



# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**STUDENT EDITION**  
MONDAY, AUGUST 2, 2021



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## Sindhu wins bronze, becomes first Indian woman to win two medals at Games

### Spotlight

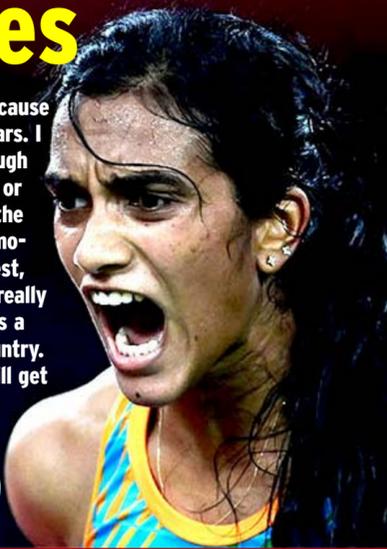
**S**huttle player PV Sindhu on Sunday became the first Indian woman to win two Olympic medals. She defeated China's He Bing Jiao in the bronze medal match of the ongoing Tokyo Olympics at the Musashino Forest Plaza Court 1. It is Sindhu's second medal at the Olympics after she won a silver medal at the 2016 Rio Olympics. With Sindhu's bronze, India have now equalled their tally of 2016 Rio Olympic Games.

The 26-year-old is now just the second Indian athlete to win two individual Olympic medals. Wrestler Sushil Kumar also has two medals, as he returned with a bronze medal at the Beijing Olympics 2008 and a silver at the London Olympics 2012



It makes me feel really happy because I've worked hard for so many years. I had a lot of emotions going through me – should I be happy that I won bronze or sad that I lost the opportunity to play in the final? But overall, I had to close off my emotions for this one match and give it my best, my all and think about the emotions. I'm really happy and I think I've done really well. It's a proud moment getting a medal for my country. I'm sure a lot of youngsters and others will get motivated to work hard and come up. I'm sure we can do this. If I can do it, everybody can do it

PV Sindhu, after winning the match

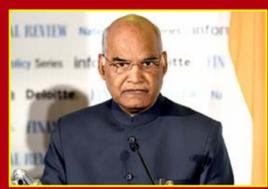


### FROM UP VILLAGE, SHE STANDS TALL: SCORES PERFECT 100% IN CLASS XII



Ansiya, from Uttar Pradesh's Badera village, overcame many hurdles to score 100% in the Central Board of Secondary Education class XII exams, the results of which were declared on Friday. The 18-year-old humanities student scored 99 marks in political science and a perfect 100 in English, history, geography, painting and Hindi (additional elective subject), her result showed.

## INDIA REJOICE



We are all elated by the stellar performance by @Pvsindhu1. Congratulations to her on winning the Bronze at @Tokyo2020. She is India's pride and one of our most outstanding Olympians  
Narendra Modi, PM

P V Sindhu becomes the first Indian woman to win medals in two Olympic games. She has set a new yardstick of consistency, dedication and excellence. My heartiest congratulations to her for bringing glory to India  
Ram Nath Kovind, President



Isaayi, Muslim, Sikh, Hindu, Sabko jodein #PVSindhu. First Indian woman to win two Olympic medals. Congratulations on the #Bronze  
Virender Sehwag, cricketer

It is a rare accomplishment. The next generation of athletes are lucky to have a role model like Sindhu. Very few athletes from our nation have been fortunate enough to achieve what you have achieved. In fact, most sporting careers end without an Olympic medal, even after years and years spent obsessing over winning the shiny little round object. You are already a Double Olympic Medallist!



