



THE TIMES OF INDIA

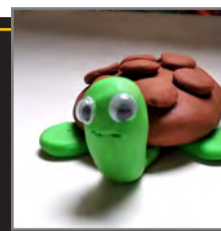
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TODAY'S EDITION

➤ Read more about Vaishali Shroff, the author of children's book 'Sita's Chitwan', which takes readers on a tour to Nepal's first national park
PAGE 2



➤ Students present a novel DIY project that will help you take your time off screen
PAGE 3



➤ Youngsters should enjoy the journey that landed them in the team, says Shikhar Dhawan, the interim captain of Team India
PAGE 4



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STUDENT EDITION

THURSDAY, JULY 15, 2021



Quote unquote



When you will wave the flag in Tokyo, the world will see. Don't take pressure of winning, just tell yourself one thing that we will do our best. I will say it again 'cheer for India'. I see you all together and I see some things common – confidence, positivity, discipline, dedication and commitment. You are a reflection of new India. You come from all of India, some started in field, some in academies but all of you are part of Team India. You are going to represent the country, and this spirit is the image of India. You play with all your spirit, work more on your technique
Narendra Modi, PM, addressing Indian contingent to Tokyo Olympics

NEWS IN CLUES

WHICH COUNTRY BOASTS THE ONLY NATIONAL FLAG IN THE WORLD THAT DOESN'T HAVE FOUR SIDES?

Clue 1: It hosts the permanent secretariat of the SAARC
Clue 2: Sandeep Lamichhane became the first cricketer from the country to play in the IPL
Clue 3: It boasts a female President, Bidhya Devi Bhandari, the first woman to hold the office in the country

ANSWER: NEPAL. Sher Bahadur Deuba has taken oath as the PM for the fifth time, hours after he refused to swear in seeking a correction in his appointment letter, which was missing in the constitutional clause under which he was named as the successor of KP Oli

SUNDAR PICHAI

The CEO of Alphabet and Google, in an interview with the BBC, shared his thoughts on internet freedom, kids' dependence on technology, and much more...

ON WHETHER TECHNOLOGY IS DESTROYING KIDS' CREATIVITY AND ABILITY TO BUILD RELATIONSHIPS

I think we should worry, and I'm glad there are experts looking at areas like mental health, and all that, but I would also say that throughout history, we've always been worried about technology.

ON FREE AND OPEN INTERNET

The free and open internet is under attack in countries around the world. Many countries are restricting the flow of information and the model is often taken for granted. None of our major products and services are available in China.

ON ARTIFICIAL INTELLIGENCE

I view Artificial Intelligence (AI) as the most-profound technology that humanity will ever develop and work on. You know, if you think about fire or electricity or the internet, AI is like that. But I think AI is even more profound.

I allow my kids to be on YouTube. As far as policy on screen time for kids is concerned, I think this generation needs to learn to adapt to technology, it's going to be a big part of their lives. So, I've encouraged them to develop boundaries on their own, but I approach it as a journey of personal responsibility. On whether children should be allowed to spend time on YouTube

ON INDIA

I am an American citizen but India is deeply within me. So, it's a big part of who I am.

ON WHEN DID HE LAST CRY

Seeing the morgue trucks parked around the world through Covid, and seeing what's happened in India.


Celeb talk

PHISHING ATTACKS VIA WHATSAPP, TELEGRAM SOAR IN INDIA



India is among the top-three countries facing phishing attacks primarily via instant mobile messaging apps like Facebook-owned WhatsApp and highly-encrypted Telegram, a new report has claimed. The biggest share of detected malicious links between December 2020 and May were sent via WhatsApp (89.6 per cent), followed by Telegram (5.6 per cent), according to data shared by Kaspersky Internet Security for Android, part of the cyber security firm Kaspersky Lab.

Countries experiencing the highest number of phishing attacks were Russia (46 per cent), Brazil (15 per cent) and India (7 per cent)

BEWARE

1 In a phishing attack, a cybercriminal sends a fraudulent message designed to trick a human victim into revealing sensitive information to the attacker, or to deploy malicious software on the victim's infrastructure like ransomware

2 Sometimes, it can be difficult to determine whether an attack is phishing, as the difference can be just one character or a minor mistake

3 Even if messages and websites look real, the hyperlinks, most likely, will have incorrect spelling, or they can redirect you to a different place

4 Even if a message or letter came from one of your best friends, remember that their accounts could also have been hacked

5 Remain cautious in any situation. Even if a message seems friendly, be wary of links and attachments

Facebook rolls out new feature. Group admins can now designate 'Group Experts'

Facebook has come up with a new feature called 'Group Experts', which will let admins designate members with better knowledge on a given subject as the expert. With this new feature, Facebook hopes to tackle the spread of misinformation on the Group pages by letting experts decide the authenticity of the information...



