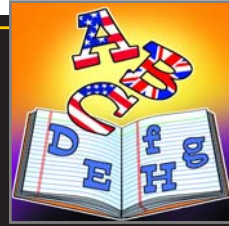




# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

➤ Want to take a break from your online classes? Read what your friends say about their school days  
**PAGE 2**



➤ From riddles to quiz and mastering a new language and English grammar, your favourite DIY corner has it all  
**PAGE 3**



➤ Check out all the actions from the soccer world as Chelsea edge out Villarreal to win Super Cup  
**PAGE 4**



**STUDENT EDITION**  
FRIDAY, AUGUST 13, 2021  
**TIME'S NIE**  
Newspaper for Education

**FACTOID**  
**£1,850**

That's the price of a piece of cake from the 1981 wedding of Prince Charles and Lady Diana Spencer that was sold recently. It was accompanied by a warning not to eat it. The original asking price of this 40-year-old slab of marzipan and thick cream icing crowned with the royal coat of arms in gold, red, blue and silver was £300 to £500. However, it garnered more than the triple.



**1** Moyra Smith, who worked at Queen Elizabeth II's mother's Clarence House in central London, originally received the cake.

**2** It was sold at the same auction house in 2008 for £1,000 to a private collector in the wake of Smith's death, who sold it again for a profit.

**3** This cake was kept by Smith, with the cling film intact, in a cake tin that was labelled 'Handle with care' and dated July 29, 1981, the date of the wedding.

**CLICK HERE: PAGE 1 AND 2**

**Spotlight**

## NEERAJ CHOPRA GOLDEN BOY OF INDIA IS WORLD NO 2

**J**avelin thrower Neeraj Chopra has gained 14 places to become world number two in the latest world rankings after his sensational show in the Tokyo Olympics. The 23-year-old athlete is only behind German athlete Johannes Vetter, who has a 1,396 score, as per the latest update issued by the World Athletics. Neeraj has a score of 1,315 in men's javelin throw after his Tokyo Olympics gold. The star athlete's historic golden throw in the Olympics has been listed as one of the 10 magical moments of athletics (track and field) in the Tokyo Olympics by the World Athletics.

Neeraj Chopra created history on August 7 becoming the first Indian to win a gold in track and field in the Olympics. He threw the javelin to a distance of 87.58m to pick the yellow metal at the Tokyo Games.

Neeraj had 143,000 followers on Instagram before the Olympics but now has a staggering 3.2 million, making him the most-followed track and field athlete in the world



## Saluting the Tricolour

Ahead of India's 75th Independence Day, the ministry of home affairs has directed states to ensure they do not use plastic Tricolours at any function, as "plastic flags are non-biodegradable and lead to loss of dignity of the National Flag". So, what are the rules governing the Tricolour. TIMES NIE decodes the Flag Code of India 2002...

**1** Part I of the Code provides a general description of the National Flag. Among other things, it says that the Tricolour "shall be made of hand spun and hand-woven wool/cotton/silk khadi bunting" and should comprise three rectangular panels for the three colours – saffron, white and green – of equal width.

**2** The ratio of the length to the height (width) of the Flag shall be 3:2

**3** The Tricolour of 450X300 mm size are intended for aircraft on VVIP flights, 225X150 mm size for motor-cars and 150X100 mm size for table flags

**4** Wherever the flag is flown, it should occupy the position of honour and be distinctly placed

**5** The flag should not be damaged or dishevelled and it should not be used as a "festoon, rosette or bunting or in any other manner for decoration". Further, it cannot be used as a covering on desks or as a drape and "shall not be allowed to touch the ground or the floor or trail in water"

### DISPOSAL OF PAPER FLAGS

The Prevention of Insults to National Honour Act says that flags "made of paper may be waved by people at public functions and important occasions". But it also lays down rules for how these flags are to be disposed off after such events. "Such paper flags should not be discarded or thrown on the ground after the event. As far as possible, it should be disposed of in private, consistent with the dignity of the Flag," it says, adding that "when the Flag is in a damaged or soiled condition, it shall be destroyed as a whole in private, preferably by burning or by any other method consistent" with its dignity. (SOURCE: MHA)



