



THE TIMES OF INDIA

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EDITION**

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STUDENT EDITION
WEDNESDAY, JULY 28, 2021


TOKYO TALES
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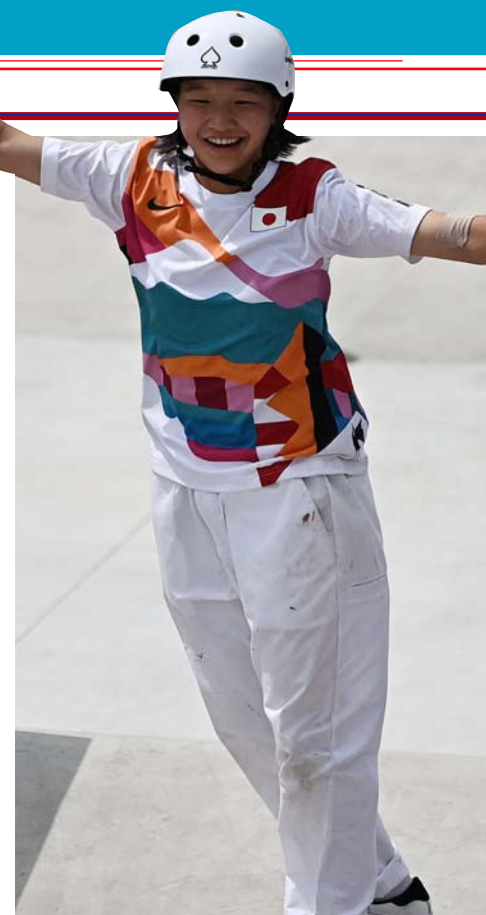

“People of
Northeast
India know
very little
about sports right now. I
will work to give recogni-
tion to the small state of
Manipur by training youth,
especially young girls

**MIRABAI
CHANU,**
After arriving
in New Delhi

Mirabai Chanu dedicates Olympic medal to India

Dedicating her victory to the prayers and love of Indians, Olympic Silver medalist **Salkhom Mirabai Chanu** said her dreams were shattered after the Rio Olympic, but hard work, dedication and encouragement by Prime Minister Narendra Modi helped in bringing the first medal for India from Tokyo. "I was able to win this medal because of the prayers and love of the people of India. I wish all young people, especially girls who have entered sports, to make the country proud. I dedicate my medal to the people of the country. I thank the PM and sports minister for encouraging me," said Chanu after returning to India on Monday.

Chanu's Silver Medal could get upgraded
According to sources, China's gold medal winner Hou Zhihui is being tested by the anti-doping authorities. If Zhihui fails, Chanu could become the first Indian woman to win a Gold medal in weightlifting at the Olympics



13-year-old Momiji Nishiya wins first-ever Olympic women's skateboarding gold

Japan's **Momiji Nishiya** has etched her name in history, earning the first-ever gold medal in Olympic women's skateboarding in Tokyo. She won the event with a score of 15.26. "I didn't think I could win, but everyone around me cheered me on so I'm glad I was able to find my groove," said Nishiya, who gave the host nation a sweep of gold medals in the street event a day after Yuto Horigome won the men's event.

Only Marjorie Gestring, who was 13 years and 268 days when winning the women's 3m springboard diving at the 1936 Berlin Games, has secured gold in a summer Games at a younger age

INDIA @ TOKYO

- Air pistol mixed team qualification stage 1 (Manu Bhaker/Saurabh Chaudhary, Yashaswini Singh Deswal/Abhishek Verma) – Both pairs failed to qualify for the medal rounds
- Boxer Lovlina Borgohain one win away from a medal
- In hockey, India beat Spain 3-0
- Table tennis player Sharath Kamal loses to China's Ma Long in men's singles Round 3 match



Education

**JEE ADVANCED
SCHEDULED TO BE
HELD ON OCTOBER 3**



Union education minister Dharmendra Pradhan has announced that the JEE (Advanced) 2021 examination for admission to the Indian Institutes of Technology (IITs) will be held on October 3. He further said that the examination will take place adhering to Covid-19 protocols.