The 'Group Expert' will have a badge next to their name, which will show up on posts, comments and during Q&A sessions. "There are more than 70 million admins and moderators running active

on Facebook groups around the world," the social networking site said in a blog post

More to this feature, members of any group will be able to accept or decline the role designated to them. In case an untrustworthy member becomes the expert, the admin has exclusive powers to remove them from their status

TECHAWAY

FOR THE RECORD MEET CHRIS GAYLE: BOSS OF T20 UNIVERSE

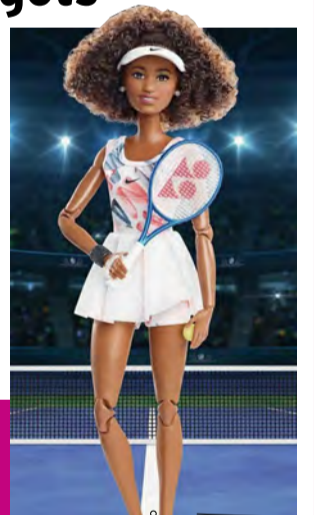
For him, age is just a number. West Indies opener Chris Gayle isn't just an entertainer in the shortest format of the game but a true legend when it comes to limited-overs cricket. In the third T20I against Australia recently, the 'Universe Boss' reached another breathtaking milestone, as he became the first batsman all across the globe to register 14,000 runs in T20 cricket alone. The hard-hitting batsman reached the milestone with a six off Adam Zampa.



Following Gayle on the list is his compatriot Kieron Pollard, who has 10,836 runs in the format to his name. Pakistan's Shoaib Malik isn't far behind Pollard with 1,074 runs in 425 matches. Australia's David Warner (10,017 runs in 304 matches) and India's Virat Kohli (9,992 runs in 310 matches) complete the top five

Tennis Star Naomi Osaka gets own line of Barbie dolls

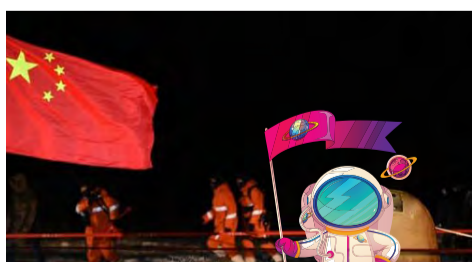
Four-time Grand Slam singles champion Naomi Osaka now has her own line of Barbie dolls. The 23-year-old world No 2 tennis player, who has used her position to call attention to issues of police violence and racial inequality, became a part of Mattel Inc's push to make its iconic toy line more diverse, with dolls based on different role models and professions. "It's such an honour to be a part of the Barbie Role Model series, and to remind young girls that they can make a difference in the world. I want young girls everywhere to feel empowered to dream big," Osaka, who grew up idolising 23-times Grand Slam champion Serena Williams, said in a statement.


FOR A CAUSE

Mattel's tie-up with Japan's Osaka is the latest example of brands becoming more comfortable with taking a stand on social issues and banking on partnerships with female athletes to pull in new customers
In April, Gap Inc's Athleta brand signed four-time Olympic gymnastics champion Simone Biles for a new apparel partnership, with a focus on diversity and inclusion
Mattel also has Barbie dolls modelled on US soccer player Alex Morgan and Olympic fencer Ibtihaj Muhammad

SPACE RICE: CHINA HARVESTS FIRST BATCH OF RICE THAT TRAVELLED AROUND THE MOON

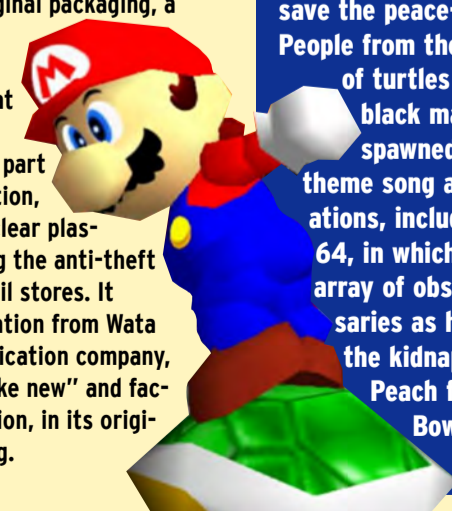
China has harvested its first batch of rice grown from the seeds that travelled 23 days in space on the Chang'e-5 lunar probe in November 2020. After the seeds were exposed to zero gravity and cosmic radiation. They were harvested at the space breeding research centre of the South China Agricultural University in Guangdong province. They are expected to offer new varieties of rice that will help boost China's breeding industry efficiency.


