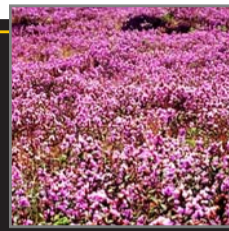




THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Know more about the Neelakurinji flowers, which blooms once in 12 years in Kerala

PAGE 2


➤ Educators and students share their views on issues of concern for the country and the world

PAGE 3


➤ Till we meet again...catch all the action of closing ceremony at Tokyo 2020

PAGE 4

STUDENT EDITION

MONDAY, AUGUST 9, 2021


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GOLD-DUSTED INDIA GLITTERS with Neeraj's win

...1 gold, 2 silver, 4 bronze



History was scripted on August 8 when Javelin star Neeraj Chopra became the toast of India after winning the country's first Olympic athletics gold medal. Chopra's 87.58-metre mark is now forever etched in the nation's sporting history, as it will now be remembered as the number which broke many barriers for the country of 1.3 billion population. After the win, Neeraj dedicated his gold to Milkha Singh and PT Usha. Milkha Singh, who passed away recently, always had this dream of seeing an athlete win gold medal at the Olympics. Earlier, PT Usha came close to winning a medal at the 1984 Olympics, but she missed it by a whisker.

After Abhinav Bindra's gold in shooting in 2008 Beijing, this is India's first-ever athletics gold medal and just the country's second-ever individual gold medal



1900 TO 2016: INDIA'S RECORD AT THE OLYMPICS

■ In 1900, India participated at the Summer Olympic Games, four years after it started in Athens in Greece. India's lone athlete, Norman Pritchard, won two medals in Men's 200 metres and Men's 200 metre hurdles ■ In 1920, the country sent its first Olympic team comprising four athletes and two wrestlers ■ Indian hockey dominated the Olympic podium from 1928 to 1936, winning three titles. In 1928 Amsterdam Olympics, India claimed their first-ever gold. ■ From 1948, an independent India began sending delegations of more than 50 athletes ■ The hockey team won gold medal at the 1948 Summer Olympics. It was the first gold medal for India as an independent nation. ■ In 1952, Khashaba Jadhav created history, becoming the first Indian to win an Olympic medal (bronze) in an individual sport at the Helsinki Olympics. ■ The Atlanta Olympics in 1996 gave India its first and only medal when Leander Paes won a bronze in tennis ■ In Sydney 2000, Karnam Malleswari became the first-ever Indian woman to

win an Olympic medal by winning a bronze medal in weightlifting ■ Rajyavardhan Singh Rathore not only became the first shooter from the country to bag the silver medal at the 2004 Olympics, but also the country's first individual silver-medallist at the Games ■ Abhinav Bindra improved on Rathore's medal colour in 2008 Olympics winning Gold. Sushil Kumar won a bronze in wrestling, and Vijender Singh in boxing ■ Shuttler Saina Nehwal and boxer Mary Kom won bronze in 2012. Sushil Kumar claimed his second and India's first silver in wrestling. Yogeshwar Dutt clinched a bronze in the men's freestyle. Shooters Vijay Kumar and Gagan Narang joined with a silver and bronze medal respectively ■ In 2016, Sakshi Malik won bronze and Sindhu, a silver



WHAT NEXT

"Javelin throw is a very technical event, and a lot depends on the day's form. Anything can happen. So, my next target is to breach the 90m (mark)," Chopra said after his historic feat

NEERAJ CHOPRA'S ROUTE TO GOLDEN HISTORY

1 For Neeraj, the grass was not always this green. As an overweight 12-year-old boy from Haryana's Khandra village, he was persuaded by his family members to take up sports. He began training at the Shivaji Stadium in Panipat

Junior record with a throw of 86.48m. He then became India's first-ever javelin thrower to win a gold medal at the 2018 Commonwealth Games and 2018 Asian Games

4 He further sharpened his skills under the guidance of javelin legend Uwe Hohn

2 That was until he saw a few seniors throwing javelins at the stadium and decided to try his luck at javelin throw. Fortunately for him, that sport truly captured his fancy, as he began training rigorously to get into better shape

