



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Want to destress at home after a long online session? Try out microchillers

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➤ Do you have an opinion on what's happening around you? Check out what educators and your peers feel about it

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➤ After Summer Olympics, all eyes are now on 2020 Tokyo Paralympics

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STUDENT EDITION

MONDAY, AUGUST 23, 2021



India is among the four South Asian countries where children are most at risk of the impacts of climate change threatening their health, education, and protection, according to a new UNICEF report

[CLICK HERE: PAGE 1 AND 2](#)

A FIRST: NEEDLE-FREE COVID JAB FOR KIDS ABOVE 12 IN INDIA



The Drugs Controller General of India (DCGI) has granted emergency use authorisation (EUA) to the world's first needle-free and DNA-based vaccine, ZyCoV-D, which will be administered to children above the age of 12 years, following a recommendation by the subject expert committee (SEC) of the Central Drugs Standard Control Organisation (CDSCO) for granting EUA to the three-dose vaccine from Zydus Cadila.

1 Cadila's vaccine, which will be the sixth vaccine approved for use in India after Covishield, Covaxin, Sputnik, Moderna's and Johnson & Johnson's (J&J) vaccines, is also the second indigenously developed vaccine after Bharat Biotech's Covaxin

2 While a formal agreement between the Centre and the company is yet to be signed, the company is expected to start supplying the doses from September-end. The second and third dose of the vaccine will be administered 28 days and 56 days after the first dose, with the vaccine administered intra-dermally using a needle-free injector

Additionally, J&J, whose single dose vaccine got EUA earlier this month, has also applied for conducting trials among 12 to 17 year olds from the Indian drugs regulator, which it said was necessary to meet the objective of herd immunity

THUNBERG IS BACK



The world's children cannot afford more empty promises at this year's United Nations Climate Change Conference (COP26), youth activists, including Greta Thunberg said, after a UN report found that virtually no child will escape the impact of global warming. Thunberg, 18, said, the UNICEF index confirmed that children would be the worst affected, and when world leaders meet in Glasgow in November for COP26, they needed to act rather than just talk. "I don't expect them to do that, but I would be more than happy if they could prove me wrong," she told journalists, ahead of the index's publication on the third anniversary of Fridays For Future, a now-global youth movement that started with her solo protest outside her Swedish school. Thunberg was joined by young activists around the world, including Mitzi Jonelle Tan, 23, from the Philippines, who spoke of doing homework by candlelight, as typhoons raged outside or fearing drowning in her bed as floodwaters filled her room.



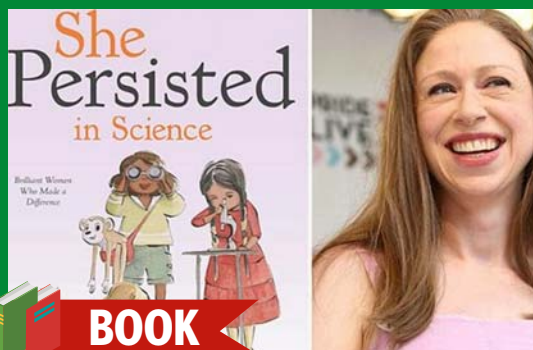
CHILDREN IN INDIA at extremely high risk of climate crisis repercussions: UNICEF

'The Climate Crisis Is a Child Rights Crisis: Introducing the Children's Climate Risk Index' (CCRI) is UNICEF's first focus study on children. It ranks countries based on children's exposure to climate and environmental shocks such as cyclones and heatwaves, as well as their vulnerability to those shocks based on their access to essential services

- Pakistan, Bangladesh, Afghanistan and India are among the four South Asian countries where children are at extremely high risk of the impacts of the climate crisis, with a ranking of 14th, 15th, 25th and 26th respectively
- CCRI has placed India as one of the 33 extremely high-risk countries, with flooding and air pollution being the repeated environmental shocks leading to socio-economic adverse consequences for women and children
- Approximately one billion children live in one of the 33 countries classified as 'extremely high-risk', including the four South Asian countries

It is estimated that more than 600 million Indians will face 'acute water shortages' in the coming years, while at the same time flash flooding is to increase significantly in the majority of India's urban areas once the global temperature increase rises above 2 degree Celsius. Interestingly, 21 of the world's 30 cities with the most-polluted air in 2020 were in India

Chelsea Clinton plans full year of 'She Persisted' books



Chelsea Clinton has a full schedule of books coming in 2022. The daughter of former President Bill Clinton and former Secretary of State Hillary Clinton plans to continue her popular 'She Persisted' children's series with 'She Persisted in Science: Brilliant Women Who Made a Difference.' Chelsea Clinton will write the book, which honours Florence Nightingale, Jane Goodall and Greta Thunberg among others, and Alexandra Boiger will provide illustrations.

