

AERIN SARAH SAJ

# I CAN INDIA CAN



**LIVING**  
WRITING



**SPORTS & MANAGEMENT  
RESEARCH INSTITUTE**  
MAKING INDIA SPORTS SUPERPOWER



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**AERIN SARAH SAJ**



# ABOUT THE BOOK

When the British left India in 1947, they plunged the country into an intense civil war. **Who would have thought that an Indian business would take over British brands like Jaguar, Land Rover, and the well-known tea brand Tetley so soon after the British left? Who would have guessed that the Indian business TATA would acquire the British steel manufacturer Corus and offer jobs to the British on their own land without establishing a colony?**

India is a nation full of extraordinary men and women, with a diverse range of cultures, an abundance of natural and intellectual resources, and a heart. It's no wonder that we're one of the fastest-growing economies in the world right now. We are just that good.

From the drafting of the Indian Constitution to the launch of Chandrayaan-3, the history of India following August 15, 1947, is a remarkable narrative of extraordinary achievements & development. Independence Day is not just a holiday; it's a sentiment that resonates deeply with every Indian, whether at home or abroad. It's a time to reflect on the sacrifices made in the past, honour the accomplishments of the present, and look forward to a future steered by the values of liberty, harmony, and advancement.

Independence Day inspires people to work toward a more inclusive and promising future while fostering a sense of group responsibility. Although there is still more to be done, let us take a moment to reflect on the excellent things our country has accomplished as a whole over the years.

Past triumphs serve as a trigger to bring these moments back to mind. We will then feel a surge of confidence as we realize that if we were successful before, we can become successful again.





# FOREWORD

Most of us think I can't or India can't. We believe that India is not a good place to live, work and excel. The increasing number of Indians renouncing Indian citizenship is a sign of this. We need to do things to help Indians believe in India and in its strengths.

In 1741, Travancore, a small Indian princely state, under the leadership of King Marthanda Varma defeated the major European military power, the Dutch, in the Battle of Kulachal. In 1983, under the leadership of Kapil Dev, India, who was nothing in cricket, won the Cricket World Cup by defeating the leading cricket power of that time, the West Indies. In 2009, India overtook the cricketing powerhouses Australia and South Africa to become the number one in Test cricket. Our ancestors have managed to make the seemingly impossible possible. So have our contemporaries. We can, and so can the next generations. We must believe and act.

The 'I CAN INDIA CAN' is to remind us of our power just as Jambavan reminded Hanuman of his forgotten power. **"I CAN, INDIA CAN"** should be our daily mantra. As American artist David Blaine said, **"In truth, the only restrictions on our capacity to astonish ourselves and each other are imposed by our own minds"**.

**Sijin Bt**

President, Sports & Management Research Institute (SMRI)

# QUICKSTART YOUR SPORTY CAREER



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FULL OF SPORTS,  
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CAREER & LIFE



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**INDIA FIRST**



# FIRST WOMAN PRESIDENT OF UN GENERAL ASSEMBLY



**Vijaya Lakshmi Pandit** was the first woman president of the UN General Assembly. She was an Indian freedom fighter, diplomat, and politician. She served as the 8th President of the United Nations General Assembly from 1953 to 1954, the first woman appointed to either post.

“IF YOU CAN DREAM IT, YOU CAN DO IT.

Walt Disney

# FATHER OF FIBER OPTICS



**Narinder Singh Kapany** was the first person to invent Fiber optics. Narinder Singh Kapany (1926–2020) was an Indian American physicist whose work in the mid to late 1950s, along with others, laid the foundations for a global telecommunications revolution and the modern internet era. He is called the **“Father of fibre optics.”**

“ASK NOT WHAT YOUR COUNTRY CAN DO, ASK WHAT YOU CAN DO FOR YOUR COUNTRY”

John F Kennedy

# FIRST WOMAN TO SWIM ACROSS SEA CHANNELS OF 5 COUNTRIES



**Bula Chowdhury** first Asian woman to cross the English Channel, completing the challenging journey in just 8 hours and 35 minutes. Bula, often hailed as the "**Queen of the Seas**," has conquered various tough water bodies worldwide, inspiring fellow swimmers.

“What doesn't kill you makes you stronger  
Stand a little taller”

Kelly Clarkson

# DOUBLE-TON MAN



**Sachin Tendulkar** was the first male cricketer to score the first double century (200 runs) in the ODI against South Africa in 2010. This historic innings set the stage for future generations, proving that scoring a double century in ODIs was within the realm of possibility.

“IF YOU WANT TO SHINE LIKE THE SUN, FIRST BURN  
LIKE THE SUN”

APJ Abdul Kalam



# INVENTOR OF USB



The **USB** was first developed by a team of engineers at Intel led by **Ajay Bhatt**, who says he was inspired to take on the task after having continuous issues using a printer. The team wanted to create a single interface that could support a wide range of devices and provide a faster data transfer rate than existing interfaces.

