



THE TIMES OF INDIA

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**TODAY'S
EDITION**

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➤ Catch all the action from Tokyo. Check out the overall medals' tally, and how India is faring in Olympics 2020
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STUDENT EDITION

MONDAY, AUGUST 2, 2021


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

Spotlight

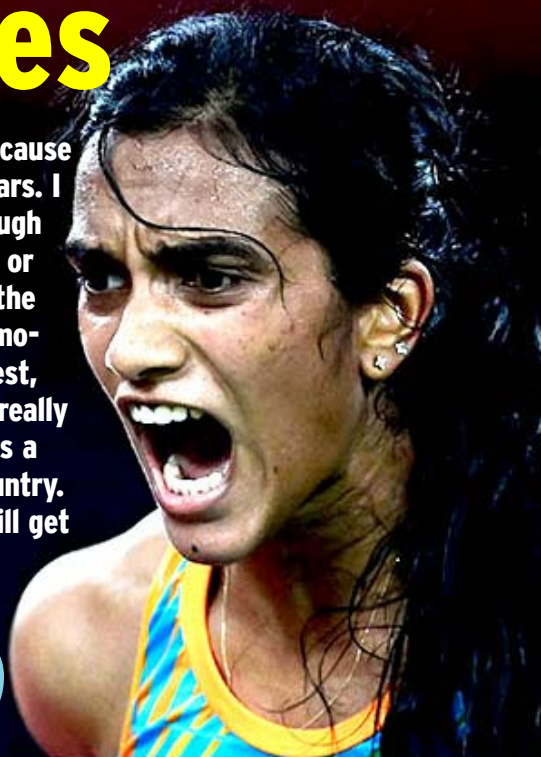
Shuttler PV Sindhu on Sunday became the first Indian woman to win two Olympic medals. She defeated China's He Bing Jiao in the bronze medal match of the ongoing Tokyo Olympics at the Musashino Forest Plaza Court 1. It is Sindhu's second medal at the Olympics after she won a silver medal at the 2016 Rio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

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



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

PV Sindhu, after winning the match



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



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

INDIA REJOICE



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

Ram Nath Kovind, President

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

Narendra Modi, PM



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

Virender Sehwag, cricketer

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

Abhinav Bindra, shooter



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

Pallela Gopichand, chief coach, badminton

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

PV Ramana, Sindhu's father



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

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

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

Instagram makes accounts for users under 16 private by default

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

- Starting this week, those under 16 years (or under 18 in certain countries) will be defaulted into a private account when they join Instagram
- For young people, who already have a public account on Instagram, the app will show them a notification highlighting the benefits of a private

account, and explaining how to change their privacy settings

The company said, it has developed new technology that finds accounts that have shown potentially-suspicious behaviour and stop those accounts from

interacting with young people's accounts


TECHAWAY

MEET THE YOUNGEST OLYMPIANS COMPETING AT THE TOKYO GAMES



TOKYO TALES



Pic: Reuters

HEND ZAZA, 12, table tennis
Twelve-year-old Syrian table tennis prodigy Hend Zaza hails from a country ravaged by civil war. Zaza had defied all the odds to reach the Olympics.



Pic: Getty Images

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



Pic: AP

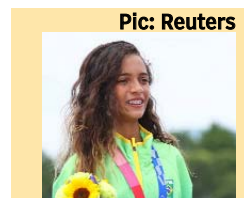
SKY BROWN, 13, skateboarding
Thirteen-year-old skateboarder from Great Britain, Sky Brown is the youngest British athlete to ever represent the country in a Summer Games.



Pic: Getty Images

SUMMER MCINTOSH, 14, swimming
Fourteen-year-old Canadian swimmer Summer McIntosh set a new national record when she finished a 400-metre freestyle heat in 4:02:72 at the Tokyo Olympics.

Pic: AFP



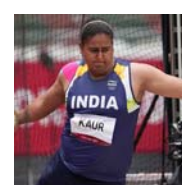
Pic: Reuters

RAYSSA LEAL, 13, skateboarding
Brazilian skateboarder Rayssa Leal won the silver medal in the women's skateboarding street event at the Summer Games.

