



THE TIMES OF INDIA

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**TODAY'S
EDITION**

► Do you have a number 13 phobia? Learn more about it as we decode all about it

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► Check out some home projects that will help you relax between your online classes

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

PAGE 4

STUDENT EDITION

THURSDAY, AUGUST 5, 2021



CONGRATULATIONS GALORE

■ With your hard work and dogged determination, you have done the nation proud. Your Bronze medal in boxing at the Olympics Games will inspire the youth, especially young women, to battle with challenges and turn their dreams into reality
Ram Nath Kovind, President



■ Well fought @LovlinaBorghai! Your success in the boxing ring inspires several Indians. Your tenacity and determination are admirable. Congratulations on winning the Bronze. Best wishes for her future endeavours. #Tokyo2020
Narendra Modi, PM



■ To achieve a milestone of such difficulty, while making your debut at the grandest sporting event in the world, is nothing short of incredible.
Abhinav Bindra, shooter


CLICK HERE: PAGE 1 AND 2

Boxer Lovlina Borgohain BAGS BRONZE

Boxer Lovlina Borgohain became the third Indian athlete at the Tokyo Olympics after weightlifter Mirabai Chanu and shuttler PV Sindhu to clinch a medal, a bronze, after she lost her welterweight semifinal bout to Turkey's Busenaz Surmeneli at the Ryogoku Kokugikan Arena on Wednesday.

India have now bettered the 2016 Rio Olympic Games tally by clinching a silver and two bronze medals in Tokyo

■ Lovlina became the third boxer to win a medal at the Olympics for India after Vijender Singh and MC Mary Kom's bronze at the 2008 and 2012 Olympics respectively

■ The youngster, who started out as a Muay Thai practitioner, took to boxing in 2012

■ She is already a two-time world championships bronze-medalist


TOKYO TALES


India lose 1-2 against Argentina in women's hockey semis; to play for Bronze

INDIA @ TOKYO

JAVELIN THROWER NEERAJ CHOPRA BOOKS A SLOT IN THE FINAL
 Star Indian javelin thrower Neeraj Chopra raised India's hopes of a track and field medal after sealing a top place from his group

WRESTLER RAVI KUMAR DAHIYA (57KG) ENTERS FINAL

Grappler Ravi Kumar Dahiya assured India of at least a silver medal when he stormed into the men's 57kg freestyle final with a 'victory by fall' over Kazakhstan's Nurislam Sanayev

IN OTHER NEWS

NOW, A NO-PATROL ZONE AT GOGRA-HOT SPRINGS

India and China have agreed to establish over the next few days a no-patrolling or buffer zone at one of the friction points in the Gogra-Hot Springs-Kongka La sector in eastern Ladakh. The "in-principle agreement" for the phased disengagement of troops and physical verification at Patrolling Point-17A was reached during the 12th round of corps commander-level talks held last Saturday and has been cleared by two governments. The proposed buffer zone at PP-



17A will be similar to that established in the Galwan Valley. The buffer zone at Galwan Valley included 1.4km of Indian territory.

CLIMATE CHANGE COULD DEVASTATE EMPEROR PENGUINS

Climate change is threatening emperor penguins with extinction in much of their range, US wildlife officials have warned. The penguins live much of the year on Antarctic sea ice, which is disappearing or breaking apart because of the heat-trapping gases released by humans' use of fossil fuels. The penguins need the ice to breed, raise their young and escape predators.

The tallest of all the penguins, emperors stand almost 4 feet. After laying a single egg, females go off to hunt, and males nurture the egg by holding it on their feet and covering it in a feathered pouch. After it hatches, the parents take turns caring for their offspring. If the sea ice disappears before the young penguins exchange their fluffy baby feathers for sleek adult ones, they cannot swim in the frigid waters and will die

CAMILA CABELLO'S 'CINDERELLA' IS A FEMINIST RE-TELLING OF A CLASSIC

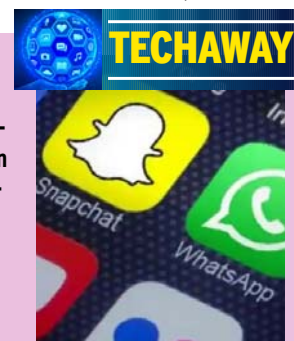
The trailer of actress Camila Cabello's upcoming film 'Cinderella', which was released on Tuesday, has a contemporary twist, with the protagonist aiming to be independent and ambitious. The film shows Camila as Cinderella, who is a talented designer and wants to start her own business of making dresses.



WhatsApp rolls out disappearing photos & videos feature to take on Snapchat

Users of Facebook Inc's WhatsApp can now send disappearing photos and videos on its platform starting this week, as it looks to better compete with Snap Inc's photo messaging app Snapchat. The feature, called View Once, will let photos and videos disappear from the chat after they have been seen, Facebook said. Once the media content has been viewed, the message will be shown as "opened."

Snapchat, known for its Stories feature that lets users post updates that disappear after 24 hours, has grown in popularity last year, as pandemic-induced curbs kept users at home. The company has also been adding new features on its messaging app to attract more users



Brigitte was the youngest winner of the prestigious Elite International Music Competition, which earned her a spot at the Carnegie Hall. She was supposed to play at Carnegie Hall as part of the American Protege International Music Talent Competition in November 2020.

