



THE TIMES OF INDIA

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**TODAY'S
EDITION**

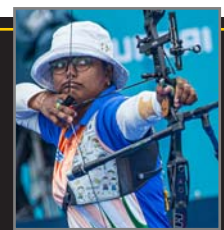
► 'I am a human's bff, but I am not a dog. I speak metaphorically and I have stories to tell. Who am I?' Read to solve this riddle

PAGE 2


► Participate in your favourite activity corner. From anagrams to riddles and maths quiz, you have it all

PAGE 3


► Did you know Deepika was 11 when she had her first rendezvous with archery? Know more about her medal hopes at Olympics

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STUDENT EDITION

FRIDAY, JULY 16, 2021

**THE
TIMES
OF
INDIA**
CLICK HERE: PAGE 1 AND 2
TOKYO OLYMPICS
**THE
COUNTDOWN
BEGINS**

Cheer for India the 'Hindustani Way'



The Union minister for youth affairs and sports Anurag Thakur has launched Team India's official cheer song 'Hindustani Way', ahead of the upcoming Tokyo Olympics, beginning July 23. The song, titled, 'Hindustani Way', has been sung by pop singer Ananya Birla and composed by veteran music composer, AR Rahman. In typical Rahman fashion, it's heavy on rousing beats.

The video for 'Hindustani Way' begins with an Indian family watching Leander Paes in action at the 1996 Atlanta Olympics, where Paes won a bronze to end India's 16-year drought without an Olympic medal. The video then goes on to follow the same family, as it maps some of India's Olympic medal winners since then—Rajyavardhan Rathore (2004), Abhinav Bindra (2008), PV Sindhu (2016) – interspersed with shots of Rahman dancing and Ananya singing

GHOST GEAR

WHAT WHY

Recently, expressing concern over the depleting number of marine mammals, PETA said, over 6,50,000 'non-target' marine mammals (or bycatches) are injured and/or killed every year due to the fishing industry. Similarly, according to the World Wildlife Fund (WWF), ghost gear is the most-deadly form of marine plastic debris. According to experts, ghost gear is any discarded, lost or abandoned fishing nets, traps and pots in the marine environment.

Is it dangerous: According to the National Oceanic and Atmospheric Administration (NOAA), ghost fishing gear wreaks havoc on marine animals and their environment. The most obvious concern is entanglement. Fish, seals, sea lions, turtles, dolphins, whales, seabirds, crustaceans – are vulnerable to entanglement. If an animal doesn't die from injuries sustained during the entanglement, it will suffocate or starve, trapped. Similarly, a single net has the potential to destroy an entire coral reef, killing some of the animals that live there, wiping out the habitat of many others, and damaging an already sensitive ecosystem for years to come. Ghost fishing gear can also transport invasive species to new areas. And it can be ingested by marine animals, which can lead to injury and death. It can act as a hazard to navigation as well.


X-PLAINED


HOW can we stop it: To stop the destruction done by ghost gear, an initiative called the Global Ghost Gear Initiative (GGGI) has been launched. Started in 2015, it brings together more than 100 stakeholder groups, including 17 national governments as well as representatives from the civil society, the private sector and others from across the fishing industry. In India, in 2018, the Kerala government launched the 'Suchitwa Sagaram' scheme to collect ghost gear, which is fed into a plastic shredding machine.



DID YOU KNOW? Ghost nets make up 46% of the Great Pacific Garbage Patch (now about thrice the size of France) and up to 10% of all the marine litter. Interestingly, it takes about 400-600 years for ghost fishing nets to naturally decompose

BEST OUT OF GHOST GEAR

If reports are to go by, a new market for 'green plastics' is reportedly emerging – from shoes partially made from ocean plastics to swimsuits made from ghost nets, and products such as skateboards, sunglasses, athleisure wear, among others, are being produced from old fishing gear and are getting popular among the scuba divers

ISRO SUCCESSFULLY TEST FIRES LIQUID FUEL ENGINE FOR GAGANYAAN



The Indian Space Research Organisation (ISRO) on Wednesday successfully conducted the third long-duration hot test of the liquid propellant Vikas engine for the Gaganyaan programme, the country's first manned mission to space...