SPACE

AROUND 40 GRAMS OF THE SEEDS MADE THE TRIP TO THE MOON AND THE YIELD WILL ENRICH CHINA'S GRAIN VARIETIES, SAY EXPERTS

\$1.56 MILLION

Price of a 25-year-old copy of Super Mario 64 in its original packaging, a record price for a video game, which was sold recently at an auction. The game, which was a part of a private collection, is sealed inside a clear plastic case resembling the anti-theft boxes used by retail stores. It includes a certification from Wata Games, an authentication company, attesting to its "like new" and factory-sealed condition, in its original shrink-wrapping.



FACTOID

In the original game, Mario must save the peace-loving Mushroom People from the Koopa, a tribe of turtles known for their black magic. The game spawned an enduring theme song and multiple variations, including Super Mario 64, in which Mario faces an array of obstacles and adversaries as he tries to rescue the kidnapped Princess Peach from the villain Bowser

Exploring the wild side

Author Vaishali Shroff's latest children's book 'Sita's Chitwan' takes young readers on a tour to Nepal's first national park. Narrated from the perspective of an 8-year-old Sita who dreams of becoming a nature guide just like her Baba, the book has plenty of astonishing facts about Chitwan National Park, and aims to inspire young readers about taking interest in wildlife. Excerpts from an interview:

nitya.shukla@timesgroup.com

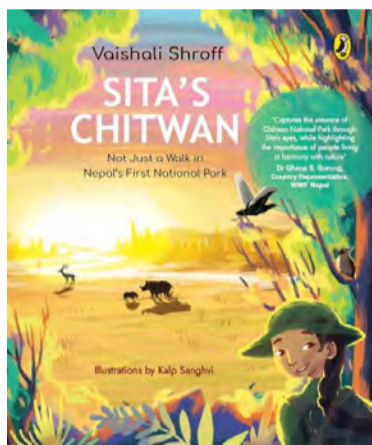
Q WHAT INSPIRED YOU TO WRITE 'SITA'S CHITWAN'?

While I have visited many national parks, I spent an entire day walking inside Chitwan National Park in Nepal with my family and our nature guide – Man Bahadur. He showed us the significance of slowing down, enjoying the breathtaking beauty around us, listening to the melodious yet haunting sounds, and feeling the forest with all our senses. We would have missed all this in the rush of completing the forest trail. This experience, my passion for forests and conservation, and the need to make readers empathise with all the creatures on our planet, compelled me to write 'Sita's Chitwan'.

Q THE CHOICE OF A FEMALE NATURE GUIDE WAS QUITE UNIQUE. WHY?

It's definitely rare to see a fe-

Chitwan National Park in Nepal is as big as 1,78,000 football grounds! Tharus, the 'people of the forest' have been living in Chitwan for over 400 years. The national park is home to more than 550 species of birds. And it's the abode of one-horned rhinos



sects, reptiles, and every little species depend on each other for survival. It's a very symbiotic existence. The monkeys jump from one tree to another, dropping leaves and fruits to the ground, which are in turn eaten by the deer—they are always seen hanging around together. Monkeys also warn the deer against stealthy predators. Every creature helps another and that is something we need to imbibe in our day-to-day living, especially in the troubled times that we live in.

Q WHAT ARE YOUR FAVOURITE CHILDREN'S STORIES?

I love realistic fiction, thrillers, detective stories and works of non-fiction. I love poetry, too. I've always enjoyed reading the amazing worlds created by the likes of Sukumar Ray and his son, Satyajit Ray, Rabindranath Tagore, Neil Gaiman, Michael Morpurgo, Kate DiCamillo, Sir Arthur Conan Doyle, Agatha Christie, Shel Silverstein, Jack Prelutsky, Edward Lear, Jacqueline Woodson, among others. I also read books on environment by authors such as David Attenbor-



ough, Bill Bryson, and Douglas Adams among many other legends.

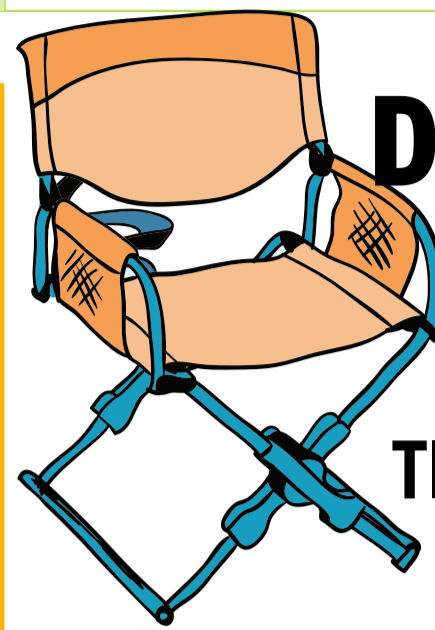
Q HOW DO YOU DECIDE WHAT TO WRITE ON? IN TERMS OF YOUR STORIES/THEMES.

