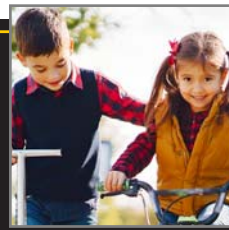




# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

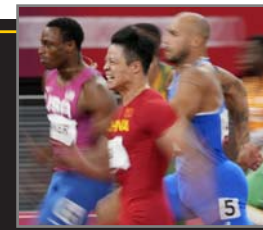
➤ For parents: Boost your kid's immunity and health by following the tips shared by experts  
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➤ Catch all the action from Tokyo. Check out the overall medals' tally, and how India is faring in Olympics 2020  
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**STUDENT EDITION**

MONDAY, AUGUST 2, 2021


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

### Spotlight

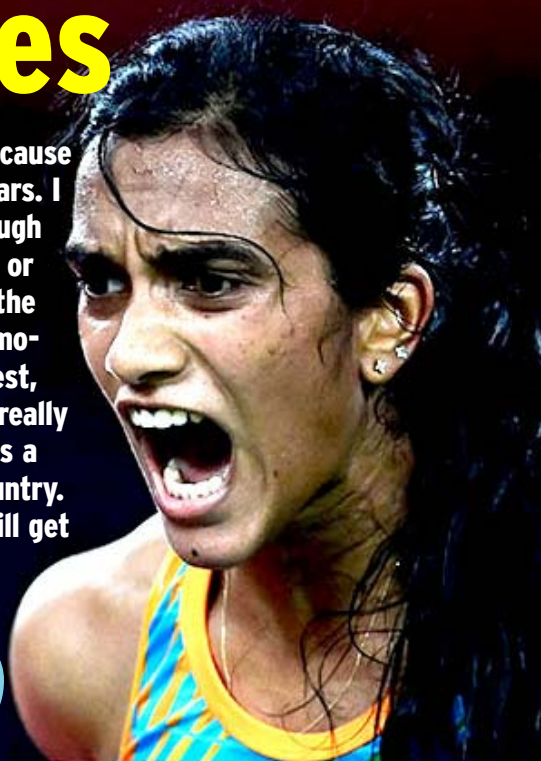
**S**huttler PV Sindhu on Sunday became the first Indian woman to win two Olympic medals. She defeated China's He Bing Jiao in the bronze medal match of the ongoing Tokyo Olympics at the Musashino Forest Plaza Court 1. It is Sindhu's second medal at the Olympics after she won a silver medal at the 2016 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

Pullela Gopichand, chief coach, badminton

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

PV Ramana, Sindhu's father



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

**I**ndia 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

**I**n 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

### TECHAWAY



interacting with young people's accounts

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



## 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.



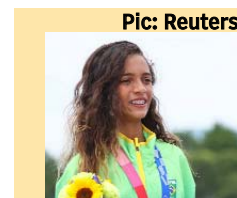
Pic: Getty Images

### 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

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



Pic: Reuters

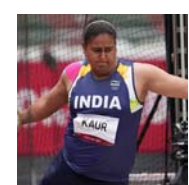
### RAYSSA LEAL, 13, skateboarding

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



**T**ea 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

**B**ingsu 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](mailto: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



## HOMAGE TO KARGIL HEROES



**D**elhi Public School, Nacharam conducted a special assembly to commemorate Kargil Vijay Diwas and the innumerable sacrifices made by Indian soldiers on this day two decades ago. Col. M Ramkishan, deputy brigade commander, graced the occasion as chief guest and motivated the students to be dedicated to the country. Principal Sunita Rao urged the students to develop the qualities of conviction, patriotism and camaraderie right from school days.

The school not only encourages students to enrol into NCC but also periodically invites defence personnel to address the students. A presentation on the Kargil conflict was showcased which portrayed the bitter sweet journey of the Kargil war and the ultimate victory. Addressing the students, the chief guest spoke about the difficulties that soldiers undergo at the border and also shared a video made by the Indian

### Delhi Public School Nacharam

Army. Albeit the hazards, he said, soldiers fight not for laurels but for their passion towards their motherland. He urged the students to be the best in their chosen field as they are the future of India.