MEET BRIGITTE XIE, THE 4-YR-OLD PIANO PRODIGY SET TO PERFORM AT CARNEGIE HALL

Brigitte Xie, from Connecticut, reads music, can play Beethoven's Sonatina in F Major, and has won a spot to perform at Carnegie Hall. She is 4 years old. Brigitte's feet dangle above the ground when the petite girl sits on the piano bench, her hands moving gracefully across the keyboard. Brigitte's father, Tao Xie of Ridgefield, Connecticut, signed her up for piano lessons on Zoom about a year ago to give her something to do during Covid-19 lockdown. "At the beginning, I never expected that she's going to be a prodigy or anything," he said. "But yeah, it turns out it's amazing."

KALONJI MAY HELP IN TREATMENT FOR COVID-19 INFECTION: STUDY



Australian researchers have found that the seeds of the plant, Nigella sativa, better known as Kalonji, could be utilised in the treatment of Covid-19 infection. The flowering plant, native to north Africa and western Asia, has been used for centuries as a traditional remedy for multiple medical conditions, including inflammation

Health

and infections. A team from the University of Technology in Sydney found that an active ingredient of Nigella sativa can prevent the SARS-CoV-2, the virus leading to Covid-19, from causing a lung infection. "There is growing evidence from modelling studies that thymoquinone, an active ingredient of Nigella sativa, more commonly known as the fennel flower, can stick to the Covid-19 virus spike protein and stop the virus from causing a lung infection," said lead author Kaneez Fatima Shad, Professor at the varsity. "It may also block the 'cytokine' storm that affects seriously ill patients who are hospitalised with Covid-19," Shad added.

■ Nigella sativa has been shown to be helpful in treating high blood pressure, high cholesterol and diabetes mellitus. As an anti-inflammatory treatment, it has also been found to help patients with allergic rhinitis and sinusitis, eczema, osteoarthritis and childhood epilepsy
 ■ It has also been proven to be effective in a laboratory environment in killing bacteria such as staphylococcus aureus that can cause a range of mild to severe infections if they enter the skin, and viruses including influenza

Music Consumption Patterns AMONG YOUNG ADULTS

The love for music rages high in teenagers, who, because of their high levels of exposure, keep on discovering new music, which they stream on different platforms. It is essential for music-streaming companies to assess how people generally behave in the process of listening and discovering music today, so that more customers can be attracted to their platform. After conducting a survey of over a hundred young adults on their music consumption patterns, I learned of some basic trends as outlined below.

Out of the one hundred ten people surveyed, 46 per cent lie between the age of 16 to 18, 37 per cent between the age of 10 to 13, 17 per cent are 18+, and none between the age of 10 to 13. The most popular genre of music streamed



among all the respondents is English Pop, and 70 per cent of the respondents prefer more than one genre of music.

The most popular music-streaming online applications are Spotify and Apple Music, with YouTube being the occasional pick for some of the respondents. The explanation for this is that 77 per cent of the respondents listen to music in the background, which leaves only 23 per cent who take out time to virtually listen to music on video-streaming platforms.

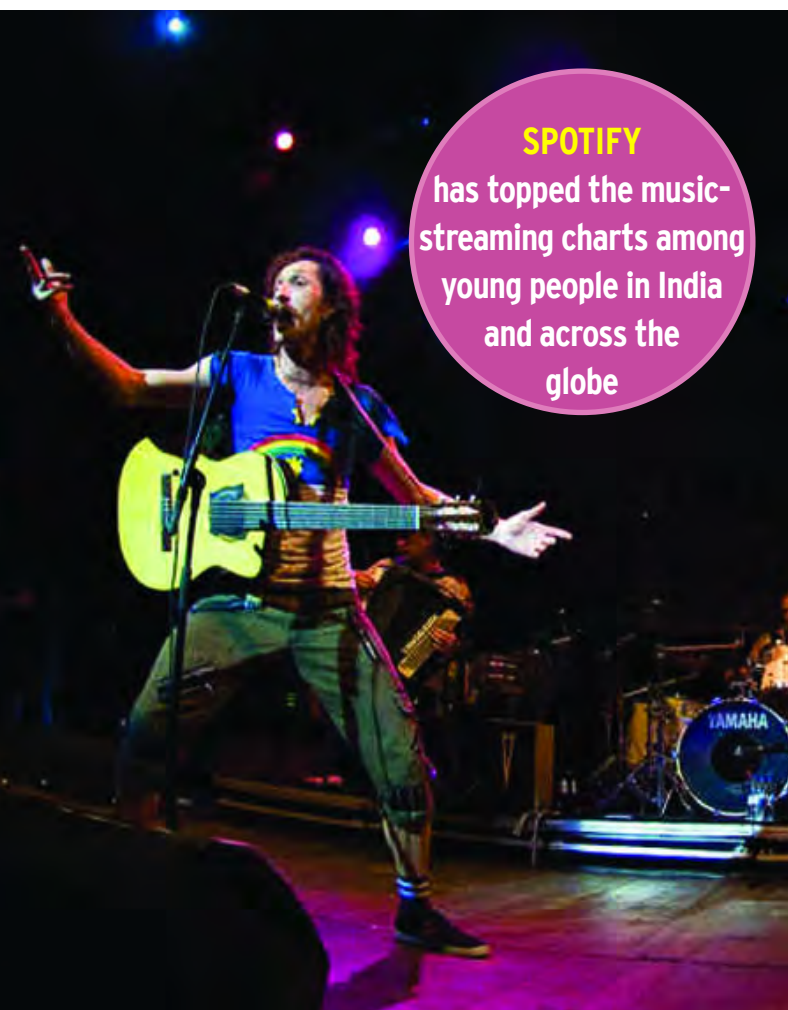
Domestic music-streaming websites such as Gaana and Saavn are preferred by only 2 per cent of the total respondents, which leads to the inference that young adults (which make up most of the total sample) have a preference for applications that have been widely endorsed by social media.

