



THE TIMES OF INDIA

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**TODAY'S
EDITION**

► Bored with the usual bread, and want to change your taste buds? Check out some alternatives to bread
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► Use your creativity and skills and take on a DIY project?
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► Vice-captain Bhuvneshwar Kumar reveals what strategy worked for Team India in the ODI series against SL
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STUDENT EDITION

THURSDAY, JULY 22, 2021

**THE
NIE**
Newspaper
Education

TOKYO OLYMPICS
**THE
COUNTDOWN
BEGINS**
[CLICK HERE: PAGE 1 AND 2](#)

All decked up for THE D-DAY

Leaders from around 15 countries are expected to attend the Friday's opening ceremony of the Covid-hit Tokyo Olympics. World leaders who have already promised their attendance in the opening ceremony are French President Emmanuel Macron, Mongolian Prime Minister Luvsannamsrai Oyun-Erdene and US First Lady Jill Biden, among others. The delayed Tokyo Olympics will be held under a state of emergency sans spectators due to the global pandemic. Interestingly, the Tokyo Olympics have already broken new ground because of the 12-month delay caused by the coronavirus pandemic, pushing it into an odd-numbered year for the first time. But with no fans permitted in Japan, foreign or local, it has also earned the distinction of being the first Games without spectators...



Don't miss Times
NIE OLYMPICS
SPECIAL ISSUE
ON JULY 23

**BACK IN
INDIA....
HOWRAH
DAZZLES
IN OLYMPIC
COLOURS**



The iconic Howrah Bridge over the Hooghly river in Kolkata is shimmering in Olympic colours to build the momentum ahead of the mega sporting event, scheduled to commence on July 23. More than 11,000 athletes are competing in the quadrennial showpiece, with India sending 127 athletes, who will compete in 18 disciplines. India's main medal hopes are in shooting, boxing, archery, wrestling, badminton, men's hockey and athletics

Bezos on cloud 9, calls space trip 'best day ever'

Spotlight

Jeff Bezos blasted into space on Tuesday on his rocket company's first flight, becoming the second billionaire in just over a week to ride his own space-craft. The Amazon founder was accompanied by a hand-picked group: his brother, an 18-year-old from the Netherlands and an 82-year-old aviation pioneer from Texas—the youngest and oldest to ever fly in space. "Best day ever!" Bezos said, when the capsule touched down on the desert floor in remote West Texas after the 10-minute flight.



**WHAT WAS DIFFERENT
ABOUT BEZOS' FLIGHT**

THE TRIP

During their several minutes of weightlessness, video from inside the capsule showed the four floating, doing somersaults, tossing Skittles candies and throwing balls, with lots of cheering, whooping and exclamations of "Wow!" The capsule landed under parachutes, with Bezos and his guests briefly experiencing nearly six times the force of gravity, or 6 G's, on the way back

Unlike Branson's piloted rocket plane, Bezos' capsule was **completely automated** and required no official staff on board for the up-and-down flight. Blue Origin reached an altitude of about **106 kilometres**, more than 16 kilometres higher than Branson's July 11 ride. The 18-metre booster accelerated to Mach 3 or three times the speed of sound to get the capsule high enough, before separating and landing upright

Now, join or leave ongoing WhatsApp group calls anytime

Facebook-owned WhatsApp has rolled out a new feature where the users can join a group video or voice call even after its started, and you see the participants on a video call the way you see on various communication apps

- According to WhatsApp, the 'joinable calls' reduce the burden of answering a group call as it starts, and brings the spontaneity and ease of in-person conversations to group calling on WhatsApp
- If someone in your group misses a call when the phone rings, they can still join whenever they like. You can also drop-off and re-join so long as the call is still ongoing
- When you receive a group video call, the incoming WhatsApp group video call screen will show the participants currently on the call, and the first contact listed will be the participant that added you, the company informed
- Group video call history will appear in the 'Calls' tab
- You can tap the call history to view the individual participants from the call, according to WhatsApp

TECHAWAY


Group calling on WhatsApp currently allows up to eight participants to video call with each other

IN OTHER NEWS...