- Clinton and Boiger, along with illustrator Gillian Flint, also will collaborate on 10 new 'She Persisted' chapter books, including works on Coretta Scott King, Maya Lin, Wilma Mankiller and Temple Grandin. Clinton will write the introductions, Boiger will create the cover art and Flint the drawings inside
- Authors will range from Kelly Starling Lyons for the King book to Aisha Saeed writing about Malala Yousafzai
- Clinton launched the series in 2017



'JOLIE' GOOD INSTA DEBUT: 4.5 MN followers in 14 hours!

Hollywood actress Angelina Jolie has finally joined Instagram, and has managed to garner over 4.5 million followers and counting within 14 hours. Facebook's Chief Operating Officer Sheryl Sandberg is one her followers. Deeply disturbed by the events in Afghanistan, the 'Eternals' star said that she will use the platform to share voices of various people living in the country. She expressed concerns for the people of Afghanistan who are losing their ability to communicate or express freely on social media.

Her first post was a letter from a teenage Afghan girl, who fears living in the country after the Taliban took over the country. In the letter, the young girl detailed her difficulties of going to school in the current situation

FACTOID

\$1 MILLION

That's the price of a Messi-used tissue, which is likely to be sold at an auction. Messi was reduced to tears during



one of the emotional farewell press conferences. He was handed a tissue by his wife Antonella Messi. According to Complete Sports, a man who attended Messi's farewell speech in Catalonia managed to acquire the tissue that Messi used to dry his eyes at the press conference

It was among India's first four sites to get UNESCO World Heritage Site status



Clue 1: It is India's highest earning tourist attraction

Clue 2: Tourists are allowed to spend a maximum of three hours inside the complex

Clue 3: It's located in a city formerly known as Akbarabad

ANSWER: Taj Mahal. The Mughal-era monument, built by Shah Jahan for his wife Mumtaz Mahal, opened for night viewing from Saturday, after 16 months of closure due to Covid-19. A UNESCO-World Heritage Site since 1983 – along with the Ajanta and Ellora caves as also the Agra Fort – the Taj Mahal earns over ₹ 86 crore annually as revenues from ticket sales. It took over 20,000 artisans 22 years to build it. From 2019, tourists visiting the monument can spend a maximum of three hours from entry to exit. Agra, the city where it's located, was once known as Akbarabad, since it was Mughal emperor Akbar's capital.

JAMES BOND IS COMING TO YOU, FINALLY!



The new James Bond movie 'No Time to Die' has set a world premiere date for late September, despite speculation in the entertainment industry that the film's release might be delayed for a fourth time because of the coronavirus epidemic. A posting on the official @007 Bond Twitter account said, the red carpet world premiere for the Universal Pictures and MGM film would take place in London on Sept 28, ahead of the planned Sept 30 release date in UK movie theatres. It is due to be released in the United States on Oct 8.

- The date for 'No Time to Die' has been moved three times from its original April 2020 slot since the outbreak of the pandemic in March 2020, as movie theatres around the world closed their doors and restrictions were placed on audience capacity
- James Bond movies are among the most-valuable film franchises in Hollywood, with 2015's 'Spectre'

raking in \$880 million at the box office worldwide, while 'Skyfall' in 2012 grossed more than \$1 billion globally

- The film, which cost an estimated \$200 million to produce, marks Daniel Craig's last outing as the British secret agent, and is among the most-anticipated potential blockbusters this year

WELLNESS

TRY MICROCHILLERS TO DESTRESS AT HOME

Have you been having long online classes? Join half the world who's going through that and is facing burnout. If you are too busy with exam prep for competitions and can't take long breaks, make some time for short and swift breaks. Go ahead and de-stress right there, courtesy microchillers. This is a small five-minute-long tool that will do you a world of good

WHAT IS A MICROCHILLER?

