



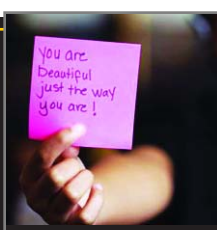
THE TIMES OF INDIA

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**TODAY'S
EDITION**

► Check out some tips for your delicate eyes in this weather that brings its own set of woes

PAGE 2


► Educationists and students express their views through articles, poems and paintings

PAGE 3


► Manpreet Singh is all set to lead the India's hockey team at the Olympics this year, and hopes a podium finish

PAGE 4

STUDENT EDITION

MONDAY, JULY 19, 2021


WHICH WAS THE FIRST-EVER ICC TROPHY WON BY THE ENGLAND MEN'S TEAM?

CLUE 1: Links of London designed the silver-rhodium trophy, weighing approximately 7.5 kg.

CLUE 2: India hosted the last edition, back in 2016.

CLUE 3: West Indies have won it the most number of times and are the defending champions.

ANSWER: ICC T20 WORLD CUP. India and Pakistan are set to clash in the Super 12s stage of the 2021 edition, to be co-hosted by the UAE and Oman between Oct 17 and Nov 14. This will make it the first faceoff between the two teams in more than two years, their last fixture having come in the 2019 50-over World Cup

A teen to join Bezos FOR SPACE DRIVE



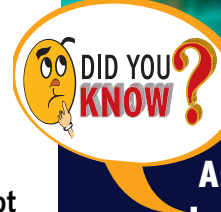
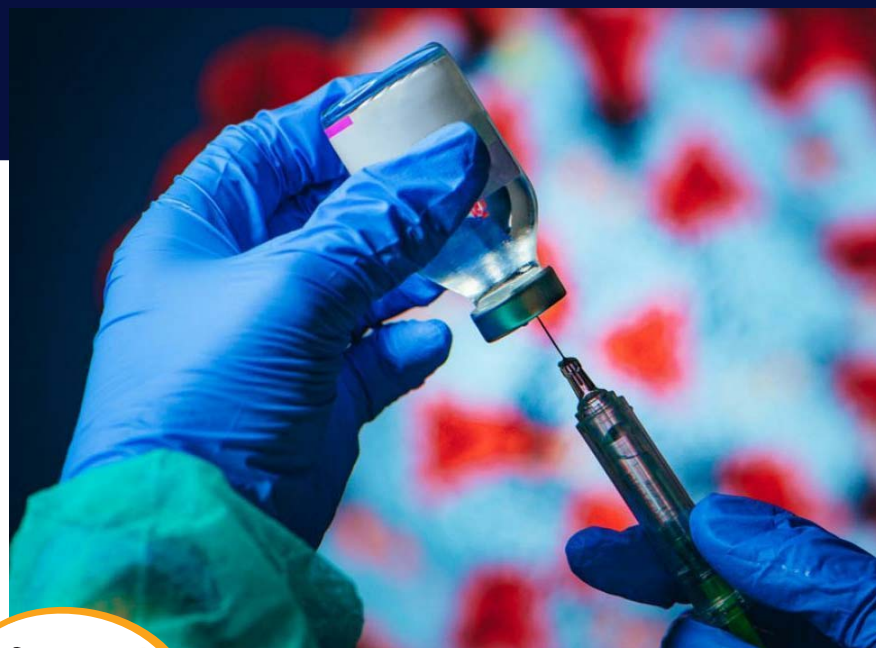
An 18-year-old physics student, whose father heads an investment management firm, is set to take the place of a person, who put up \$28 million in an auction to take part in the inaugural space tourism flight for billionaire Jeff Bezos' Blue Origin company. **Oliver Daemen** will join the four-member all-civilian crew for Tuesday's scheduled flight after the auction winner, whose name had not been made public, dropped out due to unspecified "scheduling conflicts." Daemen becomes the company's first paying customer. The flight is set to include the oldest person ever to go to space – 82-year-old trailblazing female aviator Wally Funk, and the youngest, Oliver Daemen.

Bezos has been locked in a race with billionaire rivals Richard Branson and Elon Musk, as they seek to usher in a new era of commercial space travel in a tourism market that Swiss bank UBS estimates could be worth \$3 billion annually in a decade

WARM VACCINE SOON?