Listeners from Western countries have shown to have a preference particularly for Spotify, which has been resonated by the young population of India due to the desire to conform to the latest trends. All respondents remain open to suggestions of music by friends, social media, and music-streaming applications. Some online applications, with their special features that organise playlists based on the user's listening history, are often the source of new music knowledge.

Trendy, up-to-date music can be found on these platforms, hence deeming them as the most popular source of music suggestions for users. Based on the survey, and personal experience, it can be concluded that music enthusiasts appreciate innovation, particularly personalised features that allow them to design their own playlists on the application. With a wide variety of songs available, along with unique additions such as lyrics and app-designed playlists, Spotify has topped the music-streaming charts among young people. With its aggressive advertisements for updating to a paid premium version, this application continues to be very popular among teenagers not just in India, but around the globe.

By MYRA ALAWADHI, class XII,
The Shri Ram School, Moulisari, Gurgaon

SPOTIFY
has topped the music-streaming charts among young people in India and across the globe



Healthy dishes for dinner

Whether you are trying to shed kilos or just eat healthy, your evening meal should be lighter than the rest of your day. Add veggies, spices and healthy fat to your dinner to enhance the taste and make it more nutritious. Here are some healthy dishes you can have for dinner



Millet bowls

A millet bowl is one of the simplest meals you can put together for yourself. Millets are gluten-free and nutritious: amaranth, buckwheat, jowar, pearl millet and sorghum are some millets that are easy to make and can be paired with veggies. Millets are high in fibre, protein and vitamins; it is also easy to digest. Add spinach, carrot, beans, onions and some spices to enhance the taste of millets.

Dinner salad

Who said salads are only for lunch or snack time. Just place some veggies, leafy greens and nuts together. Make a dressing with lemon juice, olive oil, spices and mix well and your salad bowl is ready. Go for dressing with oils such as olive oil, mustard oil, etc. Say no to creamy dressings made with mayo and sugar.



Oats idlis

Idli, the south Indian delicacy, is another great dinner option. Traditional idlis are made of rice or rava, if you want to make it more healthy, then try oats flour. Oats is rich in fibre and essential micronutrients that helps you stay full for a long time. You can pair idlis with a bowl of sambar or coconut chutney.

Healthful Plum Shake



If you want to make a beverage that is as nutritious as it is delicious, try this recipe. From kids to grandparents, this plum shake will be loved by all

INGREDIENTS

- 5 plums
- 2 tablespoon honey
- 3/4 cup milk
- 1 teaspoon chia seeds

HOW TO MAKE

Step 1: **Chop plums**
Wash the plums properly and chop them. Collect the pulp into a bowl.

Step 2: **Blend the ingredients**
Add milk, chia seeds, honey and milk to a bowl. Blend the ingredients well to prepare a smooth mixture.

Step 3: **Pour and serve**
Pour the shake into a glass and serve chilled. You can also add some crushed ice to your shake.

REVELATION

Are you scared of



This number makes many jittery because of its bad luck association so much so that Apple's next iPhone, rumoured to be called iPhone 13, makes iPhone users sceptical about whether they would want to buy it. What is about this number that makes us fearful and how did it begin? Let's find out

Buyers vary of no 13 phone!

A survey conducted by trade-in site SellCell found that 74 per cent of those polled think Apple should choose a different name. Almost one-fifth (18.3 per cent) of respondents said they would refuse to buy the product if 13 is in its name. The common enough superstition was more prevalent among men.

Where did it come from?

Some anthropologists believe this fear finds its origins from the 'Last Supper' where 13 guests sat next to Jesus and the fact that his crucifixion was on a Friday. Though 13 isn't unlucky in Hinduism (the 13th day is called Trayodashi and is actually auspicious), the fear has seeped in from the West, with movie franchises probably contributing to it. Others say it's just another way of externalising blame when things don't go our way.

The phobia about 13 is called...

'Triskaidekaphobia'. Those with this phobia associate the number with bad luck or danger as a result of age-old superstitions that exist in a variety of societies.

Friday 13th phobia!

An associated fear is called the even more unpronounceable 'Paraskevidekatriphobia', which refers to a phobia of Friday the 13th. Millions of Americans suffer from this fear, Saybrook University Psychology professor Stanley Krippner told 'Time' magazine.

So, where does that leave Apple?

- This fear is not something that Apple will necessarily take into account. For one, different numbers are considered unlucky in different cultures. In Japan, nine is unlucky, while in China, it's four.
- If they were to go for a different name, there are options. iPhone 12s is one of the likely candidates.