**JOIN US IN CREATING AWARENESS ON THE MISUSE OF FLAGS MADE OF PLASTIC. SHARE YOUR VIEWS AT [toinie175@gmail.com](mailto:toinie175@gmail.com)**

## IN OTHER NEWS

### INDIA'S ATTEMPT TO HAVE ITS EYE IN THE SKY FAILS

**T**he Indian space programme suffered a serious setback on Thursday, as its GSLV-F10 rocket failed midway in its mission of putting into orbit the Geo-Imaging Satellite-1 (GISAT-1). Along with the rocket, the 2,268 kg GISAT-1/EOS-03 communication satellite carried by the rocket was also lost. The 57.10 metre-tall, 416 ton-Geosynchronous Satellite Launch Vehicle (GSLV-F10) lifted off from the second launch pad at 5.43 am.



The GSLV-F10 is a three stage/engine rocket. The core of the first stage is fired with solid fuel and the four strap-on motors by liquid fuel. The second is the liquid fuel and the third is the cryogenic engine.

### 'WHO CALL ON EMERGENCY NOD FOR COVAXIN IN SEPTEMBER'

**A**WHO official has said the agency's assessment of made-in-India Covaxin is at an advanced stage and a decision on emergency authorisation for Bharat Biotech's vaccine is likely by mid-September. Covaxin is still to be authorised by Western authorities. A top vaccines' official at the World Health Organisation says the agency expects to make a decision next month on an emergency authorisation for the Indian-made Covid-19 vaccine made by Bharat Biotech, a shot that has yet to be authorised by any Western regulatory authorities.



### LATA MANGESHKAR, BIG B, SONU NIGAM SING FOR 'HUM HINDUSTANI'

**H**um Hindustani will witness 15 Bollywood personalities coming together to lend their voices for the first time for a patriotic soundtrack. Industry legends Lata Mangeshkar, Amitabh Bachchan, Padmini Kolhapure, Anil Agarwal, Sonu Nigam, Kailash Kher, Alka Yagnik, and Shabbir Kumar have lent their voices for the song. Next-gen stars like Shraddha Kapoor, Sonakshi Sinha, Shruti Hassan, Tara Sutaria, Ankit Tiwari, Siddhanth Kapoor, and Jannat Zuber too will be singing the song.



### Your new mobile set could be made of recycled products!

**S**amsung Electronics has said that it will use recycled material in all of its new mobile products by 2025, as the South Korean tech giant vowed to minimise environmental impact. Samsung unveiled its new sustainable vision for the mobile business, 'Galaxy for the Planet', on Wednesday, where the company also introduced new foldable smartphones. To achieve its initial sustainability goals, Samsung said, it will first try to incorporate recycled material in all new mobile products and eliminate all plastics in mobile packaging by 2025.



The world's largest smartphone vendor also plans to achieve zero power standby consumption of smartphone chargers, aiming for a reduction to below 0.005 watts by 2025



### 'SACH' A CAMARADERIE!

Tokyo Olympics silver medallist Mirabai Chanu was left inspired after meeting legend Sachin Tendulkar on Wednesday. "Loved meeting @sachin\_rt Sir this morning! His words of wisdom & motivation shall always stay with me. Really inspired," the Indian weightlifter tweeted. "Equally happy to meet you this morning, @mirabai\_chanu! It was wonderful talking to you about your inspiring journey from Manipur to Tokyo. You've got places to go in the coming years, keep working hard," Sachin Tendulkar replied to Chanu.

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**HAPPY INDEPENDENCE DAY INDIA**

**CELEBRATING INDIA, OUR WAY**

Take a walk through history with us, as we tell you the Story of India like never before...