“ARISE, AWAKE, AND STOP NOT UNTIL THE GOAL IS  
REACHED.”

Swami Vivekananda

# LARGEST OIL REFINERY



The **Jamnagar Refinery Complex** in the Jamnagar Special Economic Zone (SEZ) is by far the largest oil refinery on Earth. With 1.24 million barrels per day of nominal crude processing capacity, the Jamnagar Complex outputs 1.6% of global capacity and one-third of India's total oil consumption. **Reliance Industry Limited** is the owner and operator of Jamnagar Refinery Complex.

*"IN THE BATTLE OF EXISTENCE, TALENT IS THE PUNCH,  
TACT IS THE CLEVER FOOTWORK"*

Wilson Mizner

# WORLD'S NO. 1 AUTO RICKSHAW MAKER



**Bajaj Auto** stands tall among the top autorickshaw companies. It is the largest manufacturer of autorickshaws. The company is also the largest exporter of 3-wheelers in the world.

“GOOD BETTER BEST, NEVER LET IT REST, TILL YOUR  
GOOD IS BETTER AND BETTER IS BEST.”

S T Jerome

# WORLD'S NO. 1 TRACTOR MAKER

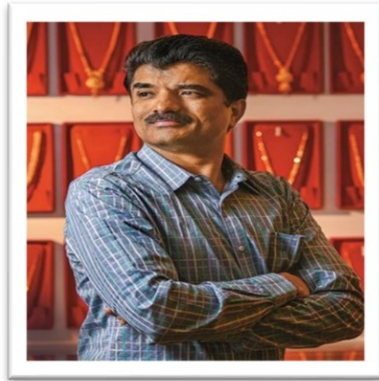


**Mahindra Tractors** has proudly held the title of India's unrivalled No. 1 tractor brand and the world's largest manufacturer of tractors by volume and is sold in over 50 countries, across 6 continents under three brands.

“ALL THE POWER IS WITHIN YOU, YOU CAN DO ANYTHING”

Swami Vivekananda

# LARGEST EXPORTER OF GOLD PRODUCTS IN THE WORLD



**Rajesh Exports Limited** exports gold jewellery and gold products from Switzerland, India, and Dubai. It is the largest exporter of gold products in the world on a combined basis and also the largest exporter from Switzerland, India, and the U.A.E. REL exports its products to more than 60 countries across the world. **Rajesh Mehta** started the Rajesh Exports Limited business with just Rs. 1200.

“SUCCESS DOESN’T COME TO YOU, YOU GO TO IT”

Marva Collins

# 11Ps OF MARKETING MIX



Management students, graduates and professionals across the globe know the '**Marketing Mix**'. Marketing mix is a framework that organizations can use to successfully market a product or service to consumers.

In 1953, Neil Borden proposed the concept of the 'Marketing Mix' which demonstrated the ways that companies could use advertising tactics to engage their consumers. In 1960 E. Jerome McCarthy presented the "4Ps of Marketing Mix." In 1981, Bernard H. Booms & Mary J Bitner proposed the "7Ps of Marketing Mix or Service Marketing Mix."

In 2024, Indian couple **Sijin BT & Dr Indulekha R** developed the "**11Ps of Marketing Mix**", which was originally developed as the "11Ps of Sports Marketing Mix."

"THIS IS A SIMPLE WAY TO OVERCOME YOUR FEAR -  
IGNORE OR FORGET YOUR FEARS"

Sijin B T & Dr Indulekha R

# STEEL GIANTS



Formerly known as Tata Iron and Steel Company Limited (TISCO), **Tata Steel** is among the largest steel-producing companies in the world, with an annual crude steel capacity of 35 million tonnes. It is one of the world's most geographically diversified steel producers, with operations and commercial presence worldwide.

“DIFFICULT ROAD OFTEN LEADS TO BEAUTIFUL  
DESTINATION”

Zig Ziglar

# MASTER OF SILKS



India has the unique distinction of being the only country producing all five known commercial silks, namely, mulberry, tropical tasar, oak tasar, eri, and muga, of which muga with its golden yellow glitter is unique and prerogative of India.

“WHAT WE POSSESS IS TEMPORARY. WHAT WE BECOME IS PERMANENT”

Devdutt Pattanaik



# THE WORLD'S HIGHEST CRICKET GROUND



**Chail Cricket Ground** is a cricket ground located in Chail, Himachal Pradesh. The ground was established in 1893 by Rajinder Singh, Maharaja of Patiala who owned a summer retreat in Chail, at the time the ground was developed. The ground is 2444 meters above sea level, making it the highest cricket ground in the world.

