THE TIMES OF INDIA

Have a Big E-dea on how you can make a difference this environment day? Tell us, and you could feature in a live interview with NIE!



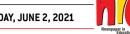
Your travel plans may be on hold during these pandemic times, but how about reliving them by reading your peers' experiences



Federer returns to French Open with a win



WEDNESDAY, JUNE 2, 2021



CLICK HERE: PAGE 1 AND 2

CBSE CLASS XII BOARD EXAMS **CANCELLED FOR THIS YEAR**

he government on Tuesday decided to cancel the CBSE class XII Board exams amid the continuing Covid-19 pandemic across the country, with Prime Minister Narendra Modi asserting that the decision has been taken in the interest of students, and the anxiety among the students, parents and teachers must be put to an end. The decision was taken at a high-level meeting chaired by Modi in which it was decided that the CBSE will take steps to compile the results of class XII students as per a well-defined objective criteria in a time-bound manner. With the decision coming amid a high caseload of Covid-19 cases in several states and continuing health-related apprehensions about the future, Modi said the health and safety of students are of utmost importance, and there would be no compromise on this aspect. Referring to the wide consultative process, Modi expressed appreciation that a student-friendly decision has been reached after consulting all the stakeholders from across the length and breadth of the country. Agencies



Students would be evaluated based on an objective criteria, which would be announced at a later date. As for the students who wish to appear for the examination, CBSE would conduct the exams for all such students at a later date when the situation is conducive, government said.

STUDENTS POLITICIANS **WELCOME THE DECISION**

The announcement comes as a huge relief to lakhs of students. who have been rallying the government requesting the same. Political leaders, including Delhi CM Arvind Keiriwal and Omar Abdullah welcomed the decision. Taking to twitter, Kejriwal said, "I am glad XIIth exams have been cancelled. All of us were very worried about the health of our children. A big relief"

WORLD ENVIRONMENT DAY SPECIAL



We do not inherit the earth from our ancestors, we borrow it from our children.

Native American Proverb

ith children coming to the forefront of environment activism and debate, this WORLD ENVIRON-MENT DAY (June 5), we have a SPECIAL EDITION for you that is all green – in spirit at least. You get plenty of greenspiration from students doing their bit, books, movies and documentaries, trivia, eco warriors, reasons to be hopeful, and how you too can make a difference. Get ready to go green.

I TOO AM AN ECO **WARRIOR**

Students tell you their little green deeds that can make a big difference

HOLD ON TO HOPE

Even as the news cycle doesn't bode well for Mother Earth, we tell you news that gives you reason to be positive

HERE COME THE PLANETEERS

Famous eco warriors - past and present. Read up to get inspired **HOW CAN I HELP** Online campaigns, petitions, initiatives, channels to follow that can help you do your bit for the world,

even while sitting at home **MY GREEN READS**

You recco, we read. Share your green reads with us... Also want to green your reading routine, we tell you how... Green sports personalities, inspiring celebs, lots of trivia and MORE

GET READY TO GO GREEN

WHERE DOES 99% OF **OCEANS' PLASTIC GO?**

eo Florence Onda, a Filipino oceanographer, recently made the firstever journey to the third deepest ocean trench on the Earth-The Emden Trench. He was surprised to discover plastic during his exploration. Aong with Victor Vescova, an American explorer, they reportedly explored the trench over a 12-hour period and were surprised to find plastic all over. Here's how plastics are getting deposited...



According to a

study, approximately 8

million metric tons of

plastic enter the

every year.

Plastic bags

have an average

'life' of 15

minutes before

it becomes

waste, but it

takes 1,000

decompose

years to

ocean from land

THE SEAFLOOR SEDIMENT SAMPLE: According to experts, garbage may be depositing in seafloors. If reports are to go by, the sediment sample was taken from Santa Barbara Basin, California, in a box core markings representing the years 1834-2009. The plastic deposition in the sample doubled in volume every 15 years between 1945-2009.

