

Read why it is important for kids to have highlynutritious food that are brain-boosters



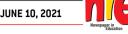
➤ What are your thoughts on 'Next in Fashion', the designing competition series aired on one of the OTT platforms



Ahead of the WTC final, NZ to rest key bowlers for 2nd Test against England



THURSDAY, JUNE 10, 2021



CLICK HERE: PAGE 1 AND 2

TIMES NIÉ **Answers Your Query**







regarding Covid-19 and vaccination from our experts, ► 'CLICK HERE' **OR VISIT** https://bit.ly/331RxDn

To ask queries

traces of black fungus found only in India? Also there are talks that black fungus has impacted people who are vaccinated. Is it true?

Black fungus is present everywhere in the world! It is found more in the tropical

subcontinent like India. No black fungus case has been found in patients who had both the doses of vaccination. Black fungus does not depend on vaccination, it depends on immunity status of an individual.



Nilanjana Singh Roy, Class X, Delhi Public School, Nacharam, Hyderabad

What are the side effects of Steroids?

In limited doses, steroids have immuno-suppressive and anti-inflammatory properties. Side effects of excess steroid usage include increase in glucose levels in the body and depression in immune response to a large extent.

EXPERT ADVICE GIVEN BY



Dr A Srikanth, Secretary, IDA, Hyderabad



Two months of second wave cost India 2% of GDP

he World Bank, in its Global Economic Prospects report, has lowered India's GDP for the current fiscal to 8.3%, down by almost two percentage points from its April forecast of 10.1%. The reason? "Significant



nomic damage from an enormous second Covid-19 wave and localised mobility restrictions since March 2021," the global lender said.

The report added that while "higher spending on infrastructure, rural development, and health, and a strongerthan expected recovery in services and manufacturing" will definitely aid in economic recovery, the second wave has caused a significant economic damage that "will undermine consumption and investment as confidence remains depressed and balance sheets damaged"

Jeff Bezos to fly to space next month on Blue Origin rocket

mazon's billionaire founder Jeff Bezos has said that he and his **brother Mark will fly on the first** crewed space flight from his rocket company Blue Origin next month. "Ever since I was five years old, I've dreamed of travelling to space. On July 20, I will take that journey with my brother," Bezos, who is one of the richest people in the world, said in an Instagram post.

■ The Blue Origin spacecraft, which is set to carry Bezos and others, has undergone 15 test flights, none of which had any passengers onboard ■Its New Shepard rocket and

capsule combo is designed to autonomously fly six passengers for more than 100 km above the Earth into the suborbital space, high enough to experience a few minutes of weightlessness and see the curvature of the planet before the pressurised capsule returns to Earth under para-



Bezos, who is due to

Amazon's chief on

July 5, will join the

for a seat on the

first space flight

from Blue Origin

winner of an auction

step down as

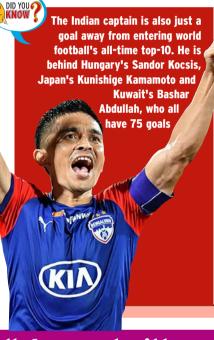
chutes

■The capsule features six observation windows and are nearly three times as tall as those on a Boeing 747 jetliner and the largest-ever used in space, Blue Origin said

PAST LIONEL MESSI'S TALLY OF INTERNA-TIONAL GOALS

ndian football's talisman Sunil Chhetri has surpassed Argentina's Lionel . Messi to become the second-highest active international goal-scorer with 74 strikes, adding another feather to his illustrious career. Chhetri achieved the staggering feat with his brace against Bangladesh in the joint preliminary qualifying-round match for the 2022 FIFA World Cup and 2023 AFC Asian Cup.

■ The seasoned striker, who helped India register their first win (2-0) in six years in World Cup qualifiers, now stands only behind Portugal's Cristiano Ronaldo (103) in the active international goal-scorer list ■ Chhetri leads Barcelona star Messi by two goals and sits a place above Ali Mabkhout of the UAE, who is third on the list with 73 strikes to his name



Twitter blinks, to appoint officers as required by law

The government's ugly fracas with Twitter over the new IT Rules may end, with the American microblogging giant said to have agreed to make key appointments in line with the statutory requirements. The officers would be based out of India, although they are likely to be the employees of the parent company (headquarters) instead of the Indian operations, top sources told TOI.