■ The objective of the Gaganyaan programme is to demonstrate the capability to send humans to low Earth orbit onboard an Indian launch vehicle and bring them back to the Earth.
■ The Union minister of state (Independent charge) of space, Jitendra Singh, said in February this year that the first unmanned mission is planned in December 2021 and the second unmanned one in 2022-23, followed by

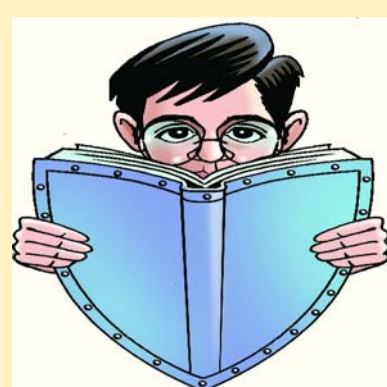
the human spaceflight demonstration
■ Four Indian astronaut-candidates have already undergone generic space flight training in Russia as part of the Gaganyaan programme
■ ISRO's heavy-lift launcher GSLV Mk III has been identified for the mission
■ The formal announcement of the Gaganyaan programme was made by PM Narendra Modi during his Independence Day address on August 15, 2018

You ask,
We answer

Are you facing issues related to your academics, mental health, etc? Do you want to share your problems, but shy to reveal them with your near ones? Never mind, our expert, CBSE helpline counsellor, **JAYDEB KAR** will answer queries from students, parents, and educators. Your identity will be strictly protected...

Q My elder brother never shares his mobile phone with me to play. I feel bored all the time. How should I convince my brother to give me the phone to play? What else can I do to entertain myself?

■ This is a common problem but it is not a big issue to be concerned with. Firstly, remember that you should not be spending too much time with electronic gadgets. Cellphones and other gadgets are there to make life easier for us, but that does not mean we are dependent/addicted. Try to add digital detox hours to your day, wherein you can indulge in creative activities, pursue hobbies, indulge in physical activities and spend time having conversations with your family members. Make it a point to set an example to your sibling and show him all the things he is missing out on by being glued on to gadgets all the time. Of course, one can't completely stay away from the gadgets, therefore, rope in your brother for an online quiz or puzzle that will make him share the phone with you. Make your gadget time fun and experiential, rather than just entertainment.



Q I face a lot of difficulty in learning fast. How can I become a fast learner?

■ When it comes to learning, we get anxious, especially when we procrastinate. A lot of time is wasted in finishing a pending task. So build a routine and finish all work on time. Here are some easy steps. Decide the time that works the best for you (morning/afternoon/evening). Revise when you are most alert and focused. Revisit your study plan, and include more writing practice. Lastly, don't study under pressure, you should relax, meditate and perform yoga to increase your understanding power.

(MAIL US YOUR QUERIES AT TOINIE175@GMAIL.COM)


EMMY NOMINEES ANNOUNCED: 'THE CROWN' AND 'THE MANDALORIAN' LEAD RACE

The nominations for the 73rd Emmy Awards were announced on Tuesday by the Emmy-winning father-daughter duo Ron Cephas Jones and Jasmine Cephas Jones. 'The Crown' and 'The Mandalorian' lead with 24 nominations each, while WandaVision has 23. Ted Lasso, The Handmaid's Tale and Lovecraft Country are among other big nominees. The ceremony will be hosted by Cedric, the Entertainer for a limited live audience of nominees and guests this year, after last year's show went almost virtual owing to the Covid-19 pandemic.

■ According to ew.com, Television Academy's Board of Governors recently announced a small but notable rule change this year for the Emmys to be more inclusive of gender-non-conforming individuals: A nominee or winner of any acting category can request they be recognised with the more gender-neutral title 'Performer' on their nomination certificate and Emmy statuette, although the categories themselves relating to the actor and actress won't change.

Entertainment

CORONA UPDATE

Here's why you should encourage people to get vaccinated

A cohort study on the impact of vaccination among Covid-19 patients by Star Health and Allied Insurance has unveiled the significant impacts of vaccination among individuals 45 years and above. The study concluded that there was a marked reduction in the total hospitalisation expenses by approximately 24 per cent, the average length of stay (ALOS) by a mean of 2.1 days, ICU requirement by 66 per cent and a reduction of approximately 81 per cent in mortality among patients, who had completed two doses of vaccination.