- UNSUNG HEROES
- FORGOTTEN STORIES
- TERRIFIC TRIVIA
- QUIRKY QUIZZES
- INFOGRAPHICS
- EXCITING EXPRESSIONS THROUGH ART
- SPEECHES
- INSPIRING WORDS
- BOOKS, MOVIES, MUSIC
- SYMBOLS OF INDIA
- SEPIA MEMORIES
- MONUMENTS
- ACTIVITIES, CRAFT & DIYS
- YOUR VIDEOS
- AND MUCH, MUCH MORE

**SPECIAL WEEKENDER ISSUE**  
August 14

A week-long celebration of India's Independence starts on our website from Monday, August 9. Please do share it with your students.

**SHARE YOUR STORIES**  
Celebrate India with us. Tell us what makes you a proud Indian. Can you describe India in 5 words or less? Join the conversation on @TOIStudent on Twitter. Follow: #DayWithTOIStudent



# IN THE REALM OF LITERATURE

## Delhi Public School Nadergul

As CS Lewis once said, "Literature adds to reality, it does not simply describe it. It enriches the necessary competencies that daily life requires and provides; and in this respect, it irrigates the deserts that our lives have already become." Understanding that literature adds colour to the canvas of life, Delhi Public School has always given precedence to inculcating in students the love for literature and reading.

As part of the Literary Week celebrations, the school conducted various competitions in Sanskrit, Telugu, Hindi and English. Refining the commu-



nication skills of students as well as to inculcate the habit of reading and writing in them, the Literary Week featured several events including declamation, recitation and news reading, with the primary objective to promote and foster in children the love

for literature.

On the day of culmination of the celebrations, Sonia Relia, an author, a teacher facilitator, a researcher and innovator, graced the occasion and addressed the children about the joy and importance of reading.

Principal Padma Jyoti Turaga also addressed the online audience and motivated them to read and immerse themselves in the world of books.

The main attraction of the event was the glimpses of the weeklong competitions. The vigour and fascination with which each child performed in the event made the whole function a success. The students also took the center-stage with some live performances and vibrant compering.



## Gitanjali Devakul Kukatpally

The virtual literary fest was conducted by Gitanjali Devakul, Kukatpally with students displaying their creative side in a number of events.

They took part in sing along story, storytelling session using puppetry from junior wing and recitation competitions, cos play, audiophile, lyrical improv, comic strips, creating book covers and illustrations on various themes.

The programme was held for all the students from pre-primary to class X. The five-day literary extravaganza was all about fairy tales to various themes and stories of famous authors like Sarojini Naidu, Ruskin Bond, Rudyard Kipling, R K Narayan, Rabindranath Tagore, Sudha Murthy and many more. It was a week of flurry and excitement



ment with children being fruitfully engaged in various aspects of literature.

The virtual event witnessed an overwhelming participation of all the students, parents and grandparents.

Chief guest Madvi Chandra, director, principal Gitanjali Devashala, also a writer, appreciated the efforts of students, parents and management

for taking an initiative in the literary fest. She motivated children by stressing on why reading is important for all ages and at all times.

She also mentioned that parents must inculcate the habit of reading stories from childhood to enhance vocabulary and foster a love of literature and writing.

## MY BEST FRIEND



The time with you, was the best I knew  
The day we met, just went on like a jet  
For that beautiful smile, I could go miles and miles  
And the time we had, drives me crazy and mad....

She's my best friend or call her a boon  
She's pretty and prettier than the moon  
Sometimes she acts like goon  
All I want to say is hope I meet u soon

You are my hope, you are my shine  
You are my only crazy life line....  
You filled my life with happiness and light  
You're my best friend and you're always right

**SHRUTHIKA**, class IX D, Delhi Public School, Nacharam

## THE ULTIMATE BEAUTY

The burning sun  
The black birds  
The inert river  
The buzzing bees  
The vibrant flowers  
I see and I wonder,  
I listen and think,  
I smell and get delighted,  
I think and wonder,  
What can be learnt from this creation of the supreme?  
The light, warmth and punctuality of the sun  
The discipline, and happiness of the birds  
The teamwork of the bees, The helpful and graceful river  
The fragrance of those flowers enlightening the nature  
And what about me?, A human! In nature  
Enjoying each and every aspect of this beauty without any effort!  
We are so blessed to have this amazing world with wonderful moments!!!!