IN TOO DEEP? Recently a plastic bag was found 2,500m below the surface of the Arctic Ocean. Similarly, Onda and Victor found plastics, pants, shirts, a teddy bear, and packaging items in the Emden Trench. An examination by researchers revealed that in future more plastic waste will accumulate in deep sea canyons than in open-slope environments

Microplastics have become part of our geologic record and food web, as they have been found in placenta of unborn babies; guts of marine animals; dust particles in the air, and drinking water

No vaccine for climate change: Doctors urge global action against climate-linked health risks



Saturday demanding that authorities in all countries recognise and act to counter the health risks of climate change. Signed by more than 1,100 health professionals from around the world, the text slammed the "inertia, inaction and the abyssal distance and actions". It de-

manded that health authorities in every country, who are curently taking part virtually in ne main annual meeting of the WHO member states, "publicly state that climate change is putting people at risk of death, and ct now to preserve life."

institutions - including WHO have warned us: climate change and the loss of biodiverworldwide," the petition said. Health

vorkers worldwide are already between speeches Environment "confronted

To make the point, the petition came in an envelope decorated with a drawing of a healthy human at 37 degrees Celsius (98.6 Fahrenheit), then "sick" if two degrees were added, in "mortal danger" at +4C and at +5C, "too late", followed by the words: "Same with the planet"

communities," they said.

"The list of ailments they

suffer from is getting longer

every day. "We are seeing more

diovascular diseases due to pol-

luted air, loss of working days

and deaths due to heat waves,

lack of quality food, and diar-

rhoea and intoxications due to

polluted drinking water

over- and undernutrition due to

and more respiratory and car-

Covid-19 has no credible natural ancestor, was created by Chinese scientists in Wuhan lab: New study

new study has claimed that Covid-19 has no credible natural ancestor, and was created by Chinese scientists in a Wuhan lab, who tried to cover their tracks by reverse-engineering versions of the virus to make it

look like it evolved naturally. British Professor Angus Dalgleish and Norwegian scientist Birger Sørensen, wrote in their paper that they have prima facie evidence that China retro-engineered the virus. However, their study was ignored by academics and scientific journals. The study accuses China of deliberate destruction, concealing data, and says that scientists who talked about the unnatural origin of the virus were silenced.



According to a report by Daily Mail, Dalgleish and Sørensen discovered 'unique fingerprints' in the virus while analysing Covid-19 samples last year, while they were trying to create a vaccine. ■ The study claimed that Chinese scientists applied a natural coronavirus backbone found in

spike protein which transformed it into a deadly, highly transmissible SARS-CoV-2. In the 2002 SARS1 epidemic, a bat virus had spread first to civets and from them to people. A similar bat virus also caused a second epidemic of MERS in 2012. ■ Human H1N1 virus -the same flu that caused the 1918 pandemic, leaked in 1977 in the Soviet Union and China and spread worldwide

bats and added a new

◆ Earlier, top US infectious disease expert Anthony Fauci said he is "not convinced" Covid-19 developed naturally

+ Fauci said, he was in favour of an investigation to find the origin of Covid-





ovid-19 Pandemic situation has pushed us to rethink our responsibilities towards the environment and our well-being with an urgency. As the world celebrates World Environment Day 2021 with the mantra, 'Reimagine, Recreate and Restore,' we invite you to click here and bring a change with Toistudent.com

ReImagine 'Reimagine 2030 with The Use Of

Clean Energy'. Write, Paint or Make a video. Log onto the Your Corner and Hall Of Fame section of the website and send in your entries

ReStore

Take the reigns in your hand and restore the ecosystem of your choice. PICK ONE FROM ■ Forests ■ Rivers and lakes ■ Oceans and coasts ■ Towns and

cities Mountains Share your ideas on how would you want to restore the balance

ReCreate

Recreating from waste has been a big theme during the pandemic. Tell us how have you been reusing from the waste- whether it's making plant pots from plastic bottles or compost for your terrace garden

IN YOUR ENTRIES BY JUNE 4 AT TOINIE175@GMAIL.COM AND TIMESNIE175@GMAIL.COM WITH YOUR NAME, CLASS, **AND SCHOOL**

s people across the globe grappled with higher levels of stress, depression and anxiety this past year, many turned to their comfort foods - ice cream, pastries, pizza and so on. But studies in recent years suggest that the sugar-laden and high-fat foods we often crave when we are stressed or depressed, as comforting as they may serotonin and dopamine, which seem, are the least likely to benefit our mental health. Instead, whole foods such

as vegetables, fruit, fish, eggs, nuts and

seeds, beans and legumes and fermented

REVELATION Can food improve mood?