■ This year, IIT-Kharagpur is conducting the exam, which is the qualifying test for admission to the prestigious Indian Institutes of Technology (IITs)

■ While the JEE-Mains is conducted for admission to the engineering colleges across the country, it is considered as a qualifying test for the JEE-Advanced

■ In an effort to support the student community, the National Testing Agency (NTA) is organising the JEE (Main)- 2021 in four sessions

■ Two of these sessions have already been completed in February (Session 1: from February 23 to 26 2021) and March (Session 2: from March 16 to 18). The April and May sessions were rescheduled

■ The UGC NET December 2020 cycle examination scheduled for May 2021 was also postponed by the government in view of the Covid-19 pandemic

Booker Prize longlist unveiled

Kazuo Ishiguro, Rachel Cusk and Richard Powers are among the literary heavyweights in the running for the 2021 Booker Prize. Ishiguro, who won the British literary award in 1989 for 'The Remains of the Day', his novel about a butler who works for a Nazi sympathiser, was nominated this year for 'Klara and the Sun', which is about a 14-year-old girl who gets a humanoid machine companion to help relieve her loneliness. Ishiguro's novel will compete for the prize against Powers' forthcoming 'Bewilderment', about a widowed astrophysicist struggling to care for his 9-year-old son, and Cusk's 'Second Place', about a marriage that is disrupted when the wife invites a famous painter to stay.


BOOK

The Booker Prize is awarded each year to the best novel written in English and published in Britain or Ireland. This year, four of the nominated writers are American, and the 13 longlisted novels are notable for their diversity in topic and tone. The list also includes Maggie Shipstead's 'Great Circle', about a woman who devotes her life to flying and an actress set to play her on screen, and Francis Spufford's 'Light Perpetual', which follows the lives of five children after they are caught up in a World War II bombing raid

British Indian novelist Sunjeev Sahota on Booker Prize longlist:
Indian-origin British novelist Sunjeev Sahota is also among the 13 authors longlisted for this year's Booker Prize for fiction for 'China Room'. His novel 'China Room' was chosen from 158 published in the UK or Ireland between October 2020 and September 2021. The 40-year-old, whose grandparents emigrated from Punjab in the 1960s, has been previously shortlisted for the 2015 Booker Prize for 'The Year of the Runaways' and is a winner of the European Union Prize for Literature in 2017

UNESCO adds 4 natural, 3 cultural sites to World Heritage List

Four natural sites and three cultural sites have been added to the UNESCO World Heritage List. The natural sites added are the four islands with rich biodiversity in Japan; a coastal area of geo-diversity and biodiversity in South Korea; part of the mountain ridge running down the Malay Peninsula in Thailand; and a corridor along the eastern coast of the Black Sea in Georgia. The three cultural sites are the Dutch Water Defence Lines; the Arslantepe Mound archaeological tell in Turkey; and the Colonies of Benevolence in Belgium and the Netherlands.



Bihar is the goldmine of the nation

Yes, you heard it right. One of the country's poorest states, Bihar holds the country's largest resource of gold ore, more than traditional leaders. This revelation has been made by the union minister of mines, coal and parliamentary affairs in reply to a question in the Lok Sabha on Monday. The National Mineral Inventory data on gold resources in the country (including identified reserves), presented in Parliament shows that Bihar has a gold ore resource of a staggering 222.8 million ton (MT), or 42.21 per cent of the total gold ore resource available in the country. This is far more than Karnataka, the traditional seat of gold mining with its age-old Kolar Gold Fields. As per mines ministry data, Karnataka's gold ore resource is just half of that of Bihar at about 103.84 MT.



The surveyed gold ore deposits largely lie in Gaya, Rajgir and Jamui districts of Bihar

FACTOID
**\$16 TN-
\$35 TN**

That's the cost the world has to bear due to Covid by 2025, according to McKinsey. The world is unlikely to ever reach global herd immunity, but it can contain the virus with a combination of vaccines, improved testing, and smarter quarantining, based on known outbreaks, rather than large, blunt lockdowns, McKinsey said in a report.

'OUR RELATIONSHIP WITH BOOKS HAS BECOME FRAGMENTED OVER TIME. IT USED TO BE A LOVE AFFAIR'

After working as an English teacher in Delhi for over five decades, post retirement, Jyoti Bisht has embarked upon a new journey to return to kids – her best friends as she addresses them – as an author this time, with a collection of short stories, 'Half Truths'. Know her story...

malini.menon@timesgroup.com

Q From a teacher to an author, if you were to share your journey.

When I was working as a teacher, I never imagined I would be an author one day. I have always loved reading books but never thought of writing one. There was no such ambition. Teaching was the only thing I was passionate about. But it did lead me to narrating stories to children— anecdotes from my own life and experiences—which I found kept children more engaged than textbooks. This also made the children storytellers. When I retired from formal teaching, I missed these riveting interactions. This led to journaling my thoughts, and eventually gave birth to a collection of short stories 'Half Truths'.

