



# NEWS FROM HOINA HOMES OF THE INDIAN NATION

PO Box 87, St. Charles, Missouri 63302 • [www.hoina.org](http://www.hoina.org) • April 2017

## HOINA's Own 2020 Olympic Hopeful Flying on Fast Feet

by Letti Becker  
HOINA Newsletter Editor

*[Editor's Note: Our Swathi has been with HOINA since 2009. She was always a speedy runner, but her fast feet have taken her to compete at a Regional level and then on to States. This spring sees her competing at a National level. Her Olympic Track and Field Trials will take place the last week of April. If she qualifies, HOINA's own Swathi will join the Indian Track and Field team to train for the 2020 Summer Olympics to be held in Tokyo, Japan.]*

**Editor:** How did you come to HOINA?

**Swathi:** I was born on August 7, 2000. My parents, Mr. Anand and Mrs. Lakshmi, got married in September 1999, but my father died on 24th November 2005. We are two children, and my mother can't feed us, so she joined me in HOINA with the help of some family members.

**Editor:** Besides running, what else do you do?

**Swathi:** I am studying 10+2 now. I will complete my school year by end of April. Our summer holidays are in May.



Our Swathi (left) at track practice at her college.

**Editor:** Can you tell me what started your interest in running?

**Swathi:** In my school age I used to participate in races, I won in the games and got prizes. I used to watch Olympic videos. That makes me take more strong steps in the sports. Slowly, I came to know that importance of sports in society.

**Editor:** Why do you think you run so fast?

**Swathi:** My hard work and God's grace and my confidence makes me run fast.

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# Flying on Fast Feet continued from page 1

**Editor:** *Tell me about your coach.*

**Swathi:** My coach name is Mr. Narsmha Murthy. He is an international athlete. He used to guide us in such a way that when I was going to participate in state and national level competition, I used to be very lean but he motivated us.

**Editor:** *What kind of training do you do?*

**Swathi:** First, we start from the conditioning for one hour and 30 minutes doing workouts, according to my body condition. Tuesday and Saturday, I am going to do weights in the Gym. Remaining days are ground workouts, and Sunday we are going to do water and sand run and also step and hill training.

**Editor:** *Do you eat special food to help with your conditioning?*

**Swathi:** Most of the time I take fruits, nuts, and Roties (an Indian bread made with wheat flour) to gain more vitamins and to be very fit.

**Editor:** *Are you close to your team mates?*

**Swathi:** I am going to behave to some as they behave with me, but most of them were very close to me and friendly to me.

**Editor:** *How do you enjoy one another's company?*

**Swathi:** It is difficult to race without partners in the practice, so we are enjoying one another's company.

**Editor:** *Is it hard to lose to a team mate if you are racing against one another?*

**Swathi:** It is very hard to lose, but we come to realize that our over-confidence and fear makes us lose the race.

**Editor:** *What events do you compete in?*

**Swathi:** I am going to compete in 100m and 200m.

**Editor:** *What is your best event?*

**Swathi:** My best event is the 200m.

**Editor:** *Is it your favorite?*

**Swathi:** Yes, because I am going to do well in the competition. I am going to train up mostly for 200m.

**Editor:** *Tell us about your experience at the big meets (like Districts, States, and Nationals).*

**Swathi:** When I participate in every meet, I am going to learn one new thing that I have to practice more that I am not doing well enough. In that way I started from district and made it to state competition, and now to Nationals.



On your mark, get set, GO!



## Flying on Fast Feet continued from page 2

**Editor:** *How many teams are represented at States?*

**Swathi:** Now 13 teams in Andhra Pradesh (my state). Before I started in national, there were 26 teams, but now there are 28 teams.

**Editor:** *How many from your primary team qualified to race at States besides yourself?*

**Swathi:** Only me and another girl

**Editor:** *Now that you are an accomplished athlete, what motivates you to keep going further in your training?*

**Swathi:** When I was young, I used to run so fast to win the prize. Now I motivate myself to be able to participate in the Olympics, so I keep on training for that.

**Editor:** *How will you qualify to join India's Olympic Team?*

**Swathi:** In last week of April, I will go to our capital, New Delhi, to run my ground trials. I am having 80% chance to join the national team and go to Australia to train for the Olympics.

**Editor:** *What are your thoughts about going to Australia?*

**Swathi:** One thought about going to Australia is to learn something what I don't know.

**Editor:** *How long will you stay?*

**Swathi:** Two years I have to stay.

**Editor:** *What will happen if you make it onto the Olympic team?*

**Swathi:** I am going to feel very happy, and I think that my dream became true.

**Editor:** *Do you realize that HOINA sponsors all over the world might see you race?*

**Swathi:** Yes.

**Editor:** *Does that help you or make you feel nervous?*

**Swathi:** It makes me feel happy as well as makes me feel nervous that HOINA sponsors all over the world might see me race, because HOINA sponsors are my family.

**Editor:** *Well, Swathi, we will all certainly be praying for you to do your very best at your Olympic trials in April.*

*[Editor's note: HOINA readers, please remember Swathi as we all await her results. We'll update you on her progress in our June issue.]*

## Support This Smile for Less Than Your Daily Cup of Coffee



Our children come to us as orphans or semi-orphans. Their histories are diverse, but the sad tale of a father killed on the job seems to be a recurring theme among them. This month we feature R. Prasanth Kumar's story to encourage you to support a HOINA child.

Ms. Devi married to Mr. Ramu in 2003. They had one baby boy. Mr. Ramu was a labourer, and Ms. Devi was a housewife. On 10 October 2009 Mr. Ramu went for work, but he got sick while spraying pesticide on a rice paddy. He was rushed to the hospital, but it was too late. He died of poisoning while in the hospital. After his death Ms. Devi moved in with her parents along with her son. Unfortunately, Ms. Devi is not able to work because she is suffering with tuberculosis. Because she is a poor, ill widow, she asked HOINA to admit Prasanth Kumar.

Prasanth has a June 2 birthday. His favorite color is green, and he enjoys hide and seek, like any good second grader! If you would like to enliven his life and help give him a positive future, please complete the coupon on page 4 and send it to our office with your first monthly gift of \$35. For less than a cup of coffee each day, you can support a HOINA child.

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April 2017

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Saint Charles, MO 63302-0087 U.S.A.

This newsletter is published to inform our readers of the work HOINA does among the handicapped and abandoned in India.

Edited by Letti L. Becker  
Layout by Eberly Designs  
Printing by Prestige Color

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