Bezos, fellow billionaires Elon

Musk and Richard Branson, have

been investing billions of dollars on

their rocket startups, but Bezos will

be the first of the three to actually

travel into space on a rocket devel-

oped by his own company

■ Twitter is believed to have communicated its willingness to the government through an official communication, though it's not clear how much time/relaxation





INDIA AMONG TOP 3 ASIAN NATIONS AFFECTED BY DNS **CYBER ATTACKS**

India is among the top three countries in Asia which experienced highest cost of DNS (domain name system) attacks in 2021 to date, as nearly 90 per cent of organisations globally experienced DNS attacks, with the average cost of each attack around \$950,000, a new report has showed.

Asia recorded an increase of 15 per cent in average cost of a DNS attack, incurring a cost of \$908,140, up from \$792,840 the previous year **■** Countries which saw significant increase in damages included Malaysia, which increased by

78 per cent, the sharpest increase, as well as India, which saw a significant increase of 32 per cent from the past year, according to the report by EfficientIP, a leading provider of network security and automation solutions

■ The report, conducted in collaboration with the IDC, showed that organisations across all industries suffered an average 7.6 attacks this past year amid the pandemic

'Cruella' sequel with director Craig Gillespie in the works at Disney

Imost two weeks after the release of Emma Stone-led 'Cruella', Disney Studios has already started working on a sequel, with director Craig Gillespie and screenwriter Tony McNamara both expected to return. According to Variety, it is still unclear if the Oscar-winning actress would reprise the lead role in the proposed sequel.

Entertainment 'Cruella', which stars



Hundred and One Dalmatians' villain Cruella de Vil, debuted in theatres in the US in May, and was simultaneously released on streaming platform Disney Plus

It opened to positive reviews and has minted \$32.4 million domestically and \$48.5 million



THURSDAY, JUNE 10, 2021

Best brainboosting food for kids

The brain, like the rest of the body, absorbs nutrients from the food we eat. So, it's crucial for kids to have nutritious foods that are good for brain. Dietician Vidhi Chawla suggests some healthy options:

Oats/oatmeal

Oatmeal and oats are excellent sources of energy and 'fuel' for the brain. They are high in fibre, which keeps kids satisfied and prevents them from snacking on junk food. They're also high in vitamins E, B complex, and zinc that helps kids' brains function at their best. Use any topping, such as apples, bananas, blueberries or even almonds over it.

Oily fish

These are high in omega-3 fatty acids and are beneficial

necessary components of the cell's building blocks. Fish such as salmon, mackerel, fresh tuna, trout, sardines, and herring are high in omega-3 – have at least once a week.

Milk, yoghurt and

cheese

Milk, yoghurt, and cheese are high in protein and B vitamins, which are necessary for the growth of brain tisfor brain development sue, neurotransmitters, Omega-3 fatty acids are and enzymes, all of

Eggs are high in protein and as an added bonus they contain choline, vhich aids memory

which play important roles in the brain. These foods are also high in calcium, which is also necessary for the development of strong and healthy teeth and bones. Children's calcium requirements vary depending on their age, but two to three calcium-rich sources should be consumed each day. Don't worry if your kids don't like milk; there are other ways to include dairy in daily diet: when making porridge, puddings, or pancakes, use



Tips to score merit ranks in

thorough study plan by

lympiad exams are worldwide competitive examinations that help in developing critical skills and enhancing academic knowledge among the kids. Leadership, goal-setting, critical and logiother 21st-century skills are assessed and imparted to young kids through global Olympiad Exams such as the International Science Olympiad (ISO), International Maths Olympiad (IMO), English International Olympiad (EIO), and others.

GET THE BEST OLYMPIAD STUDY MATERIAL

When it comes to Olympiad Exams, smart and persistent studying with best Olympiad books are the keys to success. Parents should make their kids indulae in solving Sample Question Papers and Previous Years' Olympiads Questions for extensive practice. This will familiarise them with the paper pattern, typologies of guestions and the difficulty levels.

DRAW A TIME-TABLE

Students who are preparing for any Olympiad should follow a developing a comprehensive approach for each topic. Besides that, parents should also make sure that no hindrance is caused, unless necessary, in the child's timetable.



But it should not just revolve around studying. A healthy timetable should also contain at least three breaks of 15 to 20 minutes each.