Q Why did you choose to write short stories instead of a novel?

I find writing short stories a far more enriching experience, as each plot has to be gripping for the reader. Also, it is easy for an author to think afresh, as one moves from one chapter to the other. Also, writing short stories aren't as time consuming as a novel.



Reading expands your imagination and the ability to write a good story

ON HOW TO WRITE WELL

suming as one would have to invest days on writing a novel. Writing short stories appealed to me far more as it is quicker and carries a pace for both author and the reader.

Q How challenging is it to write short stories?

It is quite challenging because you need so many ideas. Also, you need to begin the story, take the plot to climax and end it quick. It can't have pages and pages of descriptive detail—a liberty that one has with a novel. Also, you need to really satisfy and tease the minds of the millennials because they have a short attention span. For me, the ending was often challenging, as each story had to have a riveting end for the reader to move to the next page—satisfied.



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Q In an age when children are glued to digital devices, how do you think they can be drawn back to reading a printed version?

It is sad that as a society, we have forgotten to enjoy the 'alone space' between the reader and the book. It used to be sacrosanct. Sadly, the generation today—exposed to a far wider social life—are not even aware of how to spend quality time alone. They look at parents glued to laptops and fail to fathom why should they be any different. Children mirror parents, so unless they are into books, and enjoy and read to them, they would not be able to appreciate. Also, only if a family engages in narrating stories and experiences to one another, will the child be able to express himself. Our relationship with books has fragmented over time. It used to be a long love affair. My interest in reading began with the 'Noddy' series that was read to us at bedtime in the dormitory of the boarding school. It became a habit and then, I couldn't wait to start reading books myself.

Q What would be your favourite chapter in the book and why?

Now, that's not a fair question. I think as the author of the stories, I should like them equally, as a parent loves all of his/her children. And mine is a big brood of 14! I liked bits and pieces of each one, as I developed them into their final stages. I loved 'Under the Banyan Tree' for the way it shaped up. It has the elements of a

TIPS FOR KIDS TO BE A GOOD AUTHOR

- ▶ Reading is important even to write. Why? It expands your imagination and the ability to narrate and keeps the listener gripped to your story.
- ▶ Make places, characters, emotions, situations as real as possible. When you write the story, be a part of it. And it will reach a destination.
- ▶ Keep your narration simple, even when the plot has twists and turns. Let the writing style be your own. Your individuality should be reflected on how you give birth to your characters.
- ▶ Lead your story to a great climax. A good end of the story often stays with us, even after the story is over.
- ▶ Being curious and sensitive to the various nuances of life is also important. The more we observe and understand life, the more relatable the story becomes.
- ▶ Above all, don't let the fantasy world come to an end. Keep it alive, weave stories in your mind and lose yourself in them once in a while.

ghost story and yet isn't exactly one. The end is my favourite. Now I won't say why because I don't want to give away the suspense. Same goes for 'The Ghost That Got Away'. 'Bhura' is another favourite because I love dogs. I enjoyed writing 'The Teacher and the Thief' as I found the protagonist endearing. The conversation between him and the other character of the story was fun to do. Then 'Patch in the Garden', 'Of Horses and Men' and 'The Tinkle of Anklets' gave me goosebumps even as I wrote them; I loved Kasturi's courage. Since the stories are all different, as their creator, I really cannot choose one. I leave it to the reader to pick his/her favourite.

Q How did you manage to get rid of a writer's block?

Since this is my first book, I didn't get a writer's block. In fact, stories kept chasing each other in my mind.

Q How do you define half-truth in life?

Our lives are made up of half-truths. My stories are drawn from the truths of my life: incidents, characters, situations.



5 DIY face masks to tackle SKIN ISSUES

Looking for simple and cost-effective ways to soothe your skin? Here are some home-made masks to combat various skin issues – from dryness and dullness to zits



1. FOR DRY SKIN

Take ½ banana and slice it into pieces and then do the same with ½ cucumber. Grind them both together and make a smooth paste. Add 2-3 tablespoons of rose water into the paste. And voila, your mask for treating dry skin is ready to be used.