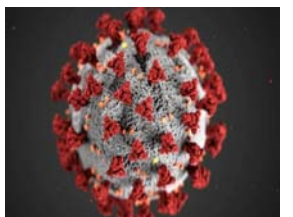
ADB CUTS INDIA'S FY22 ECONOMIC GROWTH FORECAST TO 10%

The Asian Development Bank (ADB) has downgraded India's economic growth forecast for the current financial year to 10 per cent, from 11 per cent projected earlier this year, mainly on account of the adverse impact of the coronavirus pandemic. India's GDP growth recovered to 1.6 per cent in the last quarter of fiscal year ended March 2021, narrowing contraction in the whole fiscal year from 8 per cent estimated in April to a revised 7.3 per cent, the multilateral funding agency said.



TWO-THIRDS OF INDIANS HAVE CORONAVIRUS ANTIBODIES, SURVEY SHOWS

Two-thirds of India's population have antibodies against the coronavirus, according to data released on Tuesday from a survey of 29,000 people across the nation conducted in June and July. The fourth national blood serum survey which tests for antibodies, known as a sero survey, included 8,691 children aged 6-17 years for the first time. Half of them were seropositive. The survey showed 67.6% of adults were seropositive, while more than 62% of adults were unvaccinated. As of July, just over 8% of eligible adult Indians had received two vaccine doses.



HEALTHY LIFE

"It's my bread and butter," we say about our work/jobs. The association of bread as the staple diet is way too strong and that's alright. Bread is not bad, especially if you bake it at home. However, most mainstream bread brands have bread (both white and brown varieties) that is loaded with sugar, salt and some refined flour, too. In fact, one slice of bread has around 53 empty calories, hurting your weight maintenance plans more than you think. And there are those with gut-related conditions like celiac disease and gluten intolerance who cannot have bread. So, be it for your getting fit program or because of health issues, if you want better alternatives to bread, here are some great ideas

POTATOES



Even though the carb content in potatoes is high, using potatoes in place of bread is a better option than bread as these contain complex carbs that are good for those who exercise regularly. This is because after a cardio workout our body craves for carbs more than any other nutrient, and bread is not the ideal choice due to the presence of refined flours. Replace your bread with potatoes (not deep fried slices) and see the difference in your satiety levels.

BELL PEPPERS

We love adding colours to our salads and what better way to have a colourful sandwich instead. You can grill red, green, yellow bell peppers and add cheese, olives and lettuce in the middle to have a healthy treat of your own.



EGGPLANTS

The good old *baigan* or eggplant is cooked as in the form of a curry in our homes, but another way to add this rich dietary fibre vegetable in your diet is by replacing your bread with thin slices of grilled eggplant. You can add bell peppers, cheese, potato *tikki* to experiment and have this as a nice snack.

10 vegetables & fruits that can replace bread!

PINEAPPLE SLICES

Yes, some of us do detest pineapples on our pizzas, but it can be a yummy substitute for bread. You can grill pineapple slices with brown sugar on top and add healthy herbs like rosemary and fennel in the middle to make it an antioxidant rich snack.



ZUCCHINI SLICES

These water rich veggies are rich in antioxidants and are low in GI and calories at the same time. You can use either yellow or green zucchini – grill these and add tomatoes and eggplants to make your very own rainbow sandwich.



CABBAGE

Our desi 'patta gobi' maybe an underdog but is rich in dietary fibre, vitamin K and C. Just like lettuce, you can use cabbage leaves to make a wrap with your favourite veggies and add chicken or potato cubes to savour as an evening snack. Not having your favourite 'brown bread' sandwich does not seem like a bad idea now, right?

APPLES

This delicious fruit is rich in carbohydrates and vitamins. Just add some peanut butter and walnuts between two slices of an apple and munch on these as a midday snack.



TOMATOES

We add tomato to our curries, stir-fries, salad and also put two slices of tomatoes in the middle of our sandwich. If you want your sandwich to be healthy, remove those two slices of bread and let the rest of the filling remain the same within two slices of tomatoes. Not only will you get the same flavour but more nutrition. Enjoy.



CUCUMBER

It can be used in a variety of ways to make a veggie sandwich without bread. You can make mini open sandwiches with paneer, olives and tomatoes. Or you can use cucumber shavings (thin) and wrap your fillings inside. Low in calories and rich in dietary fibre, this is the perfect way to snack on a sandwich.