**EESHANVI**, class VI C, Bharatiya Vidya Bhavans Public School Jubilee Hills Hyderabad



## BEST OUT OF WASTE

Making the best out of waste has been a part of human life since the early ages. It was the human creative mind that gave birth to this idea of using unwanted material in a useful way.

In today's world recycling has an important place. There are a lot of things around that are labelled as dump. But the irony is that most of the dump collected is useful for others,

## Niraj Public School Ameerpet

if recycled. Hence utilizing the best from unwanted things has become a generic necessity of every human's life.

School education plays a significant role in nurturing the value of environmental protection and conservation

among children through creative craft activities like 'Best out of Waste'.

An 'Happy Hour Activity' was conducted for the students of the primary wing to showcase their creativity. It helped to enhance not only creativity and presentation skills of the students but made them realize the importance of recycling and reusing waste material available to them.

## Importance of self-care



## Delhi School of Excellence Attapur

On the occasion of International Self-Care Day, Delhi School of Excellence, Attapur invited their school counsellor, Shivani Wadhwa, to give a live talk with the tagline 'Check your Battery', as a way to promote the importance of self-care in our daily lives.

Taking nutritious diet, therapeutic exercises, setting boundaries in a social commu-

nity and making time for oneself, and loving self, were a few salient points that the attendees during the open forum.

Parents and teachers were also advised on self-care techniques, maintaining a gratitude journal and applying the 5-4-3-2-1 countdown tip. Students promised to work on their self with love and care.

## Science topic comes to life!

One day when I was in class IV, the science class was going on. The teacher was teaching something related to reptiles. Suddenly, two girls sitting on the first bench screamed loudly and told the teacher that there was a snake near the bench. The teacher got so scared that she shouted, left the book and ran out of the class! Everyone was standing on their benches until a boy from class IX came forward to deal with the 'snake.' He picked it up and started laughing at us. Everyone was surprised when he informed that was an artificial green stalk of a flower used in SUPW project, which moved a bit with the wind. Everyone was relieved and laughed heartily.



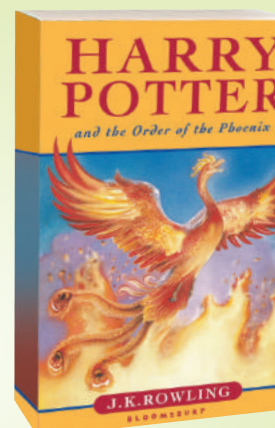
## CLASSROOM ANTICS

**L ADITHI**, class IX,  
Sri Guru Datta  
High School,  
Hyderabad



## IF I WERE A BOOK

If I were a book I would wait for the person who owns me to read. I would like to be a book from any of the Harry Potter series, but mostly part V. I would go around with the owner in his bag, to school, home or the library. Sometimes he would lend me to his friends to read and I will be happy to see and meet new people and places. I would go to his bookshelf and sit there with other books. I would sit on his desk and enjoy with my friends. I would have a peaceful and comfy life as a book.



**N V JOSHICA**, class VI B, Army Public School, Bolaram

## Painters' Gallery



**WHITE MAGIC:** MANYA GADALAY,  
class V D, DPS Mahendra Hills



**POISE:** T VARNIKA,  
class VII A,  
The Global Edge  
School, Madhapur



**EQUAL RIGHTS:**  
PAHEL JOSHI,  
class VIII A,  
Gitanjali  
Devshala

**PLANET FOR ALL:**  
MADIHA, class X,  
Springfields  
International School



## All about the colour green



Green Day was celebrated with great zeal and enthusiasm by the students from the pre-primary wing of Ganges Valley School. The students along with their teachers took on eco-friendly roles in their pretty green attires. The classrooms' theme was green. All possible

## Ganges Valley School Hyderabad

green coloured objects from the child's immediate surroundings were brought to the classrooms. Students learnt to identify and recognise green fruits, vegetables,

leaves, and trees. Storytelling, rhymes, and hands-on activities were organised laying emphasis on recognising the colour.