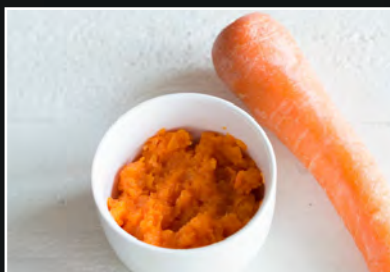
2. FOR RADIANT SKIN

Take 2 tablespoons of unflavoured Greek yoghurt and add a pinch of turmeric powder and 1 teaspoon of tomato juice. Mix them all well and apply the paste all over your face and neck for 20 minutes. Wash off with cool water.



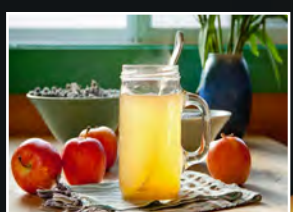
3. FOR SUPPLE SKIN

Take 3 teaspoons of oats powder and add 1 tablespoon of rose water with a few drops of tea tree oil. Mix this pack well and use it thrice a week.



4. FOR YOUTHFUL SKIN

Place ¼ carrot in a grinder and add 2-3 teaspoons of milk. Grind both ingredients together into a smooth paste. Store the paste into a glass container and add 2 teaspoons of unflavoured yogurt and your pretty face mask is ready after mixing them all well.



5. FOR ACNE-PRONE SKIN

Take 2 tablespoons of honey and add 2-3 teaspoons of apple cider vinegar with 1 tablespoon of rice powder. Mix them all, apply the pack all over your face and neck for 20-30 minutes and wash off with cool water. Use this face pack 3-4 times a week for best results. TNN

Wellness

HOW TO BUILD BETTER HEALTH HABITS AGAIN

Resuming – or beginning – healthier habits is a wonderful goal. But trying to get back to normal too quickly may be tough. Read on and know how you can do this the right way

Long months of pandemic life have brought about several changes to our physical and mental health, most of them avoidable. Surveys have reported undesirable weight loss or weight gain among adults, while a majority of people have seen their sleep patterns impacted.

Getting back in shape and building new habits is essential. Claudia Finkelstein, an associate professor of medicine at Michigan State University's College of Human Medicine, US, has some tips to help you get back in shape without hurting yourself in the process.

Attitude matters

It is vital to begin with an acceptance of your current state while you plan changes. You have to admit to yourself that you have gained or lost weight or are not as fit as before. But do so without any negative self-judgement.

Be realistic

Wanting to take care of oneself, rather than wanting to look a certain way is important. Set realistic, measurable goals. "I want to lose one kilo in a month", "I want to climb a flight of stairs without becoming breathless." Take things gradually rather than go 'all in all'. Seek medical guidance before starting any plans. Remember, there are weight-bearing, aerobic and stretching exercises. With each, begin at a level of comfort and go slightly further periodically. Chest or arm pain, dizziness are all signs



to stop. It's useful to get to know what it feels like to be a little sore from working hard but you should also be familiar with how it differs from pushing it too far.

Normalise sleep

Good sleep hygiene includes having a distraction-free, dark, quiet place to sleep. This may involve using a sleep mask, black-

out curtains or a white noise machine and having no TV in the bedroom. But if you find these steps unrealistic, do the little things – avoiding naps, sticking to a schedule, engaging in physical activity, avoiding late night dining and setting boundaries for caffeine consumption. If despite these measures, you face symptoms like inadequate sleep or excessive snoring, do consult a doctor. »



LEARN ALL ABOUT CAREERS IN SCIENCE AND MATH

Times NIE has always brought the very best for students. This year we present a unique webinar for students of grade 10 and select Students of the Year during an eFORUM themed Student of the year award 2021-22 – Career Guidance Webinar

Times NIE has associated with Vidyalankar for eFORUM themed Student of the year award 2021-22 webinar to be held on July 30th, 2021 from 5 to 6:30 pm. Guest of honour for the event would be former Time NIE Star Correspondent Trishit Banerjee. (Trishit was the only student selected from India for the Advanced Molecular Chemistry course under the Future Global Leadership Programme. Trishit started his undergraduate programme from 01 October, 2015 at Tohoku University, Japan. He completed his Graduation and Masters programme with 100% scholarship.)

The other panelist for the webinar is Prof Hitesh Moghe and IIT Bombay alumnus. He is head of department of Mathematics at Vidyalankar. He will address career related queries of students and encourage them to take up careers in science and maths.

