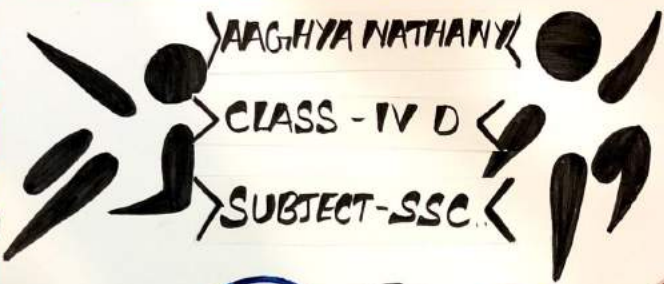


YAAGHYA NATHAN

CLASS - IV D

SUBJECT - SSC





SAKSHOM MIRABAI CHANU



INDIAN WEIGHTLIFTER





SAIKHOM MIRABAI CHANU



Talking about Mirabai's journey, Mirabai's 60-year-old mother Saikhom Tomi Devi recalled that these were days when Mirabai used to carry firewood on her head to their leased half-acre paddy field. Among her six kids, Mirabai is the one who used to spend time with her mother supporting her at the farm. Mirabai's father Saikhom Kirti Singh's income from his job as a construction worker in the Manipur Public Works Department wasn't enough. Her mother would run a small tea kiosk on the village main road to support the family. In order to maintain her weight, Mirabai used to skip meals at times. She even could not attend her sister's wedding because of the competition.



Mirabai was born in 1994 on 8th August in a village which is 200 km away from the capital Imphal. She comes from a poor family. She is an ordinary girl with big dreams. She worked on them despite the fact that her family could not afford her diet and training. She created a history of bagging a medal at Olympics on the first day itself.



Mirabai's journey ignited a spark in many young girls of the country.



FAMILY BACKGROUND



STRUGGLES/HURDLES

Charu Misra was born on 8 August 1994 near Imphal. Her family supported her dream of being a weightlifter since she was 12. The family identified her strength when she was able to lift the logs of wood her brother found difficult to pick and walk easily back home. She was known as the heavy weight lifter in the family. Charu identified herself as a follower of Sahamahism but she is not an extremist as she stated she needed blessing of all gods including Hindu deities.



From battling depression to bagging an Olympic medal, Misra's life is a great impression. However, she failed to show her mettle in Rio, she couldn't finish her attempts in Rio Olympics. "Did not finish on the scoreboard had left a huge impact on her career. Her failure opened a lot of criticism and it resulted in her slipping into a depression. She even went into counseling sessions. Misra decided to give up weightlifting. But, she picked herself up and bounced back with the help of Commonwealth Games.



AWARDS/ACHIEVEMENTS

Saikhem Misabai Chanu was awarded the PADMA SHRI by the Government of India for her contributions to the sport. She was awarded MAJIB DHYAN CHAND KHEL RATNA award by the Government of India in 2018.

Misabai Chanu first demonstrated her potential on the international stage when she won a silver medal in 48 kg category at the 2014 Commonwealth Games in Glasgow, Scotland, at the age of 20.

