



# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

➤ Meet teen baker, entrepreneur, environmentalist and author of 'Whip and Whisk', Nysa Adurka  
**PAGE 2**



➤ Educators and students share their views on various issues  
**PAGE 3**



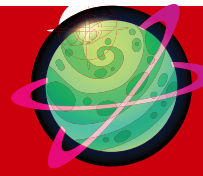
➤ Tokyo Olympics 2020: Boxer Mary Kom enters round of 16  
➤ Tennis World No. 1 Ashleigh Barty knocked out in 1st round  
**PAGE 4**



**STUDENT EDITION**  
MONDAY, JULY 26, 2021


[CLICK HERE: PAGE 1 AND 2](#)
**DID  
YOU  
KNOW?**

**BEZOS, RICHARD BRANSON'S SPACE SOMERSAULTS  
EMIT 10K TIMES MORE CO2 PER PERSON IN A YEAR!**



## SPACE TOURISM @ THE COST OF ENVIRONMENT, A GOOD IDEA?



The commercial race to get tourists to space is heating up between Virgin Group founder Sir Richard Branson and former Amazon CEO Jeff Bezos. On July 11, Branson ascended 80 km to reach the edge of space in his piloted Virgin Galactic VSS Unity spaceplane. Bezos' autonomous Blue Origin rocket was launched on July 20, coinciding with the anniversary of the Apollo 11 Moon landing. The launch demonstrated their offering to very wealthy tourists the opportunity to reach the outer space. Both tour packages will provide passengers with a brief 10-minute frolic in zero gravity and glimpses of Earth from space. Not to be outdone, Elon Musk's SpaceX will provide four to five days of orbital travel with its Crew Dragon capsule later in 2021.

**THE  
BIG  
Q**
**WHAT ARE THE ENVIRONMENTAL CONSEQUENCES OF A SPACE TOURISM INDUSTRY LIKELY TO BE?**

**1** The Blue Engine 3 (BE-3) used liquid hydrogen and liquid oxygen propellants. VSS Unity used a hybrid propellant comprising a solid carbon-based fuel, hydroxyl-terminated polybutadiene (HTPB), and a liquid oxidant, nitrous oxide (laughing gas). Burning these propellants provides the energy needed to launch rockets into space, while also generating greenhouse gases and air pollutants

**2** The nitrogen-based oxidant used by VSS Unity also generates nitrogen oxides, compounds that contribute to air pollution closer to Earth

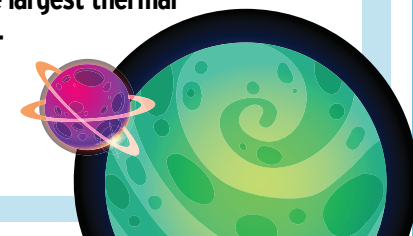
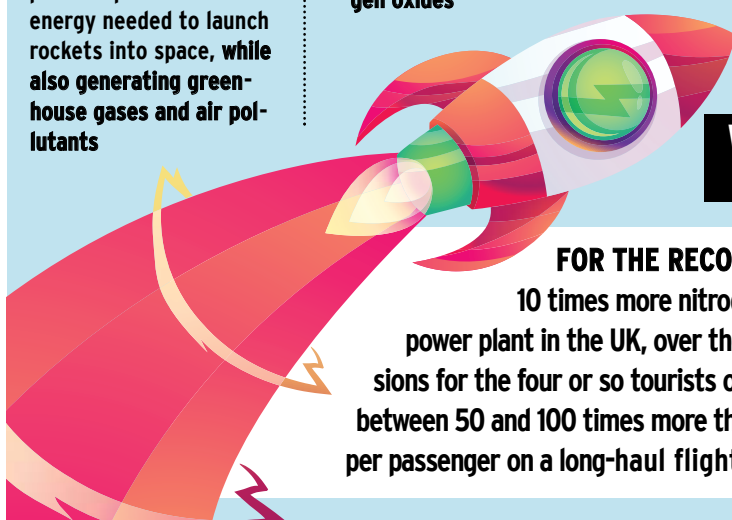
**3** Roughly two-thirds of the propellant exhaust is released into the stratosphere (12 km-50 km) and mesosphere (50 km-85 km), where it can persist for at least two to three years. The very high temperatures during launch and re-entry (when the protective heat shields of the returning crafts burn up) also convert stable nitrogen in the air into reactive nitrogen oxides