In a year or two of pandemic, a lot of people have ended up feeling stressed and unable to have any time with home tasks continuing to be demanding as work-related ones. Enter these microchillers that one can do without getting up from the desk - they can be anything from breathing exercises to doodling, stretching and meditation. Some like doing other fun things like trying new hairstyles or sketching to take mind off from the stress of studies and work.



WHY IT'S IMPORTANT TO CHILL?

- Reduces stress and anxiety
- Improves productivity and engagement
- Builds focus
- Lowers blood pressure
- Leads to better sleep



10 WAY TO RECHARGE YOUR BATTERIES

Sanjana Bafna Ranka, of a mental health foundation, shares a few microchillers that one can practise at any point in the day:

- Practise pranayama and other deep breathing exercises
- Try chair yoga exercises with forward bends and arm stretches
- Bring out an adult colouring book and paint or colour
- Make doodles on a piece of paper
- Listen to music
- Watch tutorial videos
- on cooking or beauty techniques
- Practice visualisation - think of the beach and waves, your last holiday/birthday, etc.
- Sip on tea/hot chocolate/lemonade with cookies in a favourite part of your home
- Spend quality time with your pet
- Tend to plants at home

NIDIA TIMES

REVELATION

Mermaiding THE NEW FITNESS TREND!

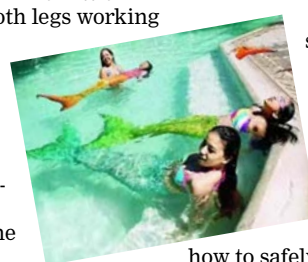
This latest aquatic hobby is making waves overseas



Mermaid swimming, or mermaiding, which merges fantasy and magic with an intense swim workout, is all the rage in the UK.

Swimmers wear specially adapted monofins covered with thin fabric tails. This allows them to glide through the water with all the grace of Ariel from 'The Little Mermaid', both legs working as one. Lily-Rose Shepherd, founder of the UK Merpod, a Facebook community for merfolk across the UK, says, "When I started the group, there were about 10 of us, now we have over 500 members."

Swimmers wear specially adapted monofins covered with thin fabric tails that allows them to glide like mermaids in water



The craze has similar well-being benefits to wild swimming. Local pools around the UK are now offering beginner lessons to teach learners how to safely swim with a monofin. It's even possible to attend conventions to meet other mermaids and mer-men. DAILY MIRROR

STAY FIT

How to make your day more active

The truth is we don't move around enough. It's recommended adults get at least 150 minutes of moderate physical activity a week. Dr Miriam Stoppard gives a few tips on how you can clock up extra minutes of exercise during your day:

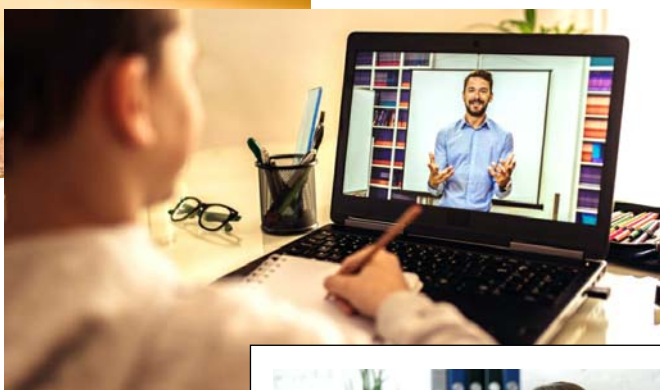


Walk whenever you can...

To the shops or up and down stairs. You can even get off the train or bus a stop earlier and walk home.

Check out online lessons...

Can't get out? Get active at home through live or video training sessions. Join a community or follow a fitness trainer online for inspiration.



Watching TV can be active too...

If you have a treadmill, you can walk while you watch your more active favourite series, or you can get a few weights and some weight training at the same time.



If you sit down all day...

Set a reminder so you get up from your desk and walk around every hour or so. While you are at it, don't forget to drink some water as well.