LETTUCE

You can use a variety of lettuce to make healthy wraps. These can be romaine, iceberg, green leaf, red leaf, etc. Lettuce can be used as it has leaves big enough to be made into wraps. Add your favourite fillings like cheese, olives, cherry tomatoes, chopped paneer, cubed tikkis to make a delicious wrap, which will not only fill you up but also cater to your 'bread hunger pang'.

TNN

KNOW IT ALL

How can you become a space tourist?

Thrill seekers will get their share of 'space' as space tourism finally lifts off. All you need is a bit of patience and of course, money. Here's a rundown of where things stand

Suborbital vacays beckon

Two companies are offering short 'suborbital' hops of a few minutes: Jeff Bezos' Blue Origin and Virgin Galactic, founded by Richard Branson. In both cases, up to six passengers are able to unbuckle from their seats to experience a few minutes of weightlessness and take in the view of Earth from space. Virgin Galactic has said regular commercial flights will begin from 2022, after completing two more trials. Their waiting list is already long, with 600 tickets so far sold. Also, the first flights are up for grabs in a prize draw: registrations are open until September 1, 2021. Blue Origin is planning for two more flights this year, and more in 2022. Another way to get to space is via reality television. 'Space Hero' – an upcoming show – says it plans to send the winner of a competition to the International Space Station (ISS) in 2023. So, are you ready to hop in?

AFP



► Richard Branson's Virgin Galactic is one of the two companies offering space travel opportunities

A seat in Jeff Bezos' Blue origin flight was auctioned off for a whopping \$209 crore!

HOW MUCH DOES IT COST?

The first tickets sold by Virgin Galactic went for \$250,000 (₹1.86 crore approx) each. The anonymous winner of a public auction for a seat on the first crewed flight of Blue Origin paid \$28 million (₹209 crore approx), but decided to defer their trip. The 'budget conscious' may consider spending \$125,000 (₹93 lakh) for a seat on Space Neptune: a capsule that offers 360 degree windows and is lifted to the upper atmosphere by a balloon the size of a football stadium. Despite the promise of spectacular views, the balloon ascends only 19 miles – far from the boundary of space.

HOW DO YOU PREPARE?

Virgin Galactic's training lasts just five days. Blue Origin promises to teach you everything you need to know "the day before you launch", and its first crewed flight included pioneering aviator Wally Funk, who at 82 became the oldest astronaut to fly to space. The company's requirements include being able to climb seven flights of stairs in under 90 seconds (the height of the launch tower) and being between 5'0" and 110 pounds (50 kilograms) and 6'4" and 223 pounds (100 kg).



REVELATION

Music helped people cope through lockdown

In a study conducted to see the effects of music on people amid the pandemic, almost 57 per cent of respondents said that music helped them cope through lockdown, while 42 per cent said that they were listening to more music during the crisis than they previously did. The survey, said to be the largest of its kind since the onset of the pandemic last year, aimed to find how music had helped people manage this trying time. With live music scenes coming to a standstill, many people have turned to music on their smartphones.

Guitar, sitar, sounds!

The study also found that around many people had taken up a musical instrument over the last 16 months while 71 per cent believed music made them more productive at work or studies. Another 59 per cent of respondents said that music helped in emotional well-being, with 31 per cent turning to sounds to ease anxiety and 56 per cent to improve their mood. Participants also said they missed the live music scene when



er 59 per cent of respondents said that music helped in emotional well-being, with 31 per cent turning to sounds to ease anxiety and 56 per cent to improve their mood. Participants also said they missed the live music scene when

43 per cent saying they were keen on attending a concert, festival or another form of gig. Among 18 to 24-year-olds, 38 per cent consider a music event to be one of the main things they are looking forward to as restrictions ease. AGENCIES

QUIZ TIME (CURRENT AFFAIRS)


Q.1) Who became the first batsman to smash 500 or more sixes in international cricket?
A. V. Kohli B. Kane Williamson C. David Warner D. Chris Gayle

Q.2) According to Moody's, Indian economy was supposed to grow at per cent in 2019-2020.
A. 7.3 B. 10 C. 4 D. 8

Q.3) Who released a book titled 'Mann Ki Baat - A Social Revolution on Radio' in New Delhi?
A. Piyush Goyal B. Arun Jaitley C. Rajnath Singh D. Suresh Prabhu

Q.4) Name the Indian boxer who won a gold medal at Makran Cup in Boxing.
A. Deepak Singh B. Vikas Krishan Yadav C. Amit Panghal D. Shiva Thapa

KNOWLEDGE BANK MYTHOLOGY



Poseidon
He was one of the Twelve Olympians in ancient Greek religion and myth. He was god of the Sea and other waters; of earthquakes; and of horses. Poseidon was protector of sea-farers, and many Hellenic cities and colonies. In Homer's epic book 'Iliad', Poseidon supports the Greeks against the Trojans during the Trojan War.