HELP CHILDREN WITH THE UNDERSTANDING **OF THE CONCEPT**

Here, parents should help their children in understanding the indepth concepts and solving problems. Also, taking doubt sessions is an effective practice that can be incorporated by parents. This can be done by creating a safe space for the

Most of the problems in the

most?

study each topic thoroughly to get a thorough comprehension of the concepts and logic at work. Only meticulous preparation will enable students to feel confident and capable of

Olympiad tests are based on

should make sure that children

conceptual facts. Parents



answering the difficult questions that will be posted in any competitive test.

INTRODUCE INTEREST-ING WAYS TO MEMO-RISE THE FORMULAE AND THEO-REMS

While preparing for Maths and/or Science Olympiads, kids take time to memorise the important formulae and theorems. Parents should think of interesting ways to help the

students memorise. For example, everyday quizzes, random pop-up questionnaires, and more. Writing is also a great way to memorise important concepts. Dictating theorems and making the children write can also help.

REVIEW THEIR ANSWERS AND NOTES

Olympiads, or boards, one thing is evergreen and consistent - revision notes. Because the Olympiad examinations are based on the school's curriculum, kids should be in the habit of taking down notes and memorising key facts for each topic covered in class. Here, parents should review their child's answers and notes, and encircle any mistakes to help in rectifying them. This brief



practice will

The one who finishes reading a book

THE COLLECTOR

THE HOARDER

new books, even if they haven't finished reading the books which they already have.

THE WEEK-

too busy to read

Which type of reader are you?

There are ten kinds of readers and their peculiar traits. Which one do you relate to the most?



THE QUICK READER

too soon!

THE BORROWER

The one who prefers borrowing books from friends, family or libraries rather than purchasing them.

The one who loves collecting rare books and editions.

THE BOOKWORM

The one who is always seen with a book - indoors, in a cafe or while travelling.

The one who loves buying

END BINGE READER

The one who is anything during the

week, but their weekends are fully booked for binge reading sessions.

THE SNOB

The one who reads 'sophisticated literature' and judges others for their taste in books.

THE OLD-SCHOOL READER

The one who always prefers reading physical books over e-books, no matter what.

THE LOYALIST

The one who is committed to their favourite authors and only reads their books.

THE COMPULSIVE READER

The one who reads anything within their reach - from newspapers, fliers, books to even instructions written at the back of a shampoo bottle. They read anything and

almost

everything. TNN

QUIZ TIME (GEOGRAPHY) lowing towns is eastern-

Q.1) Which of the following group of countries is most famous for exporting wool and meat? A. Sri Lanka, India

C. India, Cuba D. America, Egypt Q.2) Which of the following latitudes

B. Australia, Argentina

is the longest? A. O degree B. 2 degree

the fol-

C. 3 degree D. 7 degree

Which of

Q.4) Two places on the same meridian must have the same...

A. Ranchi B. Jamshedpur

C. Patna D. Bokaro

A. Solar time B. Length of winter

C. Length of summer

D. Length of time Q.5) Where is Dead Sea situated in the following

continents? A. Asia B. Africa C. Europe D. Arab

1. B) Australia, Argentina 2. A) O degree 3. B) Jamshedpur 4. A) Solar time 5. A) Asia

KNOWLEDGE BANK



Caladium

This is a genus of flowering plants in the family Araceae. They are often known by the common name elephant ear, heart of Jesus, and angel wings. There are over 1,000 named cultivars of Caladium bicolour from the original South American plant. The genus Caladium includes seven species that are native to South America and Central America, and naturalised in India, parts of Africa, and various tropical islands.

EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinie175@gmail.com





CHECK YOUR APTITUDE What is the unit of magnitude and a what?



measurement used in physics for speed? A. Meter per second B. Meter C. Hour D. Second per meter

Velocity is a vector measurement because it has both a

What do we come speed of an object at a specific moment in time?

D. Average speed

A. Direction B. Time

C. Speed D. Temperature

What do we call the

A. Instantaneous speed B. Pinpoint speed

C. Top speed

B. Speed of distance C. Speed of wind D. Speed of gravity

/ What constant

measurement of

speed is represented

by the letter 'c'?