DAILY MIRROR

SEASONAL FACTS

DOS AND DON'TS FOR EATING IN MONSOON

The rainy season is still around. So here's a guideline for staying healthy in wet weather by dietician Rujuta Diwaker

AVOID

One must avoid eating out as we are more prone to getting attacked by viruses, bacteria and other pathogens. Use your kitchen more often during these months.



Shevla and Ambadi

INCLUDE

Eat rajgeera, kuttu, banana flour in your regular meals. Sooran, arbi, sweet potato are some vegetables that must be consumed. Include the wide and uncultivated species, the ones that are not planted by farmers. Some of these are patra (alu), lingdi, shevla and ambadi.



Modak

SPECIALISATION

One of the specialties of this season is 'rushichi bhaji' - combination of wild and cultivated species that helps in improving health. Other specialties are steamed preparations like siddhu, modak and bafia. Monsoon cucumbers are also a must-have along with bhajia in monsoon.

QUIZ TIME (CURRENT AFFAIRS)

Q.1) Indian shooter Apurvi Chandel bagged India's first gold medal by breaking the world record. She won the gold medal for

- A. Women's 10m Air Rifle
- B. Women's 10m Air Pistol
- C. 10m Air Pistol Mixed Category

Q.2) AIIB approved a \$455 million loan for this state Road Project

- A. Haryana
- B. Andhra Pradesh
- C. Tamil Nadu
- D. Uttar Pradesh

Q.3) Where did the second summit

between US President Donald Trump and North Korean leader Kim Jong-un take place?

- A. Italy
- B. Vietnam
- C. France
- D. Japan

Q.4) Which TV channel launched 'Rock The Night', a programme for rock music, recently?

- A. HBO
- B. Zee TV
- C. Doordarshan
- D. MTV

ANSWERS

- 1. A) Women's 10m Air Rifle 2. B) Andhra Pradesh 3. B) Vietnam 4. C) Doordarshan

KNOWLEDGE BANK (MYTHOLOGY)

Narcissus

In Greek mythology, Narcissus was a hunter from Thespiae (Greece) who was known for his beauty. He also loved everything beautiful. Narcissus was proud, in that he disdained those who loved him, causing some to commit suicide to prove their devotion to his striking good looks. Narcissus is the origin of the term 'narcissism' - a fixation with oneself and one's physical appearance or public perception.



Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toiniel75@gmail.com



EXPLORE YOUR CREATIVITY

WORD WISE

Alacrity: (n) eagerness, speed, cheerful readiness, promptness, or willingness, liveliness; briskness

Synonymous words: alertness, avidity, briskness, enthusiasm, fervour, zeal, etc.

Examples:

■ Those home-made drinks were really soothing, as everyone drank with alacrity.

■ The captain moved among them, and his orders were obeyed, but not with alacrity.

■ But, on his own part, he now saw no reason for a display of alacrity.



CHECK YOUR APTITUDE

1 Employees getting to their office board a lift headed up from the ground floor. The lift moves at a speed of 140 metres per minute. At the same time,

a second group of employees board an adjacent lift, which is on the top floor and is headed down. This one is travelling 300 metres per minute. If the lifts were

originally separated by a distance of 400 metres, how long will it take for them to pass each other?

- A. 3 mins 20 secs
- B. 20 secs
- C. 55 secs
- D. 5 mins 50 secs

2 What is the factorial of 7?

- A. 5040
- B. 5030
- C. 5020
- D. 5050

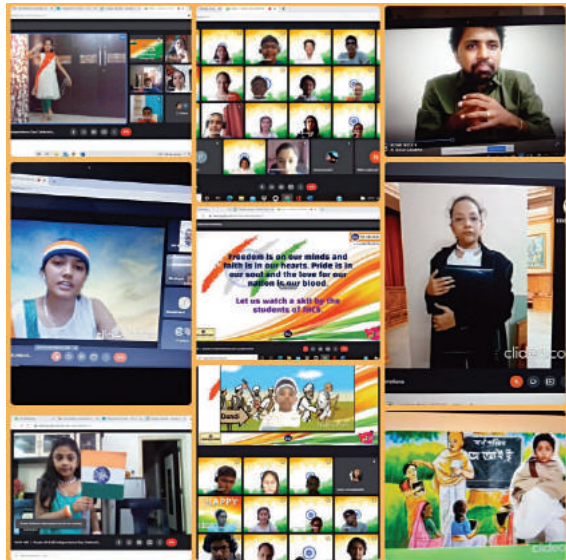
ANSWER:
1. 55 seconds
2. 5040

SHOWCASING THE LOVE FOR OUR COUNTRY

Ancy Siya & Aarya Rajput, class X, Jain Heritage A Cambridge School Kondapur

On the 75th Independence Day of India, the students from classes I to X of Jain Heritage A Cambridge School Kondapur conducted a memorable assembly to mark the occasion.