“TO BE THE BEST YOU MUST HANDLE THE WORST”

Wilson Kanadi

# INDIAN POSTAL ODYSSEY



India has the **largest postal network in the world** with 1,55,618 post offices and over 5,66,000 employees. It also has the **highest post office in the world** at an elevation of 4440 m (14,567 ft above sea level) located at Hikkim in the Lahaul-Spiti district of Himachal Pradesh. India is also known for having the **world's first floating post office** situated in the heart of Dal Lake, Srinagar, Kashmir.

“THE STARTING POINT OF ALL ACHIEVEMENT IS  
DESIRE”

Napoleon Hill

# HIGHEST BAILEY BRIDGE IN THE WORLD



The Baily Bridge located between the Dras and Suru rivers in the Himalayan mountains in the Ladakh valley is the highest in the world. It was built by the Indian Army in August 1982.

“TODAY’S ACCOMPLISHMENTS WERE YESTERDAY’S  
IMPOSSIBILITIES”

Robert H. Schuller

# BIG SPICE MAKERS



India, known for its rich culinary heritage, is the world's largest producer and exporter of spices. With around 75 different varieties of spices grown in the country. India's spice production is a significant contributor to the global spice market.

“POWERFUL DREAM INSPIRES POWERFUL ACTION”

APJ Abdul Kalam

# MISSION MARS



India is the **first nation to send a satellite into orbit around Mars on its first attempt.** The mission's cost is just a fraction of NASA's MAVEN spacecraft which successfully began orbiting the fourth planet from the Sun.

“YOU HAVE TO DREAM BEFORE YOUR DREAMS CAN  
COME TRUE”

APJ Abdul Kalam

# MILKMAN OF THE WORLD



India is the **world's largest milk producer**, with 22 per cent of global production, followed by the United States of America, Pakistan, China, and Brazil. Uttar Pradesh contributed significantly to the nation's dairy output. This feat is attributed to India's massive buffalo population, known for their high milk yields, and a growing dairy industry driven by rising demand.

*"I WILL WIN NOT IMMEDIATELY BUT DEFINITELY"*

Pranay Marathe

# WORLD'S HIGHEST MOTORABLE ROAD



**India's Umlingla Pass** takes the crown as the world's highest motorable road, reaching a staggering altitude of 19,300 feet. This feat of engineering connects Chisumle and Demchok villages in Ladakh, offering a thrilling adventure for travellers.

“DON'T WAIT FOR OPPORTUNITY, CREATE THEM”

George Bernard Shaw

# THE SHAMPOO SURGEON



**Sake Dean Mahomed**, a young boy from a barber caste family in Patna, is credited with inventing the shampoo and taking it to the West where he opened up a spa. He was also famous as the 'shampoo surgeon' during the time. Shampoo is derived from the Hindi word "Champu."

"THE QUESTION ISNT WHO IS GOING TO LET ME. IT'S  
WHO IS GOING TO STOP ME"

Ayn Rand



# DISCOVERY OF WATER ON THE MOON



**The definitive discovery of Moon water** came in 2008 when India's space agency ISRO launched the Chandrayaan-1 spacecraft into lunar orbit. Chandrayaan-1 carried with it a Moon Mineralogical Mapper (M3) that observed how the surface absorbed infrared light. Using this data M3 determined that previously suspected water molecules were ice inside the Moon's polar craters.

“BE THE CHANGE THAT YOU WANT TO SEE IN THE  
WORLD”

Mahatma Gandhi

# SUGAR WORLD



India was the first to begin with sugar production following the process of pressuring sugarcane to extract juice & boil it to get crystals. Indians discovered how to crystallize sugar during the Gupta dynasty, around 350 AD.

“JUST BECAUSE IT’S HARD DOESN’T MEAN IT’S  
IMPOSSIBLE”

Lysa Terkeurst

# OLDEST KNOWN UNIVERSITY- FIRST AND THE FINEST



The world's first University was in **Takshashila**. Students from all over the world came to this university to gain knowledge. It was established as a centre of education in religious and secular topics. It started as a Vedic seat of learning; while in the early centuries, it became a prominent centre of Buddhist scholars as well.

“FAILURE IS NOT THE OPPOSITE OF SUCCESS IT IS THE  
PART OF SUCCESS”

Arianna Huffington



# **INDIAN LEGACY**



# FATHER OF PLASTIC SURGERY



The first detailed text of plastic surgery procedures is found in the Indian clinical text '**Sushruta Samhita**'. **Sushruta** was an Indian physician, who was regarded as the '**Father of Indian Medicine**' and '**Father of Plastic Surgery.**'

“NOT ALL THOSE WHO WANDER ARE LOST”

J R R Tolkein

# KING TURNS ROLLS ROYCE INTO GARBAGE VEHICLE



**Jai Singh Prabhakar, the Maharaja of Alwar** sought revenge on Rolls Royce by purchasing all displayed cars and using them for garbage collection in New Delhi. This caused a stir, leading to an apology from Rolls Royce highlighting a tale of power and cultural confrontation during India's colonial era.