**4** The nitrogen oxide gases and particles have many negative effects on the atmosphere. In the stratosphere, nitrogen oxides and chemicals formed from the breakdown of water vapour convert ozone into oxygen, depleting the ozone layer which guards life on Earth against harmful UV radiation. Water vapour also produces stratospheric clouds that provide a surface for this reaction to occur at a faster pace than it otherwise would

**5** Exhaust emissions of CO2 and soot trap heat in the atmosphere contribute to global warming. A depleted ozone layer would also absorb less incoming sunlight, and so heat the stratosphere less

**WHAT'S YOUR TAKE? SHARE YOUR VIEWS AT  
[TOINIE175@GMAIL.COM](mailto:TOINIE175@GMAIL.COM)**

**FOR THE RECORD:** During launch, rockets can emit between four and 10 times more nitrogen oxides than Drax, the largest thermal power plant in the UK, over the same period. CO2 emissions for the four or so tourists on a space flight will be between 50 and 100 times more than the one to three tons per passenger on a long-haul flight



## MANN KI BAAT

**PM MODI URGES COUNTRYMEN TO SALUTE HEROES OF KARGIL WAR**

Prime Minister Narendra Modi on Sunday urged the countrymen to salute the bravehearts of Kargil on July 26, when the nation will mark the Kargil Vijay Diwas. Hailing the Indian armed forces, the PM in Mann Ki Baat said that the Kargil war is a symbol of valour and discipline of our security forces, which the entire world has witnessed. He said that India will celebrate this day as 'Amrut Mahotsav'.

■ It was on this day our Army recaptured all the Indian posts in Kargil that had been occupied by Pakistan's army. Since then, July 26 has been observed annually to commemorate the sacrifices made by soldiers in this war.  
■ The war took place between May and July of 1999 in Jammu and Kashmir's Kargil district.



**THIS DAY  
THAT YEAR  
JULY 26**

## Instagram can now automatically translate text in stories

Facebook-owned Instagram has announced that it is now adding a new option to automatically translate text in story posts. Now, when the service detects a foreign language in a post, it will display a "See Translation" option on the top left of the screen, which users can tap to see a translation at the bottom. The photo-sharing platform said that the new translation feature will be available globally, and currently supports over 90 languages to make sharing content with an international audience easier.

■ The feature, whose development was previously reported by app researcher Alessandro Paluzzi, means there's now parity between Instagram stories and traditional posts

■ In 2016, Instagram added automatic translations to comments and captions but failed to include the feature with stories which launched a month later



■ Although the new feature can translate text, the company said that audio translation isn't available "at this time"

**Quote  
unquote**

We know clearly that children can handle viral infections much better than

adults. Antibody exposure is also similar in children as adults. Some Scandinavian countries didn't shut their primary schools in any Covid waves. Once India starts considering, it will be wise to open primary schools first before opening secondary schools. All the support staff whether it be school bus drivers, teachers and other staff in the school need to be vaccinated

**Dr Balram Bhargava, director general, ICMR**



## NOW, A BLACK SUPERMAN PROJECT?

Hollywood star Michael B Jordan is developing a Black Superman project for streamer HBO Max. The project is said to be based on the Val-Zod version of the iconic superhero character. As per the DC Comics, Val-Zod, who is also from Krypton, is from a different universe, but follows a similar origin story. He is sent away from his home world to Earth after the death of his parents and becomes the second person to take up the mantle of Superman.



## WORLD'S FASTEST TRAIN

China has rolled out a high-speed maglev train with a designed top speed of 600 kms per hour, stated to be the world's fastest ground vehicle, according to the official media. The new maglev transportation system made its public debut in the coastal city of Qingdao, China's east Shandong province...