A. Speed of light

1. Meter per second 2. Direction 4. Speed of light

THURSDAY, JUNE 10, 2021

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

STRESS MANAGEME

DR. UMA DHERE, TEACHER, HANSRAJ MORARJI PUBLIC SCHOOL, ANDHERI WEST

n today's world the word stress is treated as if it is the most common thing that can happen to anyone, that if you don't stress about things in your life it may seem as if you are not dealing with any problems or your life's ship is sailing smoothly without any hurdles. So, in short stress is supposed to be a proof that your life isn't the easiest to live or you are also dealing with problems like everyone else. Stress has become a thing over people feel they belong somewhere, that they have connection with the other people in this world. The fact that most of us have attained the first step of stress management just by acknowledging it, we don't know what to do next.

In fact, the simple realisation that you're in control of your life is the foundation of stress management. Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun - plus the resilience to hold up under pressure and meet challenges head

It is very important to identify the source, the cause of your stress this may not be as easy at it sounds as most of the times the source isn't that obvious, yes the deadline of an assignment, finishing date of a job, etc all these are situations that tend to stress people out but these are just the few causes of stress not the source from where it grows. Its very easy to overlook the actual cause of your stress. So, to identi-





fy the cause you have to look closely at your habits, attitude, behaviour, excuses, you have to look deep inside yourself to find the source.

Until, you don't take responsibility for the role you play maintaining it or creating it, your stress level will remain outside your control zone. To get control over it, ask your self-questions like what causes it? How do you feel physically, mentally or emotionally? How you acted in response? Did it make you feel any

Look at how are you currently coping up with your stress. What are the ways you cope with them? Are those ways healthy or unhealthy? If they are unhealthy ways like smoking, drinking, over-eating or under-eating, zoning out for hours in front of the TV or computer, withdrawing from friends, family, and activities, using pills or drugs to relax, sleeping too much, filling up every minute of the day to avoid facing problems, taking out your stress on others then you need to look at how you can give up these habits and replace them with healthy ways like reading a book, going out for a walk, surrounding yourself with positive people, write a journal, call a good friend, take a long bath, get a message, dance, listen to music, etc. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your

> It might be difficult in the beginning but the taking the first step is all you need to ensure that you will end up in the right direction, the first step to change is the one that will give you courage and motivation on

Post COVID opening up -Challenges & opportunities

DR. USHAVATI SHETTY, PRINCIPAL, NAVODAYA ENGLISH HIGH SCHOOL & JR. COLLEGE, THANE

hanks to the pandemic pre schools schools, colleges and all educational institutions have experienced a sudden and unprecedented disruption. Most of the educators were taken by surprise by the abrupt closure of schools and colleges. Teachers had to switch gears from the conventional chalk and talk to the digital mode.

Present day students are truly digital natives with technology being an integral part of their daily lives. But most of the teachers especially the older generation have experienced a steep learning curve trying to understand the nitty gritties of the digital platforms like zoom, google meet, teams, juggling between conducting classes and editing videos and trying to make learning more interactive and fun for their students. Despite initial challenges, Teachers have emerged adept at this task. Educators have risen to the challenge of returning to their roots to find fresh ways to spark creativity and interest in learning, and also re-evaluate and rethink their current teaching and learning practices.

Schools have also been conducting most of the co-curricular activities such as online competitions in recognition of the vital role that these activities play in character and skill development amongst students.

The global nature of this pandemic has also made the world a smaller place. Webinars across the globe, educators collaborating across the borders have become the new normal. Exchanging ideas and strategies have become much easier. At the same time, the emotional health of students and teachers needs to assume greater

The blended approach to learning will help all types of students, since they will have the opportunity to engage with different types of content such as video, audio, presentations, thereby increasing the ability to personalise learning. With information being readily available just a click away, the role of a teacher moves from knowledge provider to facilitator and mentor in helping the kids become life-long learn-

Technology will be useful in effectively reducing the time spent by teachers on tasks such through this together!



as paper-setting, evaluating and grading. This will help the teachers focus more effectively on teaching and course improvement. Online teaching will have to be very interactive to keep the students engaged.

Social Distancing Norms will have to be followed very strictly. Considering the population the vaccination process might take a couple of years to be implemented. As and when the educational institutions open up after Covid-19, the new social distancing rules will necessarily change the existing ways of imparting education. Schools might consider working in shifts, classrooms will follow strict sanitization processes and social distancing will become a norm for all activities.