3 In 2016, the flamboyant Neeraj announced his arrival on the field by shattering the World

5 On the road to Tokyo 2020, Neeraj's faced a great obstacle when he got an injury on his throwing arm that needed surgery. But the 23-year-old soon recovered with determination, as he ensured to script a golden history for the nation

MAHINDRA REQUESTS PM TO HAVE COMMEMORATIVE COINS DEPICTING NEERAJ

After Chopra won the gold, Mahindra Group Chairman Anand Mahindra tweeted, "The Javelin throw is arguably the most-frequently used image for commemorative coins. We need to have one officially released depicting #Neeraj Chopra"



Q: Do you agree? Share your views at TOINIE175@GMAIL.COM



With that monumental gold, India has now won seven medals in the multi-sporting event, its best-ever performance. Tokyo 2020 saw Bajrang Punia (bronze), Mirabai Chanu (silver), PV Sindhu (bronze), Lovlina Borgohain (bronze), men's hockey team (bronze), and Ravi Kumar Dahiya (silver) winning medals for the country

17 candidates score 100 percentile in JEE-Mains

Seventeen candidates have scored 100 percentile in the third edition of engineering entrance exam JEE-Main, the results of which were declared by the National Testing Agency (NTA) on Friday. According to officials, the NTA scores are normalised scores across multi-session papers, and are based on the relative performance of all those who appeared for the examination in one session. "The marks obtained are converted into a scale ranging from 100 to 0 for each session of examinees. The NTA score is not the same as the percentage of marks obtained," a senior official said. Starting this year, the exam will be conducted four times a year to offer flexibility to students and a chance to improve their scores. The first phase was held in February and the second in March. The next phases were scheduled for April and May but



those were postponed in view of the second wave of the Covid-19 pandemic that raged through the country affecting lakhs. The third edition was held from July 20-25 while the fourth edition is scheduled from August 26 to September 2.

NOW, A BOOK ON ELON MUSK

Tesla Inc Chief Executive Elon Musk will be subject of a biography by Walter Isaacson, the US author, who penned a best-selling tome on Apple co-founder Steve Jobs. Musk previously gave interviews for a biography by Ashlee Vance that was published in 2015, before Tesla became the most-valuable car company in the world and before SpaceX became the first private company to send humans into orbit.



IN OTHER NEWS

#ThankYouHeroes, says Barbie

Mattel has announced that Barbie will donate \$5 for each eligible Barbie doctor, nurse and paramedic doll sold at Target to the First Responders Children's Foundation (FRCF), benefiting the children of first responders. These dedicated heroes have worked tirelessly in the fight against Covid-19 since the pandemic began. This is a continuation of Mattel's #ThankYouHeroes signature programme, launched last year as part of the company's broader 'Play it Forward' platform, focused on leveraging

Mattel's iconic brands to give back to communities in times of need. The brand is spotlighting six women who are modern real-life heroes of the pandemic and honouring them with their own one-of-a-kind doll made in their likeness.

Barbie has also introduced the Fast Cast Clinic playset, with a Barbie doctor doll and four distinct play areas: a medical station, an exam table, an x-ray machine and a gift shop. The innovative new set includes dough that can be shaped to create leg/arm casts and create wraps with the bandage maker, allowing children to play out roles across the medical field



KNOW IT ALL

Idduki's
Shalom Hills, Kerala, have been witnessing the bloom of blue Neelakurinji flowers recently. As per the state officials, more than 10 acres of land have been blanketed with these rare blooms in Shalom Kunnu this time. However, the hills are not open this time for tourists due to the ongoing pandemic

NEELAKURINJI FLOWERS

12 Years

bloom in Kerala after

WHAT IS SPECIAL ABOUT NEELAKURINJI?

Strobilanthes Kunthiana, also known as Neelakurinji and Kurinji in Malayalam and Tamil, is a shrub that is found in the Shola forests of the Western Ghats in Tamil Nadu and Kerala. The Nilgiris Hills, which translates to Blue Mountains, got its name from these Neelakurinji flowers.

As per official records, there are around 46 species of Neelakurinji available in India, and these flowers are a native to Shola Forest of the Western Ghats. And there are around 30 spots in the Western Ghats that are home to such flowers.