ver the years, a growing body of research has provided intriguing hints about the ways in which foods may affect our moods. A healthy diet promotes a healthy gut, which communicates with the

brain through what is known as the gut-brain axis. Microbes in the gut produce neurotransmitters like regulate our mood and emotions, and the gut microbiome has been implicated in mental health outcomes. "A growing body of literature shows that the gut foods like yogurt may be a better bet. microbiome plays a shaping

role in a variety of psychiatric disorders, including major depressive disorder," a team of scientists wrote in the 'Harvard Review of Psychiatry' last year. Large observational studies, however, can show only

> correlations, not causation, which raises the question - which comes first? Do anxiety and depression drive people to choose unhealthy foods or vice versa. Are people who are happy or optimistic more motivated to consume nutritious foods? Or does a healthy diet directly brighten their moods?

tête-à-tête

environment editor

on June 5

Send in a short write-up of about 100 words on what your idea is - your strategy to tackle environment-related issues. Do mention your contribution towards ensuring a green, clean

and free environment.

HOW TO PARTICIPATE get to feature in the Clearly

mention your name, class, school, city along with your valid email id to connect for the

interview.

can make a difference this Environment Day? Tell us and you could feature in a live interview with our editor! Send your entries at: toinie175@gmail.com; timesnie175@

Have a Big E-dea on how you

Selected candidates

special live interaction on June 5 through a zoom call.

. Last date for entries: June 4 before 2 pm. 2. Only those students should participate who are free for a short interaction on aturday, June 5.

For more on this, visit us at

RITUALS FOR HEALTHY summer

To keep your skin healthy, cool and fresh in peak summer these tips by cosmetic dermatologist Dr Jaishree

Sharad

SAY HELLO TO ALOE WITH SPF 15

se a face and body lotion With 100% natural aloe vera extracts coupled with SPF 15 to take care of your summer skincare woes. Pure aloe extracts soothes and hydrates skin and a cream that contains it along with SPF will protect your skin from sun damage. Read the label and go for it.

OPT FOR NON-GREASY SKINCARE PRODUCTS

Choose lightweight skincare products to let your skin breathe in warm summer months when heat and humidity produces more oil and leads to breakouts. A gentle and nongreasy moisturiser keeps

the skin hydrated and supple without clogging the pores or making the skin feel heavy.

MAKE CTM YOUR SKINCARE MANTRA

or beautiful hydrated skin, opt for the easy three fold method: cleansing, toning and moisturising. Choose a suitable face wash to cleanse your skin of dirt and pollution. Toning with a non-alcoholic gentle toner helps in getting rid of oil, dirt, and closes open pores. Moisturising with a moisturiser or face cream appropriate for your skin type reinfuses any lost moisture from the upper layers of the skin. Use products based on your skin type i.e. oily, dry, combination skin or sensitive skin type.

DIY WITH ALOE VERA



stay-athome life continues, what better than to add

some spice with DIY face and hair masks to pamper yourself amidst the lockdown? You can use aloe vera as the hero ingredient and create a quick face mask to soothe your skin or a hair mask to keep the frizzy hair at bay. It will help deal with irritation of the skin and give instant relief from heat. Aloe vera has the properties to repair and recover your skin from sunburn, acne and dark spots.



The rising number of mucurmycetes or black fungus cases has led to a deluge of false information floating on social media. One such recent post that went viral claims that onions that have black marks and vegetables stored in your refrigerator can cause black fungus! This claim is absolutely false and believing it may lead to unnecessary stress and paranoia. Check out this fake news versus reality...