ANSWERS

1. D) Chris Gayle 2. A) 7.3 3. B) Arun Jaitley 4. A) Deepak Singh



Learning skills and adapting to changes

Gitanjali Devashray believes in empowering its staff with the latest pedagogical practices for honing their skills. On that note, principal Kasturi Chatterjee recently conducted a workshop for the entire staff on the new guidelines issued in the NEP 2020, mainly, the ways to develop 21st century skills.

The workshop, conducted on a virtual platform, commenced with a short prayer. The principal brought out the salient features of the policy like Competency Based Learning. The session focussed on the four Cs of learning skills, namely, Critical Thinking, Creativity, Collaboration and Communication; three Literacy Skills (IMT), namely Information, Media and Technology Literacy followed by the five Life Skills (FLIPS), namely Flexibility, Leadership, Innovation, Productivity and Social Skills.

She expounded on the acronym SCAMPER (Substitute, Combine, Adapt, Modify, Put to other uses, Eliminate, Reverse), which forms the bedrock for 21st century skills. Examples of 'Image-Talk', 'Save the Last Word For Me', 'Wrong is Right', 'Search to Win', 'Dumb Charade', 'Know-How' and 'Relay Culture', were some of the methods introduced by her for the teachers to practise in their classes. The subject matter was made lighter by games like Charades, being played by the teachers as an interlude. The 60 minutes session proved to the need of the hour and made everyone present, truly empowered.

Gitanjali Devashray
Hyderabad

Make the world a better place

Van Mahotsav or forest festival is celebrated as an annual tree-planting festival in July across the country. Van Mahotsav week is celebrated to spread awareness of forest conservation and to save the environment.

Jain Heritage a Cambridge School has always strived to inculcate the knowledge of being nature friendly to all its students. Every year, the staff and students plant trees within the school compound or other public parks/grounds to mark this occasion. Even though this year there have been many restrictions in place for schools, the school management led by president and CEO Chandrashekar D.P carried on with the tradition of planting trees. Along with the president, mentor Lakshmi Rao, secretary of academic council, principal of JHCS Kondapur Mona Mehdi, joint-secretary of academic council Lalitha

Anunidhi Sharma, NIE Coordinator, Jain Heritage A Cambridge School Kondapur

Kosaraju, headmaster JHCS Kondapur GB Mahesh, and principal of JHCS Shamirpet Raheela Tabassum visited the school garden at JHCS, Kondapur and planted saplings. With this noble gesture, they motivated the staff and students to be nature friendly.

Coordinator Shuchita Malhotra planted a tree in her society garden. Many teachers and students also followed the lead and planted saplings in their homes as well as in societies. Cultural secretary Anahita Paul of class IX visited the school and planted a sapling in the school garden. Despite the current scenario, all contributed towards the cause of Van Mahotsav.



Delhi Public School Nacharam

Van Mahotsav, the festival of trees, was initiated in 1950 to celebrate the importance of saving forests and the environment. The students of the pre-primary wing of Delhi Public School Nacharam celebrated Van Mahotsav for a better and greener tomorrow.

A special virtual assembly was hosted by the students to create awareness on protecting the plants. The assembly commenced with the lighting of the lamp and a beautiful welcome dance with a message to save trees. Headmistress Shukla Dasgupta welcomed the audience and introduced the chief guest.

The occasion was graced with words of encouragement and appreciation by chief guest Satya Aruna, executive officer with the CII- Godrej GBC on various initiatives of Landscape & Biodiversity.

The tiny tots were all dressed in green outfits with beautiful headgears



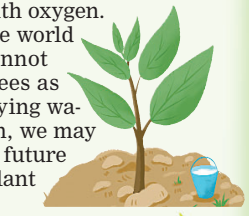
and spoke about friends of plants, importance of plants and the initiative of the school to save the environment. During the week, the children were also encouraged to sow seeds and nurture the tiny saplings.