RETHINK
What are positive affirmations? And why you should try this practice?

HEALTH
All you need to know about infusing water for greater health benefits

EXPLORIA
Celebrate World Emoji Day (July 17) with us as we tell you more about "world's fastest growing language"

FILMS, BOOKS
Know the origins of time travel as a genre in movies and books. PLUS: Sports flicks you need to see now

SIMPLY SPORTS
Catch all the action of last week with frame-worthy moments from Wimbledon, UEFA Euro and Copa América

PROMOTING VISIBLE THINKING ROUTINE IN CLASSROOM

THE EDUCATIONIST

The philosophy of Gitanjali Devshala School states that 'the success of an educational institution is measured by the value it adds to each individual.' And this principle was cemented in all its solidity by the 'Visible Thinking Routine' workshop recently conducted by me.

As the school re-opened for teaching staff after a refreshing summer vacation, one expected an unhurried pace to 'en-sphere' everyone as we jostled ourselves out of a mid-pandemic vacation stupor. However, we hit the ground running with multifarious activities and workshops designed to help teachers understand and implement methodologies designed to delve deeply into each child to not only provide them with the best of teaching experi-



ADITI BHATTACHARYYA,
Middle School Coordinator,
Gitanjali Devshala

ences and practices but also to nurture, in a robust way for the future citizens of tomorrow.

The workshop was a step in that direction. Tara Nicholle Nelson aptly said, "You can't buy engagement. You have to build engagement." The very first activity of using one's non-domi-

nant hand to sketch a childhood memory from school, successfully managed to grab the audience's attention and had us all riveted on focusing and untethering our creative side. This gave our minds a gentle nudge and the energy cracked with such intense buoyancy that it set the pace for the rest of the day!

Breakout rooms were the norm of the day in the workshop as groups of enthusiastic teachers worked together to complete assigned tasks and showcase their understanding of the concepts. The 'Think-Puzzle-Explore' concept was intensively elucidated. The importance of incentivizing a child to think on his/her own, to recognise what he/she already knows, to question and to explore cannot be further emphasized.

As we itinerantly moved down-stream matching the pace of the workshop, teachers created 'one-minute' lesson plans that incorporated the 'Visible Thinking Routine'. An explosion of ideas rained as we saw William Wordsworth's 'Daffodils' take on a whole new garb and concepts from science, mathematics, languages and social studies become suffused with a fresh perspective.

The highlight of the workshop was when teachers uncovered a puzzle that turned out to be a photograph of Anne Frank. The concept of 'Visible Thinking Routines' was introduced and applied gently for a better understanding. Through the session, I tried to build a stronger bridge between our mission, core values and goals.

NEW STUDENT COUNCIL MEMBERS TAKE CHARGE

**Delhi Public School
Mahendra Hills**

Delhi Public School, Mahendra Hills held the virtual Investiture Ceremony 'Mighty Marshalls' for the students from pre-primary to class VIII, 2021-22 batch.

Every year, the school chooses students through the election and selection process and this year was no different.

The ceremony commenced with the lighting of the lamp to invoke the blessings of the almighty. A semi-classical dance was performed by the tiny tots, which was a treat to watch. The event was followed by the principal's address who introduced the chief guest for the day A. N. Sinha, IG-cum-chief security commissioner, South Eastern Railway, and welcomed chairman M Komaraiah, other dignitaries, and all the parents and students. She spoke about the process of election and selection and shared the schools' achievements with the gathering. The chairman thanked the chief guest for taking out his time and gracing the occasion. He also spoke about the school's growth from the time of its inception. The event was then followed



by the pipping ceremony and principal Sunitha Rao, headmistress Neetu Gupta and chief guest Sinha declared the new student council members.

A sneak peek video was shown which included the nomination, panel interviews, creative writing, and campaigning done by the students. The portfolios of the elected student leaders were displayed along with their photographs. It was a proud moment for all the parents to witness their children being invested as they embarked on a new journey as leaders.

The newly elected Student Council members including

house captains, vice captains, and white-badge holders, head girls and head boys took the oath to be true to their posts and render their duties to the best of their abilities. The chief guest congratulated the Student Council and spoke about leadership and how it helps in one's life. He enlightened the gathering with his words of wisdom. He congratulated the school for making the event possible despite the pandemic.