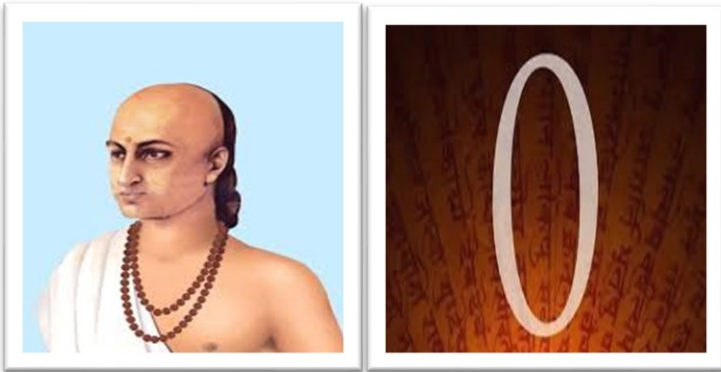
“SUCCESS IS THE SWEETEST REVENGE”

Vanessa Williams



During a stroll through town in 1930, Maharaja Jai Singh Prabhakar, the king of Alwar, visited the Rolls Royce showroom to inquire about the vehicle but was rudely shown the way out due to his ordinary appearance, unlike the rich personalities typically associated with luxury car purchases. It is said that the king, after being dismissed due to his ordinary clothes, decided to visit the showroom again albeit in his royal attire this time. The Maharaja decided to give it back to the arrogant staff all by himself as he bought six cars from the showroom. He then went on to get these cars transported to India, where they were used to clean the streets and collect garbage. the retaliation served its purpose as the brand, which started in 1906 decided to apologize for its staff's behavior and offered more cars to the king, all free of cost.

# NOTHING BECAME SOMETHING



**Aryabhata**, a famed Indian mathematician and astronomer of the 5th century AD, significantly contributed to the evolution of mathematical concepts, including **zero**. Although it was **Brahmagupta** who first formalized the mathematical principles of zero, Aryabhata's work laid much of the groundwork for this development.

“ITS ALWAYS IMPOSSIBLE UNTIL ITS DONE”

Nelson Mandela

# WORLD'S OLDEST RELIGION



According to many scholars, **Hinduism is the world's oldest religion**, with roots and customs dating back over 4,000 years. Indus Valley civilization is said to be the earliest source of these traditions. Roughly 94 per cent of the world's Hindus live in India.

“SUCCESS IS FALLING NINE TIMES AND GETTING UP IN  
TEN”

Jon Bon Jovi

# GAME OF THRONES

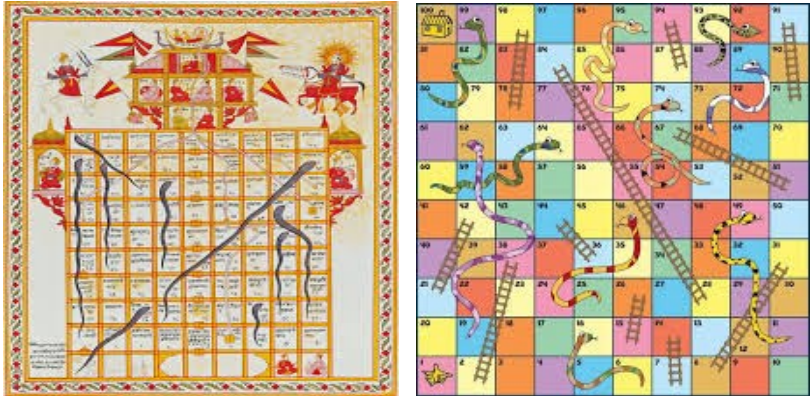


The game of **chess** was born in India during the Gupta dynasty in the 6th century. It was originally called 'Chaturanga'. Chess is one of India's contributions to world culture, with games played in the court of kings, to those played in villages, and now, is a professional sport.

"TOGETHER WE CAN FACE CHALLENGES AS DEEP AS  
THE OCEAN AND AS HIGH AS THE SKY"

Sonia Gandhi

# FROM INDIA TO THE WORLD



**Snakes and Ladders** is a board game for two or more players regarded today as a worldwide classic. The game originated in ancient India as Moksha Patam. Originally, the game was used as a part of moral instruction to children. It is believed the game was played at a time as early as the 2nd century BC.

