

Devendra Jhajharia — First Indian Paralympian Gold Medalist



Devendra Jhajharia, Padma Shri, Arjuna Awardi, the First Indian Paralympian who won two Gold Medals and set world record at Paralympics. Devendra Jhajharia was born in 1980 and hails from the Churu District in Rajasthan. At the age of eight, climbing a tree he touched a live electric cable. He received medical attention but the doctors were forced to amputate his left hand. In 1997 he was spotted by Dronacharya Awardee coach R. D Singh while competing at a school sports day, and from that point was coached by Singh. He gave credit to his personal coach R. D Singh for 2004 Paralympic Gold Medal, saying: "He gives me a lot of advice and helps me during training." Devendra thought he would never be able to play with his friends again. He got insecure that his friends will isolate him because now he was weak. But his mother pushed him out of the house to play with other children. She wanted him to feel equal to other children. With time, the para-athlete got really interested in sports. He started practicing Javelin Throw with a hand made wooden Javelin in his fields. When he was in class 10th, he started formal coaching in Javelin. He was spotted while playing in school by Dronacharya Awardee Coach R.D Singh. And after that R.D. Singh trained him. In 2002, Devendra got selected to represent India for the first time. The same year he won gold medal in the eighth FESPIC Games in South Korea. In 2004, he was the flag bearer of Indian contingent in Athens Paralympics and also won gold medal in same event. He also became first Indian to break world record. He set new world record with a distance of 62.15 m. Devendra received Arjuna Award in the same year. In 2008 and 2012, there was no Javelin Throw in Paralympics. And many people suggested him to quit Javelin because after long gap, he won't be able to reach the same level again. But despite all criticism he waited for 12 years to participate in Paralympics. He kept himself motivated and worked hard. Devendra Jhajharia got awarded with Padma Shri by Government of India in 2012. With this he became first Paralympian to receive this award. In 2013, he won Gold Medal in F46 Javelin Throw at IPC Athletics World Championship in Lyon, France. In 2014, he won Silver in Asian Para Games in South Korea. He again claimed Silver Medal in 2015 IPC Athletics World Championship in Doha. Devendra was awarded with FICCI Para- sportsperson of the year in 2014. When it was announced that Javelin was back in Rio Paralympics in 2016, he challenged everyone that now he will show that what he could do.

The Gold proved everybody wrong by winning a Gold Medal and setting world record of 63.97 Metres in 2016 Summer Paralympics in Rio De Janeiro. He also won Gold Medal in IPC Athletics Asia - Oceania Championship in Dubai in 2016. In 2017, he received Rajiv Gandhi Khel Ratna award by Government of India. Devendra never leaves his Javelin in store. He always keeps that in his room so that he can see his target 24 hours a day. Devendra did not get distracted by other things in his life. He always kept his mind on his target. He did not let his physical disability disable his mind.

Personal life
A former Indian Railways employee, Jhajharia is currently employed with the Sports Authority of India. His wife, Manju, is a former nationally ranked Kabaddi player; the couple have a daughter, Jiya (aged six) and a son, Kavyan (aged two).

Awards and recognition
Rajiv Gandhi Khel Ratna (2017)
FICCI Para-sportsperson of the Year (2014)
Padma Shri (2012; first Paralympian to be so honoured).
Arjuna Award (2004)

Achievements
Gold Medal (with World Record), 2016 Paralympics in Rio (Brazil)
Silver Medal at the 2015 IPC World Championship in Doha (Qatar)
Silver Medal at the 2014 Asian Para Games in Incheon (Korea)
Gold Medal at the 2013 IPC World Championship in Lyon (France)
Padmashri Awardee (2012); Fourth highest civilian award in India
Arjuna Awardee (2005); In recognition of outstanding sporting achievements
Gold Medal (with World Record), 2004 Paralympics in Athens (Greece).

HIGHLIGHTS

- Devendra Jhajharia is the first Indian to win two medals at the Paralympic Games.
- Jhajharia won the gold medal at the 2004 Athens Paralympic Games with a world record.
- Jhajharia's success is testament to his willpower and physical prowess.

Kids Craft: Beaded Wind Chime

Sometimes jewelry can look just as pretty displayed as it does adorning you. And our Jewelry Jam Craft Kit is FULL of so many gorgeous bangles that you'll have extra to make this beaded wind chime to do just that. With a little help from nature, you can string up a sparkly chime in no time.