If I feel strongly and passionately about something, I write about it. That's when I can feel the subject, the characters, in a way that my thoughts flow naturally through words. I was so overwhelmed and moved by my collective experiences inside forests across the last decade that I just had to write Sita's story. That's the only way the reader can feel what they are reading and feel encouraged to do their bit for our planet—I have tried my best to achieve that.

WRITING TIPS

Read. Read a lot. Reading broadens your perspective and widens your horizons. Reading gives you a lot to think about and fills you up with fresh ideas, words, and new worlds you can create. It also helps you to understand how stories and books are structured.

Focus on writing well and on improving your craft with every new story you write. If you are writing stories for children, just think about the kind of stories you enjoyed reading as a child. Think about how you can make the most boring subjects most enjoyable for children to read. Above all, enjoy the entire process of writing!



DIRECTOR'S CUT

TIPS FOR BUDDING FILMMAKERS

Hear from the horse's mouth about the intricacies of filmmaking, the know-how, best courses on the subject and more...



Pallavi.shankar@timesgroup.com

Filmmaker Durba Sahay has highlighted the beauty of *guru-shishya* (teacher-student) tradition in her debut directorial work 'Aavartan'. Relevant for youngsters, the movie is about connecting to Indian culture. Sahay entered the world of acting by doing theatre as a child artist and eventually progressed to script writing and direction (she made a couple of short films before her present feature film debut). In a conversation with Times NIE, Sahay gives suggestions to young people on how to begin a career in filmmaking and shares her professional learnings.



BEST COURSES ON FILMMAKING IN INDIA

- FTII, Pune
 - SRFTI, Kolkata
- (ONE CAN CHOOSE THE COURSE AS PER THEIR FIELD OF INTEREST)

Best courses in filmmaking internationally

- La Femis, France
- The Polish National Film, Television and Theatre School in Lodz, Poland
- American Film Institute, Los Angeles, California, US
- Beijing Film Academy, Beijing, China
- The Film and TV School of the Academy of Performing Arts in Prague, Czech Republic

(RECOMMENDED BY DURBA SAHAY)

I don't think they fit into the classical art form of making films. There are five tips I will share with kids who want to pursue filmmaking:

- 1. Watch a lot of movies:** With all kinds of genres from around the world.
- 2. Develop taste for literature and music:** These are the two things that shape your personality if you dive into it. Literature

get enough encouragement and support.

5. Attend film festivals: Film festivals are a happening place if you don't belong to a family of filmmakers or don't have a Godfather. A film festival can bring you opportunities to be face to face with successful filmmakers, producers and funding agencies to whom you can pitch your ideas/scripts.

Lessons from regions with highest lifespan

Did you know that places where people often live to their 90s and 100s are called 'Blue Zones'? Dan

Buettner wrote in his books about these zones where the secret of a long life is due to a strong sense of purpose. Here's more

OKINAWA, JAPAN

They have the highest centenarian ratios in the world, thanks to their powerful network of friends (*moai*), strong sense of purpose (*ikigai*) and plant-based diet of stir-fried vegetables, sweet potatoes and tofu.



Health Secrets



SARDINIA, ITALY

They live a traditional life of hunting, fishing and harvesting and have a very strong sense of community.



ICARIA, GREECE

Their Mediterranean diet – low on red meat and high on vegetables, fruits, lentils, cheese and herbs – is said to be good for the heart and overall health. They also live a relaxed life, enjoy and live in a climate that allows them to enjoy outdoor life.

DELHI TIMES

BEST INDOOR PLANTS WITH HEALTH BENEFITS



Spider plant

This is the best plant for removing toxic substances from the air. The impurities that enter through different mediums like shoes, fabrics, food, etc. are removed through this plant. Spider plant targets the carbon monoxide that is present in the air as well. It doesn't require much care and can be kept in a place with less sunlight. It can grow in any type of soil and needs to be watered less.



Wellness & decor

Plants give a great vibe to your home and help in purifying indoor air. If you are looking to place some indoor plants in your home for a new look, here are the best ones with great health benefits



Lavender

This pretty plant adds a pleasant aroma to your house. Lavender is known for its qualities to relieve stress; it is also a great plant to keep in your room if you are struggling with sleep as its fragrance, according to many studies, helps in inducing restful slumber.



Aloe vera

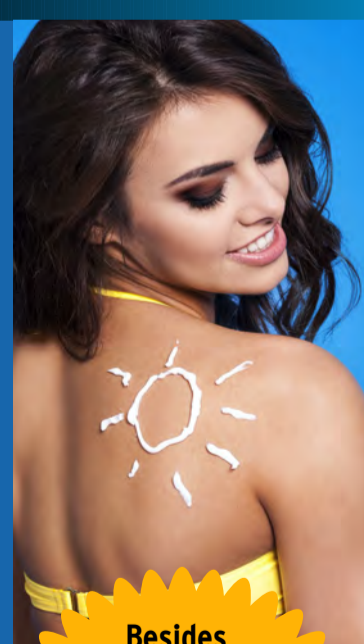
You can apply aloe vera to your hair, skin or even mix it in your food for better health. It not only treats skin allergies but also helps in maintaining clean air at home. However, it needs to be watered regularly and needs indirect sunlight to grow well.