SOURCES: TIME, MACWORLD,
WALL STREET JOURNAL, SIMPLYFLYING.COM

Writer Stephen King suffers from 'Triskaidekaphobia'. He gets nervous on the 13th step/floor. "It's neurotic, sure. But it's also safer," he said in 1984

High rise to hotels, they all stay away

- This fear is the reason why many high-rise buildings and apartment complexes in India and abroad don't have a 13th floor. The two largest elevator makers, Otis and Kone, say they give customers the option to have a 13th floor or not
- Many airlines also don't have a 13th row in their aircrafts. These include Lufthansa, Air France, Emirates and Cathay Pacific, among others
- The Kerala high court did not have a 13th courtroom, opting for 12 A instead, till the Supreme Court intervened saying legal institutions should not encourage such superstitions

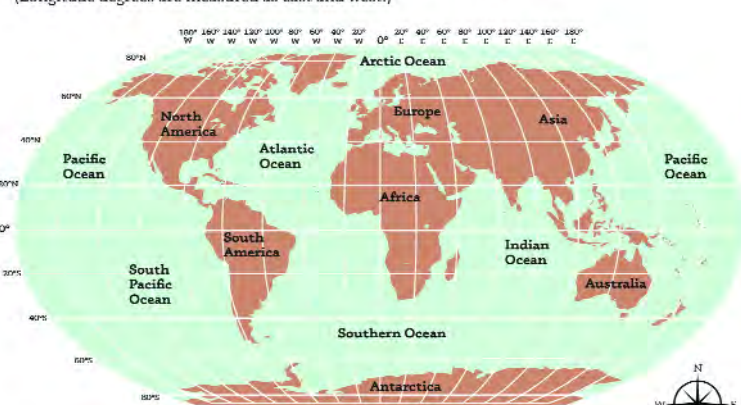
'Friday the 13th', released in 1980, introduced the world to a mask-wearing killer named Jason, and is perhaps the best-known example of the number 13 phobia in pop culture

LATITUDE AND LONGITUDE

What are latitude and longitude, and how do you use them?

Latitude: lines that run in an east to west direction across the Earth. (Latitude degrees are measured as north and south.)

Longitude: lines that run in a north to south direction across the Earth. (Longitude degrees are measured as east and west.)



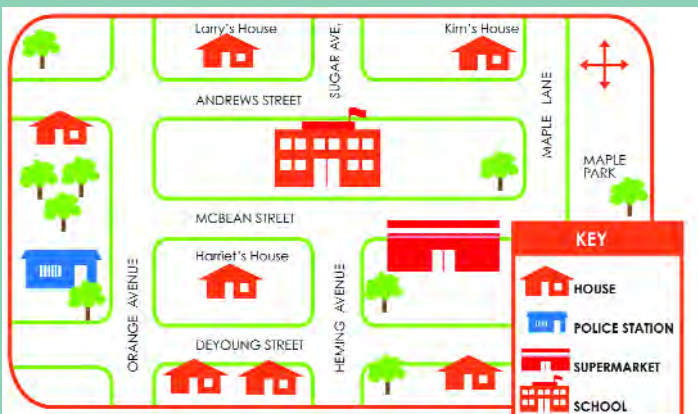
Directions: Use the map to answer the questions below.

Example: What continent is at 20° south and 20° east? Africa

1. What continent is 40° north and 20° east?
2. What ocean is found at 20° south and 100° east?
3. What continent is at 20° south and 120° east?
4. What ocean is at 40° south and 160° west?
5. What continent is at 40° north and 100° east?



TOWN MAP



LABEL the compass rose with N, S, E, W.

Write NORTH, SOUTH, EAST OR WEST to complete each sentence.

1. Harriet heads _____ to go to school.
2. Larry goes _____ to go to Harriet's house.
3. Kim heads _____ to go to the supermarket.
4. A police officer would go _____ to the supermarket.
5. Kids at school head _____ to play at the park.
6. Harriet's dad is a police officer. He heads _____ to work.
7. Larry heads _____ to go to school.
8. Kim heads _____ to visit Larry.



SAVE THE TIGERS

The students of class VI celebrated World Tiger Day by organising a special assembly on a virtual platform. The presentations highlighted the message of spreading awareness about tigers and their conservation to ensure survival of this magnificent species.

Pallavi Model School
Bowenpally

tant facts about the animal, its pivotal role in balancing and maintaining the ecosystem. A Mask Making activity was conducted as children were told about the big cats that are on the verge of extinction and should be protected from human cruelties. Wonderful poems were recited, and slogans cited in English, Hindi and Telugu. A spectacular skit showcasing the pitiful life of a tiger was also presented by the students, encouraging the audience to raise awareness about tiger conservation.

Students shared impor-

BOOK REVIEW: THE SECRET GARDEN BY FRANCES HODGSON BURNETT

HEALING POWER OF NATURE
Several diseases originate from or is aggravated by emotional stress and later manifests in the body as physical pain and other symptoms. So, if we improve a person's emotional and mental state, can he or she be cured? This question is answered by author Frances Hodgson Burnett in her best-seller novel 'The Secret Garden'.

It is categorised as a children's novel, but people from all ages can be inspired from the moral of this story.