The head girl and the head boy spoke and thanked the school. The event came to an end with a grand finale dance 'Believe in Yourself'.

PROUD MOMENT FOR SCHOOL

**DDMS P Obul Reddy Public School
Hyderabad**

Soham Bilolikar, a student of class VII from DDMS P Obul Reddy Public School, made his school proud as he has been selected for the final round of the Yuva Conclave 2021 organised by IPN India. He spoke on 'We are the Future.'

More than 650 nominations from about 150 schools of South Asia were received, of which 75 students were finalised. The event was conducted on a virtual platform.

Sharing his experience, Soham said, "IPN YUVA Conclave 2021 gave me an opportunity to speak on Sustainable Development Goals. The platform provided many students from across South Asia including me, with a chance to discuss on various aspects of daily ways to implement SDGs. I learned by interacting with many participants and listening to various speakers. I thank IPN Yuva foundation, my school, our principal Latha Shankar, all my teachers and my parents for their support and encouragement for this event."



A 'novel' time in the library!

One day during the lunch break, my friend and I went to the library to get books and we ended up reading them in the library. Suddenly I remembered that I had to complete my lunch before the next class. So I went quickly back to my class as the next period was 2nd language and our 2nd language teacher did not like it if we did not complete our lunch in time or even if we came a bit late to the class.

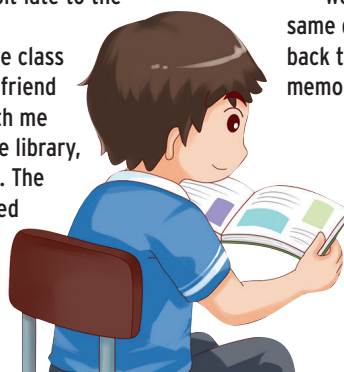
When the class started, my friend who was with me earlier in the library, was missing. The teacher asked about him, and I informed her that I

had last seen him in the library.

Then the teacher asked a girl to go and get him. When he came back, he told the teacher that he was at the library reading a book.

The teacher, who was angry, told him to go back and read a 2nd Language book (in a sarcastic way) and he actually did go! But in the library he did not read any 2nd language book and instead, he coolly continued reading the novel.

We then had a good laugh and the same girl went back and brought him back to the class again. It was a fun memory.



**VIJAYA KUMAR
ARJUN, class X
D, Bharatiya
Vidya Bhavans
Public School,
Jubilee Hills,
Hyderabad**

RISE AGAIN, TO GREATER HEIGHTS!

Meridian School for Boys & Girls, Banjara Hills celebrated its 26th Founder's Day on a virtual platform recently. As per the custom, the school also held its Investiture Ceremony on the occasion and invested the school cabinet members.

Keeping in mind the current state across the globe due to the pandemic, the school focused on a message of revival and resurgence by choosing its theme as 'Resurgam' which in Latin means 'Rise Again'.

Rahat Rashid stated that the entire theme was woven around real life heroes who have overcome their failures and scaled great heights of success. Resurgam highlighted the stories of celebrities who had reinvented themselves in the face of adversity. Padmashree Madabhushi shared how Steve Jobs conquered conflict and failure with the help of his spiritual experiences in India while G Usha stated that Walt Disney had only 40 dollars in his pocket

**R Padmavati, Teacher, Meridian
School for Boys & Girls
Banjara Hills**

et when he created Mickey Mouse which later led to the entertainment giant Disney Pictures. Rajkamal Matthews spoke about the journey of dancer Sudha Chandran from tears to triumphs while Sailaja Koduri narrated how APJ Abdul Kalam faced failure but took the entire blame and later became the legendary 'Missile Man'. Rajata Gora discussed the vagaries of fate faced by Amitabh Bachchan. These accounts made them sources of inspiration for others.

The Investiture Ceremony highlighted the selection process. The school cabinet, headed by Krishnav Roop Karan as the head boy and Alekhya Vemuri as the head girl, took the oath to take the school to new heights of success and glory.

Addressing the gathering, CEO of Meridian Group of Schools and principal of Meridian Banjara Hills, Usha Reddy announced the launch of two noble schemes to be taken up by the school this year. The first is an innovative plan of collecting old cell phones, getting them repaired and donating them to less privileged students to enable them to access online classes. The second is to focus on organ donation. Taking an inspiring step, the principal pledged to donate her organs and urged more people to join the noble cause.