The assembly began with a prayer song invoking the blessings of the almighty. Following that, students sang the school song and pledged to be loyal and protect the nation. We heard inspirational quotes that were once spoken by our brave freedom fighters. The news was next, which took us to the world of current affairs. We heard the most didactic speeches which were spoken in three languages: English, the universal language, Hindi, our national language, and Telugu, our regional language. We also heard melodious songs, sung by the students. Right after, the main event of the show predominated. The final skit was a compilation of skits done by each class, which included a few



of the most important events that led to the freedom that we enjoy today. Every single child, from every single class, participated and contributed to making the skit remarkably breathtaking.

The skit that was titled 'Our country, Our pride', manifested some of the important movements that took place in our country's freedom fight, such as, the Rebellion of 1857, the Quit India Movement, Khadi Movement, Partition of Bengal, Jallianwalabagh geno-

cide, and many more. This skit helped us understand the process, and the steps taken towards finally making India a free country.

The sheer hard work of the freedom fighters is what ultimately led to us considering this event a significant one. We were then addressed by our headmaster and our class teachers.

Finally, we concluded our assembly by singing the national anthem with dignity and pride. We all drew momentous insight from this eventful assembly.



Aditi Anand, Head Girl, Gitanjali Senior School

As part of the Independence Day celebrations, Gitanjali Senior School hosted a painting contest for its students. Over 100 students participated, producing beautiful and creative pieces of art that captured the true essence of freedom.

Expressing the freedom of being oneself to breaking away from the chains of social norms and taking independent flight, their captivating ideas shone vibrantly on paper. This was a wonderful way to celebrate the significance of independence and freedom, both at a personal and at a social level.



Delhi Public School Nadergul

The 75th Independence Day celebrations at Delhi Public School, Nadergul was based on the theme 'Azadi Ka Amrut Mahotsav', an initiative of the Government of India to celebrate and commemorate 75 years of freedom of a progressive nation and the glorious history of its people, culture, and achievements.

C Partha Sarathi, IAS (Retd), state election commissioner, Telangana was the chief guest of the event. The guests of honour were Gazala Shaikh, Lead CSR,

WNS Global Services and Sherin Ali, senior group manager - CSR, chairman M Komaraiah, vice-chairman Bheemsen and COO of Pallavi Institutions and Delhi Public School Yasasvi Malka.

The young torchbearers of the school unfurled the national flag on the school campus. In response to the clarion call of Prime Minister Narendra Modi, the

young prefects participated in the Fit India Run, thus bagging the certificate of recognition for the school.

The chairman felicitated the toppers of the first AISCSE batch which passed out from the portals of this institution. He addressed the gathering and emphasised on the concept of 'Make in India'.

He also asked the students to take the oath to protect the environment, save our cultural heritage and to become honest citizens of the country.

CURIOUS MINDS AT WORK

Gitanjali Devashray Hyderabad

"Curiosity is the wick in the candle of learning."

Millions had seen an apple fall, but Newton asked why. Simply put, curiosity in students is nothing but a quest for knowledge. It is a spark that motivates them to explore, enquire and discover. At Gitanjali Devashray, no stone is left unturned in the effort to not just nurture this spark, but to keep the flame burning in their bright young minds for ages hence.

Quizopedia, an Intra-Gitanjali quiz competition, is one such undertaking. Gi-



tanjali Devashray played host to its sister schools under the Gitanjali Group of Schools banner, in a one-of-its-kind innovative quiz contest. Two students from classes V and VI were chosen after a series of preliminaries to represent each school.