Abhinav Bindra, shooter



Congrats to our awesome Sindhu on her 2nd successive Olympics medal. While it is all due to the hard work by her and the team of coaches and support staff, I also want to express my gratitude to the support of sports ministry, Indian Government, SAI and BAI. Also want to thank the govt of Telangana. Great to see badminton win medals in three successive Games  
Pullela Gopichand, chief coach, badminton

I am extremely happy, two medals in two Olympics, it is not an easy task for any player. To maintain the fitness and come up to expectation of a nation, I am thankful to the govt. I told her to do hard work and keep on marching ahead. I told her to take it as a gift for me



PV Ramana, Sindhu's father

### Slice of Lady Di's wedding cake up for sale



A slice from one of Prince Charles and Princess Diana's wedding cakes is up for auction, 40 years after the wedding. The iced slice came from one of the 23 official wedding cakes marking the July 29, 1981 marriage of the heir to the British throne and his 20-year-old bride. It features a marzipan base and a sugar onlay coat-of-arms, coloured in gold, red, blue, and silver on top.

The piece of cake was given to Moyra Smith, a member of the Queen Mother's household at the Clarence House. Smith kept it in a floral cake tin with a handmade label on the lid reading: Handle with Care - Prince Charles & Princess Diane's (sic) Wedding Cake, which she signed and dated 29/7/81  
Smith's family sold the cake to a collector in 2008, but it is up for auction again on Aug 11. It is expected to fetch between \$418 and \$697, with an order of service, ceremonial details and a royal wedding breakfast programme

### 'India has most billionaires after US, China; Mumbai 10th wealthiest globally'

India is the sixth-largest wealth market in the world after the US, China, Japan, Germany and the UK, according to a report by NWW's India Wealth Report 2021. The total wealth held by individuals in India amounts to a whopping \$8.3 trillion. India was one of the world's fastest-growing wealth markets over the past decade (between 2010 and 2020) with HNWI growth of 63%.

- India is home to more billionaires, each with net assets of more than \$1 billion, more than any country on the planet barring the US and China, the report added
- The report estimates that there are 3.3 lakh High-Net-Worth Individuals (HNWIs) residing in India each with net assets of US \$1 million or more
- Mumbai, Delhi and Bengaluru top the list of wealthiest cities in terms of private wealth

## Instagram makes accounts for users under 16 private by default

In a bid to give young users more safer, private experience on its platform, Instagram has made it hard for potentially-suspicious accounts to find young people and limiting the options advertisers have to reach young people with ads, along with defaulting people under 16 into private accounts. Instagram said, it is rolling out these changes in the US, Australia, France, the UK and Japan to start, and will look to expand to more countries soon.

- Starting this week, those under 16 years (or under 18 in certain countries) will be defaulted into a private account when they join Instagram
- For young people, who already have a public account on Instagram, the app will show them a notification highlighting the benefits of a private account, and explaining how to change their privacy settings
- The company said, it has developed new technology that finds accounts that have shown potentially-suspicious behaviour and stop those accounts from interacting with young people's accounts

### TECHAWAY



## TOKYO TALES



Pic: Reuters

Japan's Momiji Nishiya became one of the youngest individual Olympic champions in history when she won gold for the inaugural women's skateboarding at the age of 13 years on July 26. Some of the youngest athletes in the history of modern Olympics games are competing in Tokyo Games. Check them out...

## MEET THE YOUNGEST OLYMPIANS COMPETING AT THE TOKYO GAMES

### HEND ZAZA, 12, table tennis

Twelve-year-old Syrian table tennis prodigy Hend Zaza hails from a country ravaged by civil war. Zaza had defied all the odds to reach the Olympics.



Pic: Getty Images

KOKONA HIRAKI, 12, skateboarding  
Japanese skateboarder Kokona Hiraki is 12-years old, representing the country in the Tokyo Games.



Pic: AP

### SKY BROWN, 13, skateboarding

Thirteen-year-old skateboarder from Great Britain, Sky Brown is the youngest British athlete to ever represent the country in a Summer Games.



Pic: Getty Images

### SUMMER MCINTOSH, 14, swimming

Fourteen-year-old Canadian swimmer Summer McIntosh set a new national record when she finished a 400-metre freestyle heat in 4:02:72 at the Tokyo Olympics.