WHAT A new 'warm' vaccine being developed in India is making headlines for being effective against SARS-CoV-2 variants. Developed by the Indian Institute of Science (IISc) and biotech company Mynvax, the vaccine has developed antibodies that could neutralise all the four major covid variants.

HOW will it help: The vaccine will be helpful in inoculating people in remote parts of the world where access to cold storage is limited. Human trials of the vaccine will reportedly be conducted later in 2021. According to experts, a thermostable or 'warm vaccine' is critical for remote or resource-limited locations with extremely hot climates, which lack reliable cold storage supply chains, including regional communities in Australia's outback and the Indo-Pacific region.



Most vaccines require refrigeration to remain effective. For example, the Oxford-AstraZeneca vaccine, known as Covishield in India, must be kept between 2 and 8 degrees Celsius, and the Pfizer preventive requires specialised cold storage at minus 70 degrees Celsius

Quote unquote


There might be a third wave. If the third wave happens, it will hit sometime around August end, it is not inevitable. It is important for each state to examine the pandemic situation and take a call regarding the Covid-19 cases



there. There are states where the first and second waves of Covid-19 had a low impact. If the restrictions are not maintained now, then these states may be severely impacted by the third wave

Dr Samiran Panda, Head of epidemiology and infectious diseases at the Indian Council of Medical Research (ICMR)



Avoid bunching of class XII marks in range of 95 or above: CBSE

The Central Board of Secondary Education (CBSE) opened the tabulation portal for the moderation of class XII marks on Friday. The portal will be closed on July 22, and the schools have been asked to follow the schedule strictly as the board has to declare the results by July 31. The schools have also been instructed to ensure there is no bunching of total marks in the range of 95 and above.

"To aid the schools, CBSE has provided marks, including distribution of the marks, based on the best performance of the previous three years, which will be taken as reference for the purpose of moderation. Schools are directed to follow the reference distribution while moderating mass. Also, to ensure comparability and fairness at the higher range of marks, schools should exercise due diligence and ensure that there is no bunching of total marks in the range of 95 and above," said the circular sent to

Education



the school heads. "They will, therefore, have to restrict the number of students at each level of overall marks from 95 and above, to ensure that this number is not more than the number of students scoring those overall marks, as per the best historic performance of the last three years," it stated.



Get ready for EMOJIS THAT CAN TALK!

Social media giant Facebook has rolled out emojis with sound on Facebook Messenger. Called 'Soundmojis', it is a next-level emoji that lets users send short sound clips in a Messenger chat, ranging from clapping, crickets, drumroll and evil laughter, to audio clips.

TECHAWAY

- To check out Soundmojis, the users can head to the Messenger app, start a chat, tap the smiley face to open the expressions menu and select the loudspeaker icon
- From there, users can preview and send their favourite Soundmojis



Max Verstappen Wins First-Ever F1 Sprint Race

Red Bull's Max Verstappen has won the first-ever F1 Sprint Race beating Lewis Hamilton. He also takes pole for British GP. It's a fourth straight pole for the Dutch driver and this win also adds three points to his kitty that extends his title lead



over Lewis Hamilton to 33 points.

The Red Bull driver finished the 100km dash ahead of defending world champion Lewis Hamilton with Valtteri Bottas in the second Mercedes in third place. Meanwhile, World champion Lewis Hamilton who aced the qualifying on Friday to take top spot on the grid said that "he gave his all" and Red Bull are very 'strong.'