Unable to hang out with their friends, peers and classmates like they used to, and not being able to expend their energy on sports, must not be easy on them. Focus should be given on physical education as well as mental health of students as well as teachers. It is important that as teachers we take the responsibility to equip them with suitable coping mechanisms and help them to build and strengthen their connections with supportive adults, including their teach-

We are in this together and we will get

nother weekend has presented itself at your doorstep. All you want to do is meet your friends, go out, have fun - and instead, you have to stay at home, locked indoors.

So, this weekend, go through photo albums and old pictures. Open the box where you've kept those birthday cards and friendship bracelets. Looking at the embodiments of those good times with your friends, you'll feel tears sting the backs of your eyes. You'll miss them immensely. But then, maybe you'll remember that one silly joke you shared with your friends, and you'll laugh, hugging an old picture to your chest.

Schedule video calls with your friends. Tell them how much you miss spending time with them. Laugh and joke



about the good times you had, share those memories with each other. Make plans to meet once more, and see how your nostalgia is replaced by euphoria in an instant.

Unlock the vault of memories in your heart, and let yourself feel how much you miss everything about the pre-pandemic life.

Pia Oza, class X, SSPM's Sri Sri Ravishankar Vidya Mandir, Borivali East

THE IRREVERSIBLE UNDO BUTTON

oday, we humans are besieged by our own technological developments. Be it ordering online groceries or creating your own blogs; everything's just a click away. What took days and months and years, has just become a matter of few minutes or even seconds! All thanks to the software developers and tech-savvy people, especially today's generation, who are digitalising the world by leaps and bounds.

Just in case, we click any wrong button acci-

dentally, we always have the option to go back. Basically, we can "undo" our selections and we are saved from any sort of mishaps. But think is the "undo" button always handy? Consider the words we speak. Can we take them back? No! Words are like arrows or bullets; once shot, they cannot be stopped. The "undo" button cannot reverse the words. A single, harsh, callous word can create deep, unhealing wounds. There's no point of speaking gentle words later as they can just



cover the wounds but not heal them. It's rightly quoted by Robin Sharma, a Canadian writer, "Words can inspire. And words can destroy. Choose yours well.

Varada Shendye, class X, SSPM's Sri Sri Ravishankar Vidya Mandir, Borivali East



DREAMS

People told her to stop dreaming, But for her that as more encour-

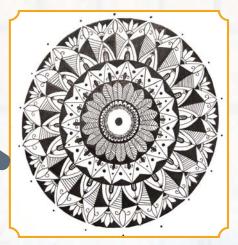
aging. To prove people wrong, She wrote her first song. It went viral, she got instant fame, what may, With respect people took her

She said follow your dreams come Where there's a will, there's a

RADHIKA CHOPRA, class X, Fr. Agnel Multipurpose School, Vashi

name.

Painters' Gallery

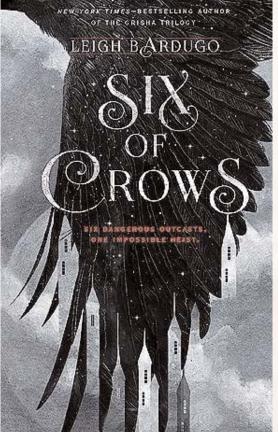


AARYA BHANUSHALI, class X, S.V.D.D. English medium high school



ISHITA KARKHANIS, class X, Carmel convent High School, Badlapur

BOOK: SIX OF CROWS BY LEIGH BARDUGO



hat happens when a brutal and young gang leader, a girl who thrives in shadows and has a troubled past, a gunslinger with a penchant for gambling and a secret, a girl who can kill without touching, a witchunter who happens to be a traitor to his country and a runaway rich heir who can make a mean explosive, set out on an impossible heist? Well, one needs to read six of crows to find out. And I'll say this, it's a young adult masterpiece.

