

# First Indian Woman To Win Gold at Paralympics: Avani Lekhara

vani Lekhara is the first Indian woman who has won a gold medal at the Tokyo Paralympics. Here's the amazing story of Avani, who is just 19. Avani Lekhara, a shooter, has etched her mark in history by winning against all odds during her outstanding journey from Jaipur to Tokyo. She arrived at the Paralympics as one of the youngest athletes and would eave as the first woman Indian gold medalist.

Avani became the victim of a car crash when she was 11 years old, which resulted in a spinal cord damage and paralysis of her lower half. The girl, who was confined to a wheelchair for the rest of his life, had to contend with not only physical illness out also inward screams of rage and hopelessness.

But she says that life isn't about holding good cards, but about playing the ones you do have skillfully.

Avani's accomplishment not only earned her another personal victory, but also brought pride to Indian paralympians. Dilraj Kaur, India's first woman para shooter, expressed pride over Avani's victory.

## How Avani's career as an athlete started

From a young age, the girl was driven by ambition and had her sights set on bringing honours to the country. She is currently studying her BA LLB degree at the University of Rajasthan and has always aspired to be a pillar of the judiciary or a gold medalist in athletics. When her severe injury rendered her sedentary, Avani decided to try her hand at sports with the help of her father. She said her father took her to shooting and archery ranges in 2015, and she tried both. However, Avani felt incredibly linked to shooting since the first time she grabbed a rifle.

## As a result, her career as an athlete began.

As she became interested in the field, Avani read 'A Shot At History,' which narrates the life story of Abhinav Bindra who was India's first Olympic solo gold medalist in shooting. Bindra's determined journey pushed the young athlete to reach greatness even though the route was difficult.

Avani persevered through training to achieve new goals. During a media interview, she recalled how difficult training was owing to the great weight of the gun. Even hiring a coach, she claims, was tough because para-athletes use different tactics that only specific instructors can teach.

## Avani says living as a disabled person is in itself a victory

She says, "Some people feel it is easier for us, but it is not...Living with a disability is an accomplishment in and of itself." Despite this, Avani went on to win many times on the national and international circuits, and her name began to be spoken among world-class shooters such as Veronika Vadovicova and Iryna Shchetnik.

Her first event, conducted in her home state of Rajasthan in 2015, resulted in a bronze medal for her. She has since risen to World Number 5 in the women's 10m air rifle standing SH1. She earned silver medals in the 2017 IPC Para Shooting World Cup and the 2019 Para Shooting World Cup.

This year, she won gold at the first-ever National Para Shooting Championship in the women's R2 10m air rifle women's SH1, as well as silver at the Al Ain World Shooting Para Sport World Cup.

Her first major international victory, though, is a historic Paralympic medal. Her impressive performance in the R-2 women's 10m Air Rifle Standing SH1 totaled 249.6 points. It earned her a gold medal and established a new Paralympic world record. The fact that she accomplished this achievement the first time she set foot on the Paralympic grounds attests to her fearless approach to achieving her goals.



# Kids Craft: DIY fairy house!

## Here are a few supplies you may want to use:

small plastic container (you could buy a new one, but this is a great chance to upcycle an old plastic container you can't find the lid for!)

colorful buttons colorful stones

hot glue gun

cardboard box

DIY Fairy House Construction Ideas: Stone Pathway

Emily made a stone pathway around her Fairy House container.

Lining a dirt filled bin with purple stones. The next step is to work on the actual house.

I took an old tissue box (recycling and reusing too) and cut it up to fit the contain-

A kleenex box being recycled into a fairy house DIY.

Next, I used a hot glue gun to attach craft sticks to the sides of the box. Obviously, this is a job for a parent or an older, responsible teen.



Craft sticks being hot glued to a kleenex box.

We covered all the sides and the roof.

Remember (as I had to remind myself!): don't worry about it being perfect. I had started to lay the craft sticks on evenly because that's how I prefer it but remem-

A DIY fairy house craft using popsiscle sticks.

Add buttons on the house for decoration.

While we let the craft stick-tissue box house dry, we made a sign.

For the sign, I simply wrote "Fairies Welcome" on a piece of paper. Then we cut it out, covered it with packing tape (for durability), trimmed the

edges, and glued it (hot glue gun) to a stick. We also made little button chairs. This was my favorite part.

Layer in Moss and Plants

We added moss to the front and inside the house so the fairies would have a soft, comfortable carpet and garden area.

Don't Forget to Add Pixie Dust to Your DIY Fairy House!

Then sprinkle lots of pixie dust (glitter) around the Fairy House so the fairies would feel at home. As you can see, making a fairy house is a great way for kids to let their imaginations run wild and do a fun project.

I sound like I could cut you, but I'm actually quite comfortable. I can be green or yellow. I can be stiff or soft. I am a friend to bugs and also bare feet. What am I?

## **English Proverbs and Meanings**

\* Better be the head of a dog then the tail of a lion. It's better to be the leader of a

small group than a subordi nate in a bigger one.

Better flatter a fool than fight

It's better to avoid disputes with stupid people.

\* Better lose the saddle than the

It's better to stop and accept a small loss, rather than contin ue and risk losing everything.

\* Better untaught than illtaught.

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.

\* He who plays with fire gets

If you behave in a risky way, you are likely to have problems.

\* One today is worth two tomorrow.

What you have today is better than what is promised for.

# Peanut candy bars



3 cups cereal (Cap'n Crunch)

1 ½ cups pretzel sticks One bag 11oz caramel candies

<sup>3</sup>/<sub>4</sub> cup cocktail peanuts

⅓ 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.

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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

## Cheese and Oatmeal Cookies



## Ingredients:

1/4 cup cheese spread

1/4 cup quick cooking rolled oats

1/2 cup butter 1 1/4 cups whole wheat flour (gehun ka atta)

1 tsp cumin seeds (jeera)

1/2 tsp crushed black pepper (kalimirch)

Method

Cream the butter and cheese spread in a deep bowl till

light and fluffy.

Add the oats, wheat flour, cumin seeds and black pepper and knead gently into a soft dough. Roll out the dough into a sheet of 6 mm. (1/4")

Prick with a fork at regular intervals.

Cut out 12 to 14 circles using a 50 mm. (2") cookie cutter and place them on a greased baking tray. Bake in a pre-heated oven at 180°c (360°f) for 15 minutes or till the cookies turn crisp and golden brown

Remove the cookies from the oven and allow them to

cool. Store in an air-tight container.