Pic: AFP

## INDIA AT TOKYO



India beat Great Britain 3-1 to enter men's hockey semi finals



Kamalpreet Kaur finishes second in discus qualification to make it to the finals

# Expert-approved ways to boost your KID'S IMMUNITY

Positive parenting



## EGGS

Eggs are a powerhouse of nutrients that keep the heart, muscle and skin healthy. Vitamin A and B2 (Riboflavin) in eggs are essential for the growth and development of kids. Calcium absorption and bone development are ensured by vitamin D present in it.

### BEST WAY AND TIME TO GIVE EGGS

The best time to consume eggs is at breakfast, lunch and supper. To make eggs interesting and fun, add bell peppers, mushrooms and other veggies; cook with butter and ghee. You can use different shape moulds to cook eggs to make them look more attractive to kids.

## DRY FRUITS, SEEDS & NUTS

Cashews, almonds, figs, raisins, walnuts and apricots are rich in essential fatty acids, which boost immunity and aid brain development.



### HOW TO FEED THEM TO YOUR KIDS

You can make nut powders and add them to soups and rice-based recipes.

Being a parent is not an easy job and it's a challenge to manage kids' nutrition on a daily basis. It's always good to give food to kids that keeps them healthy in their crucial growing up years. With a pandemic still on, it's especially important to encourage children to have food that ups their immunity levels. Here are some foods that you must give your kids and know how you can trick them into eating it

## CURD

Rich in probiotics and vitamin B12, curd helps stop the colonisation of the bad bacteria in the stomach and boosts immunity.



### HOW TO MAKE IT INTERESTING

Instead of serving plain curd, give your kids fruit yogurt, vegetables raita or boondi raita.

## TURMERIC

The curcumin in turmeric has anti-inflammatory properties. Studies have shown that daily consumption of turmeric is beneficial in treating asthma, allergies and various other conditions.



### ADD IT TO KID'S FOODS

You can add turmeric (preferably organic) to your child's milk, curries and subji, on a daily basis.

### HOW TO FEED IT TO YOUR KIDS

You can cut vegetables in different shapes to make it look cool. Make bite-size snacks and serve with hummus or home-made cheese dips. Kids copy what they see, so you eat it too.

## GREEN VEGGIES

Locally grown green leafy vegetables like curry leaves, drumsticks, coriander and spinach must be included in your kid's plate. These are rich in fibre, minerals, iron and zinc.



## EXPERT'S TIPS

- Do not give your kids foods with too much sugar as it can hamper immunity. Avoid sugar-based foods like sweets, sauces, fruit juices, packaged snacks and chocolates
- Maintain good sleep hygiene and inculcate sunlight exposure habits in children by making them play in outdoor areas in morning time for at least 30 minutes on 3-4 days

## GOOD FOOD

# Healthy beverages FOR MONSOON



Tea and coffee with some crunchy snacks taste great when it's raining cats and dogs. However, to keep your health in top gear, dietician Gauri Anand suggests five healthy drinks you can consume in the morning in rainy season:



## WARM WATER WITH LEMON

1 Drinking water with a couple of drops of lemon juice is one of the most natural, simple and affordable ways of improving health as well as starting the day in the morning.



## BERRY SMOOTHIE

3 A simple berry smoothie is a great way of boosting metabolism and getting your digestive system ready for the foods to be eaten for the rest of the day.

## NIMBU PANI WITH MINT

2 The high humidity in wet weather can be troublesome and people lose a high amount of water in the form of sweating. So, the potassium content in lemonade (with mint) will help you to maintain cholesterol levels.



## COCONUT WATER

4 This beverage is one of the most nutritious tropical fruits. Coconut water replenishes your body with its lost nutrients. Along with boosting immunity and getting rid of bad cholesterol, it also stimulates digestion.