The gripping virtual session had interesting

questions in various categories specially chosen to gauge the comprehensive acumen of each contestant. They were quizzed on their awareness, pertaining to the fields of sports, general knowledge, current affairs, entertainment, logical reasoning, Indian history, environment and science and technology. The audio-visual round was a

treat to the senses and the rapid fire round that brought this bout to a close was a game changer.

The winning duo of this competition was from Gitanjali Devashala, the second position was taken up by the students of Gitanjali Primary School. The third place was shared by Gitanjali Vedika and Gitanjali Devashray.



Express YOURSELF

POWER OF WORDS

'Words, Our Strength Our Weaknesses'

All over the world, words are the primary way people communicate with each other. No matter where you live, what colour you are, or what creed you follow, words convey your thoughts. Words, no matter how frequently we use, hold great importance as they can shape lives and make us ponder upon anything.

Sometimes our minds find it hard to keep pace with our tongues. The power to bring peace, spread love, give hope, encourage, guide, comfort, uplift, heal, all in words. But they can also kill, they can make you feel small and insignificant, they can hurt you, can humili-

ate you, can rob you of your decency, steal your sleep and even make you sick.

A kind helping word of encouragement can make somebody's day. You never know whom you might be able to help with your good word of the day. But, speak only if they are more beautiful than your silence.

We use words to influence or even change people lives, but words can sometimes hurt grievously and scar us for a long time. Words once spoken cannot be erased, as the saying goes. Unmeant words spoken can have a devastating effect on someone's existence. So, use this weapon carefully.

TANVI, class VIII O, Delhi Public School, Nacharam



Knowing history is important for future

We all doubt why history is important to us. It is important to us because it has so much to tell us through the mistakes made by people and to develop an understanding of the world around us.

Knowing history enables us to know, understand and learn a lot that happened around us.

It has great many events, cultural heritage, great people, great constructions and a lot more. All these help to build our character and show respect towards our people and nation.

All those tales of great valour, great

battles and great kings also add to upliftment of the standards of every living being. In short, learning history develops a feeling of respect for the people who strived to retain the wealth, glory and standards of people. So, learning history is important for the future, for all, in all ways.

G LAKSHMI HANSIKA, class IX A, Gitanjali Devakul, Hyderabad



Painters' Gallery



SALUTE:
NAKSHATRA MADDEY, class VIII, DDMS P Obul Reddy Public School

SAFETY FIRST:
P VAISHNAVI, class VI, Sri Gurudatta High School



K DRUPAD SAI GUPTA, class IV A, Unicent School, Nagole

IS COMPLAINING (A) RIGHT?

Psychologists view complaining in three broad ways, namely chronic, venting and instrumental complaining. Chronic complainers have pre-disposition and often go over repeated criticism. Venting is about letting out emotions seeking endorsement of others. Instrumental complaining otherwise called as constructive complaining revolves on raising a concern and creating a scheme to resolve it.

Studies conducted by Stanford University state that complaining shrinks the hippocampus, a complex region located in the temporal lobe of brain which plays an important role in regulating learning, memory and critical thinking.

Jon Gordon, a motivational speaker and author of bestseller 'The No Complaining Rule', feels that we were born to complain and as babies we complain to get what we want or to express our helplessness. But as the child grows

Usha Krishna, Senior wing, Pallavi Model School Bowenpally

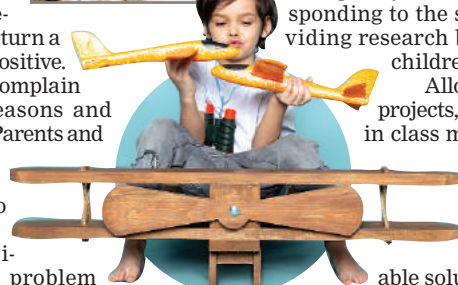
it is important to keep them out of mindless complaining and encourage to fix problems and take responsibility to turn a negative into positive.

Children complain for several reasons and face conflicts. Parents and teachers can follow certain strategies to help children grow into individuals with problem

solving and positive thinking abilities to avoid bad impacts of complaining.

As a parent, try to be tolerant, open minded, listen to the argument and give an honest feedback. Encourage the child to develop empathy and reflect instead of reacting. Encourage hobbies, exercise and yoga. Avoid creating fear based or too casual environments and by no means compare your child with other. Teachers can bring about desired changes by showing empathy, responding to the situation and providing research based feedback to children.