The celebrations helped to instill personal and social responsibility in students towards safeguarding trees and the environment. It was also an amazing opportunity for children to establish a connection with nature.

Samiksha Yadav, class IX, Sister Nivedita School Hyderabad

Van Mahotsav is celebrated to spread awareness on forest conservation and safeguarding the environment. This movement was initiated in the year 1950 by then Union minister for agriculture, K M Munshi. The week-long celebrations are dedicated to nature and plants.

Thousands of trees are planted across the country on this occasion. Plants help humans breathe by providing us with oxygen. If there is no oxygen in the world even a single organism cannot survive. Plant as many trees as possible. Just as we are buying water in the present situation, we may also buy oxygen in the near future if we do not save trees or plant more trees.



SPELL WIZARDS IMPRESS ALL



Language plays a key role in every child's development. Reading and writing further fosters language skills. Proficiency in reading and writing can be achieved if one has a strong command over spellings, the art of correctly assembling words from the letters.

A Spell Well competition was conducted for the students of the primary wing of Gitanjali Devakul with the objective to enhance their vocabulary.

The students from classes II to V participated in this competition which was conducted on a virtual platform.

The participants for the final round were selected based on their performance in the preliminary round that was previously conducted by the teachers at each class level.

The level of difficulty of the words that the participants had to spell ranged from easy to medium to hard. The enthusiasm and the confidence with which the participants spelled out the words in the given time limit was commendable.

Gitanjali Devakul Hyderabad

BOOK REVIEW: TALE OF 2 CITIES

This is a tale set in London and Paris during the French Revolution. It shows how the French were treated badly, and they didn't want to suffer any longer in the hands of the monarchs and started a rebellion. The genre is classic. The main characters include Charles Darnay, Sydney Carton, Lucie Manette, Doctor Manette, Monsieur Defarge, Madame Defarge and Jarvis Lorry.

There are many illustrations which make the book awesome! The ending was mostly sad. The book tells us about self sacrifice and love towards someone. This book can help you deal with different emotions in life that you'll come across. This book is meant to tug at your heartstrings. I would give it a 4-star rating!

JAYANTHI THEJASWINI, class VII, Global Edge School, Madhapur

AUTHOR: Charles Dickens



DO IT YOURSELF

COLOURFUL BIRD FEEDERS

Love nature? Love birds? Here's just the thing you need - a bird feeder. And even better, a bird feeder that you can make on your own. Thirty minutes on a Sunday and you'll have yourself a creation that will bless you with the sweet music of nature.

All you need are some coloured sheets, acrylic paints, cardboard, and toilet paper cardboard rolls.

STEPS TO FOLLOW

1. Cut a large rectangular piece out of your cardboard sheet. On top of the cardboard, trim the edges so it makes the whole piece look like an upward arrow.
2. Cover it with some paper of any colour of your choice using any glue/adhesive.
3. Now, cut out two smaller rectangles of

the length of the sides of the triangle formed on top of your arrow-shaped cardboard cutout and cover that with paper.

4. Join the rectangles to the top of the cardboard.



5. Next, take the cardboard rolls and paint them with a brush in absolutely any colour.

6. Lastly, just glue together the cardboard rolls and the whole sheet structure in any pattern.

Your bird feeder is ready and you can start right away by putting some grains in the sections created.



BRINDA THAMMAN, class X, St Kabir Public School, Chandigarh

A compassionate move in times of the pandemic

Covid-19 has affected every family across the world and those who had to bear the brunt of this pandemic are yet to recover from its impact. Several people have lost their jobs, many, their loved ones. A number of parents have expressed their concerns regarding payment of school fees for their children due to financial constraints.

In the wake of this crisis, The Hyderabad Public School, Begumpet has come up with initiatives to provide aid to the parents.

The Hyderabad Public School Begumpet

Showing empathy towards children who face the prospect of dropping out of school due to non-clearance of fees, the school has decided to extend fee deferment to parents who are facing financial constraints due to the pandemic. The school has also extended 100% fee waiver/exemption to students who have lost their

parents to Covid. A fee waiver of Rs 10,000 on the annual fee has also been declared.

The school has been providing online class access to all students, including the ones who haven't yet cleared

the tuition fee.

This compassionate step by the school definitely sets an example for other educational institutes to lend a helping hand to parents in this time of crisis.

THE TIMES OF INDIA



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- 3rd Prize : INR 500

Participation certificate for all students.