The children ended the day with a mock fancy show. Green Day was a practical learning experience for the children which they enjoyed.

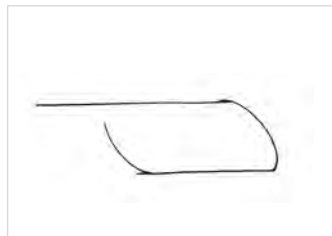


## LEVEL-1

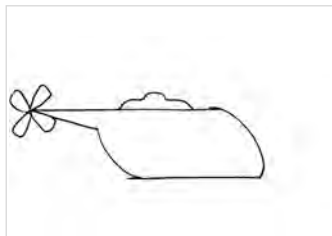


**SEJAL ANJARIA**  
educator,  
Zebur School For  
Children, Ahmedabad

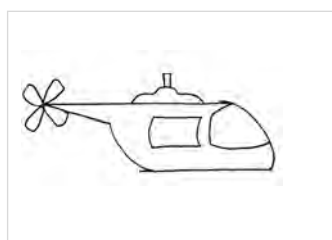
### Draw the easy way



Step-1



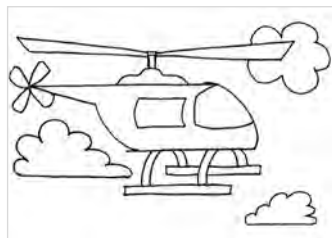
Step-2



Step-3



Step-4



Step-5



Step-6



#### NFECITNIO

- a. faction b. fraction  
c. effect d. infection

#### NALTYAS

- a. analyst b. nasty  
c. nasal d. nascent

#### EERGLIN

- a. eerie  
b. earring  
c. glint  
d. leering

Answers: 1) d, 2) a, 3) d

### Riding with the Riddle

It is Europe's tallest cantilevered observation wheel, located on the banks of the famous river Thames. It opened to the public in 2000 as the world's tallest Ferris wheel. It celebrated its 20th birthday in March 2020 with some of the pods offering an experience of the city.

Answer: London Eye

### SIBIA SAVES THE DAY!

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

- 2** On clay bowls, Sibia plans to paint  
A) Roses B) Marigolds  
C) Petunias D) Sunflowers



- 3** Not mentioned in the story is  
A) Silk B) Satin  
C) Crêpe D) Cotton

- 4** The colour of 'lal-lal-beeges' is  
A) Crimson B) Maroon  
C) Scarlet D) Vermilion

- 5** Tin-trays come from  
A) Birmingham B) Manchester  
C) Newcastle D) Sheffield



- 6** Sibia longs for .....  
A) Admiration B) Adornment  
C) Adventure

### Quiz TIME



Norah Burke, who once lived in India, relates the story of a girl and a crocodile. Complete these statements on 'The Blue Bead' (from 'Treasure Trove') by choosing correctly.

- 1** Sibia, 'in all her life', was marked for  
A) Ease B) Grief  
C) Joy D) Work

1) D. Work 2) B. Marigolds 3) C. Crêpe  
4) C. Scarlet 5) A. Birmingham 6) B. Adornment

## LEVEL-2

## Idiom-etrics

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

(Choose the idiom that best suits the situation)

Priya was not happy at her new school. The wealthy girl felt that she was grander than everyone else, and considered it below her dignity to get to know her classmates. 'Nobody talks to me,' Priya complained to her parents. 'My dear,' said her mother, 'I'm sure that if you stop acting superior and looking down on others, you will soon make lots of friends.'

- A) Flog a dead horse  
B) Look a gift horse in the mouth  
C) Get off one's high horse

Answer: C



Quiet Arjun was spending time with his outgoing cousin, Rakesh. Although the two were very different, they thoroughly enjoyed each other's company.