This time the Student of the Year award 2021-22 webinar promises to guide Students of the Year and grade 10 stu-

THE STUDENT OF THE YEAR AWARD 2021-22

TOPIC: Careers in Science and Maths

DATE: July 30th, 2021

TIME: 5 to 6:30 pm

WEBINAR LINK: <https://en-gb.facebook.com/toistudent/live>

dents about opting for careers in Science and Maths in addition to life lessons shared by the Trishit Banerjee. The Times NIE Student of the Year



Award is being founded to recognise academic excellence in the classroom. The purpose is to reward students for their hard work and dedication leading towards an outstanding overall performance and in academics within the school.

This year we have partnered this award in association with Vidyalankar Institute of Technology, which is an Engineering De-

gree and Management College, approved by AICTE and affiliated to the University of Mumbai.

This award will be presented to the students currently in Grade 10, based on their academic performance in Grade 9. City schools will nominate top 5 students for this award.

Criteria - Top performers in Grade 9 school exams (Academic Year 2020-21).

During the Career Guidance webinar the topper from each school will be felicitated. Top five Students of the Year can attend the webinar.

All top 5 rankers from each school will be awarded with an E-certificate, and scholarship from Vidyalankar which will be emailed to the students.

Cheering Indian Olympians

As the countdown to Tokyo Olympics begins, the buzz around the Indian contingent has picked up to cheer Team India and lift their spirit. Students of Ryan

International Group of Institutions, Mumbai have joined the nation in wishing and cheering up our Tokyo-bound athletes by drawing posters and writing slogans. The beautiful posters convey good wishes for

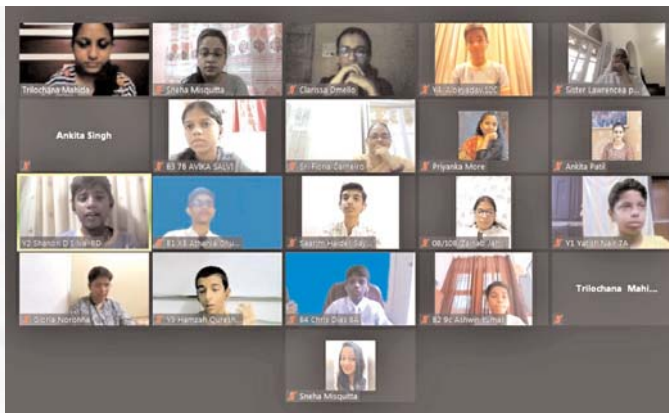
our athletes and the hope and aspirations of our nation from the 126 athletes including the legendary female boxer Mary Kom, tennis legend Sania Mirza, P V Sindhu among others. Ryanites are very hopeful that the support and prayer of a nation of more than a billion will make our athletes to put in their best to come out on top and help India have its best Olympic outing to date.



Young debating champs

It was once said, "For good ideas and true innovations, you need human interaction, conflict, argument, and debate". Holy Name High School organised an online Debate Competition 21'. All four houses participated viz. Red, Blue, Green, and Yellow. Overall, two rounds were conducted on different days.

Round 1: The topic for this round was "Examinations should be conducted offline". At the end of this round, two houses reached



the finals.

Round 2: The topic for this round was 'Self-studies Vs Classroom studies'. Which is the better way to learn?

The proposition and the opposition team fared well against each other in their refutation round. Each house was enthusiastic and very comprehensive about their topic for debate. Considering that these competitions were held online, one may have imagined it to be a bit arduous. But with the cooperation of every member of the Holy Name High School, we made it possible.

Majestic beauty of Lonavala



In the busy humdrum of everyday life, a little vacation comes as a source of relief.

When you're surrounded by mountains and rivers it is really easy to forget about your worries and decompress. Located in the heart of Maharashtra, Lonavala is a hill station and a famous tourist spot. My trip to the bungalow we'd booked, started early in the morning. The two-hour road trip with my parents and my pet -Prince- really set the mood for the rest of the trip. We played songs in the car and enjoyed the view of the monsoon induced waterfalls and lush green valleys as we drove through the hills, tunnels and, ghats.

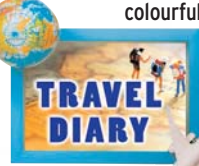


We were joined by our family friends and their pet-phoenix. After reaching, we quickly changed into shorts and trekked to the lake- about 500 metres from where we were staying. On the way we saw tiny mushrooms and collected various colourful rocks. The slight drizzle couldn't stop us from playing in the shallow side of the lake and

splashing water on each other. It was an extremely peaceful and energising experience. We were welcomed by a delicious dinner upon our return and played various card games after.