What should you do with a sunburn?

Sometimes, when you spend too much time in the sun, you may end up burning your skin. If that happens, what should you do?

"Cover the affected parts of the skin and stay in the shade until your skin has healed," says UK-based consultant dermatologist Anjali Mahto.

She recommends pain relief medicines such as ibuprofen to reduce pain and inflammation. A cool compress or a shower in lukewarm temperature water will also help. "Moisturise with a fragrance-free cream or lotion. Aloe vera or soy lotions can be helpful too, but be wary of creams with petrolatum, benzocaine or lidocaine, which may trap heat in the skin," Mahto adds. DAILY MIRROR



Besides wearing sun-screen, try to use a physical sunscreen like umbrella and scarves when you are out in the sun



A salute to doctors fighting pandemic

'Not all superheroes wear capes, some wear stethoscopes too!'

**Meridian School for Boys and Girls
Banjara Hills**

Doctor's Day was celebrated with much zest by the middle school students of Meridian School for Boys and Girls, Banjara Hills. Dr I V N Kiranmaye, Yashoda Hospitals, Dr Chandrakanta Jha, Dr Mohan's Diabetes Specialties Center, and Dr Nisheetha Dixit, healthcare consultant, had an interactive session with the students of classes V to VII.

The Covid-19 pandemic has made everyone witness the unprecedented health crisis of the century. Every household has

been involved in the fight against Covid-19. But the contribution of doctors and other healthcare workers has been the maximum. These real warriors have stood selfless, brave and strong against all odds. The students made 'Thank You' cards and expressed their gratitude to all doctors.

They wanted to let the doctors know that their efforts have not gone unnoticed and have even sparked inspiration among them to follow their path.

POPULATION EXPLOSION AND ITS IMPACT

"Let's use the online mode to spread the awareness globally on social issues".

The students of class IX from Pallavi Model School, Alwal presented a special assembly on the occasion of World Population Day on a virtual platform. The aim of this assembly was to spread awareness on global population issues.

The event began with a prayer dance which was followed by a cultural show. The creative and innovative students displayed their learnings through a poem composed on their own.

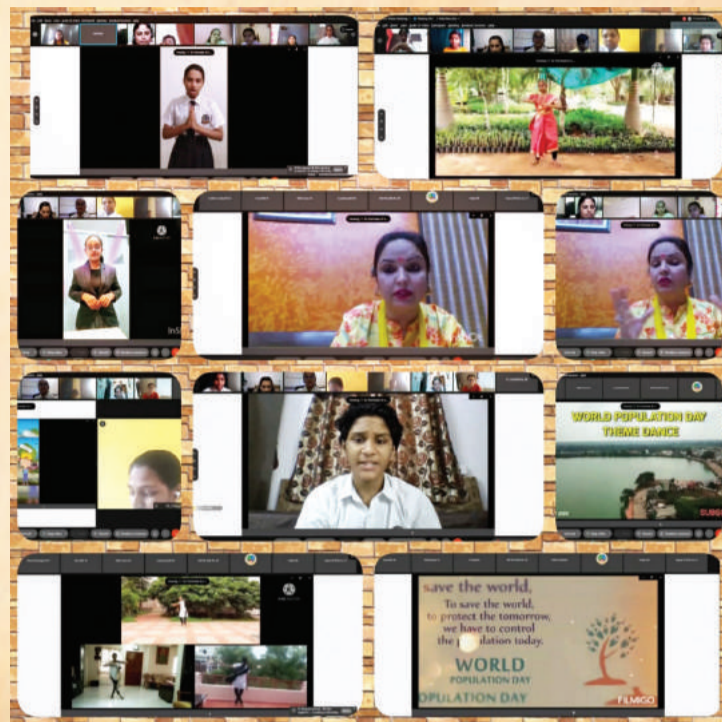
Graceful dances and striking posters marked the contribution of every student.

Later, principal Sunir Nagi was interviewed by one of the students.

Social issues on the topic were highlighted through street plays with a touch of humour. The message of 'hum do, humare do' echoed across the audience.

The participants urged the audience to bring a 'real change' in society starting from themselves.

**K Sahana, class IX C,
Pallavi Model School
Alwal**



BOOK REVIEW: FAMOUS FIVE

Famous Five by Enid Blyton is the best book series I have ever read! The books kept me awake until midnight as they are full of suspense and thrill and I trained my brain to read every page very quickly.