- A) Bring the house down  
B) Get on like a house on fire  
C) Put one's house in order

Answer: B



#### TRIVIA

In the old days, when dwellings of timber and thatch caught fire, they would burn relentlessly and quickly go up in flames. Therefore, 'to get on like a house on fire' describes the instant liking between two people and their rapidly developing relationship. Surprisingly, we first hear of this simile in the 18th century. One would expect it to date back earlier, to the Great Fire of London, 1666.

### EDITOR IN THE MAKING

### WEAVE A STORY WITH HEADLINES

Include some of these headlines to make a story and give it a title. Mail the story to us at [toinie175@gmail.com](mailto:toinie175@gmail.com). The interesting one will be published in the edition. Watch out for this space!!!

#### The headlines:

- 1) 17 candidates score 100 per-centile in JEE-Mains
- 2) #ThankYouHeroes, says Barbie
- 3) Neelakurinji flowers bloom in Kerala after 12 years
- 4) Gold-dusted India glitters with Neeraj's win
- 5) Street foods you can eat while maintaining weight

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_



And the winner is...  
**AJITESH VISHWANATH**

class XI, Laxman Public School, Hauz Khas, New Delhi

### FAMILY BANTER

The alarm wakes me up. Ouch, time for online classes, as I open up my laptop, the TV blares in the background. "UK government to reward those who lose weight!..." My father chuckles. "If only we were in the UK. You would start earning more than me, as I know " Expert-approved ways to boost your kid's immunity." My mother glares from the kitchen, and points to a news headline in the daily tabloid- "Gutsy Satish Kumar shows true valour...". As they continue their banter, I shake my head, barely managing to stifle my laughter. As online classes get over, my father wants me to read the TOI student article, " From UP village, she stands tall: scores perfect 100 % in class XII". A 'ding' from my mobile draws my attention. "Instagram makes accounts for users under 16 private by default..." a pop-up reads. And I thank god, at least someone came to their senses.



### Learn a NEW LANGUAGE FRENCH

#### Work sheet

- Q:1** How will you ask for drinking water?  
**Q:2** You had your meal. How will you ask for a bill?  
**Q:3** How will give approval for a complimentary treat?  
**Q:4** How will you ask for a menu at the hotel?

- 1) Je voudrais de l'eau.  
Meaning: I would like some water.  
2) L'addition, s'il vous plaît.  
Meaning: The bill, please.  
3) La carte/le menu, s'il vous plaît.  
Meaning: The menu/fixed-price menu, please.  
4) oui, avec plaisir"  
MEANING: Yes, with pleasure  
5) Donner uncoup de main  
MEANING: To give a knock of hand

1) Je voudrais de l'eau  
2) L'addition, s'il vous plaît  
3) oui, avec plaisir"



### NUMBER SERIES

- 1** A long rope has to be cut to make 23 small pieces. If it is double folded to start with how many times does it need to be cut?  
1. 11 2. 17  
3. 98 4. 44

Answer: 1

- 2** What is the greatest possible length that can be used to measure exactly the following lengths 7m 3m 85cm 12m 95cm?  
1. 15 CM 2. 25 CM  
3. 35 CM 4. 42 CM

Answer: 3

- 3** The least number, which when divided by 12, 15, 20 and 54 leaves in each case a remainder of 8 is:  
1. 504 2. 536  
3. 544 4. 548

Answer: 4



# CHELSEA EDGE OUT VILLARREAL TO WIN SUPER CUP

Chelsea's goalkeeper Kepa Arrizabalaga saves the final shot during the penalty shootout of the UEFA Super Cup soccer match between Chelsea and Villarreal

Kepa Arrizabalaga was the unlikely hero as Chelsea started the new season as they ended the last with a European trophy by beating Villarreal 6-5 on penalties after a 1-1 draw to win the UEFA Super Cup in Belfast

The Spaniard, who has lost his place as number one since joining the club for a world record fee for a goalkeeper in 2018, was introduced late in extra-time as a substitute for the shootout by Thomas Tuchel. Kepa famously refused to be replaced by former Chelsea boss Maurizio Sarri in a League Cup final defeat to Manchester City two years ago. But this time he rewarded his manager's faith with saves from Aissa Mandi and Raul Albiol. "It was not spontaneous," said Tuchel who explained the plan had been hatched in the FA Cup last season. "We talked about it with the goalkeepers after the first cup game against Barnsley. It's fantastic how Edouard (Mendy) accepted it. There is proof that Kepa is better in this discipline. They're team players. Edouard does not show the pride to not step off the field. He was happy to do it for the team and take this for the team."