The blooming of these flowers is considered special for people in Idukki, Kerala. Before the pandemic, tourists were allowed to visit the spots where these rare flowers bloom, provided they had permission from the Forest Department.

Neelakurinji was first sighted in the year 2006, in Tamil Nadu and Kerala.

TNN



The spot where the flowers bloomed this year witnessed the flowering 12 years ago. Reportedly, these strobilanthes Kunthiana species need 12 years for flowering, and as such the next bloom in these hills is expected by 2033!



Apple Cinnamon SHAKE

Craving for a creamy, thick shake? Try this recipe by following these easy steps

METHOD

Step 1: Wash and chop apples
To begin, wash, peel and chop apples.

Step 2: Blend the apples and milk well
Next, take a blender and add in chopped apples, cold milk, sugar

Ingredients

- 2 chopped apples as cubes
- 1/2 cinnamon
- 1/2 ice cubes
- 1 1/2 sugar
- 2 1/2 cold milk
- 1 vanilla ice cream

and blend all of them together.

Step 3: Serve chilled
To the blend, add in the vanilla ice cream, ice cubes and cinnamon, blend it into a thick creamy shake. Serve chilled and sprinkle some cinnamon and enjoy.

TIPS

- To make the shake healthy, you can skip adding ice cream and sugar.
- You can add honey or pitted dates in place of sugar and enjoy a nutritious creamy shake.

FESTIVE DECOR

SIMPLE RAKSHA BANDHAN DECOR IDEAS

With Raksha Bandhan around the corner, it's time to spruce up your space. Check out these simple but great ideas to give a makeover to your home



SERENE FAIRY LIGHTS

Hang swanky fairy lights in a cliché way or you can create your own edgy style. Instead of roofs, stick the fairy lights with the floor sides or you can also twist the lights over your centre table. To create a classier vibe, surround your main room with yellow fairy light and hang some star-shaped lights at different corners.

SCARF PILLOWS

This time instead of using the same bedsheet set or boring pillow covers, try wrapping your pillows in

beautiful scarfs that you already own. Spread your favourite scarf and simply wrap the pillow with it by making a bow in the

front. Create different styles as well and try out unique colours to bring an off-beat artistic look to your place.

RECYCLED RAKHIS

Tie all the old rakhis together like a long string and you can use that rakhi string as a bandhanwar (door hanging toran) or individual decorative hanging ornaments. This would bring all the memories of the beautiful festival over the years and is an emotional item.



POLAROID & PAINTINGS

This festival is close to everyone's hearts because it celebrates real family bonds. Give your house a deeply personal touch and stick polaroid family photographs of all the quirky things you did with your siblings. You can stick the photographs in a pattern-wise design to make them look even more beautiful. Make it wholesome and reminisce those memories with childhood photographs and paintings.

FLOWER RANGOLI



Flowers, in comparison to all the sticky powdered colours, give a more appealing and lively vision. It will make your house smell like a dreamy delight. Take the petals of sunflowers, roses, tulips, daisies, and marigolds and you can also add some fresh leaves to make small flower rangolis at every corner of your house. You can brighten up your house by adding oil diyas or even thin LED lights over the rangolis.

SEASONAL FACTS



Dos and don'ts for eating in monsoon

AVOID

One must avoid eating out as we are more prone to getting attacked by viruses, bacteria and other pathogens. Use your kitchen more often during these months.

INCLUDE

Eat rajgeera, kuttu, banana flour in your regular meals. Sooran, arbi, sweet potato are some vegetables that must be consumed. Include the wide and uncultivated species, the ones that are not planted by farmers. Some of these are patra (alu), lingdi, shevla and ambadi.

SPECIALISATION

One of the specialties of this season is Rishici Bhaji (combination of wild and cultivated species), which is very good for health. Some specialties like Siddhu, Modak and Bafra are steamed. Monsoon cucumbers are also a must-have along with bhajia.