Register Now!



AIM WAS TO PLAY TILL LAST OVER: BHUVNESHWAR

His match-winning partnership with Deepak Chahar helped India clinch the series-winning second ODI



Bhuvneshwar Kumar

After stitching a match-winning partnership with Deepak Chahar, Bhuvneshwar Kumar stated that the duo's aim was just to take the match till the last over against Sri Lanka. Chahar (69*) smashed a gusty fifty and shared an unbeaten 84-run stand with Bhuvneshwar Kumar (19*) to take India home after the visitors were reduced to 193/7 in the second ODI at Colombo. India were down and almost out in their chase but Chahar made sure India get home in the final over.

"Our aim was to play till the last over. We want to take it as deep as possible so we can score runs. There was not much planning, the only plan we had is to play till the last. The way Deepak batted was amazing," Bhuvneshwar Kumar said.

Comfortable lead

India needed 16 runs to win in the last three overs. The duo ensured India did not lose any wickets and then guided the Shikhar Dhawan-led side to win with five balls to spare. With this, India have taken an unassailable 2-0 lead.

Batting first, Sri Lanka was on 194/6 in the 40th over when Charith Asalanka revived the hosts' innings. Asalanka's fighting fifty kept Sri Lanka ticking the scoreboard as the hosts reached 244 before he got out.

In the last two overs, Sri Lanka scored 23 runs to reach 275 despite losing two wickets in six balls. This is also the first time India successfully chased down a 250+ target without any of the top three scoring 50+ since beating Zimbabwe in Auckland in WC 2015, chasing 288.

INDIA RESPONDED LIKE CHAMPIONS: RAHUL DRAVID

With its back to the wall, Team India responded like champions, said coach Rahul Dravid in an inspiring dressing room speech after his young side registered a series-clinching win in the second ODI against Sri Lanka here. "Obviously we finished on the right side of the result, which is incredible and fantastic but even if we didn't finish on the right side of the result, it is the fight all the way through that was absolutely brilliant, so well done to all of you," Dravid said. "We said they were going to respond, we knew we had to respect the opposition. The opposition was going to respond, they're also an international team. They responded, and we responded back like a champion team. With our back to the wall, we found a way to break them. So really well done to all of you. Fantastic job."



Photo: GETTY IMAGES

Good learning for youngsters

Meanwhile, captain Shikhar Dhawan stated that the team thought Manish Pandey and Suryakumar Yadav would guide them to victory. Suryakumar scored a gutsy 53 run while Manish got out at 37 for the visitors.

"I felt that the wicket today was much better and we restricted them to a good score. The spinners fought back and the bowlers adjusted their line and lengths when their batsmen were in. We didn't start well and it is a good learning lesson for the youngsters that everyday is not the same. They will understand how to handle these situations and how to bring in new strategies. The way Manish Pandey and Suryakumar were batting, we thought they would take us home," Shikhar Dhawan said after the match.

"Hard luck to Pandey for the way he got out. The way Krunal fought in the middle was amazing. Everyone showed character. We knew that Chahar has worked hard in the nets on his batting. His presence of mind and calculations against the leg-spinner was amazing. Both Bhuvni and him calculated it really well."

"I felt the way Sri Lanka planned their innings in both their batting and bowling was amazing. The way they batted and fielded was good to watch. They worked really hard, but glad that we are on the winning side. Every game is a learning lesson and we hope to analyse and get better. We want to put up a good show all the time," he added.



Deepak Chahar

DECORATED BOXER VIKAS YADAV SEEKS MISSING GOLD

With nothing to lose, the three-time Asian Games medallist is hoping to punch out with a bang

"I am not just targeting an Olympic medal. Meri nazar Olympic gold hai (I am targeting Olympic gold)," boxer Vikas Krishan Yadav told TOI during an interaction just before leaving for Assisi, Italy for a pre-Olympics training camp.

Vikas is not being brash or cocky. The 29-year-old is a prime medal contender for India, and the Tokyo Games will be his third consecutive Olympics. He will be competing in the 69kg category in London as well as Rio, however, Vikas fell short and couldn't return with a medal. In 2012, a

20-year-old Vikas had won his preliminary bout against USA's Errol Spence, only to see the result being overturned in a few hours. Four years later in Rio, he fell one step away from winning a medal, losing in the quarterfinal.