The next morning, after a hearty breakfast, we- the three kids and two dogs- played catch while our parents chatted away and gleefully reminisced old times. Soon, it was time to begin our return journey. We clicked a lot of pictures and sadly bid adieu. Our little adventure to the lake is something that will stay with me forever. The serenity of the mountains left a resounding impact on me and helped me achieve perspective.

Saanchi Desa,
class XII, Former NIE Star Correspondent, Mumbai



India's biggest interschool Quiz - School Super League competition

Season 4 of the School Super League is being presented with the thought, 'Aao Milkar le Khushi ki Udaan'. The event presented by The Times of India - Newspaper in Education Program and BYJU'S, bring to students a unique opportunity to take part in a truly national, competitive yet engaging, fun and interactive interschool quiz. The quiz it-



BYJU'S

self is presented by experts and is open to participation for students from all classes. The quiz not only tests the learning mettle of the students across STEM and Social Sciences, it also helps them learn while engaging in a competitive spirit.

Participants, from the comfort of their homes, will compete in 3 categories: Sub juniors comprising classes III and IV, Juniors compris-

ing classes V, VI and VII students, and Seniors comprising class VIII, IX and X students. Every participant will receive an 'E-Certificate of Participation', a 60-day free subscription to BYJU'S worth Rs 6,000, besides Rs 5,000 as BYJU'S scholarship. Each category winner will receive smart backpacks as prizes. The school category toppers will represent their schools in the State finals. The top team from each State will qualify for the televised finals, which will be aired on a National Television Network. The top 9 winning students along with their Principal will earn a trip to NASA, USA.

Speaking about the program this year, Atit Mehta, Marketing Head, BYJU'S said "This initiative is an attempt to give students a unique opportunity to dive deeper into

every subject while honing their general knowledge. Combining technology and creativity, we're bringing students immersive ways to stay engaged whilst learning. The application is a wholesome destination for acquiring knowledge and every student gets a chance to participate in the quiz hassle free. School Super League began as a means to contribute to the development of young minds, letting them compete in a healthy way. With students from across 30,000 schools participating in the quiz, season 4 will bring double the excitement, fun and learning"

So, if you think, you have what it takes to be next Aptitude wizard of your city, be sure to take part in Round 1 of School Super League. Please contact your Times

THE TIMES OF INDIA



NIE teacher coordinator for more details or call Times NIE at 98677 93264. To participate in this competition, please download the App. Hurry, don't miss this winning opportunity.



Peer pressure has a positive influence on lives of students

Peer pressure isn't always necessarily bad. Sometimes peer pressure isn't pressure but rather encouragement to step out of the comfort zone and explore. When one needs a boost of confidence, encouragement from your fellow peers or friends can be a blessing. It can positively impact one's identity and help one develop their self-esteem. Yes, peer pressure is bad when the person being pressured is unwilling. But when someone is willing but scared, peer pressure or rather the morale-boosting might end up doing much good. Every person is different in their own way. Some people need to be given headspace to grow while others need a small push.



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

Peer pressure often cause conflicts in one's life. You often notice yourself complaining about not being good enough, or not fitting a particular "standard". The feeling of always being compared to the people of your age may lead to an inferiority complex and also create a red flag towards depression and anxiety.

Friends have a strong effect on the choices one makes. This can make us join our peer's wrongdoings like lying, skipping classes, drinking, cheating. This list is never ending. Try to avoid peer pressure as much as possible. Stand up for yourself, be kind, think before saying/acting upon something.

Staying focused on self is the key to stay away from peer pressure. Don't compare yourself with others or try to be them, be your own self.



DEBATE

Jasmine Airy, class X,
D.A.V. Public School, Nerul



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INDIA INCH CLOSER TO QTR FINALS

Rupinder's brace hands India 3-0 win over Spain in Olympic men's hockey; to face reigning Olympic champions Argentina

Dragflicker Rupinder Pal Singh scored a brace as the Indian men's hockey overcame a demoralising defeat in the previous match to cruise past Spain 3-0 on Tuesday to inch closer to a quarterfinal berth at the Tokyo Olympics.

Drubbed 1-7 by Australia in their last match, India produced a spirited performance against world No.9 Spain and scored through Simranjeet Singh (14th minute) and Rupinder Pal Singh (15th and 51st) to record a comfortable win in their third Pool A match at the Oi Hockey Stadium.

India, ranked fourth in the world, had earlier defeated New Zealand 3-2 in their opening fixture. Spain, on the other hand, are yet to register a win in the competition. Spain drew 1-1 against Argentina before losing 3-4 to New Zealand.