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HEALTH BYTES

Street foods you can eat while maintaining weight

Craving some street food but avoiding it because you don't want to pile on extra pounds? Here are some popular street delicacies that are perfect for those on a weight loss plan



MOONGLET

It is basically a fluffy version of besan cheela that is prepared with yellow moong dal. Moonglet is loaded with protein, which is perfect for you if you are following a weight loss diet. Moong dal batter is prepared by grinding soaked moong dal and mixing it with spices and veggies like onion, tomato and capsicum. The batter is whisked for some time until it is fluffy and frothy. The batter is then poured into a small pan and cooked until crispy from both sides. Pair it with imli chutney and enjoy the moonglet that is crisp from the outside and soft from inside.

SHAKARKANDI CHAAT

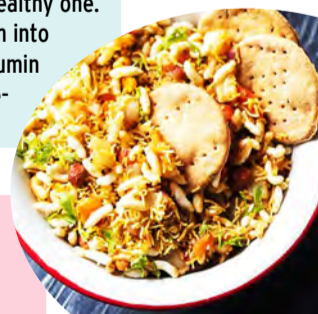
Sweet potato chaat is a north Indian snack that is popular with street food lovers. The chaat is prepared with boiled sweet potatoes and some spices, which makes the snack a healthy one. All you need to do is peel boiled sweet potatoes, chop them into cubes and mix the cubes with lemon juice, chaat masala, cumin powder and rock salt. Garnish the chaat with sev and pomegranate seeds and enjoy the sweet-sour-spicy flavours.



MASALA CORN

Boiled corn kernels loaded with different types of spices is the perfect snack for monsoon. This lip-smacking snack is prepared with boiled corn which makes it ideal for those on a diet. It is low on calories and doesn't include excess calories or fat.

This street food is prepared by first boiling the snack and then mixing it with lemon juice, green chillies, onion, tomato, chaat masala, red chilli powder, cumin powder and garam masala powder. Satisfy your taste buds by indulging in this healthy street food.



BHELPURI

It is a popular Maharashtrian snack made with puffed rice, sev, onion, tomato, tamarind chutney, mint chutney, lemon juice and mathri.

Bhel Puri is an ideal snack you can pair up with a piping hot cup of tea. This 'beach snack' is low on calories and can be savoured even on a diet.



PANEER TIKKA

From tandoori paneer tikka and malai paneer tikka to masala paneer tikka, there are a number of

tikka varieties that you can enjoy guilt-free. Paneer tikka is prepared with almost zero oil by either grilling them or

cooking in a tandoor. Marinated with curd and spice paste, paneer tikka is lip-smacking and filling at the

same time. Pair them up with onion rings and mint chutney to enjoy this delicious and super healthy snack.

TNN

BONALU FESTIVITIES IMPART VALUES



Gitanjali Devshala

Bonalu is a festival that is celebrated across Telangana during the months of July and August every year. At Gitanjali Devshala, the students from the pre-primary wing, dressed in their traditional best, offered 'Bonam' to the Goddess by drawing and decorating the Bonam (pot).

They gave it an authentic

look by adding real neem leaves. Children were excited to hear about the story behind this tradition and also enjoyed dancing to the beats of festive songs. Though the celebrations were online, it was a treat to the eyes of the onlookers.

**Pallavi International School
Saroornagar**

Bonalu is a festival celebrated in Telangana during the Ashaada Masam (month) of the Hindu calendar. It is celebrated to give homage to Goddess Kali, who, as legend has it, saved the twin cities from a deadly plague.

Students of Pallavi International School organised a special event to celebrate this festival. The programme began in the traditional way of singing slokas and invoking the blessings of the Goddess.

Students spoke about the significance of the festival and explained the rituals that are undertaken during the celebrations to the audience.

They demonstrated the detailed procedure of making the Bonam that is served to the Goddess. They also narrated the legend of Goddess Kali that led to the institution of this festival as well as stories of her many incarnations.

The students then took up the Bonam that they had made and imitated the proceedings of the festival, the walk from one's house to the Goddess's dwelling, which is known as Bonula. Skits were performed to



entertain the audience and at the same time to inform them about Pothu Raju, a significant character in the ritual proceedings of the Bonalu.

The event was a fun-filled occasion.

Various dance performances were presented by the students to thank the Goddess for her blessings. The event culminated with a special song explaining the power of Goddess Kali by the students.