## Rise of Tuchel

Chelsea's win over Manchester City in Porto to lift the Champions League for a second time in May was the culmination of a meteoric rise in Tuchel's first five months in charge. The German has bemoaned having to manage a 42-man squad during pre-season and could soon have even more firepower to call on with Romelu Lukaku expected to complete a return to Stamford Bridge later this week for a club record £97 million (\$135 million). But the depth of resources available to Tuchel was on show early on. Euro 2020 finalists Mason Mount, Ben Chilwell, Reece James and Jorginho all had to settle for a place on the bench after their late return to pre-season training, but Chelsea still had far too much for the Europa League winners in the opening half hour.

Kepa has the best percentage at saving penalties. The analysing guys and goalkeeping coaches showed me the data. We spoke to the players and told them this could happen when we play in knockout games.

THOMAS TUCHEL, Manager Chelsea

## Ziyech in good form

Hakim Ziyech had a bittersweet evening as he continued his fine pre-season form into competitive action with the opening goal. Marcos Alonso fed Kai Havertz down the right and from the German's low cross, Ziyech swept home. However, the Moroccan was forced off before

half-time in a sling by a shoulder injury. In stark contrast to Chelsea's haul of now 20 trophies in the nearly 20 years since Roman Abramovich's takeover transformed the club, Villarreal's Europa League final victory over Manchester United in May secured their first ever silverware. After an overly cautious start from Unai Emery's men, going behind forced the Yellow Submarine out of their shell and they were unfortunate not to be level by half-time. "I am proud to represent Villarreal, our project and the Spanish league," said Emery. "We knew how to compete."

## Chelsea's flawless penalties

Mendy scampered from his line to deny Boulaye Dia a debut goal before Villarreal

twice hit the woodwork either side of the break through Alberto Moreno and Gerard Moreno. Villarreal were the dominant force in the second-half as Chelsea physically faded after their flying start. Tuchel turned to his bench to stem the tide as Mount, Jorginho and Andreas Christensen were introduced. But the Spaniards finally got their deserved equaliser when Moreno played a clever one-two with Dia before firing high past Mendy. Neither manager would have welcomed an extra 30 minutes just days before their respective league campaigns kick-off. Chelsea had the better of extra-time as Christian Pulisic fired inches wide before Sergio Asenjo produced a fine save to deny Mount. Asenjo also gave Villarreal a dream start to the shootout by saving from Havertz. But Chelsea were flawless with their next six spot-kicks to allow Kepa to take centre stage. AFP

# MARIYAPPAN THANGAVELU HOPES FOR RIO ENCORE IN TOKYO

Tokyo Olympics concluded on August 8 but the city will remain in focus thanks to the Paralympics to be held from August 24 to September 5

India's medal count at the Rio Paralympics stood at 4 (2 gold, 1 silver and a bronze) but that number according to star high jumper Mariyappan Thangavelu is likely to go up significantly at the upcoming edition in Tokyo to be held from August 24 to September 5. "I expect our Paralympic contingent to bag medals in double digits," the 26-year-old from Salem told TOI. India is sending its largest-ever contingent - 54 members - for the event. Mariyappan will be India's flag-bearer at the opening ceremony. He is scheduled to leave for Tokyo late on August 18.