INDIA AT TOKYO



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



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

Expert-approved ways to boost your KID'S IMMUNITY

**Positive
parenting**



EGGS

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

BEST WAY AND TIME TO GIVE EGGS

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



GREEN VEGGIES

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

HOW TO FEED IT TO YOUR KIDS

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

CURD

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



HOW TO MAKE IT INTERESTING

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

TURMERIC

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



ADD IT TO KID'S FOODS

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

EXPERT'S TIPS

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

DRY FRUITS, SEEDS & NUTS

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



HOW TO FEED THEM TO YOUR KIDS

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

GOOD FOOD

Healthy beverages FOR MONSOON



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



WARM WATER WITH LEMON

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



BERRY SMOOTHIE

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

NIMBU PANI WITH MINT

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



COCONUT WATER

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



HONEY AND CINNAMON DRINK

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

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

BINGE ON 'BINGSU'



Recipe

INGREDIENTS

- ❖ 500 gm shredded ice cubes
- ❖ 1/2 cup mango
- ❖ 1/2 cup strawberry
- ❖ 2 scoops vanilla ice cream

- ❖ 1/2 cup kiwi
- ❖ 150 gm mixed berries
- ❖ 50 gm powdered sugar

HOW TO MAKE

Step 1: PREPARE THE BERRY SYRUP

Firstly, add the frozen berries to a pan. Then add 4 tbsp water and keep on medium heat. Once the mixture comes to a boil, add sugar and mix well. Mash the berries well to make a paste. Let it cook for a few more minutes until it forms a syrup.

Step 2: ARRANGE THE

FRUITS IN A BOWL

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

Step 3: READY TO BE SERVED

Lastly, add one scoop of ice cream to each bowl and pour the berry sauce on top. Your Bingsu bowl is ready to be served. TNN

UK government to reward those who lose weight!

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

Cash and coupons for eating fruits & veggies?

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



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

How it will work?

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

SHARE YOUR VIEWS WITH NIE

Students, do you think a similar health initiative can work in India too? Is there a way to replicate this programme in a huge country with varied culture and eating patterns like India? Share your thoughts with us at: toinie175@gmail.com

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

Photo: THINKSTOCK

TNN

THE EDUCATIONIST EDUCATION BEYOND THE CLASSROOM

Aarati Savur is the CEO OF Parisar Asha - centre for educational research and training. She is a passionate educationist. She shares her insights with Urvi Dhonde

Q: How important is it to integrate Art in the school curriculum?

In art there is no right or wrong. Through art, students can express themselves freely with a decision-making power. This works wonders when the child grows up. It becomes easier for parents to raise a happy child. When we use art as a media for teaching methodology, learning becomes a joyful experience.

Q: According to you, the word environment refers not necessarily to nature but to one's spiritual, social and academic environment. How does the academic and social environment of a student influence his/her all round development?

A child's social and academic environment plays a very important role in



Aarati Savur, CEO Parisar Asha

their development, as we are all a product of our environment. We conduct free parenting sessions wherein we tell parents that they should strive to create a good environment for their children so that their children become good human beings.

Q: Parisar Asha's Eco-Tech world school program aims to blur the line between the classroom and the outside world. How do you envision it?

We have carefully crafted lesson plans for teachers in accordance with the school curriculum although taught in a different way. We have created simple activities involving theatre, music, drama etc., which will not only enhance academic skills but also equip students with 21st century skills such as creativity, critical thinking and communication.

Q: What is one quality of children that we should inculcate in ourselves?

One quality isn't enough, you need to be a child at heart forever!

PRINCIPAL WINS LAURELS

It's a proud moment for Arunodaya Public School that the principal Nikita Kothari was awarded the prestigious Women Achievers of Mumbai award by a popular media group on 11th July.

A platform was laid to acknowledge women and their contribution from all walks of life bringing together the creativity and authenticity.

Prestigious people came together to give the women an honour who could take pride in their achievements for their extraordinary contribution and selfless services to the society during this pandemic period.