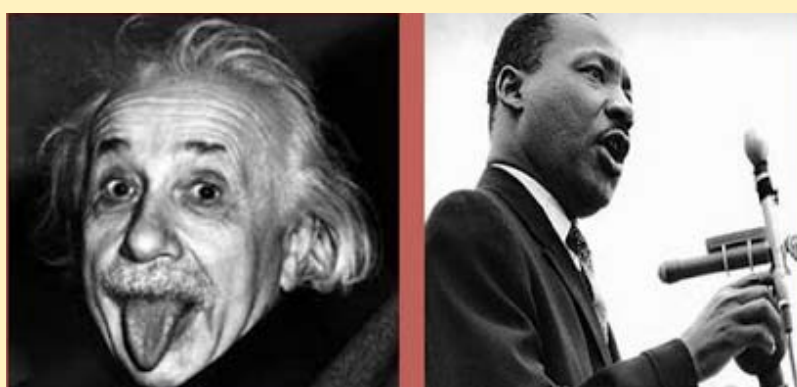
\$4.7 MN

Price of Roger Federer's memorabilia (t-shirts, racquets, shoes, etc) that went under the hammer recently. The highlight of the online sale was a set of three racquets used at the 2019 Wimbledon Championships, which sold for £162,500 – more than 23 times above their estimate of £7,000-10,000. The combined proceeds from an online and a live auction – over three times more than his £1-million target – will go to the Roger Federer Foundation, which supports educational projects in southern Africa and Switzerland.

FACTOID



NASA's asteroid-exploring 'Lucy' spacecraft will carry the words of Einstein, Sagan and Martin Luther King Jr into space



NASA's Lucy mission to the Trojan asteroids, a group of space rocks that share Jupiter's orbit around the sun, will bring some inspired words from some very famous people with it when it launches in October 2021. Carl Sagan, Albert Einstein, The Beatles, Martin Luther King Jr and more, will be among the group...

- 1 Named after the fossil skeleton of a human ancestor, the Lucy spacecraft was also inspired by the hit Beatles' song, 'Lucy in the Sky with Diamonds'
- 2 NASA noted that these asteroids, which are beyond the main asteroid belt, are 'in many ways "fossils" from the formation and evolution of the planets'
- 3 In addition to the quotes, the plaque has an image of the solar system as depicted on the launch date of October 16, 2021 and the original trajectory of the craft

The object of the Lucy mission is to study these ancient asteroids in an effort to learn more about the solar system, as well as the origin of the planets

MONSOON SPECIAL

pallavi.shankar@timesgroup.com

Rain is life saving. It's romantic and poetic. It raises the levels of underground water in cities and villages and provides relief after a long spell of summer. Enjoy it. Relish it. But while you do so, make sure you care for your delicate eyes in this weather that brings its own set of woes. Here are top tips

Take care of your EYES in monsoon

6

ways to keep eyes safe in rainy weather

Eye problems are commonly seen in monsoon. To keep your eyes in good condition, follow advice by experts

IS RAIN WATER SAFE FOR EYES?

Bollywood has romanticised rain since decades in movies where well-dressed actors sing and dance in the much-awaited first few showers of the monsoon. So far so good. But the rain water is not so innocent. "If you are venturing out in rain, don't allow rain water to enter your eyes directly because it consists of germs, microbes and pollutants, which can take a toll on your eyes. This can invite eye infections, allergies, redness, swelling, and burning of the eyes," informs Dr Ashwani Seth, ophthalmologist, Apollo Spectra Karol Bagh, Delhi. Sorry for spoiling it for you but rain water is not so clean anymore - in a polluted world!

WHAT CAN YOU DO IF PRE-RAIN DUST STORMS LEAVE YOU DUSTY EYED?

Dr SETH ADVISES: "Do not self-medicate and avoid using over-the-counter products, don't share your spectacles, and stay at home during dust storms. If you are outdoors during that time, then just wear your sunglasses or cover your eyes with a clean cloth."

CHILDREN, EYE CARE IS A MUST!

"If the rain water enters your eyes, clean it right away with running water. Don't use chemical-infused rose water to clean and cool your eyes as the chemicals (usually present) in the product can irritate already unclean eyes," suggests Dr Seth. Always wash your hands before touching your eyes. Hand hygiene is also crucial before wearing contact lenses to prevent any bacterial infections. If you are wearing lenses then be extra careful and wear protective shades to avoid rain water and dust from entering your eyes.

1

Avoid using common towels, napkins, or handkerchiefs to clean the eyes - this will keep conjunctivitis at bay.

2

Clean your contact lenses from time to time. Keep a pair of spectacles handy and wipe it with a clean cloth. Use eye drops recommended only by your ophthalmologist.

3

Avoid rubbing your eyes, wash your eyes with the help of cold water to get rid of the dust particles if you get drenched in the rain.

5

Limit the usage of electronic gadgets if you need to stay indoors.

4

If you get a stye around your eyes, don't touch it; seek a medical professional's help immediately.

6

Don't wear eye makeup if you are suffering from eye pain or eye allergy. Consult an ophthalmologist in case of fungal infections.