## HONEY AND CINNAMON DRINK

5 A warm cup of honey and cinnamon drink is relaxing for mornings and it also kick starts your metabolism while calming down your nerves. Have it and stay healthy. TNN

Bingsu is a popular Korean dessert made with frozen berries, vanilla ice cream, ice and fruits like mango, kiwi and strawberries. Here's the recipe - try it out and enjoy the sweetness

## BINGE ON 'BINGSU'



Recipe

### INGREDIENTS

- 500 gm shredded ice cubes
- 1/2 cup mango
- 1/2 cup strawberry
- 2 scoops vanilla ice cream
- 1/2 cup kiwi
- 150 gm mixed berries
- 50 gm powdered sugar

**HOW TO MAKE**  
**Step 1: PREPARE THE BERRY SYRUP**  
Firstly, add the frozen berries to a pan. Then add 4 tbsp water and keep on medium heat. Once the mixture comes to a boil, add sugar and mix well. Mash the berries well to make a paste. Let it cook for a few more minutes until it forms a syrup.

**Step 2: ARRANGE THE**

**FRUITS IN A BOWL**  
Now place the shredded ice balls in two separate bowls. Place the diced fruits too - mango, kiwi and strawberries on the sides of the ice balls.

**Step 3: READY TO BE SERVED**  
Lastly, add one scoop of ice cream to each bowl and pour the berry sauce on top. Your Bingsu bowl is ready to be served. TNN

# UK government to reward those who lose weight!

When it comes to healthy living, regular workouts, eating green vegetables and fruits can make a lot of difference. For those living in the UK, adding these ingredients will now make them earn rewards from the government...

## Cash and coupons for eating fruits & veggies?

As per latest reports, the British government is planning to provide cash incentives, bonuses, and discount coupons to those who will adopt a healthy lifestyle. This is going to be a part of the weight loss services plan by the government to combat obesity. Prime Minister Boris Johnson has also been part of this movement and has pledged to lose weight. Under this initiative, the government will monitor fruits and vegetable intake of registered



people through an app. Also, the supermarket spending of the family will be monitored and those who will reduce their calorie intake by buying more fruits and vegetables will earn rewards.

## How it will work?

The Department of Health and Social Care will give £70m to NHS and local councils in England to pay up to 7,00,000 to overweight people to go on weight management courses. Interestingly, the health app will also track and award those who will take a short journey on foot to school or work. The initiative will start from January 2022 and besides financial rewards, there will be free tickets, cash-back, points on the health app, which can be exchanged for discounts and other incentives.

## SHARE YOUR VIEWS WITH NIE

Students, do you think a similar health initiative can work in India too? Is there a way to replicate this programme in a huge country with varied culture and eating patterns like India? Share your thoughts with us at: [toiniel75@gmail.com](mailto:toiniel75@gmail.com)

Studies say that two in three adults in UK are either overweight or obese. With reward programmes for eating healthy and losing extra kilos, the government is optimistic that it will help reduce the obesity rate within a few years!

## Competency based education a pressing priority

When I heard this sentence, I contemplated for hours on its relevance in the present situation and understood that focus from grades to learning; and emphasis on frequent meaningful feedback are what hold the utmost importance in today's scenario that empower students to take more responsibility for learning than in conventional models.

Competency Based Education (CBE) is not new as NCERT had already started working on it way back in 2017 through National Assessment Survey. According to a research, surprisingly only 19 per cent of engineering graduates were employed well in a recent past.



**BHAVNA ARORA,**  
Senior Coordinator Darshan Academy, Delhi

Thus, a need for learning outcome based approach was felt by NCERT and CBSE. Presently, various challenges facing high-

**We are not teaching grammar, we are teaching JOHN grammar...**

er education, combined with latest models and technologies, have brought a new focus on CBE and its implications.

