

Pullela Gopichand: The man who put Indian badminton on global radar



The legend behind the champions, Pullela Gopichand is widely known for his exploits as a coach. His world-class academy in Hyderabad has churned out multiple superstars who have kept India's flag flying high in major tournaments. Among the array of world beaters, none more than Saina Nehwal and PV Sindhu have been successful, winning multiple major titles including Olympic medals. Gopichand is undoubtedly the main reason behind India's golden generation.

His humongous coaching achievements overshadowed his playing days. Not to forget that Gopichand was a talented player himself. Having won the National Badminton Championship title five times in a row, he won a silver in the team event and a bronze in men's singles of the 1998 Commonwealth Games. Among the other titles, his major feat was the prestigious All England Open Badminton Championships in 2001. He is the last Indian shuttler to bag that title and only the second from the country ever to claim it. Earlier, Prakash Padukone had won in 1980.

It took a while for the current chief national coach of Indian badminton team to set-up his academy. In 2008, the Pullela Gopichand Badminton Academy (PGBA) was finally completed. Besides the several playing courts, the academy also has gym, swimming pool, cafeteria among others.

With wooden flooring of the courts made as per international standards, it also has physiotherapy. Besides, the academy also possesses quality Indian and international coaches. A focused physical and mental training is provided on the players to prepare for the pressure of playing in major tournaments.

Saina Nehwal was the first major player to come out of the academy. As a budding player, she showed a lot of promise with several trophies, including the World Junior Badminton Championships title in 2008. Gopichand was by Saina's side to guide her at every step as she went on to win 11 Super Series titles. But her Olympic performances caught everyone's eyes.

After becoming the first Indian to qualify for the quarterfinals of the 2008 Beijing Olympics, she went a step further in 2012. In the London Games, she bagged a Bronze to become India's first badminton player to get an Olympic medal. Gopichand's influence behind the scenes was final-

ly getting noticed.

Next up was PV Sindhu! The youngster from Hyderabad slowly started to come out of the shadows of Saina. The two Bronze medals she won in the 2013 and 2014 World Championships put the spotlight on her. But it was in the 2016 Rio Olympics, she had her major moment with a Silver medal. Sindhu then went on to win many other titles including a World Championships in 2019.

His academy produced many another world class players like Kidambi Srikanth, Parupalli Kashyap, HS Prannoy and Sai Praneeth. The rise of these stars from being a budding talent to a world beater has to be credited to Gopichand. His world class facility is a major reason behind India enjoying a generation of global superstars.

In his playing career from 1991 to 2004, Pullela Gopichand won numerous national and international championships.

Here's a list of championships he had won medals in –

1996 – 2004 – Held his trophy of National Champion

1998 – Won two gold and one silver at Indian National Games, at

Imphal

1997 – Runner Up at India Open Tournament

1998 – Bronze at Commonwealth Games In Malaysia

1999 – Gold medal at Le Volant d'Or de Toulouse, Scottish Open, and

India International Runner up at French Open and German Open

2000 – Bronze at Asian Championship in Indonesia

2001 – Gold medal at All England Open

2004 – Gold medal at India Asian Satellite

Indian badminton owes its success to the great Pullela Gopichand. The Indian government also awarded Pullela Gopichand with numerous awards,

Arjuna Award, 1999

Major Dhyan Chand Khel Ratna, 2001

Padma Shri, 2005

Dronacharya Award, 2009

Padma Bhushan, 2014

Rashtriya Khel Protsahan Puruskar, 2013, under Category Establishment and Management of Sports Academies of Excellence- Pullela Gopichand Academy of Badminton, Hyderabad.

Kids Craft: Woven basket from newspaper

Here are a few supplies you may want to use:

mason jar
pebbles
dried moss
styrofoam moss rocks
mini dinosaurs
submersible flickering LED light
sticky moss sheet
glue gun

Instructions:

First, I start by layering the jar with small pebbles as a base. Next, I get 2-3 moss-covered rocks to insert in the mason jar on top of the pebbles. Since they are styrofoam, you can squeeze them in pretty tight.