..WELLNESS..

DIY REMEDIES FOR TANNED HANDS

Yoghurt and TURMERIC PACK

Yoghurt contains probiotics that lighten and moisturise the skin, while turmeric improves the uneven skin tone.

RECIPE Take a bowl of yoghurt and add 1 teaspoon of turmeric powder. Mix it together and apply the mixture on your tanned hands. Leave for around 20 minutes and rinse with cool water.

Sandalwood and TURMERIC POWDER

Take 2 teaspoons of sandalwood powder and turmeric powder and mix them well. Add 2 to 3 drops of rose water to this and mix together to make a thick paste. Apply this paste on your hands and leave it for 30 minutes. Rinse it off with clean water. This paste will improve the complexion of the skin and reduce tanning.



In summer and monsoon, the heat and humidity not only dehydrates our body but also makes our skin dull and dry. Our hands are subjected to the maximum amount of sun exposure (even on cloudy days) as it is difficult to protect them from the harmful UV rays. To remove tanning, try these DIY ideas

Almond paste

Almonds are rich in vitamins and are great for skin health.

RECIPE Take 5 to 6 almonds and soak them overnight. In the morning, blend the almonds with a small amount of milk to make a smooth paste. Apply this paste and leave it overnight. Wash off in the morning with lukewarm water.



Aloe vera GEL

The antioxidants present in aloe vera gel protect your skin cells from damage and help in removing tanning. Take some fresh gel from the sap of aloe vera leaf and apply it on your hands. Leave it overnight and wash off with water in the morning.



Lemon Juice

The vitamin C in lemon juice protects the skin cells from UV rays.

RECIPE Take a bowl of warm lemon juice and soak your tanned hands in it for around 15 minutes. Rinse your hands with cold water and make sure you moisturise your skin after this as the acidic lime juice can make your skin dry.

Cucumber paste

This cool veggie is rich in vitamins that can refresh your skin and help in regaining the lost glow. Take 2 tablespoons of cucumber juice and add few drops of lemon juice to it. Apply this paste on your hands and leave it for 30 minutes before rinsing it off with cool water.



DESI immunity booster

Try this easy-to-prepare herbal immunity booster shot to keep your immunity levels high at a time when the pandemic continues to ravage many parts of the country

INGREDIENTS
10 Curry leaves,
10 Basil leaves,
1 tbsp honey

How to make

Grind curry and basil leaves together using mortar and pestle to make a fine paste. Once it is done, put this paste into a cup and add a tablespoon of honey to it. Consume 1 tablespoon of this paste every day in the morning on an empty stomach. You can also add an inch of grated turmeric root to it.

Express YOURSELF

BALANCE IS BENEFICIAL

In this contemporary world, people, especially students, work so hard that they sideline their personal interests and hobbies. Don't confuse between having a career and having a life! The world is stress-ridden and the fast pace of life aggravates the situation further. It is crucial for all of us to maintain physical, mental, and emotional balance in life. In order to perpetuate this balance, we must learn to give equal priority to our hobbies and interests. A student's life is not just about books and studies. It is also about indulging in sports, hobbies, and personal interests. Success doesn't mean to soak yourself in books and eventually set off as a 'bookworm' who does not know what the actual world is! A person sitting with books all day will never enjoy life. His imaginations and aspirations will limit only to the breadth of a book. One must balance studies and hobbies to lead a



happy life. Now the question is, "HOW TO DO THAT?" The best way out is to prepare a 24-hour timetable which will include your study time, playtime and give you a lot of time for your hobbies. When you are left with so much time, you'll realise that each day can give you so much satisfaction about spending time towards your avocation. Moreover, you can create a 'TO DO LIST' which will include only your studying time. This will help you to balance your study time effectively. Thus, there will be leisure time for your hobbies. Meditation is also a way to relax. It also helps us to do work without delay and stress.



SAMIKSHA KEDLA, class XI C, DDMS P Obul Reddy School, Hyderabad

The Social Media menace

Today I would like to share my story. The story in which I found my true self and let go of my insecurities. I was a 14-year-old Gen-Z girl, I craved for popularity. I hid my flaws under thick coats of makeup. These were the darkest moments of my life but back then everything felt right. I created my social media account and with that came the pressure to look the best. I took thousands of selfies before posting the one which was perfect. The likes and the comments were my prized possessions. Living the perfect life was a dream come true. But soon, there were negative comments, people started body shaming me. This shook me! I started eating less and put on more makeup. By this point I had completely stopped enjoying my life. My childlike innocence had been lost forever. Life had been sucked out of me because of mean comments.



