

Manpreet Singh: The barometer of Indian hockey

In a historic moment, India's men's hockey team defeated Germany by 5-4 to clinch a bronze medal. While this isn't the first time the country is boasting a win under Manpreet Singh's captaincy, this being an Olympic victory after 41 years makes the moment second to none. During the course of his field career, Manpreet has played 259 international matches, winning a steady stream of golds. But his own journey to the field has a history of its own.

As a kid from the small village of Mithapur in Jalandhar, Manpreet was an ordinary boy who passed his time playing video games and listening to music all day. At the age of 9, when he saw his father and brothers play hockey, he was inspired to try out the sport as well. But this was unacceptable to his family for the hazards of being a sportsperson.

Sharing his story with Hindustan Times, he revealed, "One day, when I was 10 years old, my brother locked me in a room just as I was about to leave for coaching. However, I managed to get out and join him at the coaching ground. He was angry and about to hit me, but the coach said I should be given a chance to learn the game since I was so keen."

The early stages of his sports career were riddled with complications even after that. Manpreet's father passed away in 2016, leaving the weight of raising three children on his mother's shoulders. Despite this, his determined approach meant that his mother would do everything in her power to help him see his dream through. She worked odd jobs to sustain the family and supported her son's dream against all odds. "If she was not there, I would be nothing. I owe everything that I have earned in my career to her," Manpreet told PTI in an interview.

The making of a true captain

The star champion says various sports persons like boxer Mary Kom, former hockey captain and flag bearer Parjat Singh, and Cristiano Ronaldo have lit a spark in him through different phases of his life. "Their success stories have been a big inspiration for me," he also told. Today, Manpreet is known to have led multiple sportsmen and entire teams.

While he made his debut at the 2012 London Olympics, in 2013 he was leading the junior national team. His captaincy also won the gold at the Men's Hockey Junior World Cup, the Asian Games in Incheon, and the 2013 Sultan of Johor Cup, as well as silver at the 2014 Commonwealth Games in Glasgow. And yet, any interaction with the established leader points towards his focus on the game and his team. In an interview with SportsAdda, he said "...We have a culture in this team where there is no distinction between senior players and junior players. Everyone in the team drives each other on to play without hesitation or fear." "From growing up and playing hockey in Mithapur village to being named the flag bearer for the Indian contingent is a big honour for a player like me. It is a matter of pride as well as motivation – for the Indian hockey team as well as fans – and I hope we return with a medal from Tokyo," he had told.

Manpreet Singh Achievements:

Silver at the 2014 Glasgow Commonwealth Games

Gold at the 2014 Incheon Asian Games

Silver at the 2016 Men's Hockey Championships in London

Gold at the 2017 Asia Cup

Bronze at the 2017 Hockey World League

Silver at the 2018 Champions Trophy



Bronze at the 2018 Jakarta Asian Games
Gold at the 2018 Asian Champions Trophy

Awards

Arjuna Award 2018,
TOISA 2018

Kids Craft: DIY Encyclopedia Flowers

Supplies for Encyclopedia Flowers

Encyclopedia or other book with large, thin sheets of paper

Tissue paper

Floral wire

Scissors

Ruler

Pencil

Card stock (not shown)

How to Make Encyclopedia Flowers

Step 1: Cut paper into squares

Create a square template by measuring a 6 inch square on a piece of card stock and cutting it out. Use this template to trace squares on your tissue paper and encyclopedia pages.

Step 2. Stack six papers

You will need 3 squares of tissue paper, and 3 squares of encyclopedia paper for each flower.

Step 3. Accordion fold paper

Stack them up, alternating between the two types of paper.



Then accordion fold six times (each fold should be about 1/2 inch wide).

Step 4: Snip end of paper

Once it is accordion folded it should look like this.

Round off the ends with your scissors, which will create a petal look.

Step 5: Wrap with floral wire

Take your floral wire and wrap it snugly around the middle of the paper.

Step 6: Shape flower

Start to fan out each layer of paper to form the flower; being careful not to rip the paper as you are separating it.

Once you've fanned out each layer the flower should look like this!

FUN RIDDLES

I have a stem, but I am not a flower.

I have a foot, but I cannot hop.

Children are too young to hold me.

What am I?

English Proverbs and Meanings

* Facts speak louder than words.

People show what they are really like by what they do, rather than by what they say.

* Fools rush in where angels fear to tread.

Inexperienced people act in situations that more intelligent people would avoid.

* Half a loaf is better than none.

You should be grateful for something, even if it's not as much as you wanted.

* Honey catches more flies than vinegar.

You can obtain more coopera

tion from others by being nice.

* It takes all sorts to make a world.

People vary in character and abilities, and this is a good thing.

* Kill the goose that lays the golden egg.

Destroy something that would be a source of wealth or success.

* Losers weepers, finders keep ers.

If you lose something you weep, if you find something you keep it.

Vegetable Sooji Toast



Ingredients:

8 bread slices, 1 cup semolina (rava)
1/4 cup chopped capsicum, tomatoes
1/4 cup grated carrot
1/4 cup shredded cabbage
1/2 cup fresh cream
1 tsp freshly ground black pepper (kalimireh) powder
1 tsp dried mixed herbs
1/2 tsp ginger (adrak) paste
1/2 tsp green chilli paste
salt to taste,
oil for shallow frying

Method

Combine the semolina and vegetables in a bowl and mix well.

Add the cream, salt, pepper, herbs, ginger and green chilli paste and mix well.

Cut bread into half diagonally, put the stuffing on 1 side.

Take nonstick tava, add oil/ butter and put the bread to roast.

First roast bread side then turn to stuffing side.

Serve with tomato ketchup and green chutney.

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Bread Pizza Pocket



Ingredients needed

6 slices bread slices, 1 medium capsicum (green pepper)
1 small carrot, 1 tablespoon vegetable oil
1/2 teaspoon chilli flakes, 2 cheese cubes
salt as required, 1 medium onion

3 tablespoon corn, 3 tablespoon pizza sauce
1/2 teaspoon oregano, 4 cloves garlic
4 tablespoon vegetable oil

Method

Heat 1 tbsp oil in a pan. Add minced garlic and chopped onion. Saute for a minute. Now add finely chopped carrot, capsicum and corn. Saute for 2-3 minutes. Now add salt as per taste, oregano and chilli flakes. Saute for a minute.

Lastly, add pizza sauce and grated cheese. Saute for a minute and switch off the flame. Your filling mixture is ready.

Take a bread slice and trim the edges. Use a rolling pin to flatten the bread. Add 1-2 tbsp filling to the bread and spread it a bit. Apply a few drops of water on all the sides of the bread and fold the bread in half.

Press down on all sides to seal the edges. Applying water helps in sealing the pocket properly. Repeat this step to make more such pockets with the remaining bread slices and filling.

Heat 3 tbsp oil in a non-stick pan. Once hot, place all the pockets in the pan. Shallow fry from both sides until golden brown in colour. Serve the Bread Pizza Pockets with tomato ketchup and enjoy.