

The Making of Lakshya Sen - Indian Badminton's Next Great Hope

Lakshya Sen is an Indian badminton player who chiefly competes in the singles category. Sen was born in Uttarakhand's city of Almora in a badminton family. Sen first came to prominence in 2016, where he had a successful junior badminton circuit. The following year, he became the No.1 in the BWF World Junior ranking. Lakshya clinched that feat in 2018 when he became the champion at the 2018 Asian Junior Championships after defeating the top-seeded World No. 1 Kunlavut Vitidsarn in the final. Sen has time and again, demonstrated sparks that he could be India's next World No. 1 after Prakash Padukone and Pullela Gopichand.

Lakshya Sen always had the 'shuttler genes' in his blood. His father, Mr D K Sen, is a national coach whereas his brother, Chirag Sen, is a renowned international badminton player. Lakshya was always intrigued by the sport that his father and sibling already played so much. As a result, whenever his father would take Chirag to the Union Bank Sub-Junior tournament, the youngest of the Sen member would convince him to accompany. The aspiring young shuttlers swear by the competition since it is a platform where Vimal Kumar, director at the Prakash Padukone Academy, scouts his next pupils. Chirag won the U-13 title with relative ease, boosting his chances of a admission in one of India's most revered badminton academies. Watching his brother play, Lakshya got seriously inspired. Before he knew, he straightaway asked Vimal if he could play at the academy too.

Success

He was instantly picked by the coaches along with Chirag. After coming under the aegis of the Prakash Padukone Academy, the youngster's badminton journey took off instantly.

Over the next 6 years, Sen went won the U-13, U-17 and U-19 National tournaments among other international competitions in the same age group comfortably. What was surprising was that he was just aged 15 when he achieved the U-19 National Medal. Clearly, the hopes were high. Performing well in the Juniors is a daunting task, considering age-cheating is so rampant in the country. But nothing could hold the young Lakshya back, who, as his name goes, was 'focussed' on his target. As he spent more time at the academy, his game began to evolve and he started to develop new skills. Gone was the boy who would cry vehemently after every defeat. Lakshya became more mature and calm. Playing at Padukone's academy did give



Sen some of his mentor's traits. For starters, he is strong at the nets from where he controls the proceedings pretty well, just like Prakash in his playing days. Although, he has many traits that are unique. For example, he has a decent hit, a property which was not as evident in Prakash. He uses immense smashing power to take his opponent by surprise.

Also, having grown up in the hilly terrains of the mighty Himalayas, Lakshya has been bestowed upon with the gift of strong legs and bellow-like lungs. (Almora, the city where he was born and grew up is over 5,000 feet above sea level.) As a result, he has developed speed and stamina that allows him to slog for extensive hours without showing even a hint of fatigue. Add to that his immense presence. He stands at 5'10", and being just 17, he still has room to reach the 6 feet mark, which is an excellent height for badminton players.

2016

2016 was a brilliant year for the youngster. He first won the bronze medal at the Asian Junior Championships, where he noteworthy defeated the juniors World No. 1 in Thailand. However, he eventually lost out to China's Sun Feixiang.

The later again summoned Sen at the World Junior Championships in Spain. Nonetheless, even though he lost at the junior-level, he more than made amends for it by winning a medal in the senior-level. The event was the All-India Senior Championships in Itanagar. That was followed by another phenomenal feat when Sen won his first international medal at the senior level in the form of Sats India International Series in Hyderabad.

2017

2017 was an eventful year for the teenager, as he added many titles to his name.

He won the prestigious India International Series and the Eurasian Bulgarian Open, both of which are BWF International Challenge/Series. Sen was also a runner-up at the Tata Open International.

2018

However, it was 2018 that proved to be a landmark year for him. It was this year that he claimed the ultimate honour – the Asian Junior Championship title. Sen defeated World No. 1, Thailand's Kunlavut Vitidsarn in the finals to clinch the coveted title. Consequently, he became only the second Indian after Gautam Thakkar in 1965 and PV Sindhu in 2012 to reach the heights.

Then, at the 2018 Buenos Aires Youth Olympics, the youngster went on until the finals of the men's singles. However, he was defeated in the finale by China's Li Chifeng. Nevertheless, by clinching the silver, he became the first Indian shuttler to win a medal in the Youth Olympics.