In NEP 2020, there is a paradigm shift from syllabus to learning outcome based education. Previous traditional educational system is overtaken by experiential learning practices for students. The place of spoon feed facts and memorisation is taken by high order thinking, creativity and critical reasoning, from confinement of classroom teaching to hands on project learning and most importantly from fragmented curriculum to integrated curriculum. Lecture method with audio visual aids and even demonstrations have taken a back seat and what reigns supreme is the

practice by doing multi-sensory learning and student empowerment by allowing them to choose, do, analyse, create and self-assess. Joyful and interesting learner-friendly activities is the novel way to stay now as the teaching methodology.

This child-centred approach has inclusive, inter-disciplinary, collaborative and cooperative, reciprocal and peer learning which will be blended with ICT. The approach is so powerful that it helps students not only to internalise the learning outcomes but also to integrate it with other areas of their lives outside school.

Therefore, keeping learning development of students and other relevant aspects of higher education in mind, a well-defined and structured scheme of assessment has been introduced by CBSE recently for the current academic session for grades X and XII.

## COVID 19: A TEENAGER'S PERSPECTIVE

This Covid-19 period has been tough on all of us in different ways. These 15 months have had their own ups and downs, pros and cons.

As a student, this virus has had no impact on my academics or acted as a roadblock in my path to learning. On the contrary, it has given me the opportunity and time to explore more hobbies and pursue my interests. Sure, it has restricted my meeting with my friends in school and at the playground, but it has also provided me with the joy to spend more quality time with my family.



COVID-19 is a war, and it is a war that we will win with hope. Because hope is the one thing that can help us get through the darkest of times. I hope that this soon passes, and once again, we shall get together and cherish our life!

- AARUSHI MOHINDRU, IX B,  
The Air Force School, Subroto Park

## Bringing home the legend

On the occasion of International Nelson Mandela Day, class VII students of Manaskriti School, sector 82, Greater Faridabad, conducted a special assembly to commemorate the world leader and icon Nelson Mandela.

Starting with assembly regulars of briefing by the host about the assembly flow, the students sang the 'Manaskriti' prayer and read the news for the day, the students further detailed on the life and times



of Mandela. They brought it to a full circle by sharing the similarities and dissimilarities between the

approaches of him and Mahatma Gandhi too, both of whom have revolutionised generations of people in every field with their unique ideology.

A bird's eye view on the system of Apartheid and Nelson's role in eradicating it for which he was even imprisoned for 27 years was also shared. The whole assembly reverberated with a keen spark of inspiration and zeal as everyone participated in the quiz conducted by the Quiz Master, Vanshika of class VII.

## Grand Investiture Ceremony at Ryan

Ryan International School, sector-40, Gurugram held its grand Investiture ceremony virtually to entrust faith and hope in the newly appointed school council.

The day commenced by invoking the Almighty's blessings with verses from the Holy Bible and a special prayer for the torch bearers of tomorrow by conducting virtual assembly.

The esteemed guest for this occasion was Major Narendra Ku-



mar Atri. He was welcomed by linguistically diverse Ryanites in five different languages which enthralled each one present there.

School head Shivali Sharma conferred the new cabinet members by announcing their names along with designations to participate and shoulder the responsibility of leading by example. This was followed by the much anticipated oath-taking ceremony which was administered by the school head Shivali Sharma.

The ceremony further nurtured the visionary Chairman's vision of fostering leadership qualities among the Ryanites.

## Vani earns special mention in NYT vocabulary contest

Vani Miglani, class X, brought laurels to DPSG Meerut Road, Ghaziabad by bag-

ging an 'Honourable Mention' in the 'New York Times Vocabulary Video Challenge Contest'. The 'New York Times', an internationally acclaimed daily with a worldwide readership, organised this prestigious competition, which saw participation from more than 1500 students worldwide.



The competition required to innovatively define a word in a 15 second video, which would effectively educate, and delight at the same time. Vani participated whole-heartedly in this international competition and showcased her dynamic personality and intellect.

She rose to the challenge of doing it solo and bagged an honourable mention award. Passing through multiple rounds of judgement, Vani's video was recognised by name on the Learning Network!