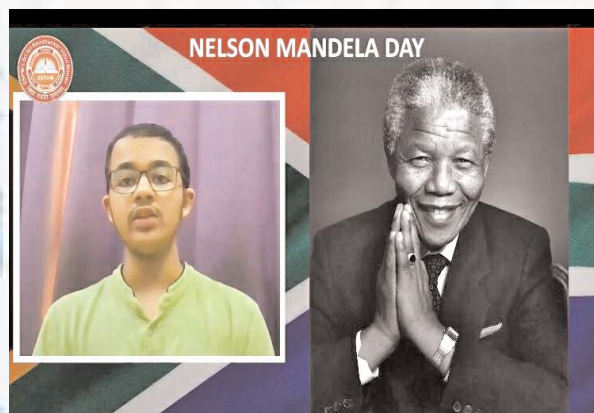
Esteemed chief guest for the event, State Minister of Maharashtra: Aditi



Sunil Tatkare, Uspasabapati Vidhan Parishad Maharashtra: Dr Nilam Gorge, IAS officer, Thane Mahanagar Palika: Dr Vipin Sharma, and famous television actor Aditi Sarangshker, Manisha Kelkar encouraged and applauded women for their courage and inspired the audience by setting the Women Achievers' example amongst the audience.

It is indeed an honour to receive such a distinguished award says Nikita Kothari. Arunodaya Public School is proud to have Nikita Kothari who has such great achievements and is taking her organisation forward with her sincere efforts and hardwork setting a milestone for the students.

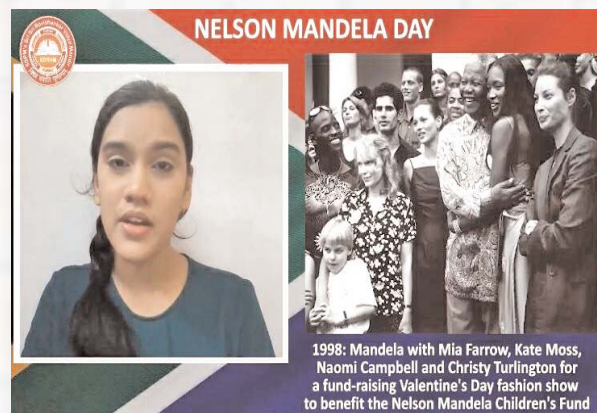
Remembering Nelson Mandela



When we look back at our history the world leaders have always inspired... One of the greatest inspirations is Nelson Mandela. As he rightly quoted: "It always seems impossible until it's done."

Nelson Mandela Day is a day for all of us across globe, a reminder to stand up for humanity and fight against racial discrimination.

At SSRVM Borivali want they wanted the younger generation to appreciate and understand the contribution of Nelson Mandela towards humanity, peace and democracy — with this thought in mind, a special assembly was conducted to reiterate his contributions. During the Assembly school teachers explained the students on 18 July the importance of his contribution to humanity. The day was ob-



served with reverence to commemorate the birthday of former South African president Nelson Mandela. The day was officially declared by the United Nations in November 2009 to honour and pay tribute to the great personality.

Nelson Mandela was an iconic figure who triumphed over South Africa's apartheid regime. He was a human rights lawyer, an international peacemaker and also

the first democratically elected president of a free South Africa. His relentless pursuit for equality was paralleled with his status as the founding father of peace in South Africa.

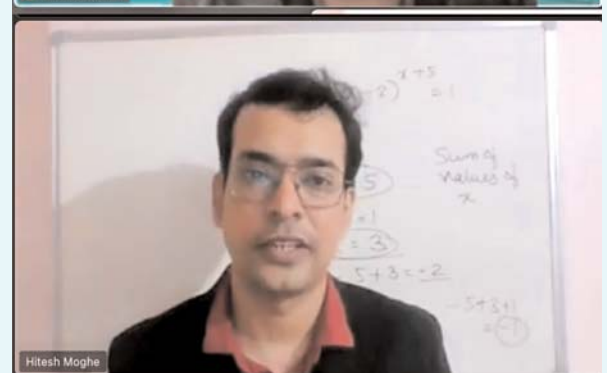
Therefore, it's a day to reveal the life and works of Nelson Mandela, through volunteering and community service and motivate people to go far and beyond to serve humanity.