But one day it all changed! I remember I was perfecting my makeup and suddenly I couldn't care less. Was this even making me happy? This one question changed everything. I deleted my social media account. I felt lighter and happier. After that I didn't give anyone the right to be mean to me.

"Facebook launches new initiatives to help children be safe online" - for anyone out there who is cyberbullied, raise your voice and reach out for help, you are so much more than what people make of you.

PARINITHA CHOUDHARY, class IX C, Birla Open Minds International School

FIGHT AGAINST CHILD LABOUR

World Day Against Child Labour was recently observed across the globe. It was started by International Labour Organisation in 2002 and has been continuing since then. The main purpose of mark this day is to bring to attention and join efforts to fight against child labour.

Childhood is the gift that we get to make our own

future. Nearly 17% of children around the world work as labourers. A child's life is to study, enjoy and be happy. It shouldn't be spent working for others and hurting ourselves both mentally and physically. Come on let's come together and abolish child labour.

SAHITHI KANAGALA, class III A, Vista School, Hyderabad

LILAC SKIES

I laid down on a grassy meadow,
The blades of the grass tickling my feet,
And the fragrance of the woods filling my nose.
I was underneath a billion lustrous stars,
One night under the Lilac skies.

The colossal trees engulfed me,
Each one of them reaching for the sky,
Their boughs filled with tiny blossoms,
As if blessings in the form of a disguise,
One night under the lilac skies.

The wind howled, And the leaves rustled,
But everything else seemed muffled,
For I could only hear the whisper of the wind,
The secrets and the answers to all the mysteries the world holds,
One night under the lilac skies.

Then came a light from above and I was astounded,
For it was like a piece of heaven waiting for me,
I started floating in mid-air and all my worries were forgotten,
And I had attained peace, But alas! It didn't last for long, for it was just a night under the lilac skies.

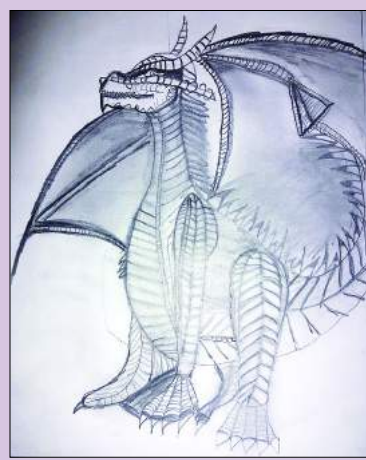
MAANYA ARORA, class IX, Army Public School, Bolarum



Painters' Gallery



FINE ART: MRUNAALINI SANJAY, class VIII A, The Global Edge School, Madhapur



FIERY WINGS: KOUTILYA, class VII E, DPS Nacharam

THE EDUCATIONIST

ESSENTIAL ATTRIBUTES FOR A SUCCESSFUL LIFE

Psychologist Robert Sternberg defined intelligence as 'the mental abilities necessary for adaptation to, as well as shaping and selection of, any environmental context.' Howard Gardner proposed the theory of multiple intelligences where each represents a novel skill or talent appropriate for a category and he listed those in eight types, linguistic, logical, spatial, musical, interpersonal, intrapersonal, kinaesthetic and naturalistic.

Recently he added a ninth one, the existential intelligence. This deals with the use of intuition, deep questioning about human life like what is the purpose of life. Arguably Socrates and Buddha are examples of eminent personalities who demonstrated exceptional levels in existential intelligence.

I would like to dwell on Emotional Intelligence. It is the capability to observe oneself and other individual's feelings, to differentiate between various emotions and suitably use this emotional evidence to direct both thought and action.

The four key components of Emotional Intelligence are self-awareness, self-management, social awareness, and relationship management.

Emotional self-awareness is the skill to know your own emotions and the role it plays on your performance. Being completely aware of your strong and weak ar-

eaas makes you self-confident, brings clarity in values and a sense of purpose.