## THE EDUCATIONIST

### The power of affirmations

Do you often find yourself imagining the worst-case scenarios? Do you struggle to think positively? Do you doubt yourself and find it difficult to believe in yourself? If your answer to these questions is Yes, then it is time you practice affirmations. Affirmations are the statements that we tell ourselves in order to feel better. An affirmation can shift your focus from negative to positive and improve your mindset.

Researchers have found that affirmations, which are deliberate thought-processes, can be turned into automatic thought-processes over time (Paulhus & Cooie, 1993). The studies on neuroplasticity have found that the human brain can change and grow even into adulthood (Demarin & Morovic, 2014). Affirmations should be repeated regularly in order to become automatic and be repeated in the future. Affirmations are suggested to be very good for an individual's well-being.

Affirmations are different for everyone as every individual is unique. Some of the common affirmations include:

- I am enough.
- I am worthy of love.
- I have the power to change.
- I am allowed to have my own needs.
- I am courageous.



**SHAZIA JIWANI,**  
Counselling Psychologist, Niraj Public School, Ameerpet, Hyderabad

The best way to use affirmations is to practice them on a daily basis. This can be done using an affirmation journal and few affirmations can be written each morning. Once you start journaling in the morning, you can then extend your affirmations to strengthen it. Starting a morning affirmation is the best way to develop more positive emotions and change your life for the better.

## Express YOURSELF

### MY MOON THALI



An appetising apple salad, hot hot puri, delicious dam-alo, A tasty tiny jamun, A mushy muffin, A mouth-watering manchurian, A melting vanilla scoop, A candle-light dinner, in my flavourful kitchen With my Moon thali.



**CH SIRI VENNELA, CP3,**  
Gitanjali Primary School, Hyderabad

### Painters' Gallery



**MAKING WAVES:**  
SYEDA ASILAH,  
class X, Springfields Intl School, Hyd



**RUSTIC: P SAI SREE,** class IV D,  
Little Flower High School, Hyderabad

## Parents day celebration at VSPK

Parents are those special people who possess immense patience to bring up their child in best possible ways. And thus, The VSPK celebrated parents day by honouring these inspiring souls. All the children of different classes came forward and joined the school in this gala event to ensure their parents' participation. The events were conducted under the guidance of the chairman. S K Gupta and manager Pramila Gupta. The directors Kapil Gupta and Pankaj Gupta gave new vision and pragmatic approach to these events. Fun games were organised

for the parents of the pre-primary and primary so that they can have some fun followed by a dancing session to evolve family togetherness and family bond. Children of classes II and III were given the opportunity to step into their



parents show and enact like them. All of them made their parents feel special and thanked them for their unconditional love throughout their life. Children of class IV and V wrote beautiful messages and made mesmerising cards to show their respect and gratitude for their parents. All parents were overwhelmed with these sweet gestures.

## LOVE FOR FATHER

Father's Day is celebrated in the honour and love of a father. Modern Era Convent celebrated Father's Day virtually with enthusiasm. Students of primary classes showcased their love and respect for their fathers through various activities such as singing, dancing, card making, non-fire cooking. The efforts by our tiny tots were well admired by everyone.



Students of classes VII, VIII expressed their love and gratification by making beautiful photo frames. Slogans and poems written by class IX were also commendable. Class X shared wonderful memories with their Fathers. Students of class XII wrote inspiring qualities of their fathers on the occasion. Students' fantastic performances made this online event a success.

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# GUTSY SATISH KUMAR SHOWS TRUE VALOUR



Satish Kumar exchanges punches with B. Jalolov of Uzbekistan during their men's super heavyweight over 91-kg boxing match

Photo: PTI

**In Olympic debut, India's first super heavyweight goes down fighting world champ Jalolov in QFs**

**A**badly bruised Satish Kumar (+91kg) put up a gutsy performance against reigning world champion Bakhodir Jalolov but it was not enough to upstage the rampaging Uzbek as the Indian boxer made a quarterfinal exit from the Olympic Games on Sunday.