Famous Five is about smuggling, pirate treasures, shipwrecks, and being stuck on an island or being captured... there are so many possibilities.

The characters are four cousins; George, Julian, Annie, Dick, and Timmy the dog, the gang's favourite animal.

The characters have wonderful personalities! They are also very kind and caring and can be surprising in situations where you think that all hope is lost.

The first few chapters describe the cousins coming back from

boarding school and going to George's home where they either go out camping or to George Island. (The author described the island in a very wonderful manner, it almost made me want to visit the place).

We meet a lot of different people through the whole series.

In the middle, we know that someone is using an abandoned place to store smuggled goods or have secret meetings about kidnapping

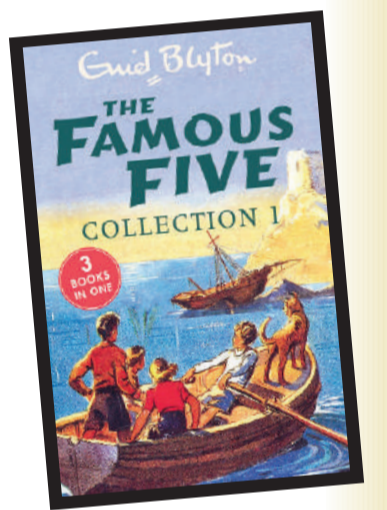
somebody or do something else illegal. The places which they have meetings are very spooky and they spread rumours that I almost felt like believing them. It's all terribly exciting in the middle and you feel like reading a few chapters again and again.

The way the five capture the

criminals and that too men who are heavily armed, is exciting.

This book series is AWESOME and has become my favourite.

SRI NIDHI BOURAMPETA, class IV C, Niraj Public School



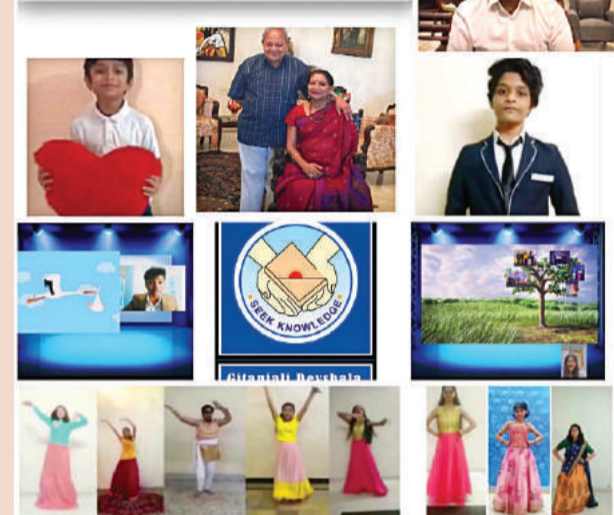
AWARENESS ON FIRST AID

Pallavi Group of Institutions

Pallavi Group of Institutions in collaboration with Prasad Hospital, Nacharam organized a three-day First Aid Awareness training for both parents and children. Dr Jayant Varma Bahadur, consultant and head of the Department of Anaesthesia and Critical Care, was the resource person for all the three days. He guided everyone on how to act during medical emergencies. Dr Suma Prasad, MD, DGO, Infertility Specialist, joined the training and advised parents to take right measures so that even children can follow them. Parents and children also learnt about the importance of first aid. Information on life support, heat stroke, allergic reactions, asthma, head injuries, burns, electric shock were explained in detail. The participants were asked to take an assessment after which a certificate was given to all.

Reminiscing 24 glorious years

Foundation Day Celebrations



"The things taught in schools are not an education, but the means to an education."
- Ralph Waldo Emerson

Gitanjali Devshala celebrated its 24th Foundation Day with much grandeur. Staff and students participated with equal fervour and enthusiasm. On this occasion, the school got an opportunity to deliberate on some of the tough times it has faced, celebrate its history and the incredible ways in which it has bonded together as a community of students, teachers, staff, alumni and parents.

The energy and passion of the students were visible in the performances that they put up. The students came up with lovely cards, songs, poems and shared the messages.

It was followed by various cultural programmes. The teachers and staff cherished the moments, shared their experiences and promised to continue to collaborate their efforts for the glory of school.

Principal Madhvi Chandra appreciated the collaborative effort of everyone. She reiterated

Aarav Amin, class X B, Gitanjali Devshala

ated the words of the founder principal, director Gita Karan, "The success of a school should never be on the basis of ICSE results, never on the basis of school or work placements but how the alumni are doing as adults and as members of the civil society."

The virtual celebrations had many flavours from the initial days to recent times. The skit depicted the transition of school that has evolved, grown and flourished over the years. The founder principal and director of the Gitanjali group of schools Geeta Karan gave an inspiring speech where she congratulated and thanked everyone.