Then, I add some dried moss and additional pebbles in between the holes between the moss rocks.

I hot glue a couple pebbles here and there on the moss rocks, and then I hot glue the feet of a dinosaur and stick one on a moss rock. I usually just add two dinosaurs. Otherwise, it starts to look too crowded. If you have a tiny tree, that is great to hot glue on top of one of the moss rocks, too.



How to make the Moss Covered Mason Jar Lids?

Open your moss sheet over some newspaper or a big cutting sheet because it will shed like crazy. It should come with a paper covering the sticky adhesive back.

Cut a long strip that's about 1 inch wide to wrap around the edge of the screw top ring.

When you're ready, pull the backing off the adhesive and wrap the strip around the edge of the screw top ring. Line one edge of the strip to the bottom edge of the screw top ring.

The top edge of your moss strip should rise up a few millimeters above the top of the screw top ring once it's wrapped around, so that you can push it down to stick on the part of the ring that overlaps the lid. This way it hides the rest of the screw top ring.

For the lid insert, cut a square from the moss sheet and then round it into a circle to place over the center part of the lid.

Remove the backing and stick it to the top and smooth it out. Hot glue a pebble or two and a mini dinosaur to the top of the lid.

Lastly, turn the light on and screw the lid closed for a DIY Dinosaur Terrarium Night Light – perfect for the bedside table.

Do Try it at home.

FUN RIDDLES

I add lots of flavor
and have many layers,
but if you get too close
I'll make you cry.
What am I?

English Proverbs and Meanings

*** Don't dig your grave with your own knife and fork.**
Don't do something yourself which causes your own downfall.

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

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

*** Half a loaf is better than none.**
You should be grateful for

something, even if it's not as much as you wanted.

*** He who hesitates is lost.**
If you delay your decision too long, you may miss a good opportunity.

*** He who pays the piper calls the tune.**
The person who provides the money for something should control how it is spent.

*** He who plays with fire gets burnt.**
If you behave in a risky way, you are likely to have problems.

Aloo Mathri



Ingredients:

1 cup refined flour
2 teaspoon sesame seeds
1/2 teaspoon carom seeds
1 large boiled potato
2 tablespoon semolina
1 teaspoon chilli flakes
salt as required
2 cup vegetable oil

Method

Add refined flour, semolina, sesame seeds, chilli flakes, carom seeds and salt in a bowl. Add 2 tbsp of hot oil as well.

Now mash one boiled potato and it into this mixture. Add water in batches and knead to form a soft dough.

Now make small balls from this dough and flatten them out using a rolling pin. Use a fork to prick the papdis evenly.

Heat oil in a kadhai and drop the rolled out papdis into the hot oil.

Deep fry from both sides until crispy and golden brown in colour.

Take out on absorbent paper and serve.

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Sooji Cheela



Ingredients:

1 cup semolina
1 large chopped onion
1 chopped capsicum (green pepper)
1/4 teaspoon black pepper
3 teaspoon vegetable oil
1 cup yoghurt (curd)
1 medium chopped tomato
salt as required
1/2 teaspoon red chilli powder

Method

Firstly mix together semolina and curd in a large bowl. Whisk properly to attain a thick mixture. You can also add 3-4 tbsp water if required.

Now add chopped onions, tomatoes and capsicum to the semolina mixture. Add red chilli powder, black pepper powder and salt. Mix everything well. Heat 1 tsp oil on a non-stick tawa. Now pour some batter on the tawa and spread it a bit. Let the cheela cook from both sides until golden-brown. Repeat the step with the rest of the batter to make more cheelas. Serve them hot with mint chutney, tomato ketchup or coconut chutney. Make sure you try this recipe, rate it and let us know how it turned out to be.