Butta Renuka, former Member of Parliament and the co-founder of Meridian Schools, congratulated the school on the completion of 26 years of continued success and recounted how the school stood strong in the face of obstacles and crises.

The programme concluded on a note of hope in the form of a contemporary dance depicting humanity rising from the ashes of the pandemic!



MY MIND....

My mind is just like a roe deer,
Barring the way of certainty inside me.
It has so many diversions
Which lead to confusion,
Sometimes gets ragged, sometimes works tranquilly
While finding its way on the barren land.
Pile up the knowledge in its strongroom
Weighting for the day to shine.
Emerging from the crowd,
Ready to show itself to the world of mine
Getting restless by the moment
to gloat about its knowledge,
but failed to understand that
"Knowledge has no hedge".
The little roe deer now needs some rest
Before venturing into the galaxy,
to quench its thirst of curiosity.....

**K DHRUPAD SAI GUPTA, class IV A,
Unicent School, Nagole**



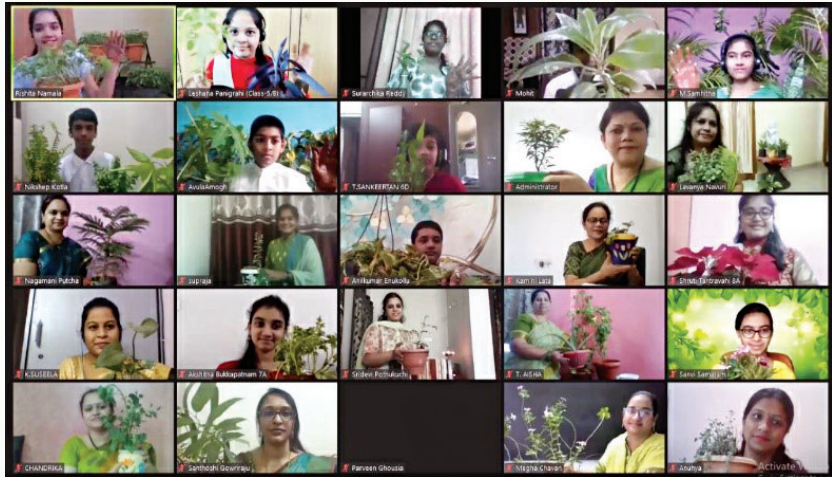
TOWARDS A GREENER ENVIRONMENT

**P Kanchana Valli,
Vice-Principal, Jubilee
Hills Public School
Hyderabad**

"For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver."

This quote by Martin Luther King Jr. speaks volumes about the need of the day and to emphasise it further, students of Jubilee Hills Public School, Hyderabad celebrated Van Mahotsav recently.

The programme began with the lighting of the lamp by vice-principal, Kanchana Valli and the co-



ordinators of the school. This was followed by a melodious rendition on the importance of flora and fauna by the students from

classes VI to VIII. The students from the pre-primary wing dressed in green with beautiful head-gears stole the show.

Their excitement exuded through the colouring activities that they participated in. A graceful dance performance by the stu-

dents of the primary wing was followed by a short skit by the students of class IX and X. Their splendid performance reminded everyone about how rapid industrialisation is leading to disruption of the ecosystem. Lastly, the demonstration on micro-greens by the students from classes VIII to X drove home the point that gardening should not only be pursued as a hobby but become a habit and routine.

The winners of the Poster-Making and Slogan-Writing Competition were also announced. Chairman A Murali Mukund and secretary Harishchandra Prasad called upon each and every individual to become an ambassador for a greener environment.

**Varalakshmi V, Teacher, Gateway
International High School**

Van Mahotsav, a week-long tree planting festival, is organized every year in the first week of July across India when millions of trees are planted. This movement was initiated in 1950 by our former Union Minister for Agriculture, K M Munshi. The celebration of Van Mahotsav Week at Gateway International School was an ideal opportunity to instill personal and social responsibilities in our students towards safeguarding trees and forests.

These celebrations focused on forming a personal connection between the students and trees through a process of experience, reflection, and creation. To celebrate the festival of trees, the students of the primary wing participated in various activities conducted in a week-long event like painting, speeches, poster making, slogans, dance, and songs.