OLYMPIC WATCH

This time he has unfinished business to attend to. "This is my last Olympics. I have nothing to lose. I will punch them hard this time, my opponents will feel it. I came close (in 2012 and 2016), but what to do? Maybe God wanted me to wait a bit longer," said Vikas.

"There is a blank in my career and I want to fill it with an Olympic medal. That's the only thing missing," he adds. "I am going to show the world how boxing is an art."

Krishan is a three-time Asian Games medal-

list, having won gold in 2010 and bronze in 2014 and 2018. The 29-year-old has also bagged three Asian Championship medals, including one silver (2015) and two bronze medals (2017 and 2021). There is a World Championships bronze (2011) too in his trophy cabinet. He also won gold at the 2018 Commonwealth Games.

Pro-boxing experience will help

In November 2018, Vikas had turned pro, only to return to the amateur fold a year later with the goal to win a medal in Tokyo. In fact, he fought two pro boxing bouts in the United States and managed to remain undefeated. The second bout was at the iconic Madison Square Garden.

Vikas claims that everyone will get to see an updated version of him in Tokyo. It will be Vikas 2.0.

ENGLAND EDGE PAKISTAN IN 3RD T20I, SECURE SERIES

England won the three-match T20I series against Pakistan with a thrilling three-wicket victory at Old Trafford, Manchester on Tuesday night. England who had won the second match at Leeds by 45 runs on Sunday, took the series 2-1 with a mere two balls left. The home side were set a 155-run target by Pakistan.

Opener Jason Roy got England off to a quickfire start with boundaries in the powerplay. England needed six off the last over. Chris Jordan finished the job, scampering through for a second run to seal the win with two balls left. Pakistan were restrict-



Jason Roy

ed to a 154 for six total after electing to bat first. Wicketkeeper-batsman Mohammad Rizwan held the innings together scoring an unbeaten 76 off 57 balls. The victory ensures England remains at the top of the ICC Men's T20I rankings. Pakistan are at four.

QUIZ TIME!

The Olympians

ACHANTA SHARATH KAMAL

Table Tennis

Achanta Sharath Kamal is a man of many firsts. He is the first Indian table tennis player ever to become nine times Senior National Champion, the first Indian to win a singles title on the ITTF Pro Tour, lastly, the first Indian to win the Pyongyang Invitational Tournament. He is known to have beaten the best of the best players from around the world. In a career studded with medals and records, the experienced paddler will be on the lookout to add a maiden Olympic medal to his collection at the Tokyo Olympics this year.



Photo: GETTY IMAGES

Q1: Sharath Kamal is the first Indian table tennis player ever to become nine times Senior National Champion. Whose previous record did he break?

- a. Venugopal Chandrasekhar
b. Kamlesh Mehta

- c. Soumyajit Ghosh
d. None of the above

Q2: What is his current world ranking in Table Tennis?

- a. 12 b. 20 c. 33 d. 32

Q3: In 2004, in which event did Sharath Kamal win his first gold?

- a. Commonwealth TT championship
b. Caribbean Senior Championships
c. Youth National TT Championships
d. World Junior TT Championships

Q4: In 2010, Sharath Kamal won the US Open Table Tennis Men's championships. Which defending champion did he beat?

- a. Alexey Smirnov
b. Wang Yang
c. Thomas Keinath
d. Constantin Cioti

Q5: In the same year, he became the first Indian to win a singles title on the ITTF Pro Tour, beating his opponent in straight sets at the Egypt Open. Name his opponent from Hong Kong.

- a. Li Ching
b. Chan Chi Ming
c. Chiang Yung-Ning
d. Cheung Yuk

Q6: How many Commonwealth Games gold medals does Sharath Kamal have?

- a. 5 b. 4 c. 3 d. 2

Q7: Apart from the Padma Shri, Sharath Kamal is the recipient of which other prestigious awards?

- a. Padma Vibhushan
b. National award
c. Arjuna Award
d. Padma Bhushan

Q8: Which Indian city does Sharath Kamal hail from?

- a. Bengaluru b. Odisha c. Delhi d. Chennai

ANSWERS: 1. b. Kamlesh Mehta 2. d. 32
3. a. Commonwealth TT championship
4. c. Thomas Keinath 5. a. Li Ching
6. b. 4 7. c. Arjuna award 8. d. Chennai