

# Lovlina Borgohain, India's Shining Boxing Star

Lovlina Borgohain is an Indian amateur woman boxer who is known for winning several medals including the 2018 AIBA Women's World Boxing Championships and the 2019 AIBA Women's World Boxing Championships, where she won bronze medals in both. She is the first Assamese woman to qualify for the Olympics, and she is the state's second boxer to represent the country after Shiva Thapa. She was the sixth person from Assam to receive the Arjuna Award in 2020.

## Lovlina Borgohain Reaches the Semi-Finals in the Tokyo Olympics

Women's Welter (64-69kg) semifinalist Lovlina Borgohain defeated Nien-Chin Chen to give India a second gold at the current Tokyo Olympics. Lovlina qualified for the semi-finals, ensuring a bronze medal at the very least. On Friday, she won the final eight-match by a 4:1 split decision.

Lovlina beat Germany's Nadine Apetz in the Round of 16. On Tuesday, she won the fight 3:2. In the semi-finals, Lovlina will face Busenaz Surmeneli of Turkey, who is seeded first.

Lovlina became the third Indian woman and third Indian overall to win an Olympic medal, following Mary Kom and Vijender Singh.

## Early Life of Lovlina Borgohain

Lovlina was born on October 2, 1997, in the Assam district of Golaghat. Her parents, Tiken and Mamoni Borgohain, are small-business owners who have struggled to fund their daughter's ambition. Licha and Lima, her older twin sisters, also participated in kickboxing at the national level but could not take it further.

Lovlina began her career as a kickboxer as well, but when the chance arose, she moved to boxing.

Lovlina competed in trials organized by the Sports Authority of India at her high school, Barpathar Girls High School. Coach Padum Boro, a well-known figure in the sport, saw her and chose to coach her in 2012. Shiv Singh, the Chief Women's Coach, later trained her.

## Boxing Career of Lovlina Borgohain

Lovlina's biggest break came when she was chosen to compete in the welterweight boxing division at the 2018 Commonwealth Games. The announcement, however, sparked debate as it was revealed that she had received no official notification of her nomination.

After the story broke in a major news outlet, she heard of her selection. In the



quarterfinals of the Commonwealth Games, she was defeated by Sandy Ryan of the United Kingdom. Sandy Ryan went on to win the gold medal in that category.

Lovlina's selection for the CWG 2018 was based on her gold medal performance in the welterweight division at the inaugural India Open, an international boxing tournament held in February 2018.

In November 2017, she earned a bronze medal at the Asian Boxing Championships in Vietnam, and in June 2017, she won a bronze medal at the President's Cup in Astana.

In June 2018, she won a silver medal at the Ulaanbaatar Cup in Mongolia, and in September 2018, she won a bronze medal at the 13th International Silesian Championship in Poland.

## 2018 AIBA Women's World Boxing Championships

On November 23, 2018, she won the bronze medal in the Welterweight (69 kg) division at the AIBA Women's World Boxing Championships in New Delhi, where she represented India for the first time.

## Women's World Boxing Championships, AIBA, 2019

Borgohain was selected without trials for her second Women's World Boxing Championships (2019), which were held in Ulan-Ude, Russia, from 3-13 October. In the 69 kg semi-final, she was defeated by China's Yang Liu by a score of 2-3, and she had to settle for the bronze medal.

Infinity Optimal Solutions (IOS), a sports management agency, signed Borgohain in 2019 to handle her endorsements and commercial interests.

## 2020 Asia & Oceania Boxing Olympic Qualification Tournament

Borgohain earned an Olympic spot in the 69 kg division by defeating Maftunakhon Melieva of Uzbekistan 5-0 at the 2020 Asia & Oceania Boxing Olympic Qualification Tournament in March 2020. As a result, she has become the first Assamese athlete to qualify for the Olympics.

## 2020 Tokyo Olympics

She is presently competing in the 2020 Tokyo Olympics. Lovlina has defeated the German boxer Nadine Apetz as well as Chen Nien-chin of Chinese Taipei on July 30, 2021, to secure her medal.

Twitter can't stop appreciating Lovlina Borgohain's victory. Fans and sports figures flooded social media with congratulatory comments for the Indian boxer following her historic triumph.

## Kids Craft: Chatter Box

A playground favourite, this classic paper game is easy to create at home with children. Be as creative as you like with your favourite colours and imaginative fortunes to predict for one another.