**Delhi World School
Chintal, Shadnagar**

Bonalu was celebrated by students and staff of Delhi World School as they performed all the traditional rituals.

The school campus was beautifully decorated, and staff attended the event in their traditional attire. To mark the occasion, they prepared the Bonam pots and other offerings.

Children along with their parents participated in the celebration with much enthusiasm. Dance performances and devotional songs were presented by students paying reverence to the Goddess.



**NL Manasa, NIE coordinator, Sister
Nivedita School
Hyderabad**

The students from the primary wing of Sister Nivedita School celebrated Bonalu with much enthusiasm. Bonalu is a traditional festival of Telangana where the Goddess Shakti (Kali) is worshipped with special offering called Bonam, which is a mix of cooked rice in milk and jaggery.

The children, dressed beautifully in traditional outfits, carried a Bonam on their head as an offering to the Goddess. They also drew colourful pictures depicting the Goddess, Bonam and Pothuraju.

The virtual celebrations made children realise the importance of festivals in the vast culture and traditions of our country.



**Pallavi Model School
Bowenpally**

Bonalu was celebrated with much festive fervour by the students of the pre-primary wing of Pallavi Model School, Bowenpally.

It is an annual festival celebrated in the twin cities of Hyderabad and Secunderabad where Goddess Mahakali is worshipped with a special offering called Bonam.

Ramya, parent of Mahonath Reddy of UKG, spoke about the significance of the festival which was followed by a special performance where students danced with exquisitely decorated mud pots on their head.



Express YOURSELF

THE JOY OF BEING WITH FAMILY DURING LOCKDOWN

I had been enjoying my early teens but then there was an unexpected shift, a cosmic shift I would like to write about. Early last year, the schools suddenly shut down due to COVID-19 cases increasing at an alarming rate across the world.

This made me feel lonely for I could not keep in touch with my friends as I did not have their contact numbers or any other way to connect with them. So, I started spending time with my family.

I found it interesting to spend time with them. There were many things which I did at home. I played chess, carrom, read e-news and watched Ravish Kumar's Prime Time every night. All these activities increased my GK to a great extent. I spent the rest of my time talking to my grandparents, parents and sister at home.



During normal schooldays, not only me, but other students too could not spend enough time with their family members.

The lockdown made students spend most of their time with their families. It was a blessing in disguise as it forced people to stay at one place and support each other during this tough time.

The lockdown also made us realise the benefit of staying as a team, that is, in the form of a family. This period showed that "strength is in unity". I would like to conclude with a famous quote by Willie Nelson, a great American musician, which has inspired me a lot: "Once you replace negative thoughts with positive ones, you'll start having positive results."

**AYAAN QURESHI, class IX,
Sentia the Global School, Miyapur**

A GOOD LEADER

A leader is a person who inspires the people around them. According to me, a great leader can be found in everyone in their thoughts and their actions. Great leaders are people who help their co-mates to reach their goals and encourage them to never give up.

WHAT MAKES A GOOD LEADER?

■ A good leader should be wise in making decisions because they are few things that we can never take back. Wisdom is found in tonnes in every person but they need to utilise it carefully.

■ A good leader needs to sacrifice many things, they need to be ready to give up anything for the people around them.

■ A good leader needs to have courage, good vision, loyalty, wisdom, be hardworking and finally be honest. Without these, there is no leader and if there is one, they can never satisfy the needs of the people and never lead a happy life.



**SAHASRA KANAGALA,
class VIII 'D',
Vista School, Hyderabad**

WAR

When words are spoken and meanings lost, and patience wears out working towards the cause, and the people absent-mindedly fall apart, while the basic sense of right or wrong gets destroyed, and greed and pride finally kick in without realization, while you forget the play of consequence, when fear loses its boundaries, and self is all that matters, War begins...