The settings of a steam punk fictional Amsterdam called Ketterdam, characters with flaws that make them so human and reachable, impossible conflicts and their ingenious solutions; all make the journey all too enjoyable and delightful. Leigh does a stellar job of story-telling and the plot twists. The book has some really memorable and high strung moments along with equally hilarious ones. So, if you're into heist stories with a group of motley thieves and criminals, Six of crows is waiting for

Aarya Bhanushali, class X, S.V.D.D. **English Medium Secondary High School**



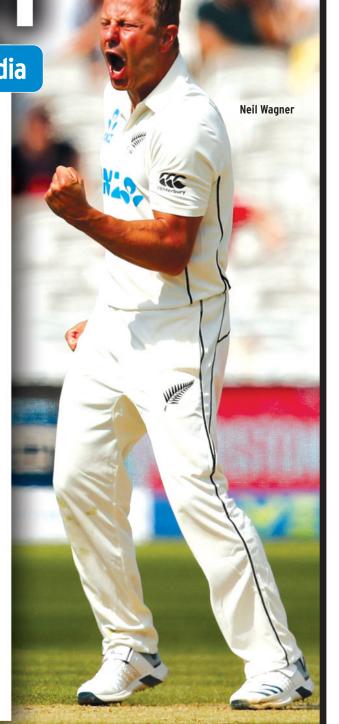
country. It's only fair that they can switch off," said the source.

The break can rejuvenate them as a series against England can be very daunting. "That kind of set-up is very important before we go into a lengthy series. Test series in England can be challenging and daunting so we want to have most amount of time before that series." before leaving for England.

him in this game," Stead added. "Things did change when he got here or from the information we had initially. It's good news for us. "The best thing for Trent is to get out there, get the Dukes ball in his hand and show

Bowlers may be rested

- New Zealand can now easily rest one of their other key bowlers Tim Southee, Neil Wagner and Kyle Jamieson. It won't be a surprise if more than one among them does not take field. "They (bowlers) have all scrubbed up pretty well, but it doesn't necessarily mean they will play in the next match," New Zealand head coach Stead said ahead of the second match. Matt Henry, Doug Bracewell and uncapped Jacob Duffy could be the replacements for
- "With an eye to the (WTC) final we want to make sure the key bowlers who we think will take part in that game are fresh, raring to go and ready for that first ball of the match versus India. "We've got a squad of 20 obviously. So, a lot of guys have played Test cricket before. Matt Henry is here, Daryl Mitchell is here, Doug Bracewell, Ajaz Patel...there're guys in and around the squad who've played for us in the past. "So, again, we're having those discussions with them about what's best for them given training loads, playing loads and readiness for that match," Stead said.
- The second test between England and New Zealand starts on Thursday with crowds of 18,000 a day expected at Edgbaston. AGENCIES



INDIAN SHOOTERS READY TO DEAL WITH STRICT TOKYO RULES

resume play

Pacer Trent Boult is now available

for selection for the final match of the

series. Boult, who was initially due to

miss the England series following a

post-IPL break, joined the squad late

last week and is expected to play af-

ter completing isolation earlier than

expected due to updated quarantine

protocols. "Trent's back and available

to be selected and it's likely we'll play

The Indian shooting team is prepared to deal with strict rules that await them when they reach Tokyo for the **Olympic Games in July**

ith gun and ammunition laws in Japan being very strict even for their own citizens, the Olympics organizers have set a cap on the number of ammunition a shooter can carry for the Games along with many other arms related rules. Tokyo will allow each shooter to carry not more than 800 rounds of ammunition for trainthe number of ammunition allowed during the 2016 Rio and 2012 London Games.

However, Indian shooters will have no trouble with the limited number of ammunition, say the coaches. "Looking at the way we have been planning our training, 800 rounds are sufficient. The training sessions a week before competition will be low high in quality and intensity. It will be just to get them

acclimatized to that range and conditions and to ensure everything is in order,' said pistol coach Ronak Pandit.

He added shooters are firing more shots in the camp at Zagreb and was confident fire more at Tokyo



have any problem with the limit," he added.

Rifle coach Suma Shirur said though a $50 \mathrm{m}\,\mathrm{rifle}\,3$ position shooter needs around 200shots for a match, it still won't be a problem for them. She also said that all the rifle shooters have got their ammo after getting their barrel tested. "All the shooters have had their barrels tested for suitable ammunition. For some, it was done at the Delhi Ranges during

the Olympic training camps, while others got it done home ranges.' rules in Japan are strict, barring the Asian Airgun Championships in 2017, the coun-

Photo: GETTY IMAGES

INDIA DROP CHINESE

The Indian Olympic Association (IOA) has dropped Chinese sportswear maker Li Ning as its official kit partner citing public sentiment in the country. The athletes will wear unbranded apparel at the Tokyo Games instead. Chinese companies have faced a backlash in India after 20 Indian soldiers were killed in a clash with Chinese forces last year. The IOA unveiled an Olympic kit made by the Chinese company six days ago but said on Tuesday it had ended the association. "We would like our athletes to train and compete without having to answer questions about the brand," a statement added.