A post on Facebook says, "Beware while buying onions from the market and storing them in the refrigerator. The black grime or fungus often seen on the outer shell of the onions is toxic black fungus that causes mucormycosis." The viral claim further mentions that if people are not careful, the black grime can spread if used while cooking curries or stored in the refrigerator's cool settings. The writers of the post also claim that the black mould can collect on the refrigerator surfaces and cause more harm to health!

he fungi which forms inside the refrigerator and the fungal grime present on onion shells are completely different from the black fungus infection (that is happening with some patients suffering from Covid-19).

s per health experts, the moulds that grow inside a refrigerator may be caused by some forms of bacteria, yeast. While they can cause contamination, they showcase non-specific symptoms and certainly not black fungus.

he fungus, meanwhile, found on the onion shells is the result of a common fungus found in the soil. While it is pertinent that all vegetables be thoroughly washed before use, the fungus found on onions is rarely infectious.

THE TRUTH

he black fungus infection only is this onion spreads in a very differand refrigerator claim ent manner and is many completely untrue and more times symptomatic. ridiculous, but the mode of The infection, which is transmission for black fungus spread through fungal also isn't through mere objects moulds called 'mycor or in this case, fruits or vegmetes', are present in the etables. Here's environment. The infectious the truth spores lead to this disease when a person, who is at risk of infection inhales them via contaminat-

> ronment) or humid temperatures. imply put, it doesn't spread through the food you eat or objects you may touch, but when you inhale these contagious moulds through unclean surfaces.

ed surfaces (such as unsanitary envi-

ucurmycetes infection also primarily affects people who are suffering from severe comorbidities or routinely consume medications that suppress the body's immunity to fight off infections.

Don't fall for social media forwards that mention outlandish things about Covid-19 and other diseases too. It adds to paranoia



and leads to stress



ingredient spice powder for boosting immunity

nce again everyone is stressing on consuming everything that can boost the immune system. If you are also looking for an effective immunity booster to protect your body from Covid-19, you need to consume one teaspoon of this spice mix powder along with lukewarm water before going to bed every day. Here's all about it

o make this easy spice mix powder, you need 1/2 tsp turmeric powder, 1/2 tsp fennel seeds, 1/2 tsp cumin seeds, 1/2 tsp carom seeds, 2 cloves, 1/2 tsp coriander seeds, and 1/2 tsp ginger powder. Take a pan, add fennel seeds, cumin seeds, carom seeds.

coriander seeds, and cloves to it. Roast these TO for around 10 minutes and let them cool. Grind

them to a fine powder and add turmeric powder and ginger powder to it. Your home-made immunity-boosting powder is ready. Store it in an airtight jar.

ccording to experts, this spice powder is effective in fighting bacteria causing illnesses and also boosts the functioning of the digestive system. While carom, cumin and fennel are great for the gut, turmer

ic and ginger powder are rich in

BENEFITS antioxidants that can help OF SPICE fight against infection and **POWDER** boost the immune system. Also, use of cloves works

as a protective shield for the liver as it is rich in eugenol that prevents the weakening of liver and oxidative stress. Include it in your lifestyle to stay healthy.

SCHOOL IS COOL

WEDNESDAY, JUNE 2, 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!

LOVE

Once lived a girl, in a small town She was short and cute with hair dark brown. She always had a smile on her face, And all were impressed by her grace. Her own business she Making her parents proud and happy. Independent and selfsufficient, Now, in her life, she just needed a man. She wanted to meet the perfect guy, Flowers for her who would buy. And who would treat her like a queen.

would glow and gleam. She finally met him, but alas! It was a dream. Then, one fine day, As she stood, by the

She saw a man, cute and Gazing intently, and on handsome. Flexing his jaw line as he chewed his gum. Eyes she could not take off of him,

her face was a grin. He noticed her staring, And he made the first move, he was daring. And they began to talk,

against each other, They felt fate had brought them together. They giggled and laughed, Till the sun went down, They went their separate ways, with a frown. They did not wish to be apart, For they had stolen each other's hearts. She went home, her face glowing with joy She lay in her balcony, looking at the pretty sky Wondering how good was her fate She finally realised that he was her soul mate!

About different things

as they took a walk.