I THINK ANYTHING IS POSSIBLE IF YOU HAVE THE  
MINDSET AND THE WILL AND DESIRE TO DO IT AND  
PUT THE TIME IN.

Roger Clemens

# A, B, C OF NAVIGATION



**The Art of Navigation & Navigating** was born in the river Sindh, India over 6000 years ago. The very word Navigation is derived from the Sanskrit word 'NAVGATIH'. The word Navy is also derived from the Sanskrit word 'Nou.'

"I CAN'T CHANGE THE DIRECTION OF THE WIND. BUT I  
CAN CHANGE THE DIRECTION OF THE SAIL."

Jimmy Dean

# DIAMONDS ARE FOREVER



From ancient times, India was the source of nearly all the world's known diamonds, and until diamonds were discovered in Brazil in 1726, India was the only place where diamonds were mined. Up until British colonization India was the only country that provided diamonds to the whole world.

“IF YOU WANT THE RAINBOW YOU HAVE TO PUT UP  
WITH THE RAIN”

Dolly Parton

# WORLD OF WORKOUTS



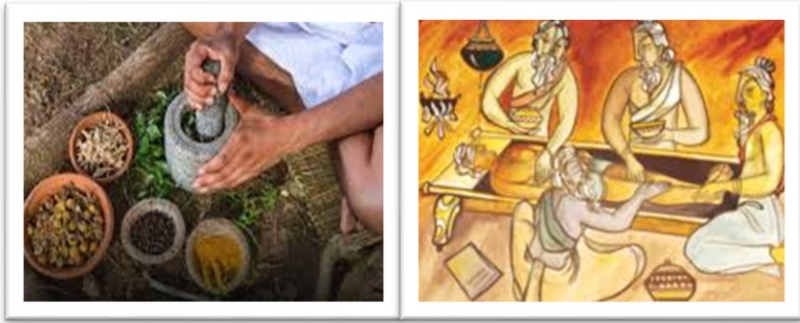
Martial arts was first created in India called '**Kalarippayattu**' and later spread to Asia by Buddhist missionaries. **Yoga** is an ancient root of most martial arts known today.

“HARD WORK NEVER BRING FATIGUE. IT BRINGS  
SATISFACTION”

Narendra Modi



# OLDEST SYSTEM OF MEDICINE



**Ayurveda**, one of the oldest traditional systems of medicine, originated in the Indian subcontinent. With a rich history that dates back more than 5000 years, Ayurveda was mainly practised by the sages during the Vedic civilization.

“STRENGTH DOESN’T COME FROM WHAT YOU CAN DO.  
IT COMES FROM OVERCOMING THE THINGS YOU ONCE  
THOUGHT YOU COULDN’T”

Rikki Rogers

# TATA'S REVENGE



**Tata Motors**, now a significant player in the automotive industry, acquired Jaguar and Land Rover from Ford for a mere \$2.3 billion. This all-cash transaction marked a remarkable turnaround for Ratan Tata, who had been scorned by Ford nearly a decade earlier.

“PEOPLE THROW STONES AT YOU AND YOU CONVERT THEM INTO MILESTONES”

Sachin Tendulkar

In 1998, Tata Motors had launched Tata Indica, India's first indigenous car. A dream project of Ratan Tata's, the Tata Indica however failed to take off. Due to low sales, Tata Motors decided to sell off its fledgling car business within a year of its debut. They decided to talk with American giant Ford to cut a deal and his team flew to the United States to meet Bill Ford, who was then the chairman of Ford. Tata was "humiliated" by Ford during this meeting. Bill Ford made demeaning comments like why Tata set their foot in manufacturing without knowing anything about car production. Ford said that he will be doing Tata a favour if he bought a Tata car unit and they didn't arrive at any deal. The mortifying experience only made Ratan Tata more focused on his goals. Ratan Tata decided not to sell the production unit. Ratan Tata showed the world what hard work, determination and resilience can bring to the table. Tata has stepped into the global motor industry from there and has been a world player in the automotive industry.

## The man with all the toys



In 2019, Reliance Brands, a subsidiary of Reliance Industries, successfully acquired the British toy retailer **Hamleys** for GBP 67.96 million. Mukesh Ambani, India's richest man and head of Reliance Industries owns Hamleys, the world's oldest toy store.

“SUCCESS IS NOT FINAL. FAILURE IS NOT FATAL. IT IS  
THE COURAGE TO CONTINUE THAT COUNTS”

Winston Churchill

## 4 RELIGIONS BORN IN INDIA



The four religions born in India - **Hinduism, Buddhism, Jainism, and Sikhism**, are followed by 25% of the world's population. 79.8% of the population of India practices Hinduism, 0.7% adheres to Buddhism, 0.4% adheres to Jainism and 1.7% adheres to Sikhism.