Van Mahotsav helped to bring awareness about the green cover around us. It also helped in strengthening the bond between plants and humans. Students got to learn a lot and will always cherish the memories of this important occasion.

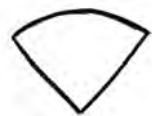


LEVEL-1



ANAGHA SASTIKAR
educator, Bodakdev
School for Children,
Ahmedabad

Draw the easy way



Step-1



Step-2



Step-3



Step-4



Step-5



Step-6



RESPENTANTIO

- a. presentation b. tension
c. training d. tanning

2.ISPEDERS

- a. disperse b. pending
c. pedantic d. penance

NTUQSIOE

- a. sequence
b. quest
c. session
d. question

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

Riding with the Riddle

SINCHANA V, class VI,
National Public School, Kengeri

I am green in colour, but I'm not a parrot
I get my food naturally, nobody can feed me
People's life depends on me, but I'm not water
I come in different shapes, but I'm not a fruit
Guess who I am?

Answer: Plant

ANAGRAMUSEMENT

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

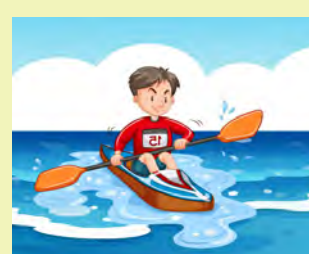
1 Please speak softly as the baby is ____.

- a) Please b) Speak
c) Softly d) Baby



2 They praised the woman for not succumbing to ____.

- a) They b) Praised
c) Woman d) Succumbing



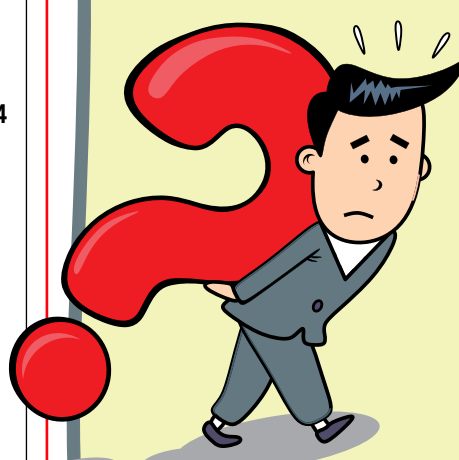
3 The adventurer sailed across the ocean in a ____.

- a) Adventurer b) Sailed
c) Across d) Ocean

4 A panel of experts investigated the crash of the ____.

- a) Panel b) Experts
c) Investigated d) Crash

Quiz TIME



In each of the following, an anagram (letters of one word rearranged to form another) of one word completes the sentence. Choose the correct words and unscramble their letters to fill in the blanks.

EXAMPLE: Her wand cannot turn dusk to ____.

- A. Wand B. Cannot
C. Turn D. Dusk

Answer: A. Wand-Dawn

Answers: 1) a, 2) a, 3) d, 4) a, 5) d, 6) a, 7) b, 8) c, 9) d, 10) a, 11) b, 12) c, 13) d, 14) a, 15) b, 16) c, 17) d, 18) a, 19) b, 20) c, 21) d, 22) a, 23) b, 24) c, 25) d, 26) a, 27) b, 28) c, 29) d, 30) a, 31) b, 32) c, 33) d, 34) a, 35) b, 36) c, 37) d, 38) a, 39) b, 40) c, 41) d, 42) a, 43) b, 44) c, 45) d, 46) a, 47) b, 48) c, 49) d, 50) a, 51) b, 52) c, 53) d, 54) a, 55) b, 56) c, 57) d, 58) a, 59) b, 60) c, 61) d, 62) a, 63) b, 64) c, 65) d, 66) a, 67) b, 68) c, 69) d, 70) a, 71) b, 72) c, 73) d, 74) a, 75) b, 76) c, 77) d, 78) a, 79) b, 80) c, 81) d, 82) a, 83) b, 84) c, 85) d, 86) a, 87) b, 88) c, 89) d, 90) a, 91) b, 92) c, 93) d, 94) a, 95) b, 96) c, 97) d, 98) a, 99) b, 100) c, 101) d, 102) a, 103) b, 104) c, 105) d, 106) a, 107) b, 108) c, 109) d, 110) a, 111) b, 112) c, 113) d, 114) a, 115) b, 116) c, 117) d, 118) a, 119) b, 120) c, 121) d, 122) a, 123) b, 124) c, 125) d, 126) a, 127) b, 128) c, 129) d, 130) a, 131) b, 132) c, 133) d, 134) a, 135) b, 136) c, 137) d, 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MAX VERSTAPPEN AIMING FOR 'KNOCKOUT' TRIUMPH AT SILVERSTONE

