

From fat to fit; success story of India's most decorated athlete Neeraj Chopra

He is tall, handsome and successful. Now aged 25, Neeraj Chopra, India's ace javelin thrower and newly crowned world champion, has emerged as the man with the Midas touch. His latest acquisition of gold is the medal he bagged at the World Athletics championship in Hungary, on Sunday with a massive throw of 88.17 metres. Neeraj now has more gold medals in his trophy cupboard than any other sportsman in the history of Indian sports.

He has won gold medals at the Olympic Games, World championship, world Diamond League, Asian Games, Commonwealth Games, Asian Athletic championships, South Asian championships and World junior championships. All of these events are prestigious ones and each victory was achieved with tremendous hard work and untiring zeal.

Looking at Neeraj today, it is difficult to believe that just 12 years ago he was an unfit and obese boy who was forced by his father to join a gym in order to lose weight and get fit. When he was 13 years of age, his weight problem was created by a great love for the wrong type of food. As a boy he loved to steal mangoes from his neighbour's trees and eat them. He also indulged himself whenever his doting grandmother fed him with cream and choorma – a dish that was loaded with calories.

Noticing that the boy was getting obese day by day, his father, a hard working farmer from Khandra village, got him enrolled in a gym and threatened him with dire consequences if he did not attend the fitness classes regularly. That is how Neeraj Chopra's battle with weight began.

Panipat – the site of Neeraj's victory

The city of Panipat is well known in Indian history. It was the scene of three famous battles. In 1526 it was here that Babur defeated Ibrahim Lodi and established Moghul rule in India. In 1556 came the second Battle of Panipat in which Emperor Akbar defeated Hemchandra Vikramaditya better known as Hemu. Then in 1761 came the third Battle of Panipat in which Ahmed Shah Durrani routed the Maratha Confederacy. It was also in this same historic site that our hero Neeraj Chopra won his battle against his own flabby body.

Once he began attending the gym in Panipat he became addicted to exercise. Day after day he worked out with total dedication and he cut out all the wrong foods. With determination he turned his eyes away from his grandmother's homemade sweets. Gradually the excess kilos began to peel off his body and he acquired a sculpted physique. His friends who used to tease him about his chubby appearance

WHAT MAKES NEERAJ CHOPRA A LEGEND

World Championships	2023	GOLD	
Diamond League	2022	GOLD	
World Championships	2022	SILVER	
Olympic Games	2020	GOLD	
Asian Games	2018	GOLD	
Commonwealth Games	2018	GOLD	
Asian Championships	2017	GOLD	
South Asian Games	2016	GOLD	

now began to envy his lean and muscular figure.

Neeraj Chopra wins silver in Worlds, scripts history again

It was also at this time that he began showing a talent for javelin throwing. It all started with a few throws just for fun along with his friends. Very soon he found that he could throw the spear farther than any of his friends. Some coaches observed him from a distance and realised that he had potential.

Two of them, namely Akshay Choudhary and Naseem Ahmed, took him under their wings and began fine tuning his technique and skills. Understanding the aerodynamic principles behind the javelin throw cannot come from books but have to be learnt through constant practice. Hundreds of throws have to be made before a thrower can gain mastery over the technique and principles that lie behind the flight of the javelin.

Luckily for Neeraj, nature seemed to have given him a mind and body which were perfectly suited for javelin throwing. Not only did he develop the strength and agility for throwing the spear to huge distances but his mind also grasped the theories that were behind the effortless flight of the javelin. His coaches did not have to work too hard on him. It all came naturally to Neeraj.

In 2014, he won a silver medal at the Youth Olympics and his first gold medal at the world level in 2016 at the World Under 20 championships.

Neeraj Chopra's achievements and medals

Olympic gold medalist (2021)
World champion (2022)
Asian Games champion (2018)
Commonwealth Games champion (2018)
World Youth Championships silver medalist (2013)
Youth Olympics gold medalist (2014)
World U20 Championships gold medalist (2016)

Awards

Neeraj Chopra received the Arjuna Award in 2018 for his outstanding achievements in Sports.

He received the Vishisht Seva Medal in 2020 as part of the Republic Day honors.

Neeraj also received another noteworthy Honor from the Indian Government in the year 2022. He was given the prestigious Padma Shri Award, which is India's fourth-highest civilian award.

Kids Craft: Plastic Bottle Recycling – DIY Lanterns

A very creative plastic bottle recycling idea to make beautiful DIY lanterns for home décor or party decorations. Making art and craft from recyclables, especially plastic bottles craft is a really amazing and fun way to minimize waste around us. So, in this post we have shared a very interesting DIY lanterns making craft tutorial which is one of the easiest plastic bottle crafts for adults and kids (but with proper supervision). This recycled lantern is a great way to use up empty soda bottles lying around the house and can be used as colorful light decorations during festivals like Christmas, Diwali and for certain theme-based parties as well. Making this plastic bottle lamp is really easy and requires just a few simple craft materials as listed below.

You Will Need

Plastic Bottle
Glitter Foam Sheet
Holographic paper / Tape
Rhinestones
Ruler
Pen
Scissors/ Cutter
Synthetic glue

Instructions:

Cut out 3 long strips of about 1 cm width from a glitter foam sheet.



Similarly, cut out 8 to 10 strips from holographic sheets of different colors.

Paste the glitter foam sheet strip around the plastic bottle to mark the top and bottom of the DIY lanterns.

Now, stick the holographic strips around the plastic bottle, in between the glitter foam strips, in a pattern as shown in the picture.

Using ruler and marker pen, draw equidistant vertical lines around the bottle.

Now with help of a cutter, cut through these lines as shown.

Press the plastic bottle from top and bottom so that these strips curve outwards to make a spherical shape.

Again, using the cutter trim out the excess part of the bottle as marked using glitter foam sheet.

Cut out a circular base using craft foam sheet for the DIY lantern and stick it at the bottom.

To add a little more detailing, make small cuts all around the top edge of the lantern and fold them outwards.

Stick the rhinestones on the neck portion of the lantern as shown in the picture.

Also, stick some rhinestones on the top edge of the recycled lantern as well and you are done.

FUN RIDDLES

I sound like I could cut you,
but I'm actually quite comfortable.
I can be green or yellow.
I can be stiff or soft. I am a
friend to bugs and also bare feet.
What am I?

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.
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.
Sprinkle powdered sugar and enjoy!

J
U
N
I
O
R
C
H
E
F

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.