The celebration concluded with a dazzling dance performance by the students of class VII.

Taking on the mantle of leadership

**Delhi Public School
Nacharam**

The Investiture Ceremony of the newly elected prefectorial board of Delhi Public School, Nacharam was held on a virtual platform. Chief guest Jitender, IPS Addl DGP Law & Order Telangana, chairman M Komaraiah, COO Yasasvi and principal Sunitha Rao graced the occasion.

The ceremony commenced with the auspicious lighting of the lamp, followed by a fusion dance. Principal Sunitha Rao, addressing the gathering, said the school has always aligned its curriculum with the values of life and focused on inculcating a repertoire of skills in students.

Senior vice-principal Nandita Sunkara shed light on the elaborate and stringent process of Student Council elections. Addressing the gathering, chairman Komaraiah said the school has never compromised in providing quality education to students and kept learning in continuation even during these critical times.

The chief guest conducted the



swearing-in ceremony and offered two valuable principles of leadership - being a good follower and being responsible. He urged the pupils to strive for knowledge and maintain a healthy lifestyle.

A total of 308 Student Council

members took the oath. The programme was coordinated by vice-principals Sudha and Surekha. The speeches by head girl Shreshtha, emcees Ansh and Tanvi enthralled the audience. The vote of thanks was proposed by head boy Pradyumna Reddy.

WASTE NOT



STATIONERY HOLDER

MATERIALS REQUIRED: Plastic bottle, decorative beads from old clothes, tape, wire and a lace.

METHOD: Take a plastic bottle and cut the top and bottom parts, leaving out the middle portion.

■ To join those two parts, firstly make two holes on each side and take a wire and roll it over.

■ Now take a lace and make a ribbon, stick a bead in the middle of the ribbon.

■ Take a decorative tape and stick it all along the joint in the middle as shown in the picture. Start sticking the decorative beads on the bottle.

■ Now the STATIONERY ITEMS HOLDER is ready.



**HARSHINI P,
class IX E,
DDMS P Obul
Reddy Public
School,
Hyderabad**



THE TIMES OF INDIA

in association with

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INSTITUTE OF HIGHER EDUCATION AND RESEARCH
DECLARED DEEMED-TO-BE-UNIVERSITY
Chennai, Tamil Nadu, India

presents

Times We BEAT IT
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MY IDEA AS A LEADER IS TO KEEP EVERYONE TOGETHER, HAPPY: DHAWAN

Handed captaincy for the Sri Lanka tour, Shikhar Dhawan's idea of leadership is all about keeping the flock together and in a good state of mind

Shikhar Dhawan plays a shot during the T20 intra squad game, in Colombo



Photo: ANI

The left-handed opener was given the reins of the team after Virat Kohli and other key players were sent to England for the WTC Final against New Zealand and the five-Test series against the hosts. Sri Lanka's limited overs tour, comprising of three ODIs and as many T20s, will begin on July 18 in Colombo. "It is a big achievement for me that I have become the captain of the Indian side. As a leader, my idea is to keep everyone together and happy - that is the most important thing," Dhawan said on a TV show. "We have got a lovely bunch of boys, great support staff, and we have worked earlier as well."

Good chemistry with coach

■ Dhawan says he shares a good chemistry with the legendary



Indian team Head coach Rahul Dravid

Rahul Dravid, who is the head coach for the series. "I have a good relationship with Rahul Bhai. When I started playing Ranji Trophy, I played against him, and I have known him since then. When I went to play India A match, I was the captain, and he was the coach, so there was interaction."

■ "When he became the director of NCA, we used to go there

for around 20 days, so we had a lot of interaction, and now we have a good chemistry. And now that we have the chance to play six matches together, so it will be great fun, and I think we all sync nicely," he said.

Happy to get youngsters

■ The selectors have picked many uncapped players, including the likes of Rituraj Gaikwad and Chetan Sakariya, and Dhawan wants the youngsters to enjoy their journey.

■ "Happy to get the youngsters in the team and see their dreams come true. It's a big thing that these youngsters have come from their respective home towns with certain dreams, and their dreams are getting fulfilled. "And now, they should enjoy the journey which landed them in team India, and they should know the value of their strength and how to improve it," he said. ❧

Seniors and youngsters from the squad will learn from each other. There are seniors in the team, so the youngsters will learn from them, and we will get to learn from the youngsters. Whenever I meet the youngsters they often have new ways of thinking, and I try to learn things which will help us.

SHIKHAR DHAWAN

FITNESS THE HOCKEY TEAM'S BIGGEST ASSET

Former India great Dhanraj Pillay believes side can break medal drought in Tokyo

An Olympic medal missing from his own cupboard, Indian hockey great Dhanraj Pillay believes the supremely fit team going for the upcoming Tokyo Games has what it takes to finish on the podium and end the medal drought, which his generation of players could not. Pillay, who represented India in four consecutive Olympics from 1992 to 2004, said fitness is the key asset of the Man-

preet Singh-led side going into the Summer Games that begins on July 23 in Tokyo.