Their hands brushed

COPING WITH LONELIN

he corona virus pandemic has completely changed our lives. From wearing masks to staying home most of the time, almost everything has been changed. And we, humans are called as the social animals by nature. Just think about the pre pandemic time, the socialising we used to do. Every single day we used to socialise with so many people. And now abruptly, all of this has stopped. We barely get a chance to talk to anyone. All we do is stay home and attend the online classes. And all of this has led to the feeling of loneliness. This is the feeling that millions of us are expressing right now. And now, it's time to cope up with loneliness. There are many ways which can make you feel better. You can call a friend. talk to them, share your feelings with them. You can exercise daily, because this will release some happy hormones and will make you feel much better. Do something you love, now this can be absolutely anything! You can paint, cook, dance, sing,

sketch. Binge watch some of your

favourite shows. And I'm pret-

ty sure that this one made you excited. And now most importantly, spend some quality time with your family. Talk to them about how you feel and trust me, this will make you feel better instantly! And

always remember that, all of this is temporary because we will get through this together! So be hopeful and optimistic!

Angelina Pandey, class IX, NES High



RADHIKA CHOPRA, class X, Fr. Agnel Multipurpose School, Vashi A FANCY PEEK IN FUTURE

et's begin the NEWS with Space, and it has been a landmark week. NASA's Ingenuity Helicopter Flies On Mars It's the first time a powered aircraft has made a controlled flight on another planet.

Not only that,

Thinking of this she

Oxygen was extracted on Mars by "Perseverance Rover"

This means we can now think of launching space vehicles from Mars - fiction will soon be a reality.

Let's come back to Earth where we celebrated "Earth Day" yesterday.

This year the theme has been "Restore our Earth". US committed to 50% emission

cuts by 2030 but each one of us need to take pledge to save our planet.

When Life Gives You Oranges Make . . . Electricity?

Over 48,000 orange trees in Seville, Spain, not only fill the city's air with the pleasant smell in spring; they also offer 16,500 tons of oranges every winter. The city will now use the oranges to produce clean energy & stop wasting the fruit.

Next, Egypt Holds Eye-Catching Parade

Egypt turned festive as over 20 kings and queens of ancient Egypt were Moved to their new home, a new museum.

Now Food Time, Introducing Cascatelli -

Memorable Manali

The Revolutionary Pasta Shape

Pashman, well known podcaster and food-lover after three years of work made a pasta shape that has: saucebility, forkability, and toothsinkability.

Amazing when will we get that?

And Now Sports - Bhavani Devi, 27 year old Chennai girl will be the first to represent India in Fencing at Tokyo Olympics. While the world was fighting Corona last year she was practicing fencing in Italy - we are proud of her. Speak of Believing in yourself & chasing you dreams.

Jasmine Chaana, class IV. Lokhandwala Foundation School, Kandivali East

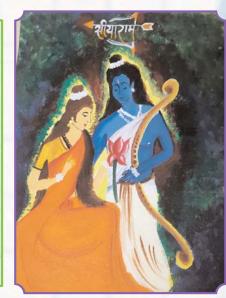




TIMSA BAJPAI, class XI, Singapore International School



KRITIKA AGRAWAL, class X, Ryan International School,



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

ome 9th grade and I was pumped up because our school always organised a long tour for students. I had managed to convince my mum to let me go on the trip! So, we boarded the August Kranti express and headed to Delhi. I always love train journeys. We boarded a bus to reach Chandigarh. We visited the Rock garden of Chandigarh and Sukhna Lake, and then obviously had a shopping spree. Next stop was Manali which involved a visit to the Manali zoo, an unfortunate incident with a monkey and solo sightseeing on my part. And then we visited Amritsar! While going to the Golden temple was a surreal experience, one is filled with patriotism and adrenaline rush while visiting the Attari border. Last stop, the capital city, New Delhi and all of its iconic landmarks. The trip may have been a whirlwind but as I flew back home on a flight, I did miss the constant feeling of travelling. This trip was indeed memorable. Aarya Bhanushali, class X, S.V.D.D. English medium sec-

MY FIRST SCHOOL

ur first school is very dear to us, whether we are still a part of it or not. In school, we make friends, create memories, learn values and of course get education. However, I would not associate my first school with the academic school which I attend. In my first school, I have and will continue to learn things which no books can teach. In that school, I took my first steps and spoke my first words. This school is none other than my "home." Just like my aca-