The Indians will next play reigning Olympic champions Argentina on Thursday.

Team more organized

For any team, it is always tough to recover from a morale-shattering loss within a day, but India looked more organised and sorted against Spain on Tuesday. Despite the win, India's chief coach Graham Reid said the team needs to work on a lot of grey areas, like conceding penalty corners ahead of their remaining matches.

"Better result today, but a lot of things to work on from an improvement perspective. The fact that we gave too many corners,

that's always a concern when that happens. But the team did really well in terms of defending," he said. "The first quarter was played very well, we could move the ball really well and it was exactly what we planned to do. We struggled a bit in the second and third quarters."

Manpreet Singh's men played high pressure hockey from the word go and dominated the possession in the initial 10 minutes even though they failed to create any real scoring opportunities. In the ninth minute, India came close to breaking the deadlock but Simranjeet's deflection from skipper Manpreet Singh sailed over the goal.

Spain wasted chances

Spain steadily got into the groove and secured their first penalty corner in the 12th minute but wasted the chance. The Indians mounted number of attacks in the final few minutes and the play bore fruits when Spain's defence was caught off guard by Amit Rohidas' pass and Simranjeet just tapped the ball in past Quico Cortes.

The goal rejuvenated India as they secured three back-to-back penalty corners in the final minute of the first quarter and from the third set piece Harmanpreet's flick found the body of a Spanish defender, which resulted in a penalty stroke. Rupinder Pal Singh stepped up and made no mistake in doubling India's lead.

Trailing by two goals, the Spaniards

pressed the Indian defence hard in second quarter and play was mostly in the Indian half.

Spain's pressure tactics earned them three penalty corners in the third quarter -- the last one coming just seconds from the end following a referral -- but the Indian defence held firm to keep their lead intact.

Experienced India goalkeeper PR Sreejesh, who had a nightmarish outing against Australia, had a brilliant game as he showed good reflexes to pull off some fine saves.

The fragile Indian defence, known for succumbing in tough situations, somehow managed to soak up the pressure put up by the Spaniards. With a two goal cushion, the Indians were quite content in just defending in the fourth and final quarter as Spain continued to apply relentless pressure. But in the 51st minute India managed to find the net again when they earned a penalty corner; their fourth of the match, from a counter attack and this time Rupinder was bang on target with a powerful low flick to the right of Spanish goalkeeper Cortes.

Down 0-3, Spain didn't give up and continued to attack in numbers while the Indians looked to just defend. In the 53rd minute, Spain secured three consecutive penalty corners but dragflicker Pau Quemada failed to breach the Indian back-line led by Sreejesh.

Spain secured another penalty corner in the final minutes but again Sreejesh denied Quemada to help India keep a clean sheet.



Rupinder Pal Singh

Photo: AP

OLYMPIC WATCH

July 28, 2021 | **INDIANS IN THE FRAY**

BOXING

Pooja Rani - Women's Middleweight Round of 16

HOCKEY

Women's Pool A - India vs Great Britain

BADMINTON

P V Sindhu vs N Y Cheung
 B. Sai Praneeth vs Mark Caljouw

DEBUTANT LOVLINA BORGHAIN MAKES QFS

Defeats veteran German opponent in a keenly fought bout on her debut at the Olympics



Photo: AP

Germany's Nadine Apetz (red) and India's Lovlina Borgohain fight during their women's welter (64-69kg) preliminaries round of 16 boxing match

Indian boxer Lovlina Borgohain (69kg) advanced to the quarterfinals of the women's welterweight (69-75kg) category in her debut Olympic appearance, defeating German veteran Nadine Apetz in a closely-fought last-16 stage bout on Tuesday. Borgohain defeated Apetz 3-2.

Showed poise in touch contest

Borgohain, the lone Indian boxer in action on the day, prevailed 3-2 over her rival 12 years her senior. Both the boxers were making their Games debut and the Indian became the first from her nine-strong team to make the quarterfinal stage. The 23-year-old showed great poise in a tense contest to triumph by

the thinnest of margins. She claimed all the three rounds on split points.

The Indian pugilist took Round 1, 3-2 and this created pressure on her German opponent. Lovlina maintained her charge in Round 2, and she unleashed further punches, throwing Apetz off her guard. The 23-year-old did not relent, and in the end, she won the match, progressing to the quarterfinals.

Game plan worked

The Indian youngster, hailing from Assam, was the aggressor in the opening round before she changed strategy to play the waiting game, drawing Apetz in to punish her on counter-attack. The plan worked out just fine despite the German's well-placed jabs often troubling Borgohain. Borgohain relied mostly on her left hooks to keep the slender edge.