Materials:
- Jewelry Jam Craft Kit
- Stick
- Metal washers or shells (optional)
- Washi tape
(we used the glitter tape from our Metal Mashup Kit) or craft paint (optional)
- Colourful beads

Steps:
1. Trim stick to size -- this will depend a little on how large you want to make your chime, but a stick about 18" long is a good place to start. Lay your stick next to the materials so you can get a good sense of scale and then trim accordingly.
2. Mark spaces for hanging beads -- using craft paint or washi tape, decorate the stick at even intervals for each spot you want to hang a strand of beads.
Advanced crafters may wish to skip this step and decorate the stick more random-



ly, but this helps younger kids evenly space strands along the chime.

3. String beads -- thread the needle from the kit on one color of embroidery thread and begin stringing beads. Try to vary the colors and types of beads you use.

The metal jump rings will also make a little noise when the wind blows the strands against each other, so try working those in as well.

When you get to the end, you can tie a metal washer or a shell to complete the strand—they'll also make a nice noise when they brush and clang against each other. Repeat for additional strands, varying the lengths so that some are longer than the length of the stick and some are shorter.

Leave a few inches of embroidery thread at the top of each strand to tie it on to the stick.

4. Tie strands to stick -- when you've beaded all your strands, wind the extra embroidery thread around a marked space on the stick, tie it tightly, and trim any tail necessary. Repeat for additional strands, varying the lengths of strands as you go.

5. Tie hanger to stick -- pick a color of embroidery thread from the kit or another craft cord (we used the gold cord from our Metal Mashup Kit) and tie to each end of the stick to create a hanger.

FUN RIDDLES

People have stepped on me,
but not many.
I never stay full for long.
I have a dark side.
What am I?

English Proverbs and Meanings

- * **A friend's eye is a good mirror.**
A real friend will tell you the truth.
- * **A good beginning makes a good end.**
If a task is carefully planned, there's a better chance that it will be done well.
- * **A leopard cannot change its spots.**
It is not possible for a bad or unpleasant person to become good or pleasant.
- * **A stumble may prevent a fall.**
Correcting a small mistake

- may help you to avoid making a bigger one.
- * **Better the devil you know than the devil you don't know.**
It's better to deal with some body difficult but familiar, than change and risk dealing with somebody worse.
- * **Better untaught than ill-taught.**
It's better not to be taught at all than to be taught badly.
- * **Blood will out.**
A person's background or education will eventually show.

Paneer Dosa



Ingredients:
For Dosa
Whole wheat flour – 1 ½ cup
Salt – to taste
Water – enough for making batter
Filling
Paneer – 1 cup, crumbled
Onion – 1, medium sized
Turmeric – A pinch
Red chilli powder – 1 tsp

Green chilli – 1
Salt – As needed
Coriander leaves – 2 tbsp, chopped
Oil – 2 tsp
Cumin seeds – 1 tsp
How To Make:
In a deep kadai, heat oil and allow cumin seeds to splutter. Add onions and green chilies and fry until golden brown. Add spices and give a quick mix. Add crumbled paneer and coriander leaves and cook for 2 more minutes. Keep aside.
Mix water with wheat flour and salt to make a batter of pouring consistency.
Heat a griddle and brush a little oil.
Pour ¼ cup of batter on the griddle kept on medium heat and spread out in concentric circles.
Drizzle a few drop of oil and cook until the bottom portion turns golden. Flip over and cook for 2 more minutes.
Once again, flip. Take about 1 tbsp of the filling and spread it on one side of the dosa. Fold dosa into half and press the edges.
Serve hot with spicy mint coconut chutney.

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Mini Carrot Coriander Idlis



Ingredients
For Idli Batter:
Idli rice – 1 cup
Urad dal – 1/3 cup
Salt – to taste
Others:
Carrot – 2, medium sized, peeled, finely grated

Onions – 1, medium sized, peeled, finely chopped,
Coriander leaves – 1 tbsp
Red chili powder – ½ tsp
Dhaniya powder – ½ tsp
How To Make:
Soak idli rice and urad dal separately for 3 to 4 hours after washing thoroughly in clean water.
Grind rice with water in a food processor or blender until it becomes smooth.
Grind urad dal with a little water. Add more water when required to make the batter fluffier.
Mix both the batters and season with salt to taste. Keep aside for about 8 hours to allow fermentation.
How to Proceed:
Saute onions in a little oil until it becomes golden brown. Add carrots, onions, green chilies, and coriander leaves along with the spice powders to the idli batter. Grease the mini idli pans with very little sesame seed oil. Add a tbsp each of the batter on each of the space in the plates.
Steam for about 10 to 12 minutes or until a toothpick inserted in the centre of the idli comes out clean.
Serve hot with tomato ketchup.