finals, She trounced experienced shooters in the form of Serbia's world champion Zorana Arunovic and the reigning champion, Olena Kostevych of Ukraine by 203.8 points finish. The figure gave her a 5 point lead by the end of the event.

In 2014, she won at the National Shooting trials by a close margin of 0.1 points over Rahi Sarnobat in another women's air pistol event. That year, Sidhu was also

bestowed with the Arjuna Award by the Indian Government.

In an interview with the Hindustan Times, she expressed her disappointment at being given the award a year late. "I got my Arjuna (award) a year late. I got it in 2014 whereas I should have got it in 2013. Raj Kumari, a veteran shooter, got it in 2013 on the basis of an Asian Championship gold in a non-Olympic sport. I had the CWG and Asian Games medals... I had a World Cup gold and I had competed in the Olympic Games. The system needs to be streamlined," she Sidhu said.

### 2016

In 2016, Sidhu again qualified for the 2016 Rio Summer Olympics in Rio de Janeiro in the women's 10m air pistol and the women's 25m pistol events respectively. However, she finished 14th and 20th in the respective events to bow out of the games. Later, she expressed her disappointment over her performances also said that "Apart from preparations, a lot of luck is also required."

Sidhu also withdrew from the Asian Air Gun Championships in Tehran after the hosting nation, Iran made it mandatory for the female participants to wear a hijab.

### 2017, 2018

In 2017, Sidhu claimed the gold medal in women's 10-meter air pistol event at the 2017 Brisbane Commonwealth Shooting Championships.

In the following year, at the 2018 Gold Coast Commonwealth Games, Sidhu, gold medal in the women's 25-meter air pistol event. She also won a silver medal in the women's 10-meter air pistol event. Heena rounded up the year with a bronze at the 2018 Jakarta Asian Games.

### Achievements

Finish	Tournament	In Competition	In Final
1	2015 ASC NEW DELHI	387	197.8
1	2014 ASC KUWAIT CITY	386	200.3
3	2017 ASC WAKO CITY	380	217.2
3	2018 Asian Games Jakarta	571	219.2
2	2014 WC Forte Benning	385.8	200.8
2	2009 WC BEIJING	385	101.8
1	2013 WC Munich	384	203.8

### Awards

Arjuna Award

## THE FACT CORNER



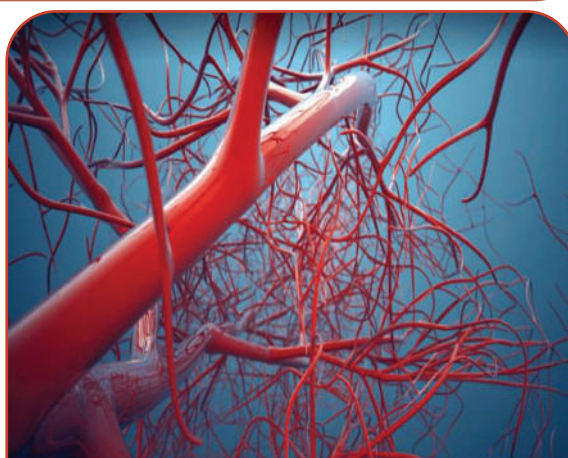
Scientists lit a cave of natural gas on the fire in 1971, expecting it to only burn for a few days. It still burns till this day and has been nicknamed **The Door to Hell**



In a double rainbow, the colors in the outer rainbow are **reversed**



There's a **guitar-shaped** forest in Argentina. The 7,000 trees were planted by a farmer in 1979 as a tribute to his late wife



If all the **blood vessels** in your body were laid end to end, they would reach about 60,000 miles

## BRAIN TEASERS

1 Q. Replace the ? by the correct Mathematics symbol to make the expression true  
18 ? 12 ? 4 ? 5 = 59

2 Q. Solve this logic number sequence puzzle by the correct digit

8080 = 6  
1357 = 0  
2022 = 1  
1999 = 3  
6666 = ?

3 Q. I know a three positive numbers that will results the same when multiplied together or added together.

4 Q. By using numbers 7,3,7,3 and with any maths signs can you make number as 24

5 Q. If 1 + 9 + 11 = 1, Then what is the value of 12 + 11 + 9 = ?

6 Q. Let us say that a table tennis tournament was going on with knock out terms which means the one who loses the match is out of the tournament. 100 players took part in that tournament. How many matches were played?.

7 Q. If 77x = 189x = 345x. What is the value of x?

**SOLUTION:**  
1. 18 x 12 ÷ 4 + 5 = 59.  
2. 4.  
3. three positive numbers  
are 1 2 & 3  
1 x 2 x 3 = 6  
1 + 2 + 3 = 6  
4. 7 \* ((3 / 7) + 3) = 24.  
5. 10  
6. 99 matches.  
7. 0(zero) off course.

## English Proverbs and Meanings

\* **Let well alone.**  
Do not interfere with some thing that is functioning properly or a calm situation.

\* **Liars need good memories.**  
People who do not tell the truth must be careful to remember what they say.

\* **Loose lips sink ships.**  
Disclosing important information ( to the enemy or a competitor) could result in large losses.

\* **Learn to walk before you run.**  
Don't rush into doing some

thing until you know how to do it.

\* **Beauty is only skin deep.**  
A person's character is more important than their appearance.

\* **Little strokes fell great oaks.**  
If you divide a task into small parts, it becomes easier to do.

\* **Least said soonest mended.**  
The more discreet you are, the less damage you cause.

\* **Let bygones be bygones.**  
Let's forgive and forget past.

## Garlic Cheese Corn Roll



### Ingredients:

5 boiled,mashed potato  
1 cup corn, 5 green chilli  
1 tablespoon sesame seed  
1 tablespoon red chilli powder  
salt as required  
1/2 tablespoon garlic paste, 2 cup cheese cubes  
1/2 tablespoon ginger paste  
2 tablespoon coriander leaves  
1 tablespoon fennel seeds, 5 tablespoon breadcrumbs  
1 1/2 cup refined oil

### Method:

Make a dough of potatoes with breadcrumbs, add salt and red chilli powder mix well and bind it properly. Now, take grated cheese and corn and mix it all with other ingredients. Make balls from the dough and press it with thumb for enough space for filling.

Now, stuff cheese corn filling in the gap created by the thumb and lock it properly so that it does not break while frying. Give any shape to the ball of your choice.

Put a pan over medium flame and heat some oil in it. When the oil is hot enough, deep fry the potato balls till they become golden brown. Serve hot with cheese dip.

J  
U  
N  
I  
O  
R  
C  
H  
E  
F

## Soyabean, Pea and Oat Kebabs



### Ingredients:

2 cup boiled,soaked overnight soybean  
1/2 cup ground oats  
3 cloves garlic  
salt as required  
3/4 cup boiled peas  
1 chopped onion  
1 teaspoon cayenne pepper

### How to Proceed:

To prepare this easy kebab recipe, add boiled soybean, boiled peas, oats, onion, garlic in a grinding jar and grind them together to make a mixture. Add salt and cayenne pepper to this mixture and transfer to a bowl.

Now, use this mixture to make long kebabs. You can also use a stick to give these kebabs proper shape. Meanwhile, preheat the oven at 180 degrees Celsius.

Cook these kebabs in the preheated oven for 12-15 minutes and bake them till they are brown. If you have an electric tandoor, then these kebabs will come out better.

When these kebabs are made, insert bamboo skewers in them. Meanwhile, cut an avocado roughly and wash mint and spinach leaves. Grind them together to make the nutritious dip.