- Launched in October 2016, the high-speed maglev train project saw the development of a magnetic-levitation train prototype with a designed top speed of 600 kms per hour in 2019, and conducted a successful test run in June 2020, the report said
- The train can travel with two to 10 carriages, each holding more than 100 passengers, according to Ding Sansan, the chief engineer of the project
- The train provides the best solution for trips within the range of 1,500 kms, Ding said, adding, it fills the speed gap between aviation and high-speed trains
- Compared with traditional vehicles running on wheels, high-speed maglev trains do not have contact with rail tracks. They have advantages in terms of efficiency and speed, and produce very little noise


**UNVEILED**

For perspective, at 600km/hr, the distance of 1,460-kms between Delhi and Mumbai would be covered in under 3 hours

## FACTOID 2.5BN TONS

The amount of food that is wasted each year, contributing to 10 per cent of all greenhouse gases released annually in the atmosphere, including CO2, according to the World Wide Fund for Nature (WWF). The first-of-its-kind report since 2011, it indicated that 40 per cent of all food is not consumed and emits twice more greenhouse gases than all cars that are driven in Europe and North America. Among the food wasted each year, 1.2 billion tons are lost during farming.



## MIDDLE GRADE HARDCOVER



### THE ONE AND ONLY BOB

by Katherine Applegate. Illustrated by Patricia Castelao

In this sequel to 'The One and Only Ivan,' Bob sets out on a dangerous journey in search of his long-lost sister. (Ages 8 to 12)



### STAMPED (FOR KIDS)

by Jason Reynolds, Ibram X Kendi and Sonja Cherry-Paul

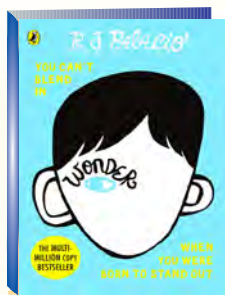
An adaptation of 'Stamped' for younger readers. (Ages 6 to 10)



### REFUGEE

by Alan Gratz

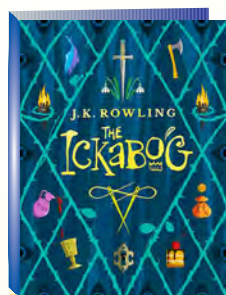
Three children in three different conflicts look for safe haven. (Ages 9 to 12)



### WONDER

by R.J. Palacio

A boy with a facial deformity starts school. (Ages 8 to 12)



### THE ICKABOG

by J.K. Rowling

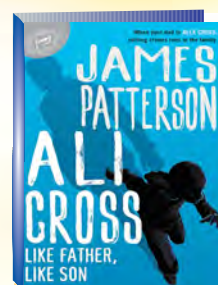
A fearsome monster threatens the kingdom of Cornucopia. (Ages 8 to 18)



### DUDE PERFECT 101 TRICKS, TIPS, AND COOL STUFF

by Dude Perfect with Travis Thrasher

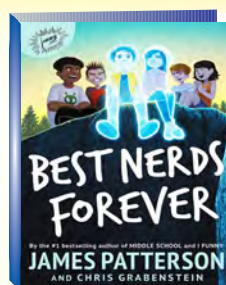
Step-by-step instructions to do your own trick shots. (Ages 8 to 12)



### ALI CROSS: LIKE FATHER, LIKE SON

by James Patterson

Solving crimes runs into the family. (Ages 8 to 12)



### BEST NERDS FOREVER

by James Patterson and Chris Grabenstein

As a ghost, Finn attempts to solve his own murder. (Ages 10 to 14)



### AMARI AND THE NIGHT BROTHERS

by BB Alston

Amari Peters competes for a spot at the Bureau of Supernatural Affairs. (Ages 8 to 12)

TEEN BAKER, ENTREPRENEUR, ENVIRONMENTALIST & AUTHOR OF 'WHIP AND WHISK' ON HOW SHE NAVIGATES THE CHALLENGES OF BALANCING MULTIPLE PASSIONS