“ARISE, AWAKE, AND STOP NOT UNTIL THE GOAL IS REACHED.”

Swami Vivekananda

# LARGEST RELIGIOUS PILGRIMAGE



**The Vishnu Temple in the city of Tirupathi** built in the 10th century, is the world's largest religious pilgrimage destination. Larger than either Rome or Mecca, an average of 30000 visitors donate \$6 million (US) to the temple every day.

**"I CAN DO THINGS YOU CANNOT, YOU CAN DO THINGS  
I CANNOT. TOGETHER WE CAN DO GREAT THINGS"**

Mother Teresa

# SWISS DECLARE SCIENCE DAY IN APJ ABDUL KALAM'S HONOUR



**Switzerland** has declared May 26 as **Science Day** in honour of visiting former President, Late **Dr.A P J Abdul Kalam**. The Swiss government, considering his vast expertise in science and technology, announced this following his arrival in Geneva on 26th May 2005.

“A MAN NEEDS HIS DIFFICULTIES BECAUSE THEY ARE  
NECESSARY TO ENJOY SUCCESS”

APJ Abdul Kalam.





# **INCREDIBLE INDIANS**



# INDIAN-BORN CEO OF GOOGLE



**Pichai Sundararajan** is an Indian-born American business executive. He is the chief executive officer (CEO) of Alphabet Inc. and its subsidiary Google. He earned his degree from IIT Kharagpur. He holds an M.S. from Stanford University in materials science and engineering, and an MBA from the Wharton School of the University of Pennsylvania.

“ALL POWERS ARE WITHIN YOU; YOU CAN DO ANYTHING AND EVERYTHING”

Swami Vivekananda

## CHANEL'S INDIAN CEO



**Leena Nair** is a British-Indian business executive who is the chief executive officer (CEO) of Chanel. She is the first Indian and first non-white CEO of Chanel, a world leader in creating, manufacturing and distributing luxury products, including Ready-to-Wear, Accessories and Fragrances. Leena Nair, the Global Indian of the Year, started her journey from Maharashtra's Kolhapur to the pinnacle of luxury as the CEO of Chanel.

“TO BE THE BEST YOU MUST HANDLE THE WORST”

Wilson Kanadi

# FIRST INDIAN-ORIGIN CEO OF IBM



**Arvind Krishna** (born 1962) is an Indian-American business executive and the chairman and CEO of IBM. Krishna was born into a Telugu-speaking family in Andhra Pradesh. He received his BTech degree in electrical engineering from IIT, Kanpur, and moved to the US to earn a PhD in electrical engineering from the University of Illinois.

“IF I BELIEVE I CAN DO IT, I SHALL ACQUIRE THE  
CAPACITY TO DO IT EVEN IF I MAY NOT HAVE IT IN THE  
BEGINNING”

Mahatma Gandhi

# INDIAN- BORN CEO OF THE WORLD'S SECOND-LARGEST COMPANY



**Satya Narayana Nadella** is an Indian-American executive chairman and CEO of Microsoft. Born in Hyderabad, he received his bachelor's degree in electrical engineering from the Manipal Institute of Technology. He then travelled to the United States to study for MS in computer science and MBA from the University of Chicago.

“SUCCESSFUL PEOPLE DO WHAT UNSUCCESSFUL  
PEOPLE ARE NOT WILLING TO DO”

Jim Rohn

# INDIAN BORN ADOBE CEO

Born into a prosperous family in Hyderabad, **Shantanu**



**Narayan** is the current Chairman, President, and Chief Executive Officer (CEO) of Adobe. Shantanu Narayen completed his Bachelor's Degree in Engineering from the famous Osmania University in Hyderabad. He pursued a master's in Computer Science in Ohio. Then MBA from California.

“YOU CAN, YOU SHOULD, AND IF YOU ARE BRAVE  
ENOUGH TO START, YOU WILL”

Stephan King

# FIRST INDIAN KPOP STAR



The 18-year-old singer from Odisha, **Shreya Lenka** created history when she became the first Indian K-pop star. She was chosen as the fifth member of the girl K-pop band 'Blackswan'. Sriya Lenka aka Shreya Lenka from the Indian state of Odisha made headlines after she became the first-ever Indian K-pop star.

“INDIA’S FUTURE IS IN THE HANDS OF ‘CAN DO’  
GENERATION OF YOUTH.”