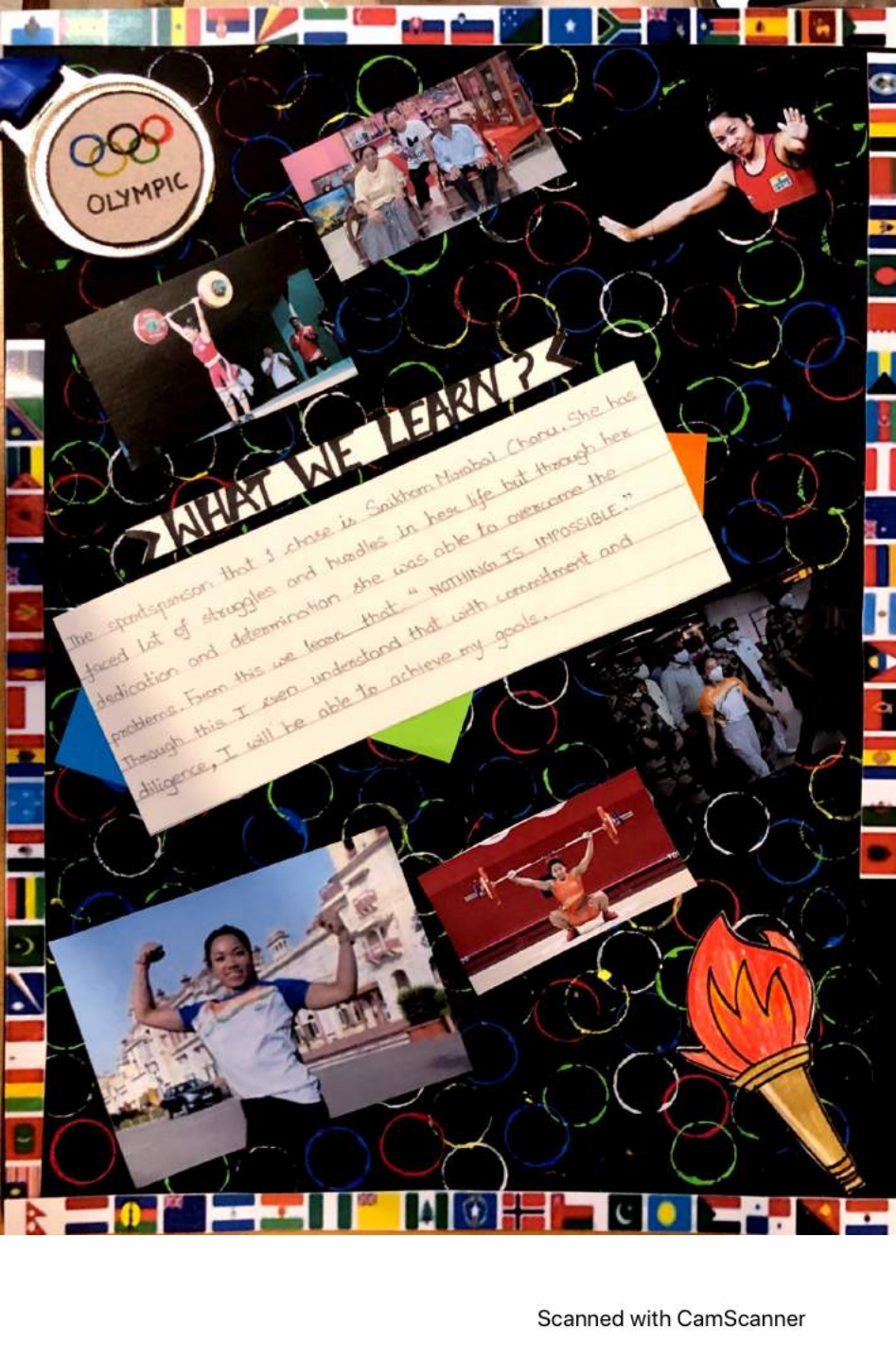
She won the gold medal at the World Weightlifting Championship in Anaheim, USA, in 2017. She became the first Indian weightlifter to achieve it in over two decades. In 2019 she made a remarkable comeback in the World Championships in Thailand. Despite finishing fourth, she made the event memorable by surpassing the 200 kg mark for the first time in her career.



For winning the silver medal at the 2020 Tokyo Summer Olympics

- ₹ 1 crore (US \$ 130,000) rupees from BYJU'S
- ₹ 50 lakhs (US \$ 66,000) from the Government of India.
- ₹ 1 crore (US \$ 1,30,000) from the Government of Manipur, and appointment as Additional Superintendent of Police (sp) in the Manipur State Police.
- ₹ 2 crore (US \$ 270,000) from the Ministry of Railways (India) and promotion in the Northeast Frontier Railway.
- ₹ 50 Lakhs (US \$ 66,000) from the Board of Control for Cricket in India.
- ₹ 40 lakhs (US \$ 53,000) from the Indian Olympic Association.



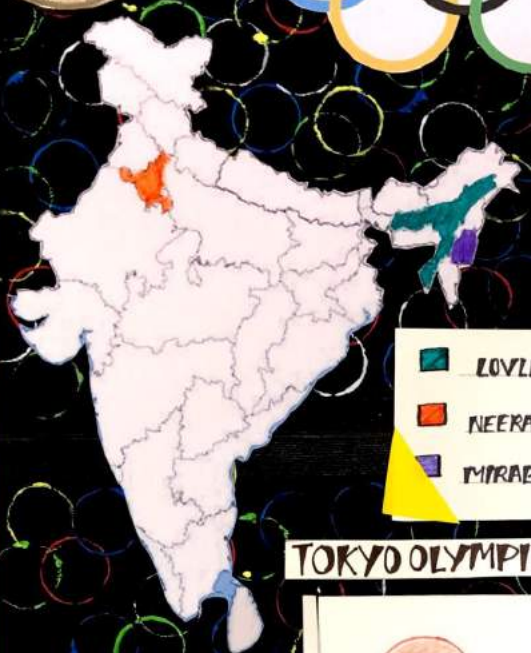





WHAT WE LEARN?

The sportsperson that I chose is Soukhom Manaboi Choru. She has faced lot of struggles and hurdles in her life but through her dedication and determination she was able to overcome the problems. From this we learn that "NOTHING IS IMPOSSIBLE." Through this I even understand that with commitment and diligence, I will be able to achieve my goals.

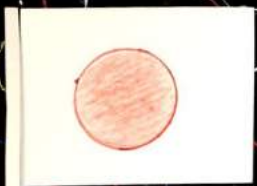


MAP AND FLAG



-  LOVLINA BORGOHANI
-  NEERAJ CHOPRA-RANI RAMPAL
-  MIRABAI CHANU

TOKYO OLYMPICS 2020



JAPAN