## A brave performance

■ Taking the ring with multiple stitches on his forehead and chin after sustaining cuts in the pre-quarters, Satish lost 0-5 but the scoreline was not reflective of his brave performance. Satish, a two-time Asian Games bronze-winner and multiple-time national champion, had scripted history by just qualifying for the Games as he was the first super-heavyweight from India to achieve the feat.

■ The 32-year-old Army man stood his ground in the biggest bout of his career, occasionally managed to land a shot with his right hand but Jalolov dominated the proceedings all through, relying on his imposing demeanour and excellent counter-attacking game to sail through.

## Showed strong resolve

■ What stood out about the Commonwealth Games silver-winner was his resolve to fight it out. The former kabaddi player from Uttar

Pradesh's Bulandshahr did not hesitate to launch attacks despite the risk of his cuts opening up. Satish's forehead cut did open up eventually during the third round but he fought through even with that. "Satish was seriously injured with

13 stitches above his eye and on his chin. That he still decided to fight against the No. 1 boxer shows his courage and patriotism. Not many will take blows for their country like Satish did today. We are very proud of him," Boxing Federation of India president Ajay Singh said.



praiseworthy. Every punch that Jalolov connected added to his pain, he was feeling it all through. The Uzbek boxer is a special talent.

**SANTIAGO NIEVA,**  
Indian boxing's high performance director

■ Jalolov, a 27-year-old footballer-turned-boxer, also acknowledged his rival's bravery at the end of the bout by nodding in appreciation towards him after securing his maiden Olympic Games medal. Jalolov is also a three-time Asian champion, all those gold medals coming in succession to him since 2017.

■ With this the Indian men's boxing campaign came to an end in the Games.

■ Lovlina Borgohain (69kg) remains the lone pugilist in fray after having made the semifinals to secure India's first and only boxing medal of the ongoing edition.

■ On Saturday, it was a major disappointment for India when world number one Amit Panghal (52kg) bowed out of the event following a 1-4 loss to Rio Games silver-medalist Yuberjen Martinez of Colombia. An injured Vikas Krishan (69kg), and the debutant duo of Manish Kaushik (63kg) and Ashish Chaudhary (75kg) had earlier bowed out following opening-round losses.

■ Six-time world champion M C Mary Kom (51kg), two-time Asian champion Pooja Rani (75kg) and world bronze-winner Simranjit Kaur (60kg) had lost in the preliminary stage. ■

## OLYMPIC WATCH

August 2, 2021 | INDIANS IN THE FRAY

**ATHLETICS**  
Women's Discus Throw Final  
Kamalpreet Kaur

**WOMEN'S HOCKEY**  
Women's Quarter Finals - if qualify

**SHOOTING**  
Men's 50m Rifle 3 Positions  
Qualification: Sanjeev Rajput, Aishwary Pratap Singh

**EQUESTRIAN**  
Individual show jumping qualifier:  
Fouaad Mirza

## MIRZA FIGHTS FOR TOP 25

Indian equestrian places 22nd in cross-country, aims to qualify for individual show jumping



Photo: REUTERS

**I**ndian equestrian Fouaad Mirza picked up 11.20 penalty points and was placed 22nd after the cross-country round at the Olympics on Sunday. A good round in the individual show jumping qualifier on Monday will ensure that Mirza, India's only equestrian at the Olympics in over two decades, and his horse Seigneur Medcott remain in the top 25 and make the eventing individual jumping final in the evening. Mirza picked up 11.20 time penalties after a clear cross country round in the challenging Sea Forest Cross Country Course in the eventing competition, which took his total to 39.20. He finished the country run in just over 8 minutes.