The chief guest's speech galvanized the students to take an oath that they would not deviate from their goal in serving the country. Senior vice-principal Nandita Sunkara urged the students to be responsible at every step and to come up with inventions that would strengthen the defence forces of our country. A poignant video of the last words of a few Kargil heroes, presented by the senior secondary students, left the audience speechless. After an impressive display of creative posters by students, the session concluded with a patriotic song and a promise to make their country proud.



### Pallavi Model School Bowenpally

**"If death strikes before I prove my blood, I swear, I will kill death," Captain Manoj Kumar Pandey, Paramveer Chakra Kargil War, 1999.**

**P**allavi Model School, Bowenpally, paid tributes to the Indian Army on the occasion of Kargil Vijay Diwas. Kargil Vijay Diwas is celebrated every year to commemorate India's victory over Pakistan in the Kargil war of 1999. The armed conflict went on for more than 60 days.

The students of classes XI and XII performed a dance and gave a presentation on Kargil War. The presentation also highlighted the plight of the family members of the martyrs.

The programme reminded everyone of the sacrifices made by our Indian Army to ensure our safety. Principal Shailaja Reddy, shared her memories of the year 1999 and the situation that prevailed during the Kargil War. Vice-principal Sindhu Jayaraj, appreciated the students for their wonderful dance performance and presentation.



### Army Public School Golconda

**S**tudents of Army Public School, Golconda celebrated Kargil War Diwas with a spirit of patriotism. To inculcate in students the values of nationalism and love for nation, a few captivating programmes were devised virtually, paying tribute to the Kargil martyrs, who are the symbol of bravery and sacrifice for safeguarding our borders.

This special day was set in motion with a special prayer, pledge, word, thought and news followed by a display of slogans and paintings by stu-

dents to showcase their love for the country. A brief inspiring speech was presented about the Kargil jawans followed by the sequence of events that led to the Kargil War. An exhilarating extract from the book written by General Ved Prakash Malik (Retd), then Army Chief during the Kargil War, was read out to the students. Lt Colonel Vishal Sunny from Artillery Centre Hyderabad was a part of the

special assembly and delivered a stimulating lecture to highlight the significance of Kargil Vijay Diwas and the true sacrifice of the Kargil heroes.

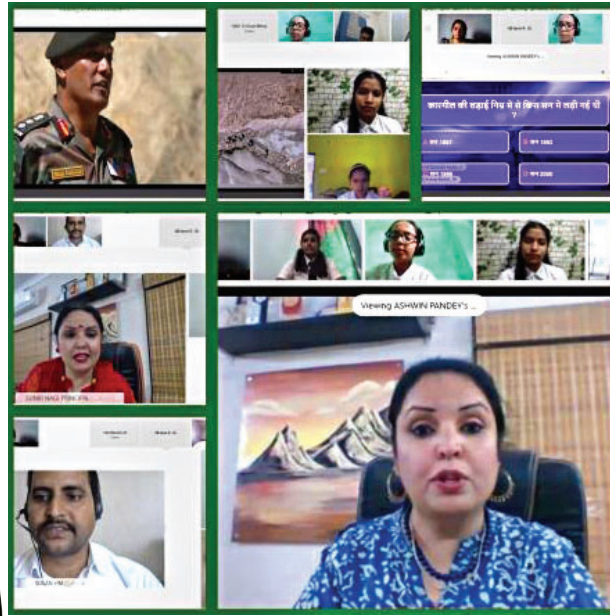
An inspirational poem based on the events of the Kargil war was screened for the students. An enlivening semi-classical dance performance by the students of the middle school mesmerized the audience with a feeling of attachment towards their Motherland. Principal Vidhya Murallidharan addressed the gathering and shared her insights on the special occasion.



### Pallavi Model School Alwal

**S**tudents of Pallavi Model School, Alwal celebrated Kargil Diwas with a special assembly dedicated to the jawans of the country. The nation takes pride in the defence forces who survive all odds to give us a safe and secure world to live in. India celebrates Kargil Vijay Diwas every year to mark the anniversary of the Indian Army's victory against Pakistan in 1999, after over 60 days of armed conflict on the highlands of Kargil in Ladakh.

Remembering the selfless sacrifices of the martyrs, the student re-lived the glorious moments of history on the virtual platform. The day began with a prayer song followed by a documentary, inspiring students to be a part of nation building. Principal Sunir Nagi voiced her experience associated with the day. The entire event went live on the social media platform proclaiming the glorious victory. Valiant soldiers were remembered with reverence by the staff and the students of the school.