Self-management or self-regulation is the ability to manage behaviours, thoughts, and emotions in a mindful and creative way. This helps to rein in one's negative emotion, bypass diversions and sustain attention to remain productive.

Social awareness is an individual's capability to assess the point of view of other members, teams or communities and use them in interactions. This shows how one can fit in and add to the community and the world. It is a basic part of creating bonds and relationships - helping us to lead happy and contented life.

Relationship management is a strategy in which an organisation maintains a continuous link with all its stakeholders. It strives to create a partnership between an organisation and its patrons, instead of purely focusing on the business point. Interestingly, customers who feel that a company addresses their needs will continue to use their products and services.

The purpose of Emotional Intelligence in life is to build strong, healthy, effective relationships. It's about an individual's interpersonal communication skills, capability to draw the best out of others, to motivate and stimulate them, to forge bonds, to help them change, grow, develop, and resolve conflict.



GIRIJA GOPINATH, Member Research and Resource, Pallavi Group of Schools

A FUN-FILLED DAY



NL Manasa, NIE Coordinator, Primary wing, Sister Nivedita School

The students from classes I and II of Sister Nivedita School participated in a fancy-dress activity organised by the school recently on a virtual platform. Children came dressed as beautiful plants and flowers and participated with a lot of enthusiasm.

A paper craft activity was also conducted where children showcased their creativity by making beautiful plants with paper.

The activities helped the little ones understand the importance of plants and trees to build a safer and green environment.

Learning through games

Pallavi Model School
Bowenpally

Eating right is what keeps us healthy. Consuming a healthy diet that includes lots of fruits, vegetables, whole grains and a moderate amount of unsaturated fats, meat and dairy can help us maintain good health. To reiterate this, the students of class V of Pallavi Model School, Bowenpally showcased the 'Importance of Nutrients' through a SPIN WHEEL game. Implementing the technique of games not only makes learning fun but also draws their attention to the subject.



Virtual edu trip to Palmyra Atoll & Mojave Desert

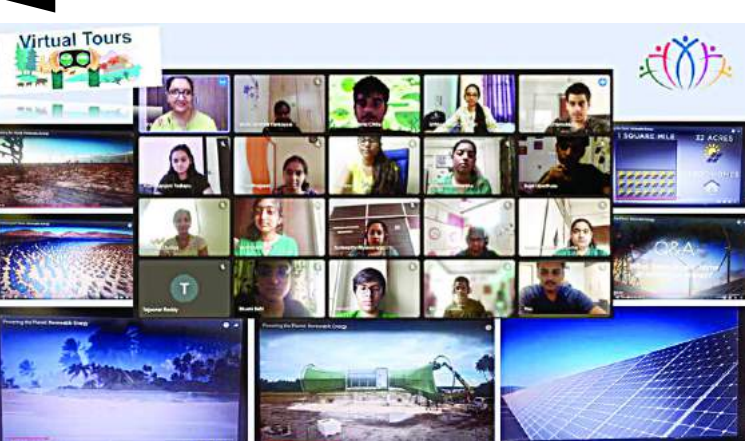
The students from class XI of Ganges Valley School got a chance to visit the Palmyra Atoll and Mojave Desert from the comforts of their homes as two pronged virtual field trips were arranged for them to learn about the generation of wind and solar energy, and collect information about the species exclusive to these habitats.

Palmyra Atoll in the United States houses unique species like black noddies, frigate birds and coconut crabs, that the students explored. Here, the abundant resource of wind is used to generate electricity with the help of wind turbines.

The second destination was the Mojave Desert, California, USA. Cacti, desert tortoises, Joshua trees, black-tailed jackrabbits, and various snakes and reptiles inhabit this place. The scorching sunlight is converted into energy using solar panels and power towers.

Students learned the importance of harnessing nature's bountiful renewable resources in an eco-friendly way, of conserving energy, and addressing the issue of global warming.

Veda Samhita V, class XI, Ganges Valley School **Hyderabad**



SCOOPING UP FUN AND ESSENTIAL SKILLS

The pre-primary department of Pallavi International School, Gandipet organised a fun filled Dip-Scoop activity for the students to develop their fine motor skills. Fine motor skills are those that involve a refined use of the small muscles which control the hand, fingers and thumb. With the development of these skills, a child will be able to complete tasks such as writing, eating, buttoning, etc. These abilities gradually develop through experience and exposure to a variety of toys, activities and even foods.