SPONSOR FOR KITS

PARALYMPIC GAMES: THREE INDIAN SHUTTLERS QUALIFY

para player from Jaipur in Rajasthan, was allotted Paralympic Games quota place in men's singles short stature 6 (MS SH 6) category by the Badminton World Federation (BWF). Parabadminton players Tarun (SL 4) and Pramod Bhagat (SL 3) have also qualified in their respective groups.

"It is a big achievement for me. I have been training hard for the past one year and earning a ticket Paralympics Games. Palak, for the Tokyo Paralympic Games is a dream come true," the

Nagar, winner of bronze medal at the 2018 Asian Para Games, said he will continue to train hard to achieve good results in Japan. "I am attending a camp in Lucknow. The facilities are good in the camp and I hope rigorous training sessions in coming weeks would further polish my skills," he said.

Last month, para-badminton player Palak Kohli also qualified for Tokyo 18, will pair with veteran badminton player Parul Parmar in women's dou-22-year-old Na- bles event SL3-SU5. IANS

QUIZ TIME!

1. This team won their first-• ever Asian Cup, by defeating Japan recently. Name the team. a) South Korea 🔲 b) China 🖵 c) Qatar 🔲 d) India 🔲

Q2. Which Indian footballer surpassed Lionel Messi's record to become the second-highest active international goal scorer? a) Sunil Chhetri 🔲 b) Gurpreet Singh Sandhu 🖵 c) Anirudh Thapa 🔲 d) Ashique Kuruniyan 🖵

3. Who won the gold in the 75kg category of Asian **Boxing Championships?**

a) Lovlina Borgohain 🔲 b) Pooja Rani 🖵 c) Simranjit Kaur 🔲 d) Nikhat Zareen 🖵

Q4. Name the youngest Indian para-badminton player in the world to qualify for Tokyo 2021 Paralympics?

a) Parul Parmar 🔲 b) Palak Kohli 🖵 c) Manasi oshi 🔲 d) Leani Oktila 🖵

Q5. Who is the only Indian listed in the Forbes' Top 100 highest-paid athletes of 2020? a) Virat Kohli 🔲 b) PV Sindhu 🖵 c) Neeraj Chopra 🔲 d) Abhinav Bindra 🖵

Who created the new world record in men's 5km road run in 12 minutes 51 seconds in Monaco?

a) Kenenisa Bekele 🔲 b) Jacob Kiplimo 🖵 c) Eliud Kipchoge 🔲 d) Joshua Cheptegei 🖵

respective

Since

try has not hosted

any major tour-

How many French Open



Nadal won to date?

Name the player who won the All India National "A" level Snooker Championship 2021. a) Sourav Kothari 🔲 b) Pankaj Advani 🖵 c) Aditya Mehta 🔲 d) None of the above 🖵

• Which Indian player 7. became the fastest Indian spinner to take 100 wickets in 58 ODIs?

a) Ravindra Jadeja 🔲 b) Ravichandran Ashwin 🖵 c) Kuldeep Yadav 🔲 d) Axar Patel 🖵

Which football club won the Spanish Super Cup 2021?

a) Atlético Madrid D b) Liverpool FC D c) Sevilla FC 🔲 d) Athletic Bilbao 🔲

11. In Bicycle Racing, what is the main body of riders called?

a) Pursuit 🔲 b) Jockeys 🖵 c) Peloton 🔲 d) None of the above 🖵

In which Sport would ← one find a Loppet? a) Skiing \square b) Ice skating \square

c) Speed skating \Box d) Snowboarding \Box

1. c) Qatar 2. a) Sunil Chhetri 3. b) Pooja Rani 4. b) Palak Kohli 5. a) Virat Kohli 6. d) Joshua Cheptegei 7. c) 13 8. a) Sourav Kothari 9. c) Kuldeep Yadav 10. d) Athletic Bilbao

11. c) Peloton 12. a) Skiing