Allotting collaborative projects, involving children in class meetings, role play, street shows, debate, etc., enable them to identify problems around and develop suitable solutions.



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A GUIDE TO THE TOKYO 2020 PARALYMPICS

The mega sporting event is set to open on August 24, after a year-long pandemic delay and under strict virus rules, including a ban on almost all spectators

Here are some questions and answers about the Games and how the event will unfold in Tokyo: The first Paralympic Games took place in 1960 in Rome, featuring just 400 athletes from 23 countries. The name Paralympics is intended to indicate an event happening in parallel, alongside the Olympics. It grew from the Stoke Mandeville Games, a tournament organised in Britain in 1948 for 16 male and female wheelchair athletes, some of them World War II veterans. It was the idea of Sir Ludwig Guttmann, who oversaw the spinal injuries unit at a hospital in Stoke Mandeville that treated veterans. A total of 22 sports will be contested at the Games, including new additions badminton and taekwondo. Most sports are common to the Olympics and Paralympics, including athletics and swimming. Some that feature in both Games involve modifications in their Paralympic form, like wheelchair rugby. Two sports, boccia and goalball, are unique to the Paralympics.

Strict Covid 19 protocols

Paralympians compete in different categories within a given sport based on their particular impairment. The Paralympic movement covers 10 impairment types that fall broadly into three categories: physical impairments, vision impairment and intellectual impairment. Some sports are open to athletes in all categories, while others are reserved for specific impairments. Within each category, athletes are assessed to see whether they meet a minimum impairment level, to ensure a fair playing field, although there have been controversies over some placements in recent years. In some sports like athletics, they are placed in a certain sports class, again pitting them against athletes with similar impairments to ensure equity. Athletes may be reclassified over their lifetime as their situation changes. Like at the Olympics, most events will take

place behind closed doors to minimise infection risks. An exception is being made for a programme to bring schoolchildren to events, but some areas have already said they won't take part because of the record high infections being reported in Japan. Paralympians will face strict measures during their stay, and are allowed to move only between their accommodation, training sites and Games venues. They will be tested daily, with confirmed positive cases put into isolation and unable to compete.

Tokyo, which is the first city to host the Paralympics twice, will welcome 4,400 athletes from around 160 countries and territories. Just a week before the Games, Afghanistan's team, made up of two Para athletes, announced they would not be able to take part because of the turmoil in the country. The Games will feature a refugee team composed of six Para athletes, including Alia Issa, the first woman refugee Para athlete.

China table-toppers

China has dominated the gold medal table since Athens 2004, with Britain often in second place and the United States and Ukraine battling it out for third. Assistants are used by some Paralympians with vision impairments. For example, "guide runners" can be attached to an athlete by a strap on their arms or hands, but the athlete must finish ahead of the guide. Some visually impaired cyclists pair up with a guide in a tandem and is known as a pilot. For visually impaired swimmers there are "tappers" - assistants who tap the athlete's head or body as they approach turns or the finish to keep them safe. In some sports, like track, there are multiple sport classes with different types of impairment competing in a single event. The Rio Games featured 16 men's and 14 women's 100 metres gold medals across a range of classes. AFP



Indian contingent at the airport in New Delhi, ahead of their departure for Tokyo 2020 Paralympics

INDIANS LOOK TO MAKE A MARK IN TT, POWERLIFTING AND TAEKWONDO

Gujarat duo of Bhavina Patel and Sonalben Patel will lead India's charge in table tennis at the Tokyo Paralympic Games beginning August 25



Bhavina will participate in wheelchair class 4 category, Sonalben will compete in wheelchair class 3 category in women's singles. They will also pair up for the women's doubles event. Bhavina and Sonalben will be in action on the opening day as they start their qualification rounds, which are scheduled to be held on August 25, 26 and 27. The semi-final and the final are slated for August 28 and 29. Bhavina is currently world no 8 while Sonalben is ranked 19th. The duo, both medalist at the Asian Games, has been training under Coach

Lalan Doshi at the Blind People's Association in Ahmedabad.