Achievements

Bronze at the 2016 Asia Juniors Championships
Gold at the 2016 India International Series
Silver at the 2017 Tata Open India International
Gold at the 2017 India International Series
Gold at the 2017 Eurasian Bulgarian Open
Silver at the 2018 Buenos Aires Youth Olympics
Gold at the 2018 Asian Junior Championships, Bangkok

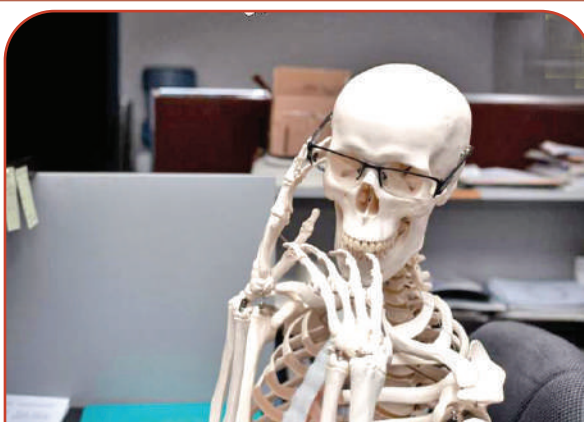
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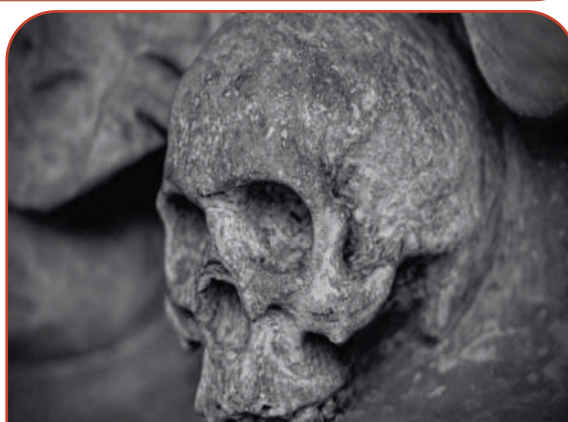
Volvo invented the **three-point seat belt** and then gave free licenses to all other auto manufacturers to use it



The average adult human has two to nine pounds of **bacteria** in his or her body



A baby's body has about **300 bones** at birth. These eventually fuse (grow together) to form the **206 bones** that adults have



Within three days of death, the **enzymes** that once digested your food begins to **eat** you

BRAIN TEASERS

1 Q. Which word does NOT belong with the others? A. parsley B. basil C. dill D. mayonnaise	others? A. heading B. body C. letter D. closing
2 Q. Which word does NOT belong with the others? A. tulip B. rose C. bud D. daisy	5 Q. Which word does NOT belong with the others? A. tape B. twine C. cord D. yarn
3 Q. Which word does NOT belong with the others? A. guitar B. flute C. violin D. cello	6 Q. Odometer is to mileage as compass is to A. speed B. hiking C. needle D. direction
4 Q. Which word does NOT belong with the	7 Q. Marathon is to race as hibernation is to A. winter B. bear C. dream D. sleep
SOLUTION: 1. Mayonnaise. 2. Bud. 3. Flute 4. Letter 5. Tape 6. direction 7. sleep	

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.

Garlic Cheese Corn Roll



Ingredients:
5 boiled, mashed potato
1 cup corn, 5 green chilli
1 tablespoon sesame seed
1 tablespoon red chilli powder
salt as required
1/2 tablespoon garlic paste, 2 cup cheese cubes
1/2 tablespoon ginger paste
2 tablespoon coriander leaves
1 tablespoon fennel seeds, 5 tablespoon bread crumbs
1 1/2 cup refined oil

Method:
Make a dough of potatoes with bread crumbs, add salt and red chilli powder mix well and bind it properly. Now, take grated cheese and corn and mix it all with other ingredients. Make balls from the dough and press it with thumb for enough space for filling.
Now, stuff cheese corn filling in the gap created by the thumb and lock it properly so that it does not break while frying. Give any shape to the ball of your choice.
Put a pan over medium flame and heat some oil in it. When the oil is hot enough, deep fry the potato balls till they become golden brown. Serve hot with cheese dip.

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Soyabean, Pea and Oat Kebabs



Ingredients:
2 cup boiled, soaked overnight soybean
1/2 cup ground oats
3 cloves garlic
salt as required
3/4 cup boiled peas
1 chopped onion
1 teaspoon cayenne pepper

How to Proceed:
To prepare this easy kebab recipe, add boiled soybean, boiled peas, oats, onion, garlic in a grinding jar and grind them together to make a mixture. Add salt and cayenne pepper to this mixture and transfer to a bowl.
Now, use this mixture to make long kebabs. You can also use a stick to give these kebabs proper shape. Meanwhile, preheat the oven at 180 degrees Celsius.
Cook these kebabs in the preheated oven for 12-15 minutes and bake them till they are brown. If you have an electric tandoor, then these kebabs will come out better.
When these kebabs are made, insert bamboo skewers in them. Meanwhile, cut an avocado roughly and wash mint and spinach leaves. Grind them together to make the nutritious dip.