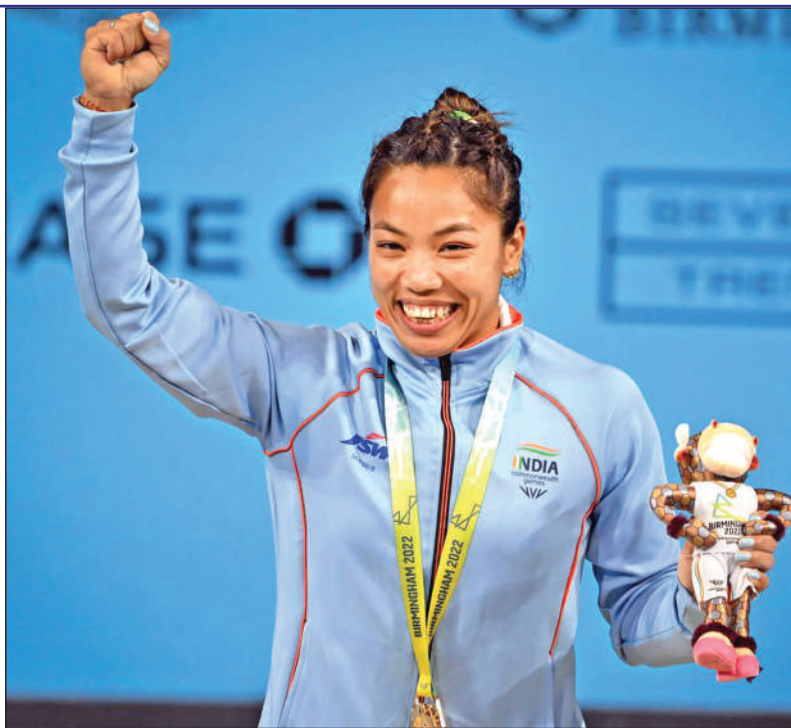


## Mirabai Chanu – A journey from shambles to stars

Even though, there are so many professions where Indians have excelled or made their mark but somehow, they have not been able to show their mettle in the world of sports. Is the general population not an avid sports lover? Well, this is not the case at all. Just look around and you would see people swear by numerous sports personalities, such as Lionel Messi, Sachin Tendulkar, Cristiano Ronaldo, Rodger Federer. People in India hero worship sports personalities but somehow fetching a medal at Olympics or qualifying in important sporting events has always been a jinx for Indians. Gone were the days when legendary Dhyan Chand would flick his magic-wand like hockey stick and bring most cherished gold medal one Olympic after the other. Actually, there are generations of Indians who have awaited with patience to see India open its medal tally in the Olympics, but all they had to see is prolonged lull and disappointment.

There are a few sports such as cricket, tennis, and badminton where India has achieved at the world stage, but rest of the other sports and athletics were in oblivion. A nation which worships cricket as a religion, for it to notice sportspersons other than those playing cricket needs great deal of achievement from the sportsperson's side. During Tokyo Olympics, the nation got introduced to the weightlifter Saikhom Mirabai Chanu as she has fetched a silver medal for India in women's 49 kg category. The whole country was pleasantly surprised to see someone coming into the arena out of the blue and achieving a silver medal and that too in Olympics. But frankly, she did not achieve this coming from the ranks of an underdog. It is just that as always is the case, cricketers over-shadow all other sport persons. Thus, as usual Mirabai's past achievements have got eclipsed. Nonetheless, she has many feathers to her hat and not just the ones from her latest outing at the Commonwealth games or the Olympics in the past. Such as being two times Commonwealth gold medalist and world champion. She was awarded Padma Sri and Major Dhyan Chand Khel-Ratna award by Government of India both in the year 2018 for her contribution in sports. She could undoubtedly fit into the status of India's finest weightlifters presently.

There is a famous quote by the writer, Jonathan Anthony Burkett- "You know my name, not my story. You know what I have done, not what I have been through," This quote fits so aptly on Mirabai Chanu, who seems to have become the new poster girl of Indian sports. Her whole life story signifies just this. If we go through the



trial and tribulations of her life, we will realize that there is something intriguing about her journey. What are the qualities that stand out for Mirabai? What are the essential ingredients that make a great sport person? Or for that matter any accomplished individual?

One of the fundamental qualities we find in all great personalities is that of the will

to learn from mistakes. She has proved this true and emphasized that failures are the pillars of success. Just like the silver medal at the Tokyo Olympics that was actually scripted about four years ago at Rio Olympics 2016. Was she successful at Rio? Well, not really... She entered Rio Olympics shattering a 12-year national record, so the expectations were high. But as irony would have it, she was unable to complete any of her clean-and-jerk lifts due to nervousness. Thereafter she was subjected to criticism from all quarters and credibility of her coach was also questioned. So much so that Mirabai was so shaken that she was seriously considering retirement. It was not easy to come out of the Rio debacle but with her mother's encouragement she decided to fight back. "I promised myself that I would work harder for four to five years and bring a medal at Tokyo," she said. Mirabai is a fine example of the saying that success stories are not made in a day as it needs a lot of persistence, hard work and of course sacrifices. Slowly she gathered herself and contemplated what went wrong at Rio and made that experience a stepping-stone. Rest as we know is history.