## Quality over quantity

Mariyappan, who won gold in the T-42 high jump category at Rio, believes the Covid-19 pandemic has made him work even harder on his endurance levels. "The emphasis of my training, in the last one year, has been to raise my endurance levels. Earlier, I would be able to do about 400m of running during training sessions but that has increased to almost 1200m now. The emphasis has been mainly on quality rather than quantity. Also, earlier I would concentrate only on my preparations but today I study the opponents ahead of a tournament," said Mariyappan who was bestowed with the Khel Ratna last year. After his feat at the Rio Games, in

2016 Mariyappan endured an ankle injury on his right leg and underwent a surgery related to that in 2018. "It was initially tough when I resumed my training regime. I wanted to go full throttle but had to gradually increase my workload and not rush into it. I became more conscious about how I should train after going under the knife," said Mariyappan, who won bronze at the 2018 Para-Asian Games that was held in Jakarta. He qualified for Tokyo Paralympics after winning a bronze medal in the World Para Athletic championships at Dubai in 2019. Mariyappan has been training with his long-time coach Sathyanarayana in Bengaluru in the tune-up to the Paralympics.



Mariyappan poses with his gold medal at the Paralympics in Rio Paralympics 2016

# MESSI BEGINS HIS TRAINING WITH PSG

After a rapturous reception and raucous unveiling to the public on Wednesday Lionel Messi took part in his first session at Paris Saint-Germain's Camp des Loges training facility on Thursday. The 34-year-old former Barcelona player has been on downtime since winning the Copa America with Argentina in July, and started his first PSG run-out with simple physical exercises. "I've been out of action for around a month and I need to get physically ready. I hope to be ready as soon as possible, because I can't wait to play," Messi said at his unveiling at the Parc des Princes stadium on Wednesday.

He is unlikely to make his debut for PSG soon, and certainly not this weekend when Mauricio Pochettino's team play Strasbourg in Ligue 1. "I can't tell you when my first game will be but I can tell you



Messi poses with his jersey after the press conference of Paris Saint-Germain

"I'm dying to get started," he said. "I want it to be soon." Messi arrived in France on Tuesday before penning a two-year contract with the option of a third season.

The club also revealed on Thursday it had paid a signing on bonus to the player in PSG's own virtual currency which it calls \$PSG Fan Tokens. "The coins are there to create a link between the fans and the club," the club said. AFP

## QUIZ TIME!

**Q1:** Which country will host the 2021 Commonwealth Youth Games?

- Dominica
- The Bahamas
- Dominican Republic
- Trinidad and Tobago

**Q2:** Which country won the gold medal in men's ice hockey at the 2020 Tokyo Olympics?

- Great Britain
- Czech Republic
- Belgium
- Canada

**Q3:** Which Indian football player is known as "Captain Fantastic"?

- Sunil Chhetri
- Bhaichung Bhutia
- I M Vijayan
- Pradip Kumar Banerjee

**Q4:** Who won the first-ever gold medal in the history of the Commonwealth Games?

- Roger Bannister
- John Landy
- Gordon Smallacombe
- John Cooper

**Q5:** Which cricketer got the most wickets in a single Cricket World Cup tournament?

- Mitchell Starc
- Glenn McGrath
- Mohammed Shami
- Zaheer Khan

**Q6:** Sergio Agüero will forever be remembered for scoring the last-minute goal that won



Photo: REUTERS

Manchester City the title in 2012. Who set up that goal?

- Edin Dzeko
- Mario Balotelli
- David Silva
- Yaya Touré

**Q7:** Which sport's reference book is "Wisden"?

- Tennis
- Badminton
- Golf
- Cricket

**Q8:** Which English team has beaten a Spanish side in a European final this century?

- Chelsea
- Arsenal
- Liverpool
- Middlesbrough

**Q9:** Which boxing punch style is a quick, straight punch thrown with the lead hand from the guard position?

- Cross
- Jab
- Hook
- Uppercut

**Q10:** Who among the following One World Champion in history?

- Felipe Massa
- Jensson Button
- Lewis Hamilton
- Fernando Alonso

**ANSWERS:** 1. d. Trinidad and Tobago  
2. c. Belgium 3. a. Sunil Chhetri  
4. c. Gordon Smallacombe 5. a. Mitchell Starc  
6. b. Mario Balotelli 7. d. Zaheer Khan  
8. c. Liverpool 9. b. Jab 10. c. Lewis Hamilton