Students gain insights on careers in science and maths

Times NIE has always brought the very best for students – this webinar was conducted in association with Vidyalankar on July 30, primarily for class 10 students and the Student of the Year award winners, Urvi Dhonde reports

Science and Maths are two of the most sought-after choices for students, post class 10. The careers backed by them are considered to be highly lucrative in today's world but the new specialisations that are mushrooming in STEM, have made it overwhelming for students to make the right decision. Hence, any help in this regard is highly beneficial. The career guidance webinar in science and maths which was conducted by two aficionados in STEM, Hitesh Moghe and Trishit Banerjee, to felicitate the winners of the Times NIE Student Of The Year award, did just that.

Prof Moghe, HOD mathematics, Vidyalankar, B.Tech, IIT Bombay, ac-



There is no replacement for hard work. Hard work can even beat intelligence

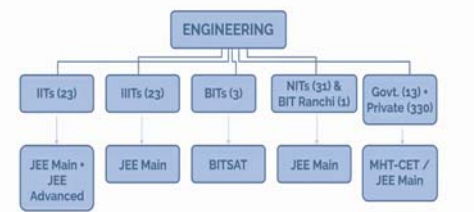
- Prof Hitesh Moghe

quainted the attendees with the top engineering, medical and pure science institutes in India, their admission criteria and their cut-offs. He also told the students about the importance of doing well in entrance exams and how to prepare for them.

Trishit Banerjee, Chemistry expert and aspiring researcher in the area of Gene editing and Protein engineering, who is currently studying in Japan, told the students about how his interest in chemistry arose. He also told the students about his research.

Undoubtedly all the attendees must have taken away something insightful from this informative webinar on career opportunities in STEM.

ENGINEERING INSTITUTES & THEIR ADMISSION CRITERIA



QUESTIONS AND ANSWERS

Q) How difficult was it to adapt to a different culture, also given the language barrier, especially in a country like Japan?
Trishit Banerjee: You do come across a cultural barrier when you move abroad but once you learn about the culture, you start finding it interesting. The entire programme is in English, so knowing Japanese doesn't really make a difference when it comes to academics.

Q) When should one start preparing for Engineering/ Medical Entrance Exams?
Hitesh Moghe: Generally students start preparing for these exams after Std. X. However, it is advisable to appear for competitive exams like NTSE, RMO; which are conducted at school level, to build strong conceptual base.

Virtual Festivities and more

RESHMA SHETTY, CLASS X

In this present crisis of covid-19, an astoundingly exemplary virtual Bakri Eid celebration was recently organised by principal Davinder Kaur Maan of Guru Gobind Singh Education Academy for a duration of 3 hours beginning at 9.00 in the morning. Hordes of enthusiastic students from class 1st to 10th celebrated this festival with great pomp and reverence by participating in several activities and competitions. Students took part in elocution competition and gave their best. Primary students made aesthetic and harmonious paintings depicting the significance of this day and ethnic ambience of Islamic people were indeed a treat for the eye. Secondary section students contributed by making beautiful and creative mehendi designs on their hands which didn't let the eyes to blink. Students decorated their homes by making soothing lanterns and wall hangings which delighted everyone. Some students delivered shayaris by making audios which impressed everyone. Students sent their activities through school what-



sapp groups which was really a new and unique way of sending school activities. This contribution of students despite belonging to different religions exhibited the unity of future India which is really a great thing. Principal Davinder Kaur Mann encouraged and instilled enthusiasm in students to participate in these activities keeping safety and staying at their homes.

This virtual Bakri Eid was a great celebration.