The seven-time champion and his Red Bull team will seek a potentially decisive "knockout" triumph over defending champions Mercedes and home hero Lewis Hamilton in this weekend's British Grand Prix which features a new form of qualifying

After reeling off his first hat-trick of successive wins to move 32 points clear of seven-time champion Hamilton the 23-year-old Dutchman is in imperious form. Red Bull are reveling in five straight victories to lead both championships after nine races. But he recognises that Hamilton, 36, remains a formidable force, especially on home soil at Silverstone.

The Briton has won a record seven times at the often windswept former war-time airfield in central England where a capacity crowd of 140,000 is expected on Sunday. It will be the biggest attendance at a sports event in Britain since the start of the Covid-19 pandemic.

I have great respect for Lewis and we are taking nothing for granted. We are taking each race one at a time, but, of course, I am hoping to come out of the race with 29 points. MAX VERSTAPPEN, Belgian-Dutch racing driver

New experimental format

■ Normally it would be a maximum of 25 points for a victory and one for the fastest lap. There are additional points on offer this weekend through 'The Sprint' which is being used for the first time as an alternative to the traditional qualifying. It will take place on Saturday afternoon and, like traditional qualifying, will decide the grid positions for Sunday's 52-lap race. The sprint is part of an experimental format aimed at attracting a younger audience with the top three awarded three, two and one point respectively. They will also be taken on a victory parade lap and presented with 'retro' wreaths in a salute to the sport's history. The 100km non-stop race will take around half an hour. Starting positions for 'The Sprint' will be decided by a three-part qualifying hour on Friday afternoon, replacing second free practice. That will mean Friday's opening free practice hour is the team's only chance to find a competitive set-up for the conditions. Further sprints are due to be held in Italy and at one other race later in the season.

Immense pressure on Hamilton

■ Hamilton and Mercedes will be under acute pressure as they attempt to arrest their slide. The Englishman is without a win in five races since the Spanish Grand Prix in May, when he led the title race. The team hopes that the possible introduction of updates

can close the performance gap on Red Bull. "We are expecting a very strong performance from Mercedes and Lewis," said team boss Christian Horner. "He's at home and will be backed by the crowd, but if we can win at Silverstone, it will be a very significant victory." Hamilton won last year's British event, but was beaten by Verstappen in the '70th Anniversary' race just a week later as the circuit hosted two successive contests behind closed doors. The decision to allow a full house to attend the race secured the future of the circuit, said managing director Stuart Pringle. "Our ability to survive Covid was stacked against us if we had no crowd," he said. "It's absolutely critical."

Norris in the right zone

■ Red Bull number two Sergio Perez and his Mercedes counterpart Valtteri Bottas and Sergio Perez are expected to be in serious contention but many fans will cheer McLaren's 21-year-old Briton Lando Norris, who was mugged after attending the England-Italy Euro 2020 final at Wembley. Norris is the only man to have scored points at every race this year and has three podium finishes. Compatriot George Russell of Williams is looking for his team's first points since 2019. Despite being badly shaken by his experience, Norris said he would be 'in the right zone' to enjoy racing in front of home fans. "I am really looking forward to it," he said. Hamilton, however, will be drawing most energy from the fans as he aims to add to his record 100 pole positions and 98 victories and reduce the deficit in his bid for an eighth world title. **APR**

FILE PHOTO: Max Verstappen of Netherlands driving the Red Bull Racing RB15 Honda during the Red Bull Racing Filming Day at Silverstone

SONAM MALIK AIMS FOR OLYMPIC GLORY

The 19 year old wrestler will be competing in the 62kgs category at the Tokyo Olympics 2020

Late in 2017, it seemed that Sonam Malik would never be able to take to the mat again. A nerve-related twinge on her right shoulder, that also affected the right arm, left young grappler Sonam Malik paralysed on her right side. Her world came crashing down. After all, she was fresh from winning gold at the World Cadet Championships in Athens, Greece.