The narrative is centered around Mary Lennox, a ten-year old British girl, who was born in British India to wealthy British

parents. But Mary's parent's take little care of her as the native servants nurse her and allow her to become too self-centered. After an epidemic kills Mary's parents, British officers decide to send her to her uncle in England, Archibald Craven. At Misselthwaite Manor, Mary makes friends with her maid, Martha Sowerby, who tells her about a secret walled garden.

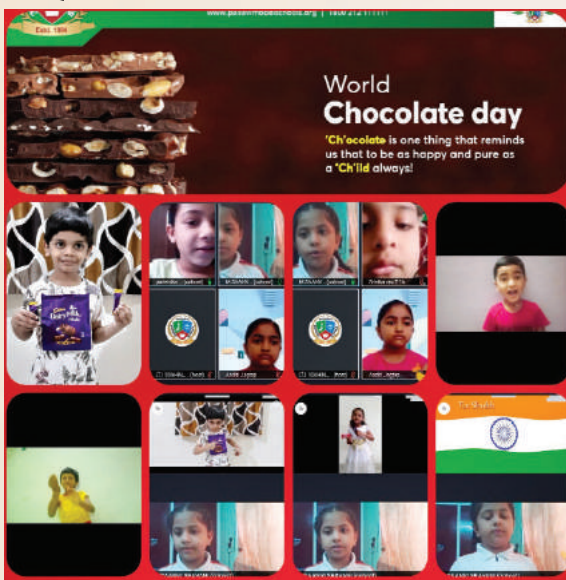
The story shows how the condition of a sick and depressed person can improve because of the calm and serene atmosphere of a garden. Frances Hodgson Burnett describes the power of nature beautifully in this novel.

ADITYAYAN ACHARYA,
class IX B, Unicot
School, Hyderabad



Into the yummy world of chocolates

Pallavi Aware International School **Saroor Nagar**



The students from the pre-primary wing of Gitanjali Vedika celebrated Chocolate Day in a delicious way. The tiny tots looked adorable dressed as different flavoured chocolates. They had fun making various crafts using chocolate wrappers and were excited to taste their homemade chocolate snacks like chocolate popcorn, choco balls and bread chocolate cake!



Gitanjali Vedika
Hyderabad



The students from class I of Pallavi Aware International School celebrated Chocolate Day by putting together a special event. The little ones informed the audience about Chocolate Day and went on to speak about the history and evolution of chocolate.

The students spoke in detail on the history of cocoa and its journey to the various corners of the world. What started as a random plant, grew to be the currency of Amazons, turned into a bitter-sweet drink, and finally evolved into one of the most consumed products in the world.

The students explained how cacao beans are collected, processed, and turned into chocolate. They spoke about the three types of chocolates, White, Milk and Dark Chocolates and also their health benefits.

The students then conducted a quiz to bring out more details on the benefits of chocolate.



Gitanjali Devshala
chocolate Day Celebrations



Gitanjali Devshala

Students of Gitanjali Devshala celebrated Chocolate Day with much excitement on a virtual platform. To mark the celebrations, they participated in a chocolate making activity organised by their teachers.

Children donned the chef's hat and flaunted their skills by making delicious chocolates using only three ingredients - crushed biscuits, condensed milk and sprinkles! Some of the students brought their favourite chocolates to the class and shared a sweet treat with their friends.

This transported the young ones to their school recess time, when they used to share food from their treasured tiffin dabbas!

Students were taken on a virtual tour to a chocolate and an ice-cream factory where they witnessed how their favourite chocolates and ice creams are manufactured.

Parents also participated in the activity and presented cakes, brownies and chocolate jewellery made by them. Children composed an intricately woven tapestry of rhyme in celebration of chocolate and their love for it.

FIDGET SPINNER

DO IT YOURSELF

Spinning a fidget spinner is entertaining as well as soothing to the nerves. It is a major stress-buster. I have designed a fidget spinner with which you can play when you are tensed or bored. It may not work as good as the real one, but it is a pretty good replacement for it.

MATERIALS REQUIRED

- ▶ A cardboard sheet which can be obtained from a shoebox or pizza box.
- ▶ A pair of scissors
- ▶ Few nuts and screws
- ▶ A sharp object like a compass or a divider
- ▶ Liquid adhesive
- ▶ Paint or sketch pens (optional)
- ▶ A toothpick or thin wooden stick with smooth surface.
- ▶ Two pieces of paper (an easily foldable chart paper recommended)



PROCEDURE

- 1) Cut the cardboard into the shape of a fidget spinner.
- 2) Make a hole in the centre with the help of a compass or a divider.
- 3) Cut two small circles of cardboard of the same size, which will act as the centre of the fidget spinner later. Cut them according to the size of the fidget spinner.
- 4) Make a hole through the centres of the circular pieces.
- 5) Break the toothpick into a small piece, a little larger than the height of the fidget spinner-shaped cardboard and circular cardboards combined and apply the liquid adhesive on it.
- 6) Insert the adhesive-dipped toothpick through the centre of the fidget spinner-shaped cardboard and pass the centres of the circular cardboard pieces through the toothpick piece, one on each side.
- 7) Apply the adhesive on one side of the two pieces of paper and stick them to the centres of the circular cardboards, so that they can hold the toothpick at the place better and can even cover the toothpick and add to the aesthetics.
- 8) Insert the nuts or screws on the fidget spinner's arms to increase the weight of it, thus increasing its speed of spinning.
- 9) Use paints or sketch pens to make the fidget spinner colourful.