# I would definitely say that there is a 'baker's block'

Nysa Adurkar

nitya.shukla@timesgroup.com

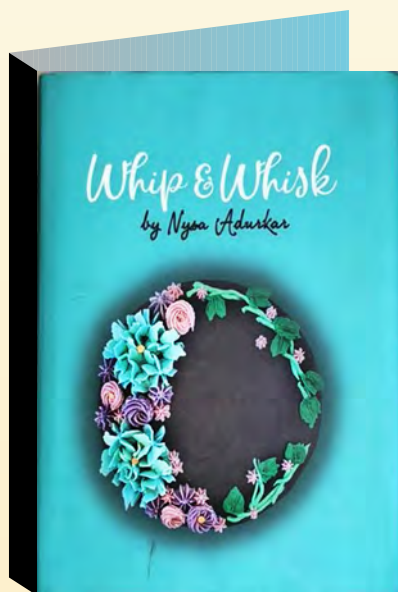
Her cap is running out of feathers. Having discovered baking eight years ago, Nysa Adurkar followed her passion, learnt everything and converted it into a pro-

fession when most are still figuring out what they want to do. The 17-year-old school student runs her own baking firm - Buttercream Patisserie. Not content with just one passion, Adurkar is a dedicated environmentalist with

multiple goals; and recently turned author with her debut book 'Whip and Whisk', which features over 65 recipes for the everyday baker. The super teen speaks to Times NIE about what life's like when one follows their dreams

## AT 17 YOU ARE ALREADY A BUSINESS OWNER. WHAT HAVE BEEN SOME OF THE TOUGHEST LESSONS?

Through the years of baking, I have slowly learnt to accept unexpected obstacles; when to accept my faults and adapt to situations. Whether to practice piping before I begin to decorate a cake, or re-bake it at 11 in the night if the texture isn't correct. This has taught me the importance of organisation and balancing school-work with orders, especially failures. Even though they disrupt my schedule, failures have taught me to adapt to the unexpected and overcome hurdles with patience. I have learnt that no matter the circumstances, I should never cut corners, be patient and focus on quality for customers.



## IS THERE A BAKER'S EQUIVALENT OF A WRITER'S BLOCK?

I would say that there is a 'baker's block'. On numerous occasions, I have felt creatively stuck, unable to find what my dessert is missing or what recipe to try next. Some days, I have a tremendous academic workload and I feel overwhelmed at the thought of spending a few hours baking. Still, I encourage myself to spend some time baking as it relieves my stress. I find that it helps to return to the task with a clearer mind and sometimes work for longer than I would have been able to without this break. I try to talk to others around me to draw inspiration from what flavours they prefer; research desserts from different countries to expand my understanding of ingredients and techniques; and attempt to incorporate this into any new cake or dessert.

## WHAT INSPIRES YOU TO CONTINUE BAKING?

Baking has been the one passion that I could continue with every single day without it feeling tiresome. I find that each recipe challenges me in a new way and makes me think creatively to add my own twist to traditional recipes. While many people believe that baking is a 'perfect science', I have found it more adaptable. It offers me the liberty to create a new dessert that is suitable for any occasion, whether it is a birthday or a bad day.

## WHY DID YOU WANT TO WRITE A BOOK?

When I started baking, I was enamoured by the elaborate cakes and desserts I had seen on social media. However, as a young baker, I was overwhelmed by the complicated steps and foreign ingredients. Over the years, I developed recipes and decorating styles that were simpler and truly showcased my creativity. Hence, I wanted to share these recipes to help teach others how to make these desserts in a simple manner with locally available ingredients.

**FAVOURITE BOOKS**  
Series by Dan Brown, *Girl on the Train*, *The Wonder*

## IT SEEMS ENVIRONMENT CONSERVATION IS AN IMPORTANT ASPECT OF ALL THAT YOU DO. PLEASE ELABORATE.

I have always tried to be conscious about the environment, especially in my baking. I started a recycling initiative through my business called 'Bake Eat Reuse' where I collect old cake boxes and boards from previous orders. After cleaning them thoroughly, I add artwork to cover up the old markings and use these for new orders as a method of reducing the large amount of paper and plastic being used. I also organise awareness drives about menstrual cups among underprivileged women, to reduce the waste created through sanitary napkins. My diving experience made me realise the importance of marine biodiversity. While diving, I noticed how small communities look after their natural resources. This inspired me to participate in many beach clean-ups to protect animals from being inhumanely injured or killed by all the plastic debris.