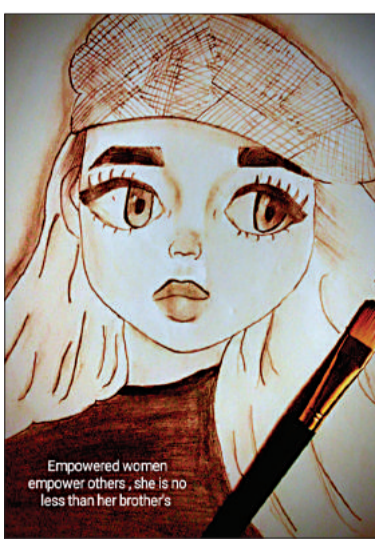


**KEERTHANA, class X A, Global Edge School,
Madhapur**

Painters' Gallery



**LET THEM LIVE: SYEDA ASILAH, class X,
Springfields International School, Bandlaguda**



**EMPOWERED: ZEHRA FATIMA
KHAN, class VIII, MS Creative
School, Hyderabad**

THE EDUCATIONIST

Adapting to NEP, the year of transformative reforms

On the first anniversary of the launch of NEP 2020 recently, Prime Minister Narendra Modi addressed the youth of the country. Stating that it was a year of transformative reforms, he stated that the youth was ready for change and were adapting well to it. Teachers and students had taken well to the Diksha and Swayam learning platforms.

NEP would give students the education and skill sets that they require. The new education policy reflected the aspirations of the youth. It is capable of changing India's future.

With the launch of CBSE Structured Assessment for Analyzing Learning (SAFAL), a competency based assessment for classes III, V and VIII to assess the progress of



**SUNITHA RAO,
Principal, Delhi Public
School, Nacharam**

foundational skills and basic learning outcomes/competencies among students by the CBSE. Students would be far removed from stress. It would remove additional examination pressure on students.

Learning in the mother tongue would impact higher education. The play school concept would reach all villages. Sign language was made a subject and would extend its arms to all Divyang students.

As Nishta 2.0 was launched, it would facilitate training for all. The youth and citizens of the country were all fortunate to be part of such reformative changes.

I take great pride in sharing that Delhi Public School, Nacharam has been one of the first schools to have state of the art Robotics Lab, Atal Tinkering Lab and the Artificial Tinkering Lab.

The school has been among the first schools to focus on vocational skills from class VI onwards. Students take part in the club activities and have involved themselves in many of the school projects within and outside the school.



A fun date with Dd!

Gitanjali Devashray

Gitanjali Devashray believes in learning is fun. Keeping this mantra in mind the students from Nursery actively participated in the 'Weekend fun with Letter Dd.'

At the school, students are constantly encouraged to learn in a play-way method. Children were asked to choose from various activities and objects that begin with the letter D.

It was a fun weekend where children got the opportunity to spend their time playing with different objects starting with the letter D. A few of them were the Drums, Doctor set, Dumbbell and Dinosaur toys among others.



KING ELIUD KIPCHOGE RETAINS MEN'S MARATHON TITLE

The 36 year old Kenyan underlined his credentials as the undisputed king of the marathon with a totally dominant run to retain his Olympic title on the streets of Sapporo on Sunday

“The Olympic dream is a special dream. For every athlete here, it has taken a lifetime of preparation to get to this point. Today I lived my Olympic dream. I always say that sport is like life, whereby you can win and lose. But today was a day where I won and get to say I successfully defended my Olympic title
ELIUD KIPCHOGE”

The world record holder Eliud Kipchoge clocked 2hr 08min 38sec to win gold, becoming only the third man to win consecutive marathon titles. Abdi Nageeye of the Netherlands claimed silver in 2:09.58, just ahead of Belgium's Bashir Abdi in the final event of the athletics programme at the Tokyo Games. Kipchoge's victory margin of 1min 20sec was the biggest since Frank Shorter's win in the 1972 Munich Games. The 36-year-old's triumph, his 13th win in the 15 marathons he has raced since 2013, came a day after teammate Peres Jepchirchir secured back-to-back women's Olympic marathon titles for Kenya's women. "I think I have fulfilled the legacy by winning the marathon for the second time, back-to-back. I hope now to help inspire the next generation," Kipchoge said. "It means a lot for me, especially at this time," he added of winning his second gold medal. "It was really hard last year, it (Olympic Games) was postponed. I am happy for the local organising committee who made this race happen. It is a sign that shows the world we are heading in the right direction... we are on the right transition to a normal life."