BHUVAN KAUSHIK
G, class IX A,
Meridian School,
Kukatpally,
Hyderabad



Expressing gratitude to teachers

Students and teachers of Sri Sri Academy Hyderabad celebrated Guru Purnima with much reverence. Though the last two years have limited the celebrations to a virtual mode, it couldn't dampen the enthusiasm of students. Children took this opportunity to express their gratitude to their teachers and to Indian spiritual leader Sri Sri Ravishankar, the founder of the school.

The vision of the Guru inspires teachers to create socially conscious global citizens who are courageous, committed, creative, compassionate and courteous individuals.

Sri Sri Academy **Hyderabad**



MY CLASSROOM

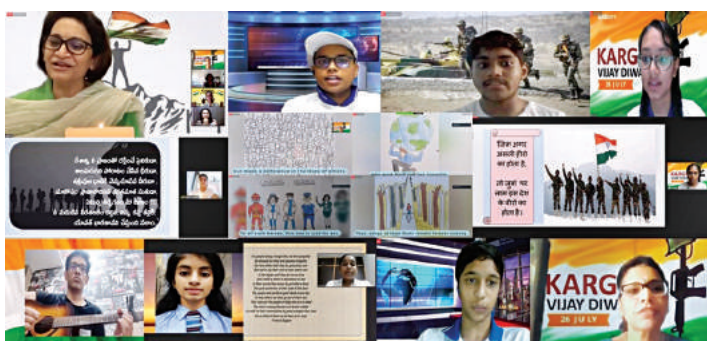


Clean and tidy classroom
Lovely and loving teachers
Activities to learn and enjoy
Super science
Social studies is too much fun
Rocking friends
Online classes yesterday, today, tomorrow
Only for you and me
My classroom is the best to be.



PAVANI CHAUHAN, class Checkpoint-III,
Gitanjali Primary School

Paying tribute to Kargil bravehearts



Kargil Vijay Diwas is celebrated every year to mark the victory of Indian soldiers during the Kargil war in 1999. On this special day, the students of class X C of Ganges Valley School presented a special assembly on a virtual platform to pay tribute to the martyrs of Kargil war.

A melodious prayer marked the beginning of the assembly. The students paid their respect to the unsung heroes and remembered their valour and sacrifice. Chief guest Colonel Pankaj Sharma, the Deputy

Mahitha Kakarala, Student
Editor, Ganges Valley School

Group Commander of the NCC Headquarters at Nainital, was introduced to the assembly by the principal. Colonel Sharma gave an insight into the Kargil war and vividly retold the story of the day when his base camp was hit by enemy shelling. He had many jaw-dropping incidents to narrate on how the army life is in the inhospitable terrains. Colonel Sharma interacted with the students and inspired them to be patriotic.

Kargil Vijay Diwas is celebrated every year to commemorate the success of 'Operation Vijay', which was launched by the Indian Army to clear the Kargil sector occupied by the Pakistani-led infiltrators on the Indian side of LOC.

The Kargil Day was celebrated by students and staff of Niraj Public School with a lot of enthusiasm. Headmistress Lakshmi Krishnan gave a speech on Kargil war hon-

ouring the acts of bravery by the valiant soldiers of the Indian army. Students from the special section, dressed as soldiers, reminded the audience about the contributions of the armed forces who make sacrifices for our better tomorrow.

Students from Primary and Secondary wings showcased their love towards the country through their paintings.