"I am very confident they will do it this time. They have been doing well in the last 5 years. Fitness is their biggest asset. In those days, we didn't have the kind of support system they have now," the 52-year-old Pillay was quoted as saying in Hockey India's Flashback Series. "This team has done wonders, won hearts of millions with their performances, particularly at the Cham-

pions Trophy (in 2016 and 2018) and the World League Finals (2015 and 2017). They can do it this time," he added.

OLYMPIC WATCH

Unable to meet the team personally because of the strict COVID-19 protocols, Pillay sent a letter to Manpreet and women's skipper Rani Rampal, wishing both the teams luck and success in Tokyo. "I would have loved to meet them in person but due to protocols, I

did not. I sent them a letter wishing them the very best and I wanted to convey to them that they should be careful about their diet when they are in the Olympic village."

"I wanted to convey to them that they should enjoy the best part of their athletic life by being calm and relaxed," he said. "To both men and women's team, I want to say, don't think about the podium finish. Go match-by-match and stick together as one unit right un-

til the last day, the last match of the tournament." Pillay advised both the Tokyo-bound teams not to think too far ahead.

"I think the mistake we did at every Olympic Games was that we went with the mind set of aiming for the final instead of taking it match-by-match. "Though we had the best teams each time, things did not materialise for us to finish on the podium," he signed off. ❧



VINCE CENTURY POWERS ENG TO SERIES WHITWASH OF PAK

England won the three-match ICC Men's Cricket World Cup Super League ODI series against Pakistan 3-0 by a three-wicket win in the third and final match, which turned out to be a high scoring thriller at Edgbaston, Birmingham on Tuesday. Sent out to bat, Pakistan finished with what looked like a competitive total of 331/9 thanks to Babar Azam's career-best 158 and fifties from Imam-ul-Haq (56) and Mohammad Rizwan (74).

Unfortunately for the

visitors, it did not prove enough as England chased down the target with two overs and three wickets to spare, courtesy of a maiden ODI ton from James Vince and an impressive 77 from Lewis Gregory. The right-handed Vince posted the maiden ODI century of his career; he scored 102 off 95 balls (11 fours) to spearhead the big chase - sixth-best by England in ODIs. Both sides will now feature in a three-match T20I series starting July 16 at Trent Bridge, Nottingham. ANI



England captain Ben Stokes holding the trophy with teammates after the third one day international

QUIZ TIME!

The Olympians

RANI RAMPAL

Hockey

Rani Rampal made her debut in the Indian women's Hockey team as a teenager, becoming the youngest at 14 in the Olympic qualifiers in 2009. She made her World Cup debut in 2010, the youngest for India at age 15. Her shining moment came during the Champions Challenge II in Russia, in 2009 where she took India to victory with four goals in the final against Belgium. The 26-year-old captain's journey was not easy. Her father, a cart-puller, could not support her financially. Fast forward to 2021, Rani vows the team will leave no stone unturned to win a historic medal at Tokyo and dedicate it to frontline workers.



Photo: TOI

Q1: How old was Rani Rampal when she participated in the 2010 Hockey World Cup?

- a. 18 years b. 17 years
c. 16 years d. 15 years

Q2: What is the total tally of international goals scored by Rani Rampal?

- a. 134 goals b. 144 goals
c. 154 goals d. 163 goals

Q3: Which prestigious award did the Government of India honoured her with in 2020?

- a. Bharat Ratna
b. Padma Shree
c. Padma Vibhushan
d. Padma Bhushan

Q4: What award did Rani Rampal receive apart from The Top Goal Scorer at the Champion's Challenge Tournament 2009?

- a. Young Player of the Tournament
b. Best Player
c. Best Goalkeeper
d. none of the above

Q5: Which medal did the Indian team, led by Rani Rampal, win in the Asia Cup held in Nov 2009?

- a. Bronze b. Silver c. Gold d. None

Q6: How many goals did Rani Rampal score at the Women's Hockey World Cup held in Rosario, Argentina in 2010?

- a. 5 b. 6 c. 7 d. 8

Q7: In 2013, she helped India win a bronze in which competitive event?

- a. Hockey Champions Trophy
b. Women's FIH Hockey Junior World Cup
c. Junior World Cup
d. Olympics Games

Q8: Which state in India does Rani Rampal hail from?

- a. Tamil Nadu b. Karnataka
c. Maharashtra d. Haryana

- ANSWERS:** 1. d. 15 years 2. a. 134 goals
3. b. Padma Shree
4. a. Young Player of the Tournament
5. b. Silver 6. c. 8 7. c. Junior World Cup
8. d. Haryana