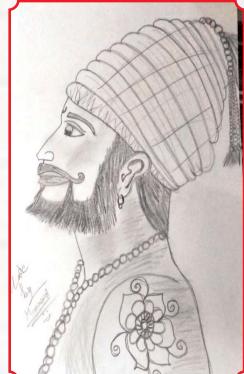


demic school, I had my first teachers my parents, who were also my first friends. Here, I learnt true bonding, true love, true care, true sacrifice along with teamwork. Here, even the smallest of celebrations are carried out with a zestful attitude, the way we do it in our academic school with our peers. Every

single moment of dejection is mended by moments of care and sometimes even frivolous

Varada Shendye, class X SSPM's Sri Sri Ravishankaı





MANASVI KAMBLE, class IX, Gopal Sharma International School, Powai



on the Grand Slam stage since Jan. 30, 2020, when he lost

to Novak Djokovic in the Australian Open semifinals.

This was just Federer's second trip to the French Open since 2015. In addition to last year's absence because of

the knee issues, he withdrew in 2016 citing a bad back,

then sat out the clay-court circuit each of the next two

years to focus on the grass-court portion of the season.

■ "Always great to be on court with this legend. To

play against him is always a big (deal)," Istomin said.

"I was expecting all the spectators to cheer for him."

They sure did, with one voice from the stands shout-

ing, "A delight, Roger! A delight!" as Federer went up

service line ripped a nervy swinging volley for a winner. At 39, she seeks her fourth French Open title and a record-tying 24th Grand Slam singles title.

Making a stunning departure was Naomi Osaka, who announced her withdrawal from the tournament. The four-time major champion said on Twitter she has suffered long bouts of depression since winning the 2018 US Open. Osaka had earlier declared she would not speak to the media during Roland Garros and was fined \$15,000 after she skipped the post-match news conference following her first-round victory Sunday.

Taking one game at a time

■ Federer had acknowledged recently he has zero chance of claiming the trophy this time around in Paris; instead, he is hoping to tune up his game to be ready to challenge for a championship at Wimbledon, where play begins in late June. "In a

way I like this situation _ that I don't know what's next, how my next match will be. I don't even know who I play, to be honest," said Federer, whose second-round opponent will be 2014 U.S. Open champion Marin Cilic. "I take it round by round, match by match.'

After rhythmic clapping accompanied Federer's trot to the baseline for the match's opening point, he got off to the perfect start against Istomin, who is ranked 204th and now is the owner of a seven-match Grand Slam losing streak but did upset Djokovic at the 2017 Australian Open.

Federer used a drop shot to earn a break point in the opening game, then converted it with a forehand winner, before holding to go up 2-0. Just 1 1/2 hours later, it was over for Federer, who won the 2009 French Open for one of his 20 Grand

■ He shares that men's record with rival Rafael Nadal, who is scheduled to play his first-round match Tuesday to open his bid for a 14th championship in Paris and tiebreaking 21st major overall.

Djokovic also is slated to make his debut on Day 3 of the clay-court tournament. Daniil Medvedev proved that perseverance pays, finally winning a French Open match on his fifth attempt. The second-seeded Russian, twice a runner-up at other majors, beat Alexan der Bublik 6-3, 6-3, 7-5, after starting 0-4 for his French



they lock horns with India in the World Test Championship (WTC) final later this month

ew Zealand and India will lock horns in the final of the WTC, beginning June 18 at the Ageas Bowl in Southampton. Before that, New Zealand will also play a two-match Test series against England, beginning June 2 at Lord's. "The way the group has travelled and performed around New Zealand and the world, the boys are in a great place to hopefully create a bit of history," Boult said in a virtual press conference.

New Zealand coach Gary Stead on Monday said he doesn't see Boult playing the two Tests against England. However, the New Zealand pacer is "hopeful" of playing the second Test which gets underway on June 10. "Everything is feeling good with what lies ahead, a big stage for the

FAMILIES GET NOD FOR UK TOUR

The families of players and support staff of both the Indian men's and women's cricket teams will be allowed to accompany them during their tour of England this month, a senior BCCI source revealed on Tuesday. The BCCI had put in a request that the players be allowed the company of their loved ones given that they have to spend a considerable amount of time in a bio-secure bubble because of the COVID-19 pandemic. BCCI office-bearers, including president Sourav Ganguly and secretary Jay Shah will not be present for the final from June 18-22. "BCCI understands that we need our players and support staff to be in a good head space," the source said.