Creative Writing & Speaking Olympiad

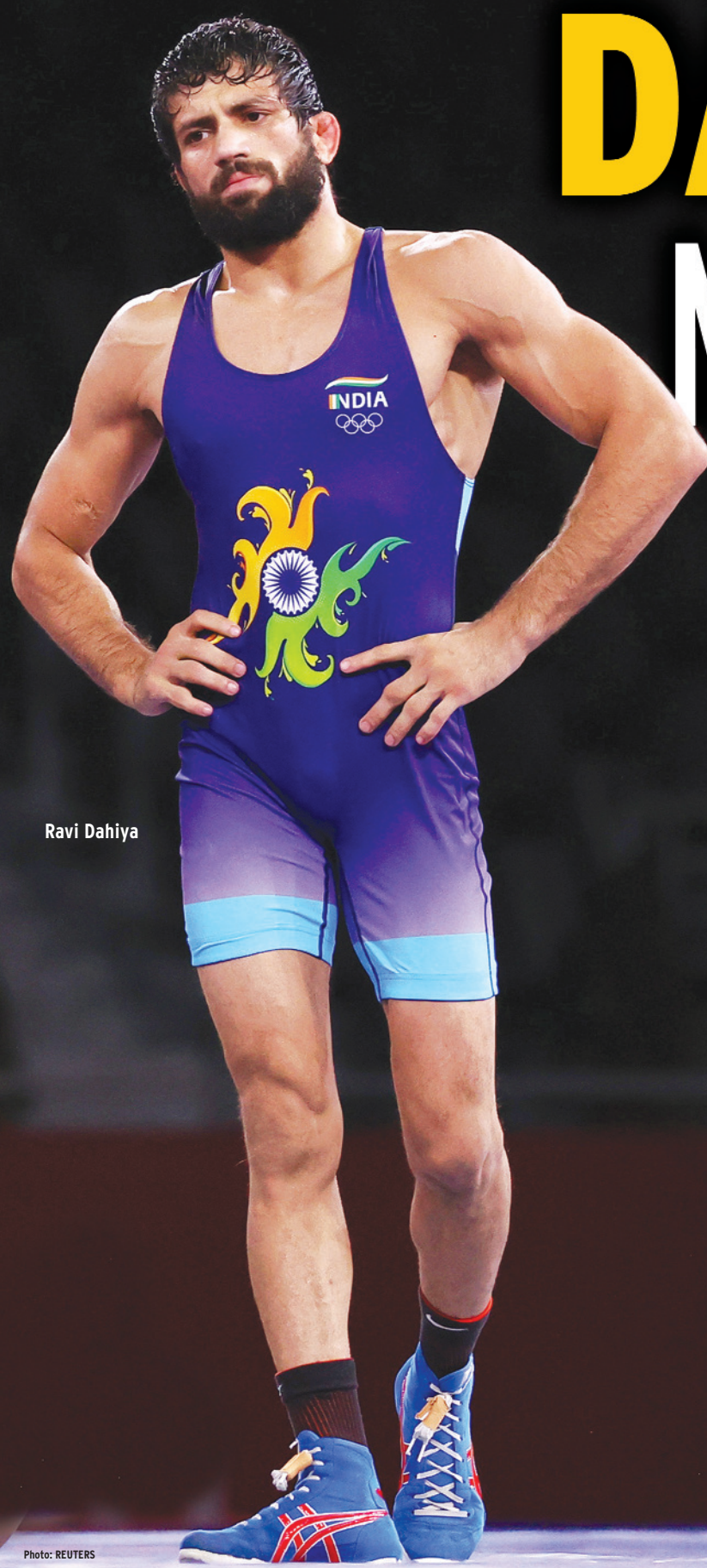
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- ◆ 3rd Prize: INR 500

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Ravi Dahiya

DAHIYA ENSURES MEDAL FOR INDIA

Wrestler becomes only second from country in a title clash as he storms into final with sensational "pin down"

Ravi Dahiya on Wednesday became only the second Indian wrestler to qualify for the title clash at the Olympic Games, when he sensationally turned around the 57kg semifinal bout by pinning Kazakhstan's Nurislam Sanayev, on Wednesday. Before Dahiya, who is the son of a Haryana farmer, Sushil Kumar was the only Indian to make the gold medal bout at the 2012 London Games but had to settle for a silver.

Show of mental strenght

The fourth seed Indian trailed 2-9 after Sanayev effected a few 'fitley' (leg lace) but as the clocked ticked away, Dahiya regrouped and got hold of his rival with a double leg attack that resulted in a 'victory by fall'. Despite a huge deficit, Dahiya did not panic, showing tremendous mental strength and dramatically turned the bout in his favour. After the end of the first period, Dahiya had a 2-1 lead but Sanayev came prepared and attacked the Indian's left leg, getting a good grip and turning him thrice to log six points in a jiffy.

Suddenly Dahiya's lead was gone and he was staring at a defeat but his superior stamina and technical prowess was still at work. The remaining one minute was enough for him to turn the tide and he did it in style. He got hold of Sanayev with a double leg attack and then gripped him tightly, with the Kazakhstan wrestler's back on the mat and finished the bout with a might 'pin'.

WRESTLER DEEPAK TO FIGHT FOR BRONZE

Indian wrestler Deepak Punia will fight for bronze medal after he was outclassed by formidable American David Morris Taylor in the 86kg semifinals of the Olympic Games on Wednesday.

It was always going to be a herculean task for Deepak to trouble the American, the 2018 world champion and the reigning Pan-American champion. It was hardly a contest as Taylor effected one move after another to win by technical superiority in the first period itself. Deepak could make only one move on counter attack but the American did not give the Indian any chance to convert that into points.

The 22-year-old Deepak had earlier made the most of an easy draw by getting past Nigeria's Ekerekeme Agiomor, the African championship bronze medallist, by technical superiority and then prevailed 6-3 over China's Zushen Lin in the quarterfinal.



Even in his previous bouts Dahiya was dominant as the 23-year won both his previous contests on technical superiority en route the final. Dahiya outclassed Colombia's Tigreros Urbano (13-2) in his opener and then outwitted Bulgaria's Georgi Valentinov Vangelov (14-4).

Fifth to wrestling medal

He is now only the fifth Indian wrestler to have won an Olympic medal after KD Jadhav, Sushil Kaumar, Yogeshwar Dutt and Sakshi Malik. Jadhav had become India's first wrestler and also the first individual Olympic medallist when he won a bronze during the 1952 Helsinki Games.

After that, Sushil Kumar enhanced wrestling's profile by winning a bronze at the 2008 Beijing Games and bettered the colour of the medal by claiming a historic silver in 2012 at the London Games that made him India's only athlete with two individual Olympic medals. At the Tokyo games, shuttler PV Sindhu matched this feat with a bronze. In the same 2012 edition of the Games, Yogeshwar Dutt won a bronze. Sakshi Malik became the first Indian woman wrestler to win an Olympic medal when she took a bronze in the 2016 Rio Games.

Medal hopes alive

This could well be a watershed Games for Indian wrestling with both Vinesh Phogat and Bajrang Punia also in contention.