Narendra Modi



## INDIAN CEO OF PEPSICO

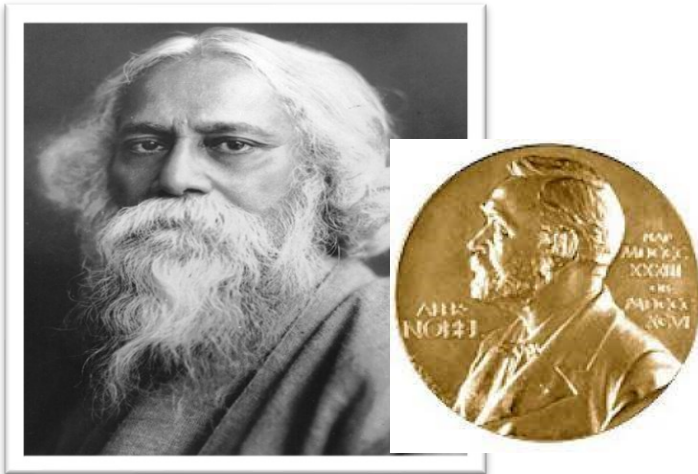


Born in Chennai, **Indra Nooyi** is an Indian-born American businesswoman who became the fifth and the first Indian CEO of the soft-drink manufacturer PepsiCo, Inc.'s brand. Indra Nooyi is an alumnus of the University of Madras, the Indian Institute of Management, and Yale University.

“IF YOU WORK WITH DETERMINATION AND  
PERFECTION, SUCCESS WILL FOLLOW”

Dhirubhai Ambani

# FIRST NOBEL PRIZE OF INDIA

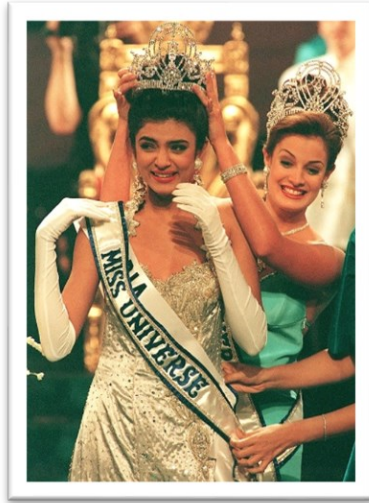


**Rabindranath Tagore** was the first person of Indian origin and also first Asian to be awarded with the Nobel Prize. He received the prize for Literature in 1913 to recognize his excellent work in Geetanjali.

“EXCELLENCE IS A CONTINUOUS PROCESS AND NOT  
AN ACCIDENT”

APJ Abdul Kalam

# INDIAN MISS UNIVERSE

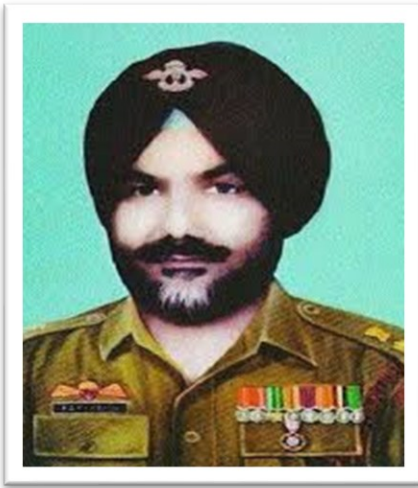


**Miss India Sushmita Sen** on May 21, 1994, became the first Indian to win the Miss Universe title since the beauty pageant began 43 years ago. Since her pageant wins, she has worked as an actress. She has also won the Femina Miss India at age 18.

“IF YOU CHANGE YOUR MIND YOU CAN CHANGE YOUR  
LIFE”

William James

# FIRST INDIAN TO CLIMB THE EVEREST



**Avtar Singh Cheema** (1933–1989) was the first Indian man and the 16th person in the world to climb Mount Everest. After two failed attempts undertaken by the Indian Army, it was finally on May 20, 1965, when for the first time, an Indian stepped the highest peak in the world, Mount Everest.

“CHANGE WILL NOT COME IF WE WAIT FOR SOME  
OTHER PERSON OR SOME OTHER TIME. WE ARE THE  
ONES WE’VE BEEN WAITING FOR. WE ARE THE CHANGE  
THAT WE SEEK.”

Barak Obama

# FIRST INDIAN WOMAN TO CLIMB THE MT EVEREST



**Bachendri Pal** (born May 24, 1954) is an Indian mountaineer who on May 23<sup>rd</sup>, 1984 became the first Indian woman to reach the summit of Mount Everest. Pal was born into a rural working-class family in Uttarakhand. She is a member of the fourth expedition team for India's Mount Everest Mission.

“IF YOU THINK YOU CAN, YOU CAN. IF YOU THINK YOU  
CAN’T, YOUR RIGHT.”