WTC final. Hopefully, I can get over there, get settled in, and be part of that second Test as well," said Boult.

Boult highlighted that no one exactly knows how the WTC points system works but is "definitely excited" to feature in the summit clash. "I've taken a while to understand the process with qualifying, how everything works with the points, still think no one knows how that actually works, but to get into that final the excitement is ramping up now," said Boult. After the bilateral series against England, the BlackCaps will transition from the ECB's bio-secure environment into the WTC Final bubble on June 15 and will be subject to regular testing in Southampton. ANI

INDIAN BOXERS WILL TRAIN ABROAD BEFORE OLYMPICS

India's nine Olympicbound boxers will travel abroad for a three-week training stint after getting a few days' break following a record-shattering medal haul by the

country's pugilists at the just-concluded Asian Championships in Dubai. Indian men's boxing's High Performance Director Santiago Nieva said the boxers will reach Tokyo for the Games five to seven days before the start of the event from July 23."We will go abroad for training. It will be a three-week camp. We will come back to India to

fine tune a few things, and then head to Tokyo," he said. The training at home has been sporadic because of COVID-19.



and eight bronze medals. The only gold-winner among the Olympic-bound was Pooja Rani (75kg), while M C Mary Kom (51kg) and Amit Panghal (52kg) won silver medals. The lone male boxer to fetch a gold was Sanjeet (91kg), who is not a part of the Olympic group. Vikas Krishan (69kg), Simranjit Kaur (60kg) and Lovlina Borgo-

bronze-medallists. The others bound for Tokyo are Manish Kaushik, Ashish Chaudhary and Satish Kumar. PTI

hain (69kg) were among

QUIZ TIME!

• Who was the highest scorer in the first ODI in the ongoing series between Sri Lanka and Bangladesh?

a) Mustafizur Rahman 🔲 b) Shakib Al Hasan 🔲 c) Wanindu Hasaranga $\ \square$ d) Kusal Mendis $\ \square$

• In which country did the modern football originate? a) Britain 🔲 b) India 🔲 c) America 🔲 d) Spain 🖵

3. Which Indian shooter won the first individual gold

medal in the 2008 Olympics? a) Abhinav Bindra 🔲 b) Vijay Kumar 🖵 c) Jaspal Rana 🔲 d) Rajyavardan Singh Rathore 🖵

What was Don Bradman's batting average in cricket? a) 99.8 b) 100 c) 99.94 d) 90

Q5. Who hit the first ever IPL hundred?

a) Gautam Gambhir 🔲 b) Brendon McCullum 🖵 c) Sachin Tendulkar d) Chris Gayle d

How many differentdisciplines are there in the upcoming Tokyo Olympics?

7. How many grand slam • titles has Novak Djokovic won so far?

a) 16 b) 20 c) 18 d) 10



8. What is the other name of Sir Garfield Sobers Trophy?

a) ICC Cricketer of the Year Awards $\ \square$ b) ICC Test Captain of the Year c) Spirit of the Cricket Awards d) Test Player of the Year Award

Q9. Which type of shooting championships were discontinued in 1991?

a) 300m rifle \Box b) Shotgun \Box c) Running Target 🔲 d) Special Air gun championships $\ \square$

Till 2010, who was the only Indian athlete to win an individual gold medal at the **Commonwealth Games?**

a) Krishna Punia 🔲 b) PT Usha 🔲

c) Milkha Singh d) Lavy Pinto d

Q11. Which of the following terms are used to describe parts of a cricket bat? a) Eye and Toe \Box b) Leg and Hand \Box c) Shoulders and Toe $\ \square$ d) Neck and Shoulders $\ \square$

Q12. When was the Olympic flag first hoisted?

WERS: 1) a. Mustafizur Rahman 2) a. Britain 3) a. Abhinav Bindra 4) c. 99.94 5) b. Brendon McCullum 6) c. 339 7) c. 18 8) a. ICC Cricketer of the Year Awards

9) d. Special Airgun Championships 10) c. Milkha Singh 11) c. Shoulders and Toe