OLYMPIC WATCH

August 5, 2021

INDIANS IN THE FRAY

GOLF Women's Individual Strokeplay Aditi Ashok

HOCKEY Men's Bronze Medal Match

Men's Freestyle 57kg Gold Medal Matches Ravi Kumar Dahiya

Men's Freestyle 86kg Bronze Matches Deepak Punia

Women's Freestyle 53kg Round of 16, Quarter-Finals, Semi-finals Vinesh Phogat

NEERAJ QUALIFIES FOR JAVELIN THROW FINAL

Says mental preparation will be crucial for victory

Medal contender Neeraj Chopra became the first Indian javelin thrower to enter the finals of the Olympic Games with a stunning throw of 86.65m in his opening attempt that put him on top of the qualification round on Wednesday. Shivpal Singh, failed to make the final cut with a below-par best throw of 76.40m.

The 23-year-old Chopra kept India's hopes of an elusive athletics medal alive by earning a direct entry into the finals to be held on Saturday as he sent the spear well past the qualifying mark of 83.50m in his first attempt. Competing in his first Olympics, Chopra took just a few seconds to make the final round. He topped the Group A contest and two qualifications rounds. A farmer's son from Khandra



Photo: PTI

village near Panipat in Haryana who took up athletics to shed flab, Chopra said, "I feel very good. In warm-up my performance wasn't so good, but (in qualifiers) my first throw had a good angle, and was a perfect throw."

Chopra is, however, under no illusion and knows in the final the world's best will go for podium finish. "It will be a different feeling. Physically we (all) train hard, and are ready, but I also need to prepare mentally. I will need to focus on the throw, and try to repeat this with a higher score," said the youngster who came into the Games with the fourth best throw (88.07m) this year.

Chopra's performance on Saturday will go down as one of the best by an Indian in the Olympics, as he finished ahead of gold medal favourite 2017 world champion Johannes Vetter of Germany.

HEARTBREAK FOR BRAVE INDIAN WOMEN

A brave Indian women's hockey team put up a gritty performance but it was not enough to secure a maiden Olympic final berth as they lost 1-2 to world no.2 Argentina in a hard-fought semifinal on Wednesday. India still have a chance to win the bronze medal as they will take on Great Britain a play-off match on Friday.

The Indians fought valiantly and gave Argentina a run for their money taking the lead through a penalty conversion by Gurjit Kaur. But the Las Leonas bounced back strongly. The bunch of 18 fearless and determined Indian women had already done the unthinkable when they stunned three-time champions Australia to enter the semifinals.



India's Gurjit Kaur (2-L) celebrates with teammates after scoring against Argentina

JAPAN'S YOSUZUMI WINS BATTLE OF THE TEENS FOR SKATEBOARDING GOLD

Japan's Sakura Yosozumi won the women's park competition to maintain the hosts' stranglehold on Olympic skateboarding on Wednesday and stop Kokona Hiraki and Sky Brown becoming the Games' youngest-ever gold medallists. The 19-year-old scored 60.09 points proving enough for victory ahead of teammate Hiraki, 12, and Brown, 13.

"This medal feels unreal -- like a dream," said Yosozumi. "I hope skateboarding is going to be very popular in Japan because of the strong performances of the Japanese team," she said, adding: "Now I want to go back home and eat some delicious food."



Sakura Yosozumi

Despite missing the title Hiraki, who scored 59.04, achieved the rare feat of winning an Olympic medal before her 13th birthday -- the first to do so since French rower Noel Vandernotte in 1936.

QUIZ TIME!

Q1: Which Indian athlete improved his own men's 3000 m steeplechase national record recently?

- Avinash Sable
- MP Jabir
- KT Irfan
- Sandeep Kumar

Q2: Which Brazilian football player has scored over one thousand professional goals?

- Danilo
- Felipe
- Ronaldinho
- Pele

Q3: Which sport appeared in five Olympics from 1992-2008 and was won three times by Cuba?

- Cricket
- Chess
- Baseball
- Rugby

Q4: By how many wickets did the New Zealand cricket team win the 2021 ICC World Test Championship Final?

- Six
- Seven
- Eight
- One

Q5: Who did Serena Williams defeat in the final of the

1999 U.S. Open to win her first singles grand slam event?

- Venus Williams
- Martina Hingis
- Steffi Graf
- Jaz Elle Agassi



Photo: AFP

Q6: James Anderson has completed 1,000 wickets in First-class cricket. Against which team did he achieve this milestone?

- India
- Sri Lanka
- Kent
- Canterbury

Q7: Who is this year's winner of the Tour de France?

- Primoz Rogli?
- Tadej Pogacar
- Egan Bernal
- Julian Alaphilippe

Q8: Who is the all-time leading goal scorer in the

Euro championship?

- Antoine Griezmann
- Alan Shearer
- Michel Platini
- Cristiano Ronaldo

Q9: Who became golf's third major winner of the year after winning the US Open this year?

- Jon Rahm
- Louis Oosthuizen
- Bryson DeChambeau
- Rory McIlroy

ANSWERS: 1. a. Avinash Sable 2. d. Pele
3. c. Baseball 4. c. Eight 5. b. Martina Hingis
6. c. Kent 7. b. Tadej Pogacar
8. d. Cristiano Ronaldo 9. a. Jon Rahm