As part of the activity, the students were introduced to a dummy ice cream parlour. Then, they were instructed to make the ice

cream cone step by step with the materials available in house like colour papers, water paint, clay, crayons, cotton. After building the shape of the cone, children coloured it and then decorated it using clay and cotton to resemble an ice cream.

Water colours and thermocol balls were used for decorating it and making it look attractive. It was a fun learning exercise for students who enjoyed participating in the activity.



Pallavi International School
Gandipet



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MAX VERSTAPPEN CLAIMS BRITISH GRAND PRIX POLE

World championship leader won Formula One's inaugural sprint race on Saturday to take pole position for the British Grand Prix

The Red Bull driver finished the 100km dash around Silverstone ahead of defending world champion Lewis Hamilton with Valtteri Bottas in the second Mercedes in third place. Verstappen went into the weekend with a 32-point lead over seven-time champion Hamilton, who is hoping to capture an eighth British Grand Prix triumph. "We were pushing each other hard as the tyres were blistering a lot," said Verstappen who collected three points for his win. Hamilton took two and Bottas one. "I am happy to have scored the three points and it is funny to say I have scored the pole position too, but we'll take it," added the Dutchman.

Hamilton's lack of optimism

■ Hamilton started the 17-lap sprint at the front of the grid having topped qualifying on Friday but was immediately passed by Verstappen. He admitted he will face a battle to secure a 99th career win in front of around 90,000 fans when the main event will be raced over 52 laps. "First of all, let me say thank you to the

“We had a good start and a good fight with Lewis on the first lap and then we tried to do our own pace. You could see we were pushing each other hard, because at the end of the race the tyres were blistering a lot.”
MAX VERSTAPPEN

fans, their energy is amazing," he said. "I gave it everything today, I'm just sorry I couldn't win it for them. Tomorrow we will fight again, but Red Bull are just so

strong." He added: "Verstappen was pulling away and there was nothing I could do to hold on to him. Their starts have been great this year and we've lost a bit on our starts and losing position is never a good thing... I wish we could do the start again." Bottas shared Hamilton's lack of optimism. "We tried to do something different and the target was to try and get Verstappen in the first lap. It didn't happen," said the Finn. "Today shows that tomorrow is not going to be easy. If it's going to be a bit warmer, then we might see more issues."

Other top 10

■ The rest of the top 10 was made up of Charles Leclerc in a Ferrari in fourth, Britain's Lando Norris, in a McLaren, in fifth, and teammate Daniel Ricciardo just behind. Two-time champion Fernando Alonso, behind the wheel of an Alpine, shrugged off his 39 years to climb to seventh on the grid. Behind him are four-time world champion Sebastian Vettel in the Aston Martin, Williams' George Russell and Esteban Ocon in the second Alpine. Saturday's sprint qualifying race was the first of three planned for this year. Another will follow at the Italian Grand Prix in September with the third venue still to be confirmed. **AFP**



Max Verstappen

Photo: GETTY IMAGES



Photo: AFP

Red Bull's Dutch driver Max Verstappen drives during the sprint session of the Formula One British Grand Prix at Silverstone motor racing circuit

V REVATHI IS ALL SET TO SPRINT FOR INDIA AT TOKYO

Her journey of being part of the Indian 4x400m mixed relay team representing India at the Olympics has been nothing short of a miracle

“Once my name was confirmed for the Olympics, I went blank for some time and my entire journey flashed before my eyes," an emotional Revathi Veeramani said after she qualified for the Tokyo Games. The 23-year-old Tamil Nadu sprinter's journey has been a story of battling odds, poverty and numerous hurdles, common to many Indian sportsmen who dare to dream but often do not have the means. Revathi, part of the 4x400m mixed relay team, lost her parents by the time she turned

seven and was brought up by her grandmother Arammal a daily wage. She began her running sojourn barefooted as her family couldn't afford a pair of shoes.