In para taekwondo, India will be solely represented by 21-year-old Aruna Tanwar. The Haryana-based athlete, who will participate in the women's under 49kg K44 category, will be in action on September 2 from the round-of-16 rounds. Aruna, currently ranked 30th in the K44 category, is a silver medalist at the Asian Para Taekwondo Championship in Vietnam in 2018 as well as a bronze medalist at the World Para Taekwondo Championship in Turkey in 2019.

In para powerlifting, India is sending Haryana-based Jai Deep and Sakina Khatun. Sakina, born in West Bengal, will

participate in the women's up to 50kg category. She is the only Indian woman paralympian to ever win a Commonwealth Games medal, claiming a bronze in 2014 in Glasgow. She is also a 2018 Para Asian Games silver medalist. Struck by polio as a kid, she started powerlifting training in 2010 with financial support from Dilip Majumdar and her current coach, Farman Basha.

Jai Deep, participating at the men's up to 65kg category, is an assistant coach in Sports Authority of India. The duo will be in action in Tokyo on August 27. All these athletes are part of TOPS and have received government assistance. ^{AP}



Sonal Patel (left) and Bhavina Patel (right), who will be in action in the qualification round on the opening day

DUFFY HELPS BRIGHTON BEAT WATFORD 2-0

Brighton and Hove Albion moved joint top of the Premier League as first-half goals by Shane Duffy and Neal Maupay earned them a comfortable 2-0 home win against Watford on Saturday. Defender Duffy struck with a bullet header from a corner after 10 minutes to give the hosts the perfect start. Watford then gifted Brighton their second a few minutes before the interval when they lost the ball trying to play out from the back and Maupay curled home. The visitors did improve after the break and had a goal by Emmanuel Dennis ruled out for offside, but Brighton were comfortably the better side as they moved to six points. It is the first time Brighton have started a top-flight season with back-to-back wins, and the only blemish was an injury to Maupay who did not come back out for the second half after appearing to hurt his shoulder. ^{Reuters}



QUIZ TIME!

Q1: What is the strength of the upcoming Tokyo Paralympics?
a. 61 b. 54 c. 34 d. 55

Q2: Who was named the ICC Player of the Month for July?
a. Shakib Al Hasan
b. Kane Williamson
c. K L Rahul
d. Glenn Maxwell

Q3: Which male tennis player won the National Bank Open?
a. Grigor Dimitrov b. Alexander Zverev
c. Stefanos Tsitsipas d. Daniil Medvedev

Q4: Which of the following teams was the only one not to win every group match at Euro 2020?
a. Italy b. Belgium
c. France d. The Netherlands

Q5: What is the World Record of Weightlifting?
a. 224 Kg b. 206 Kg c. 237 Kg d. 436 Kg

Q6: Which were the first two teams from the same European football league to contest a European or Champions League final?
a. Real Madrid and Valencia
b. Bayern Munich vs Manchester City
c. Liverpool vs Atlético Madrid
d. Chelsea vs PSG

Q7: Which state is the famous Indian boxer Mary Kom from?
a. Manipur b. Mizoram c. Nagaland d. Tripura



Photo: TOI

Q8: Which Country won the first FIFA World Cup?
a. Argentina b. Uruguay
c. Italy d. Brazil

Q9: Who among the following has the highest number of gold medals in Olympic history?
a. Larisa Latynina
b. Mark Spitz
c. Michael Phelps
d. Saina Nehwal

Q10: How many times has India won the men's hockey World Cup in the Olympics?
a. 3 times b. 2 times c. 1 time d. 4 times

Q11: In which year did Cristiano Ronaldo join Juventus Football Club?
a. 2017 b. 2018 c. 2016 d. 1999

Q12: Kyle Jamieson is on track to overtake the record of which New Zealand bowler, who took his 50th wicket in his 12th test?
a. Daniel Vettori
b. Sir Richard Hadlee
c. Shane Bond
d. Trent Boult

ANSWERS: 1. b. 54 2. a. Shakib Al Hasan
3. d. Daniil Medvedev 4. c. France
5. c. 237 Kg 6. a. Real Madrid and Valencia
7. a. Manipur 8. b. Uruguay
9. c. Michael Phelps 10. c. 1 11. b. 2018
12. c. Shane Bond