

The Ever-Inspiring Story of Seema Punia

In a country where the athletes are getting least noticed and they were finding hard for infrastructure, the rise of Seema Punia is commendable. Born in a humble family Seema Punia was attracted to sports right from her childhood days. During her early days, she was interested in basketball but her school coach identified her talent in discuss throwing and the rest is history.

Having made headlines for wrong reasons twice her willpower and hard work made her reach the position where she is standing these days. This Haryana lad has won many laurels to the country over the years. Truly she is an inspiration to budding sportsmen across the country. Being born in a middle-class family she conquered a lot of hurdles and problems to reach the top level. Here is the inspiring story of India's leading discus thrower Seema Punia.

Formerly known as Seema Antil, was born on 27th July, 1983 at Khewda village of Sonipat, Haryana. She graduated from government college, Sonipat. Right from her childhood days, she is very much interested in sports. She participated in all kinds of sports during her school days. Later she turned her interest into discus throwing. She originally won a gold medal in 2000 junior world championships, but found positive in the dope test which led her immediate disqualification in the event.

After that, she went on to win the same junior championship title in 2002 which marked her official entry into the international arena. She was born and brought up in a humble middle-class family and she got married to her fellow coach and former discus thrower Ankush Punia and the couple blessed with two children. Ankush Punia is also a discus thrower who participated in 2004 Athens Olympics.

As mentioned earlier gold medal at 2002 junior world championships marked her arrival and since then she has established herself as a prominent member of the Indian athletics team. Despite testing positive in the 2006 Asian games he got cleared immediately and that didn't hinder her rise in the sport. She won the silver medal at the 2006 commonwealth games and made the nation proud.

2010 marked as the golden year for Seema Punia as she went on to win a silver medal at commonwealth games and gold medal at Asian games. She was one of the highly anticipated athletes to win a medal at the 2012 London Olympics but she ended her campaign by finishing 12th position which was really shocking among the sports fraternities across the country.

She stills plays the game and her passion towards the sport is a never-ending one.



She once said in an interview, though she could not manage to bag a medal at the Olympics, she will make budding youngsters to do that by guiding and coaching them. She won more accolades for the country and will ever be remembered for her heroics in Asian and Commonwealth Games.

Her Achievements

Seema Punia won the world junior championships in the year of 2002 as mentioned earlier since then she becomes the notable sportsperson in the Indian athletics circuit.

This Haryana giant is having a golden run in commonwealth games as she won silver medals in 2006, 2014, 2018 commonwealth games respectively.

She defeated all the odds and bagged the gold medal in the 2014 Asian games, which is the biggest victory in her career that is still continuing more than 15 years.

Besides this, she also represented India in Olympics at 2004, 2012 and 2016 editions respectively.

Awards and Felicitations

Due to her controversial associations in the doping scandal, she was not awarded any central government awards like other sportspersons. But she has won BHIM award from her state government Haryana.

Apart from sports, this soft-spoken has been involved in many social activities. She actively participates in women empowerment campaigns across India.

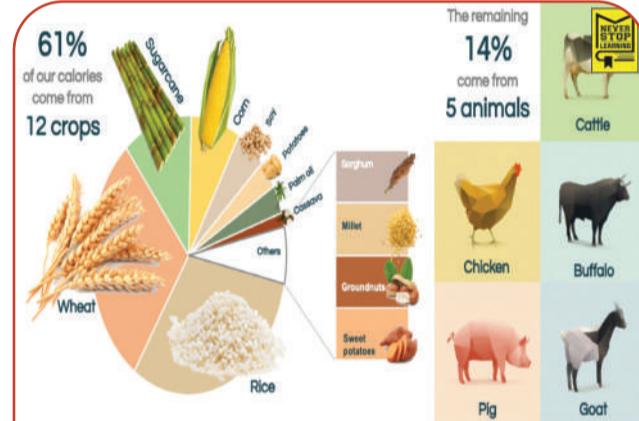
She contributed her Asiad games pocket money worth \$700 USD to underprivileged students. She also contributed rupees 1 lakh to Kerala flood relief and insisted other fellow sportspersons do so.

She showed her interest in setting a world-class athletic academy and give training to unprivileged youths for free.

One of the greatest athletes in the recent times Seema Punia sets her goal towards the 2020 Tokyo Olympics. We wish her great success for the event. She should have celebrated for her achievements, but due to her doping scandal, she didn't get proper recognition for her achievements.

In the future, we wish everyone should recognize her contribution and starts celebrating her. Despite many ups and downs in her 15-year long career, she is a true warrior and will continue to inspire fellow sports enthusiastic. Hope all dreams come true in future.

THE FACT CORNER



75% of the world's diet is produced from just **12 plants** and **five** different animal species



Octopuses and squids have beaks. The beak is made of **keratin** the same material that a bird's beak, and our fingernails are made of.



Violin bows are commonly made from **horse hair**



The Bagheera kiplingi spider was discovered in the 1800s and is the only species of spider that has been classified as **vegetarian**

BRAIN TEASERS

1 Q. There are several books on a bookshelf. If one book is the 4th from the left and 6th from the right, how many books are on the shelf?

2 Q. What do you get when you divide 30 by 1/2 and add 10?

3 Q. I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

4 Q. If it were two hours later, it would be half as long until midnight as it would be if it

were an hour later. What time is it now?

5 Q. There are two ducks in front of two other ducks. There are two ducks behind two other ducks. There are two ducks beside two other ducks. How many ducks are there?

6 Q. Can you arrange four nines to make it equal to 100.

7 Q. Sam is 54 years old, and his father Joe is 80. How many years ago was Joe three times the age of his son Peter?

6. $99 + 6/9 = 100$.

7. $49pm$.

8. $Four\ ducks\ (in\ a\ square)$.

9. $9\ books$.

10. 70 .

11. 194 .

12. $41\ years\ ago$.

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.

Walnut Brownies



3/4 cup cooking chocolate
1/2 teaspoon vanilla extract
2/3 teaspoon baking powder
1/4 cup butter
1 Pinch salt
1/2 cup walnuts
Method

Firstly, preheat the oven to 165 degrees C for 10 minutes and grease a baking tray with butter.

Take a big bowl. Sift the flour, salt, baking powder in it. Mix the dry ingredients well.

In a separate bowl, combine butter and sugar. Use an electric mixer and mix it till the mixture turns light and fluffy. Now add a beaten egg in the mixture along with cooking chocolate, vanilla extract and mix again. Now add flour to this mixture and use a spatula to fold it well. Don't mix or whisk the batter, always fold it well to get the perfect texture. Lastly, add some chopped walnuts and fold again.

Now pour this batter into a greased tray and slide in the oven for 30-40 minutes. Once done, let them cool down and then chop them into pieces. Garnish with chocolate sauce if needed and serve.

Ingredients:
1/4 cup all purpose flour
2/3 cup sugar
1 egg

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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.