Cut to present, she has booked her berth for the upcoming Tokyo Olympics in the 62kg category and is gunning for glory at the showpiece event. After suffering from the paralysis,

Sonam was out of action for six months. "She couldn't hold her arm up. She wasn't able to grip anything with any strength," said Ajmer Malik, Sonam's coach.

OLYMPIC WATCH

In 2018, Sonam was back on the mat and won bronze medals at the Asian Cadet Championship and World Cadet Championship. In 2019, she won another World Cadet gold. She graduated to the senior level, thereafter. Soon she started making waves and hit the headlines in early 2020 after defeating Rio Olympics bronze medal-

ist Sakshi Malik at a national trial in Lucknow. In April, Sonam became the youngest Indian woman wrestler to qualify for the Olympics by reaching the 62kg final at the Asian Olympic Qualifiers in Almaty, Kazakhstan.

At the Olympics, Sonam will be taking to the mat on August 4. "I know there is a lot of competition in my category. I know I am not one of the favourites to win, but on my day I can defeat the best. If any one takes me lightly, it'll be at their own peril. I have studied the video footage of my competition and have made my plans accordingly," Sonam says with confidence.

MESSI TO SIGN A NEW DEAL WITH BARCELONA

Lionel Messi is set to extend his stay at Barcelona by signing a new five-year deal, with the Argentine talisman set to take a wage cut, according to reports. Lionel Messi, Barca's all-time top scorer and appearance maker, technically ended his 21-year association with the club last month and is currently a free agent after his previous contract expired. Since Joan Laporta took over as Barca president, the club has been trying to reduce their wage bill in order to keep Messi and stay within La Liga's strict financial control rules. La Liga chief Javier Tebas said last week that Barcelona, which has a total debt of more than 1 billion euros (\$1.18 billion), would not



be shown any leniency. Messi's last contract, signed in 2017, was the most lucrative in world sport according to a January report in newspaper El Mundo. **REUTERS**

QUIZ TIME!

The Olympians

DEEPIKA KUMARI

Archery

World No. 1 archer, Deepika Kumari's journey in the sport began as a child aiming for mangoes with stones. Her professional journey began in 2006. She won the 11th Youth World Archery Championship, Utah, United States in 2009, at the age of fifteen, also winning a gold medal in the women's team recurve, at the event. She is currently ranked World No. 1 and has a string of medals won at the World Cups, Asian Archery Championships, the Commonwealth Games, the World Championships and the Asian Games. The triple gold she won at the Archery World Cup 2021, leaves no doubt that she is India's best bet at the Games this year.



PHOTO: GETTY IMAGES

Q1: What kind of bow does Deepika Kumar specialise in?

- a. Compound Bow
b. Longbow
c. Recurve Bow
d. Recurve Barebow

Q2: At what position did India finish in the women's team event at the 2012 Olympics?

- a. Eighth b. Sixth
c. Fourth d. Second

Q3: Deepika became the second Indian after Palton Hansda to win the junior compound competition at the Archery World Cup. In which year did she win it?

- a. 2006 b. 2007
c. 2008 d. 2009

Q4: How many Gold medals did she win at the 2021 Paris World Cup?

- a. 4 b. 3
c. 2 d. 1

Q5: Recently, Deepika Kumari won the Gold Medal in Women's Recurve event at the Archery World Cup (stage III). Where was the event held?

- a. Berlin
b. Cortina
c. Salt Lake City
d. France

Q6: Who did she defeat at the circuit final stage III at the World Cup?

- a. Michelle Kroppen
b. Choi Misun
c. Olivia Sloan
d. Chang Hye Jin

Q7: What is Deepika's current world ranking?

- a. 4th
b. 11th
c. 2nd
d. 1st

Q8: Deepika Kumari won a triple gold in the Archery World Cup held at Paris this year. How many gold medals has she won overall?

- a. 10
b. 9
c. 8
d. 7

ANSWERS: 1. c. Recurve Bow 2. a. Eighth
3. a. 2016 4. b. 3 5. d. France
6. a. Michelle Kroppen 7. d. 1st 8. b. 9