In the equestrian eventing cross country individual, a participant has to complete the course within 7 minutes 45 seconds to avoid incurring time penalties. The lower the penalty points count, the higher the rider ends up on the table. Mirza and Seigneur started a bit late owing to a technical issue. The delay in completing the course saw Mirza incur a time penalty of 11.20 for cross country stage based on going over the allotted time for the course. After a spectacular dressage round, he was placed 9th on Saturday Mirza and his horse amassed 28.00 penalty points in dressage on Friday breaking into the top 10 at sixth position. The pair eventually ended the day tied seventh with Sweden's Louise

Romeike and her horse Cato 60 on points (28.00).

Mirza has one more event to go - show jumping - and he has to finish in the top 25 to qualify for the eventing individual jumping final. Great Britain's Oliver Townend is placed at the top of the standings, having incurred no time penalties on the course on Sunday, with 23.60 points on Ballaghmore Class. His compatriot Laura Collett too cleared the course with no penalties, finishing third overall after this stage with 25.80 points on London 52. Germany's Julia Krajewski was in second place after incurring 0.40 penalty points in the cross country stage, finishing with 25.60 points overall. ■

## ONUS ON RAJPUT, TOMAR TO SALVAGE SHOOTING CAMPAIGN

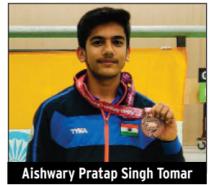
**S**anjeev Rajput and Aishwary Pratap Singh Tomar will look to round off on a positive note, what has been a forgettable campaign for the Indian shooting team, when they compete in the men's 50m rifle 3 positions at the Tokyo Olympics on Monday, India, who were expected to do well in shooting, are staring at the prospect of two straight Olympics without medals with only the men's 50m event still to go.

For this particular event, Rajput won India's first Olympic quota at the ISSF World Cup in Rio de Janeiro in 2019, while Tomar secured the second quota at the Asian Shooting Championship in Doha later that year.

While the 40-year-old veteran Rajput is appearing in



Sanjeev Rajput



Aishwary Pratap Singh Tomar

his third Olympics, world number two Tomar, 20 is making his Games debut. ■

## QUIZ TIME!

**Q1:** Who has won the National Women Online Chess title?

- Vantika Agrawal
- Arpita Mukherjee
- Sudha Rani
- Megha Singh

**Q2:** Yuto Horigome achieved the feat of winning the first-ever skateboarding competition at the Olympic Games. Which country does he belong to?

- Japan
- North Korea
- Indonesia
- Russia

**Q3:** Which one is not among the four new sports that have been introduced in the Tokyo Olympics?

- Sport Climbing
- Karate
- Chess
- Surfing

**Q4:** Who was named Sportsman of the Year at Indian Sports Honour for 2019?

- Shashi Kant
- Pramod Bhagat
- Deepa Malik
- Anshu Malik

**Q5:** Yang Qian, who took gold in final, belongs to which country?

- China
- Japan
- North Korea
- Netherlands



Photo: AFP

**Q6:** Who has been named as the Year at the annual AIFF awards 2020-21?

- Sarita Devi
- Manisha
- Bala Devi
- Tejas Nanda

**Q7:** Who won the Sparkassen Trophy at Dortmund?

- Viswanathan Anand
- Vladimir Kramnik
- Magnus Carlsan
- Ding Liren

**Q8:** Who won the British Grand Prix?

- Lewis Hamilton
- Max Verstappen
- Pankaj Advani
- L. Norris

**Q9:** Which team will represent India at the AFC Women's Club Championship 2020-21?

- Punjab FC
- Chennai City FC
- Gokulam Kerala FC
- Bengaluru FC

**Q10:** Which Indian-American tennis player has created history by winning the junior championship title at Wimbledon?

- Sanjeev Verma
- Abhimanyu Sharma
- Sanjay Mathur
- Samir Banerjee

**ANSWERS:** 1. a. Vantika Agrawal 2. a. Japan 3. c. Chess 4. b. Pramod Bhagat 5. a. China 6. c. Bala Devi 7. a. Viswanathan Anand 8. a. Lewis Hamilton 9. c. Gokulam Kerala FC 10. d. Samir Banerjee