During a zonal meet at the MGR Race Course Stadium in Madurai in 2014-15, K Kannan, coach at Sports Development Authority of Tamil Nadu (SDAT) centre in Madurai, saw Revathi in action. Though she didn't win the event, Kannan saw a spark in the then 17-year-old and was keen to train her. "I saw this young girl running barefoot and was impressed by her strides. Re-

vathi's grandmother declined my offer of coaching her as she felt it would be expensive. They came from a poor family and were reluctant to pursue the sport full-time," Kannan recalled. "I couldn't afford the bus expenses of about Rs 40 from my home to the training centre but Kannan sir was persistent," Revathi mentioned.

Multiple attempts from Kannan finally saw Revathi's grandmother give in. Not only did Kannan coach Revathi without charging a fee, but he also helped her get free admission at Lady Doak College, Madurai.

The first biggest challenge for Revathi was to run with shoes. "Even though Kannan sir got me shoes, I was comfortable running barefoot. Over a period of time, I learned to run with shoes." Her breakthrough moment came in 2016 when she won gold in 100m, 200m and 4X100m relay at the Junior Nationals in Coimbatore. In 2019, Revathi won the women's 400m events in Indian Grand Prix 5 and 6. A knee injury kept her out of action for a while but in the final trial to select the 4x400m relay event she finished on top with a timing of 53.55 seconds.

OLYMPIC WATCH



Photo: TWITTER

VIRAT KOHLI AND THE BOYS GET INTO THE GROOVE

From captain Virat Kohli to swashbuckling opener Rohit Sharma, the top guns of the Indian team underwent an extensive net session at the Durham County Cricket Club on Saturday, preparing in earnest for the marquee Test series against England.

Besides Kohli and his limited-overs deputy Rohit, one-down batsman Cheteshwar Pujara and KL Rahul also hit the nets, as they trained to tackle a challenge that is expected to test their skills against the moving ball when they stand up to the likes of James Anderson, Stuart Broad and Jofra Archer. The BCCI also shared snapshots of the



team's bowlers with pacers Ishant Sharma, Mohammed Shami, Mohammed Siraj and off-spinner Ravichandran Ashwin seen training hard ahead of their warm-up game. Before that, the Kohli-led Indian side is scheduled to play a practice match against Combined Counties from July 20. **PH**

QUIZ TIME!

The Olympians

MANPREET SINGH

Hockey

Manpreet Singh is the captain of the Indian Men's Hockey Team, that is ranked World no 4. He started playing at the young age of 10 years after being inspired by former Indian hockey captain Pargat Singh. Manpreet first represented India at the 2012 Summer Olympics. He was made captain in the year 2017. Under his leadership, the team went on to win the Asia Cup that same year. With over 200 international caps, he has been a major part of the Indian hockey team which he will be leading at they aim for a podium finish at the Games this year.



Photo: TOI

Q1: At what position does Manpreet Singh play for India in hockey?

- a. Set plays b. Defense
c. Goalkeeper d. Halfback

Q2: In which year did Manpreet Singh captain the Indian junior team at the Men's Hockey Junior World Cup?

- a. 2013 b. 2012
c. 2011 d. 2010

Q3: At which competitive event did India win gold under his captainship?

- a. Sultan of Johor Cup
b. Sultan Ibrahim Ismail Hockey Tournament
c. Hockey Champions Challenge
d. Commonwealth Games

Q4: In 2014, the Asian Hockey Federation presented him with a prestigious award. Name the award.

- a. Rising Star of the Year
b. Junior Player of the Year
c. Best Goal of the Year
d. None of the above

Q5: Manpreet Singh was part of the Indian team that won a medal at the Commonwealth Games in 2014. Which medal did India win?

- a. Gold
b. Silver
c. Bronze
d. None of the above

Q6: Manpreet Singh has a record _____ international caps.

- a. 200 b. 250
c. 269 d. 300

Q7: How many goals has Manpreet Singh made in total since his international debut?

- a. 22 b. 30
c. 25 d. 15

Q8: Name the Academy where Manpreet Singh began his journey as a hockey player.

- a. Cheema Hockey Academy
b. MahaRaja Ranjit Singh Hockey Academy
c. Surjit Hockey Academy
d. Royal Hockey Academy Achal Sahib

ANSWERS: 1. d. Halfback 2. a. 2013

3. a. Sultan of Johor Cup
4. b. Junior Player of the Year
5. b. Silver 6. c. 269 7. a. 22
8. c. Surjit Hockey Academy