Henry Ford

## FIRST INDIAN TO SPACE

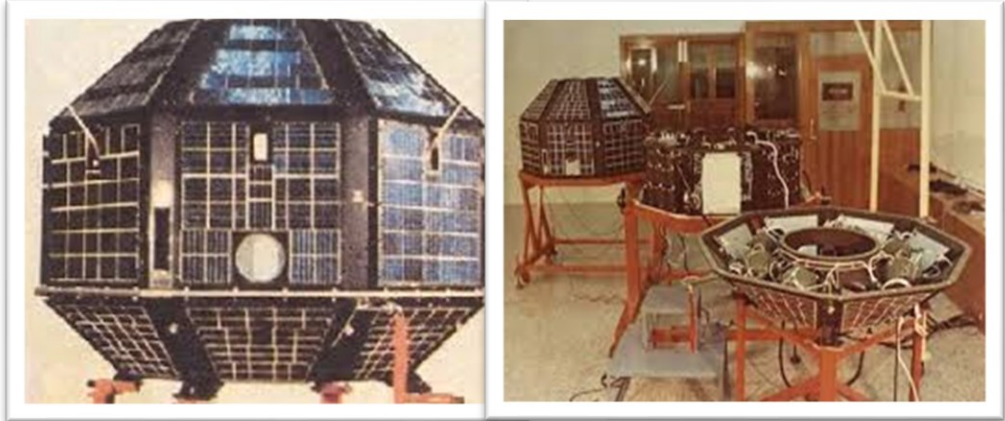


On 3 April 1984, **Sqn Ldr Rakesh Sharma** became the first Indian to orbit in space. He carried out all the scientific experiments planned for the joint Indo-Soviet Space Mission and other tasks assigned to him with great facility and excellence.

*“THERE IS NOTHING IMPOSSIBLE FOR THEY WHO TRY”*

Alexander the Great

# INDIA'S FIRST SATELLITE



The **Aryabhata spacecraft**, named after the famous Indian astronomer, was India's first satellite. It was completely designed and fabricated in India and launched by a Soviet Kosmos-3M rocket from Kapustin Yar on April 19, 1975.

“I NEVER LOSE. EITHER I WIN OR I LEARN”

Nelson Mandela

# FIRST OLYMPIC MEDAL FOR INDIA



In the 1928 **Amsterdam Olympics**, **India won their first-ever gold medal in men's hockey**. Dhyan Chand led a dominant team to gold, kicking off a streak of six consecutive gold medals. The victory was a significant milestone for the Indian hockey team.

“PREPARATION IS THE KEY TO SUCCESS”

Alexander Graham Bell



**THE LEGACY NEVER ENDS.**



# AUTHOR



**Aerin Sarah Saj** completed her bachelor's graduate degree in Psychology from Women's Christian College, Chennai. Her father Dr. David Saj Mathew is a retired Associate professor and Principal from Union Christian College, Aluva. Her mother Julie Saj is a Homemaker. Brother Arvin Mathew Saj is currently pursuing his bachelor's degree in Computer science from SRM University, Chengalpattu.

She is from Thrissur, Kerala. She completed her schooling at Hari Sri Vidya Nidhi School, Thrissur. She is also a certified remedial teacher for kids with Dyslexia. She was part of the National Cadet Corps (NCC) from 2021 to 2024 and graduated with the rank of Company Sergeant Major (CSM).

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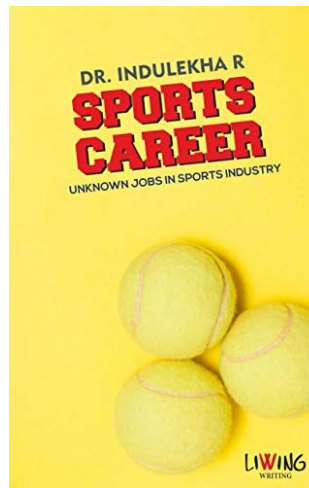
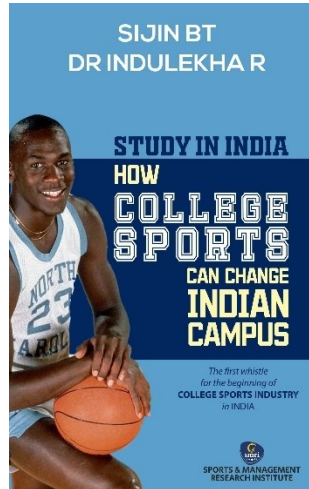
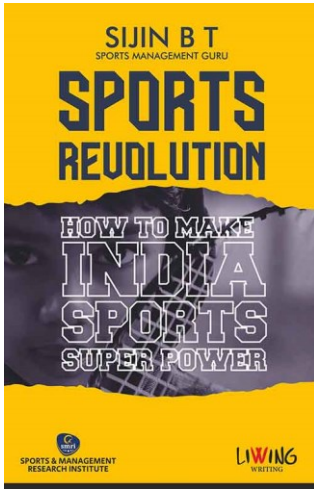
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