The journey of Mirabai Chanu from shambles to the stars is an inspiration for many as she showed that obstacles or roadblocks that we face in life can ultimately be a stepping-stone that would help us to proceed towards our goal. If one hits a roadblock, one just needs to take a de-tour but there is no point in stopping your journey completely. Another important thing that one could learn is that everything can be achieved in life, but one has to keep his/her focus on the goal while sacrificing the unnecessary deviations from life.

Mirabai has proved that India has got a huge pool of talent and that Indian athletes can bring laurels for the country in which ever stage they represent. Provided, they get the right exposure, facilities, and support from all quarters. Besides, for Mirabai and numerous female athletes like her, taking up a more masculine sports becomes an added problem as they have to fight gender prejudices too apart from their existing list of hurdles. Still, ours is not a sporting nation, therefore we neither find sports as a bankable career nor do sports persons make huge money professionally (other than cricketers). Hence, it takes all the more un-deterred effort from the sports person's side to make a mark in their chosen field. Mirabai's achievement could pose as a motivational factor for youth across the country as they could think if Mirabai could achieve so much in spite of her difficulties than why can't they.

## Kids Craft : DIY Paper Handprint Peacock



### You'll need the following:

Glue stick  
Pencil  
Scissors  
Cardstock paper  
Craft stick  
Wiggle eyes

### Steps to make:

You'll start by tracing an outline of your hands on the cardstock paper. Then, cut out the handprints (it's best to have different-sized hands for this project).

These prints will represent your peacock's vibrant feathers.

Next, you'll cut out the peacock's parts, including its beak, feet, crest, and body. You'll need to glue the handprint cutouts together by layering them, with the smallest hand on the top and the largest on the bottom.

Then, you'll glue the eyes, feet, beak, and crest to your peacock's body.

Keep that glue stick handy as you glue the peacock to the handprint feathers and add the craft stick to its backside.

Now, your kids will have a colorful paper friend with which to play.

Enjoy !



## 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

**\* A bird in hand is worth two in a bush.**

It's better to keep what you have than to risk losing it by searching for something better.

**\* A monkey in silk is a monkey no less.**

No matter how someone dresses, it's the same person underneath.

**\* Better safe than sorry.**

It's better to be too careful than to be careless and regret it later.

**\* Don't dig your grave with**

**your own knife and fork.**

Don't do something yourself which causes your own downfall.

**\* Every cloud has a silver lining.**

There is a positive or hopeful side to every unpleasant situation.

**\* Every man for himself.**

You must think of your own interests before the interests of others.

**\* Every why has a wherefore.**

There is an explanation for everything.

## Masala Bread



### Ingredients:

4 slices bread slices  
2 tablespoon butter  
1/2 medium onion  
1/2 tomato  
1 tablespoon pav bhaji masala  
2 cloves garlic  
1/2 small carrot  
1/2 small capsicum (green pepper)  
2 tablespoon tomato ketchup  
salt as required

### Method

Cut the bread slices into small pieces and set them aside in a bowl.

Heat butter in a pan. Add chopped garlic and onion. Saute for two minutes. Now add chopped capsicum, tomato and carrot.

Add salt and mix well. Let the veggies cook for 3-4 minutes. Now add pav bhaji masala, tomato sauce and cook for one more minute.

Lastly, add the chopped bread pieces and coat them well in the mixture. Cook for one last minutes and switch off the flame. Serve the Masala Bread with a beverage of your choice.

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## Sweet Potato Chaat



### Ingredients:

300 gm chopped,boiled,peeled sweet potato  
1 teaspoon chaat masala powder  
black salt as required  
salt as required  
pomegranate seeds as required  
1 teaspoon roasted cumin powder  
3/4 teaspoon powdered sugar  
3 tablespoon tamarind chutney  
1 handful chopped coriander leaves  
1 tablespoon lemon juice

### Method

To make this dish, boil and peel the sweet potatoes. Next, take a bowl, add sweet potatoes and cumin powder, salt, chaat masala, black salt, and sugar.

Mix everything well.

Once the potatoes are mixed well with powdered spices, add in tamarind chutney. Mix to combine well.

Now, pour the prepared chaat into a serving bowl and top it with pomegranate seeds.

Season it with lemon juice and freshly chopped coriander leaves. Give a nice stir and it's done. Your Sweet Potato Chaat is ready.

Enjoy.