The 35-year-old Apetz was the first German woman to qualify for a boxing event at the Olympics and

also a two-time world championship bronze-medallist and a former European champion. She is pursuing a PhD in neuroscience, which she put on hold for a year to prepare for the Olympics. Apetz made the Games cut after reaching the semi-finals of the European Qualification Tournament last year.

Borgohain is a two-time World and Asian championships bronze-medallist. She will next face Chinese Taipei's Nien-Chin Chen, who is seeded fourth and a former world champion, on July 30. A win in that bout would assure Borgohain of at least a bronze medal at the mega-event. Chen was also a silver-medallist at the 2019 Asian Championships and defeated Italy's Angela Carini 3-2 in her pre-quarterfinal bout.

On Sunday, Mary Kom had stormed into the Round of 16 of women's flyweight (48-51 kg) category after defeating Miguelina Garcia of the Dominican Republic. AGENCIES

Paddler Sharath Kamal, shuttlers Shetty - Rankireddy bow out

Indian paddler Sharath Kamal took a game off the legendary Ma Long, the reigning Olympic and world champion, before making a third round exit from the table tennis competition, while shuttlers Chirag Shetty and Satwiksairaj Rankireddy defected their England opponents but still missed qualifying for the quarterfinals at the Tokyo Olympics, on Tuesday.

Sharath takes game off Ma Long

Sharath fought tooth and nail to take the second game from Long but eventually lost the men's singles contest 7-11 11-8 11-13 4-11 4-11 in 46 minutes. The Chinese great acknowledged that Sharath made it tough for him. "It was a tough match. Of course at the Olympics every match, no matter the opponent, no matter the country, it's always tough," Ma Long said after the match. "I did prepare for difficulties. The third game was crucial. After gutting it out the last two games were better," he added.

With Sharath's defeat, India's challenge has ended in table tennis at the

Games. Manika Batra, Sutirtha Mukherjee and G Sathiyam have all exited the singles competition.

Win match, lose points tally

Indian shuttlers Chirag Shetty and Satwiksairaj Rankireddy emerged victorious against the England pair of Ben Lane and Sean Vandy in their final Group A match but still missed out on qualifying for the quarterfinals.

Ranked 10th in the world, the Indians beat world number 18 team 21-17 21-19 in a 44-minute match.

However, they couldn't make it to the knockout stage as they finished third in the Group A. All three teams finished on same points with two wins each and when the number of games won was considered to identify the qualifiers, the Indians lost.

Chirag and Satwik's straight game loss to the Indonesians on Monday cost them dear. Only the top two pairs of each group advance to the quarterfinals. AGENCIES

QUIZ TIME!

Q1: Which team won the 2015 Cricket World Cup?

- Australia
- New Zealand
- South Africa
- India

Q2: Which of the following events are not a part of the Olympic Games but a part of the Commonwealth Games?

- Lawn Balls
- Netball
- Squash
- All of the above

Q3: Which woman tennis player was given the award of Cet?ean de onoare ("Honorary Citizen") of the city of Bucharest in 2018?

- Serena Williams
- Simona Halep
- Angelique Kerber
- Justin Henin

Q4: Who was the first recognised Chess Champion of the world?

- Garry Kasparov
- Wilhelm Steinitz
- Howard Staunton
- Adolf Anderssen

Q5: Mary Kom was the first Indian woman boxer to win Gold at 2014 Asian Games, Incheon, South Korea. Whom did she defeat?



Photo: PTI

- Zhaina Shekerbekova
- Park Ji-na
- Jutamas Jitpong
- Boualam Roumaysa

Q6: Who has won the maximum number of medals in the World Wrestling Championships Women's freestyle category?

- Kaori Icho
- Hitomi Obara
- Saori Yoshida
- Nikola Hartmann

Q7: With which sport are Ramesh Krishnan, Harsh Mankad, Nitin Kirtane, Susheel

Narla associated?

- Tennis
- Hockey
- Table Tennis
- Football

Q8: Ezra Cup is related to which of the following sports?

- Polo
- Tennis
- Hockey
- Cricket

ANSWERS: 1. a. Australia 2. d. All of the above
 3. b. Simona Halep 4. b. Wilhelm Steinitz
 5. a. Zhaina Shekerbekova 6. c. Saori Yoshida
 7. a. Tennis 8. b. Polo