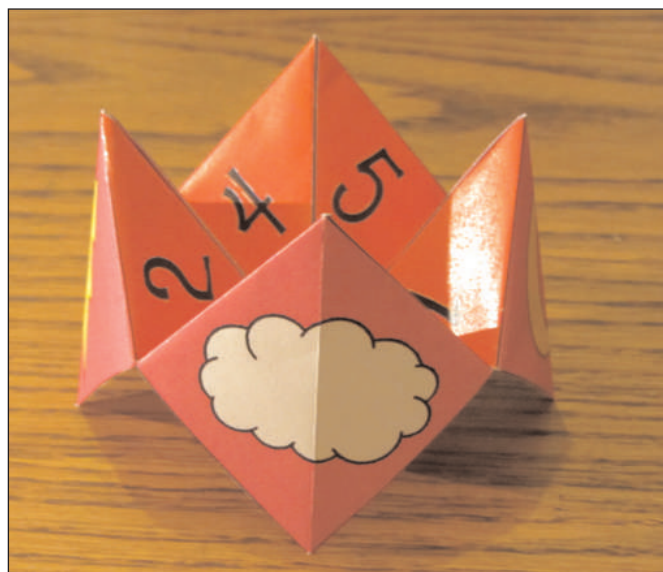
If you want to have more fun, why not fill your fortune teller / chatterbox with funny activities or exciting adventures?

### To make a chatterbox / fortune teller you will need:

- A4 piece of paper
- Colouring pens or pencils
- Scissors

### How to make a chatterbox / fortune teller

- Take an A4 piece of paper and fold one corner across to form a triangle. Press down to crease the edge.
- Cut off the excess rectangle at the end with a pair of scissors.
- Open out the triangle and fold the opposite corners together. Press along the edge to form a crease.
- Open out again and, this time, fold each point of the square into the centre. Continue until you have a



square.

5. Turn the square over and fold the square points into the centre again. Press the edges down to crease.

6. Now fold the fortune teller in half. Open out and fold in half along the opposite crease.

7. Slip your thumbs and forefingers under the corner flaps. Your fortune teller is now ready for some decoration.

8. Using some felt tip pens or coloured pencils, colour in the four outer squares.

9. Flip the square over and fill the triangles with numbers 1-8.

10. Lift the triangle flaps and write down fun dares, games or fortunes underneath.

We've chosen some animal themed activities like: moo like a cow, hop like a rabbit, woof like a dog, skip like a kangaroo, sing like a bird, swim like a fish, meow like a cat, crawl like a crab. Or, you could add some fun predictions - let your imagination go wild!

11. Fold the fortune teller or chatterbox back up and you're ready to play.

## FUN RIDDLES

Grandpa went out for a walk

and it started to rain.

He didn't bring an umbrella or a hat.

His clothes got soaked,

but not a hair on his head was wet.

How is this possible?

## English Proverbs and Meanings

\* **Better be the head of a dog than the tail of a lion.**  
It's better to be the leader of a small group than a subordinate in a bigger one.

\* **Better flatter a fool than fight him.**  
It's better to avoid disputes with stupid people.

\* **Better lose the saddle than the horse.**  
It's better to stop and accept a small loss, rather than continue and risk losing everything.

\* **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.

\* **He who plays with fire gets burnt.**  
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.

## Healthy yoghurt and oat muffins



**Ingredients:**  
1 cup yoghurt  
1 cup rolled oats  
1 egg  
1/2 cup olive oil  
1/4 cup white sugar  
3/4 cup banana, mashed  
1 1/4 cup self raising flour

### Method

Preheat the oven to 220°C.  
Prepare a muffin tray and then set aside.  
In a mixing bowl, combine yoghurt and rolled oats with a spoon.  
Put in fridge for 30 minutes - not a minute more, not a minute less.  
Add the ingredients in following order - egg, oil, sugar, banana, flour - and mix gently in with spoon in following order.  
Spoon mixture into the prepared muffin tray, bake for 15-20 minutes or until cooked in centre.  
Check with a knife.  
Enjoy it hot or let it cool down.

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## Vegetable Poha



**Ingredients:**  
Thick poha - 3 cups  
Potatoes - 1, large  
Green peas - 4 tbsp  
Peanuts - 2 tbsp  
Onions - 1, large, finely chopped  
Oil - 2 tbsp

Mustard seeds - 1 tsp  
Green chilies - 2, slit lengthwise  
Carrot - 1, medium, peeled and finely grated  
Turmeric powder - 1 1/2 tsp  
Coriander leaves - 2 tbsp, finely chopped  
Lemon - juice of 1 lemon  
Curry leaves - 10  
Salt - to taste

### Method

Wash poha thoroughly with water, drain well, and keep aside. Heat oil in a deep wok, add mustards and allow those to splutter.  
Add peanuts and sauté until they get roasted nicely.  
Add onions and chilies and sauté until the onions turn golden brown.  
Add grated potatoes, carrots, and peas and curry leaves and sauté for 3 to 4 minutes or until the veggies lose their raw flavor.  
Sprinkle turmeric powder and season with salt.  
Mix in poha.  
Stir well and cook on low flame for 5 minutes.  
Turn off the heat and add lemon juice. Give a quick mix.  
Serve hot garnished with coriander leaves.