Gruelling conditions for runners

■ Unlike in Tokyo, where stringent Covid-19 restrictions have forced the Games behind closed doors, thousands of spectators lined the streets of Sapporo, the host city of the 1972 Winter Olympics that lies more than 800 kilometres (500

ALLYSON MATCHES CARL LEWIS

Allyson Felix finished third in the 400 meters to win her 10th career medal and become the most-decorated woman in the history of Olympic track. The 35-year-old Felix, a stalwart of American track and field, started in the outside lane and outraced Stephanie Ann



McPherson of Jamaica to take third place by .15 seconds. Shaunae Miller-Uibo blew away the field, winning in 48.36 seconds to defend her Olympic title from Rio de Janeiro. Felix's 10th Olympic medal broke a tie with Jamaican runner Merlene Ottey, and matches Carl Lewis, who also won 10 medals and was alone as the most decorated U.S. athlete in track.

miles) north of the capital. The organisers' decision to move the race to the city, however, backfired, with unseasonably hot and humid temperatures there making for gruelling conditions for the runners. Sunday's race saw 106 runners representing 45 countries and the Olympic Refugee Team set off from Odori Park in the heart of Sapporo in temperatures of around 27 degrees Celsius (81 degrees Fahrenheit) and a stamina-sapping 80 percent humidity.

Many champions failed to finish

■ A large lead group of about 50 runners, including Kipchoge, defending world champion Lelisa Desisa of Ethiopia and Rio bronze medallist Galen Rupp of the United States went through 10km in 30min 53sec. Kipchoge had teammates Lawrence Cherono and Amos Kipruto beside him as running partners. Two early casualties of note were Uganda's Stephen Kiprotich, who was gold medallist at the 2012 London Games, and Ethiopian Shura Kitata Tola, winner of last year's London Marathon, in which Kipchoge finished eighth in just his second blip in his marathon-racing career. Daniel do Nascimento of Brazil also dropped out with cramp as Kipchoge led an 11-strong group through the 1:30 mark. The Kenyan then kicked away on a solo breakaway as the pack split further, opening up a 27-second lead through 35 kilometres (1:46.59). Cherono, Ayad Lamdassem of Spain, Abdi and fellow Somali-born Nageeye were left battling among themselves in the chasing pack, as 30 of the field failed to finish. **AFP**

SAYONARA TOKYO

As one of the most challenging Olympic Games ever come to a close, the closing ceremony was spectacular, yet unprecedented, with the 68,000-seat Olympic Stadium empty of spectators



Fireworks erupt above the stadium during the closing ceremony of the Tokyo 2020 Olympic Games at Olympic Stadium



Gold medalist Neeraj Chopra holds the Indian flag at the Olympics Stadium



Athletes from India are all smiles as they take a selfie during the closing ceremony



A view of the Olympic torch as the flame slowly goes out



A view as the flag bearers of the competing nations enter the stadium



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**WE ARE NOT MAKERS OF HISTORY.
WE ARE MADE BY HISTORY**

Martin Luther King, Jr.



Dear Principal,

As India turns 74 years, join us in wishing our nation a joyous birthday. A day of history, a day of celebration and a day of understanding the wonder that is this diverse country. We create a collectors' edition to mark this momentous occasion that stands for freedom from oppression, from tyranny, from old ways, and from previously held beliefs. And all of this and more in a digital friendly avatar that truly is the mark of our current times.

Through our Online Edition and website (toistudent.com), join us to learn, relearn and unlearn the historical journey that is India's Independence movement. Packed with lesser-known facts and events of pre-Independence, trivia, sneak peek into TOI archives, of course, activities, DIYs, contests and quizzes. **Please do share it with your students.**

WHAT TO EXPECT

- > India and Her Story told through info-packed graphics
- > Lesser-Known stories of the Indian Freedom Movement
- > Symbols that defined the Freedom Movement
- > Movies, Music, Art, Speeches that gave meaning to the Independence struggle
- > Unsung Heroes
- > Check Your India IQ through various quizzes

-: ON THE WEBSITE :-

Students are invited to send videos, photos, art, take part in various activities, quizzes, events and competitions where the celebrations last through the week

**HAPPY
INDEPENDENCE
DAY**

TEAM TIMES NIE