Express YOURSELF

TRAPPED A WHOLE YEAR

This whole lockdown began, more than a year ago We didn't know then, how much we would have to forgo Life seemed all good and peachy, Just a week before, This dreadful lockdown was announced, which pushed us till we tore

Everyone hoarded supplies, People were panicking! As we watched the news channels, Our hearts were scared and racing Slowly we got used to this idea, of staying inside our homes All seemed well and good

We were in our separate domes We spent time with our families, Played games, read books and watched TV But in our minds remained this thought "When will we be free?" Now countries started developing, A vaccine for this

deadly disease People had started getting injected, And it all seemed like a big tease Now it's been more than a year, And we're back to those same figures But we should remember not to fear, Because we'll get through this together!

KIRTI KRISHNAN, class IX, Navy Children School, Colaba

GODS

I wonder who are gods? And why we call them lords? And where do they live? In the big blue sky I think. Are they myth or reality? I have read about them in history, But it says they are the biggest mystery! I think gods are in our heart, Some believe, Some don't. But I wonder why? I never got the answer, That who are gods? And why we call them lords?

ATHARV KUMAR, class VII, Navy Children school, Colaba

Confidence & Communication Competition

Is your child ready to wear their confidence and shine bright?

Stand a chance to win exciting cash prizes:

- 1st Prize - INR 2000
- 2nd Prize - INR 1000
- 3rd Prize - INR 500

Participation certificate for all students.

For age group 4 - 13

Register Now!



GUTSY SATISH KUMAR SHOWS TRUE VALOUR



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

Photo: PTI

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

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

A brave performance

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

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

Showed strong resolve

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

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

He is a bit low right now but when he settles down, he will realise how big it was for him to fight it out with those cuts. The fight he gave despite the blows is



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

SANTIAGO NIEVA, Indian boxing's high performance director

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

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

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

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

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

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

OLYMPIC WATCH

August 2, 2021 | INDIANS IN THE FRAY

ATHLETICS
Women's Discus Throw Final
Kamalpreet Kaur

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

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

EQUESTRIAN
Individual show jumping qualifier:
Fouaad Mirza

MIRZA FIGHTS FOR TOP 25

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



Photo: REUTERS

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

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

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

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

ONUS ON RAJPUT, TOMAR TO SALVAGE SHOOTING CAMPAIGN

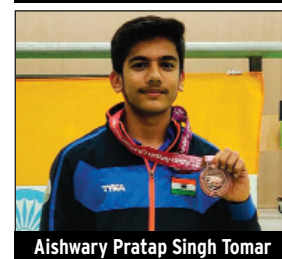
Sanjeev Rajput and Aishwary Pratap Singh Tomar will look to round off on a positive note, what has been a forgettable campaign for the Indian shooting team, when they compete in the men's 50m rifle 3 positions at the Tokyo Olympics on Monday, India, who were expected to do well in shooting, are staring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

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

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



Sanjeev Rajput



Aishwary Pratap Singh Tomar

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

QUIZ TIME!

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

- a. Vantika Agrawal
b. Arpita Mukherjee
c. Sudha Rani
d. Megha Singh

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

- a. Japan
b. North Korea
c. Indonesia
d. Russia

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

- a. Sport Climbing
b. Karate
c. Chess
d. Surfing

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

- a. Shashi Kant
b. Pramod Bhagat
c. Deepa Malik
d. Anshu Malik

Q5: Yang Qian, who took gold in the women's 10m air rifle final, belongs to which country?

- a. China b. Japan
c. North Korea d. Netherlands



Photo: AFP

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

- a. Sarita Devi b. Manisha
c. Bala Devi d. Tejas Nanda

Q7: Who won the Sparkassen Trophy at Dortmund?

- a. Viswanathan Anand
b. Vladimir Kramnik
c. Magnus Carlsen
d. Ding Liren

Q8: Who won the British Grand Prix?

- a. Lewis Hamilton
b. Max Verstappen
c. Pankaj Advani
d. L. Norris

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

- a. Punjab FC
b. Chennai City FC
c. Gokulam Kerala FC
d. Bengaluru FC

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

- a. Sanjeet Verma
b. Abhimanyu Sharma
c. Sanjay Mathur
d. Samir Banerjee

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