## Express YOURSELF

### MY MOON THALI

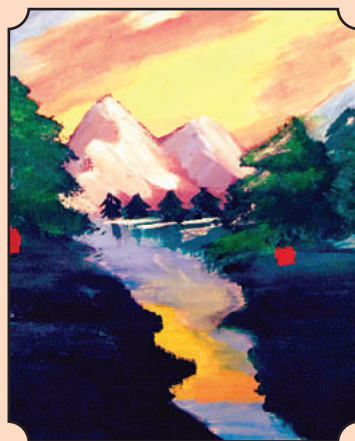


An appetising Apple salad  
A hot hot Puri,  
A delicious Dam-Aloo,  
A tasty tiny Jamun,  
A mushy Muffin,  
A mouth-watering Manchuria,  
A melting Vanilla scoop,  
A candle-light dinner,  
In my flavourful kitchen  
With my Moon Thali.

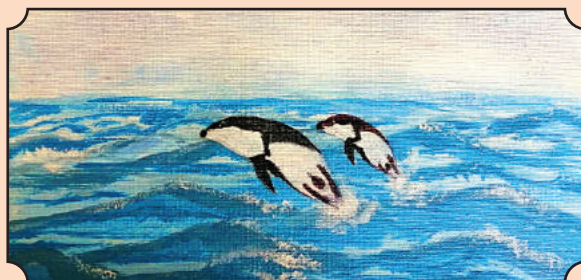
**CH SIRI VENNELA, CP3,  
Gitanjali Primary School, Hyderabad**



### Painters' Gallery



**AMIDST NATURE: PRANATI, class IX  
A, Meridian School, Kukatpally**



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



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

## Donning the mantle of leadership

### Sister Nivedita School Ameerpet

**S**ister Nivedita School, Ameerpet, organised the Investiture Ceremony of the newly elected Student Council members on a virtual platform. The young leaders were vested with various duties to ensure smooth functioning of the school.

The event commenced with an invocation followed by a welcome address by principal Lalitha Kumari who encouraged the young leaders to be strong, kind and thoughtful.

The occasion also marked the celebrations of Guru Purnima wherein the staff paid their obeisance to founder chairman Kondal Rao, a great educationist. Correspondent, Hari Hara Prasad expressed his gratitude to the great gurus and introduced chief guest Dr Vivek Modi to the gathering. Dr. Vivek Modi is a medical professional turned wellness educator and motiva-



tional speaker. The chief guest virtually inaugurated the ceremony. Head Boy Sai Jawanth, head girl Jasmine along with all the other members were honoured by their parents with sashes and badges. The council members took the oath and pledged to render their responsibilities towards the school with dedication and loyalty.



Dr Modi spoke about the six pillars of a successful life by maintaining physical, mental, emotional, spiritual, social and intellectual well-being. His speech motivated the young leaders. The head boy and head girl rendered impressive speeches by quoting the words of Swami Vivekananda and how they emulate their teachers as role models.

## MAKING HER SCHOOL PROUD

### Delhi School of Excellence Attapur



**V**ishalini NC from class II E of Delhi School of Excellence, Attapur brought laurels to her school by achieving the title of "The Youngest Patent Holder" by the India Book of Records 2021 for inventing 'An Automatic Multi-Functional Life Rescue Flood House.' The six-year-old has always been an enthusiastic learner and has a passion for creating innovative things.

Talking about her achievement, her parents said, "Our daughter is a keen observer which makes her think differently and execute her ideas innovatively."

The school congratulated Vishalini on her successful venture.

## THE EDUCATIONIST

## THE POWER OF AFFIRMATIONS

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

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

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

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

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



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



# GUTSY SATISH KUMAR SHOWS TRUE VALOUR



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

Photo: PTI

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

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

## A brave performance

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

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

## Showed strong resolve

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

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

**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

**I**ndian equestrian Fouaad Mirza picked up 11.20 penalty points and was placed 22nd after the cross-country round at the Olympics on Sunday. A good round in the individual show jumping qualifier on Monday will ensure that Mirza, India's only equestrian at the Olympics in over two decades, and his horse Seigneur 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

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

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

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



Sanjeev Rajput



Aishwary Pratap Singh Tomar

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

## QUIZ TIME!

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

- 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 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