## WHAT ARE SOME OF THE NEXT BIG CHALLENGES YOU PLAN TO TACKLE?

Many consider baking to be a relatively inaccessible hobby, with special ingredients and fancy equipment needed. However, I want to break this misconception and show that baking can be affordable. I would also like to spread my initiative 'Joys of Baking' where I bake free customised cakes for underprivileged children on a larger platform, perhaps while collaborating with other bakers as well. The idea is to democratize baking and everyone should have access to cakes and be able to pursue baking if they are interested in it.

I would definitely say that there is a 'baker's block'. On numerous occasions, I have felt creatively stuck, unable to find what my dessert is missing or what recipe to try next



## PETS CORNER

Monsoon can mean infections and ticks for pets. From super-vising their diet to making them feel safe, here are some tips to take care of pets during the season of thunder and rain



## YOUR FURRY BUDDY'S COAT NEEDS EXTRA ATTENTION

Solami Gupte, a canine behaviourist, says, "Humid weather can lead to various diseases including the risk of fungal infections. Pet parents should keep checking their pet's coat and ears for ticks and take precautions to avoid them. One can buy raincoats and boots for pets to keep them dry." Dr Dilip Sonune, a vet, adds: "Use anti-tick shampoos, anti-tick sprays and spot-ons to keep them healthy. Do not miss out on vaccinations that are due and deworm regularly."

## MAKE YOUR PET FEEL SAFE

A part from skin diseases and dietary issues, monsoon brings along many other problems for pets. Gupte shares, "While taking your pet on walks, make sure to look out for any open wirings on roads. Also, a lot of dogs can be scared of the loud thunder. So, do create a secure space for your pet in the house." Some pets are scared of the monsoon as it brings insects. Do notice carefully what bothers your pets and manage your pet's fears and anxieties accordingly.



## TAKE CARE OF YOUR PET'S DIET

Dr Sonal Rane, a vet, says, "Include more warm and meat-based soups in your pet's diet during monsoon. Avoid feeding cucumber, curd and watermelon." Opt for a diet that includes healthy fatty acids like omega 3, 6 and 9. Oils like fish oil, hemp seed oil and olive oil have plenty of coat strengthening properties. Dr Rane adds, "Give only filtered water to your pets as tap water can be highly infected and can act as a mode of transmission of disease. Do not let your pets lick or consume water from pot-holes and pudd-



◀ Watch out for pododermatitis (inflammation of the skin of the paw) in pets as constant moisture can cause infection of the paws in pets

◀ Get your pets vaccinated and dewormed

◀ Clean the paws regularly with an antiseptic solution diluted with water and use a pet sanitiser

◀ Give only filtered water to pets as tap water can be highly infected

◀ Do not let your pets lick or consume water from potholes and puddles as this can be a source of infection

◀ Keep them dry with a hairdryer or towel and avoid frequent bathing

◀ Use pet boots or a raincoat while going out for a walk, but it's best to avoid stepping out when it rains  
By vet Dr Sonal Rane Noida Times



## THE EDUCATIONIST

### OVERCOMING THE FEAR OF EXAMS

Students hailing from various stages of life suffer from exam fear. Exams can be a challenging part of a student's life. A little stress is good, as it can serve as a motivational push to work harder for achieving goals. Things turn sour when the tension and stress go beyond the 'healthy limit'. Exam fear can totally de-

rail your exam preparation schedule. The consequences of exam stress are manifold not only for students but parents also fall prey to this. Therefore, it becomes extremely important to take care of oneself to overcome 'testophobia.' The major cause which leads to exam stress is not preparing until the last minute.

#### TIPS TO GET RID OF EXAM FEAR

- Set realistic goals.
- Start your preparation on time.
- Take short study breaks.
- Practice yoga to improve concentration.
- Engage in some Sport /Games.
- Listen to soft soothing music.



**G SAIGEETHA,**  
English Facilitator,  
Delhi World School,  
Chintal

### School leaders vow to work with passion



The Investiture Ceremony at Unicent School, Nagole was celebrated with much jubilation on a virtual platform. The newly elected Student Council was prepared to don the mantle of leadership and discharge the responsibilities entrusted upon them by the school.

**M. Varshini, class IX B, Unicent School**  
Nagole

morale of the students as it showed that we can achieve anything if we set our minds on it.

After this, we had an oath-taking ceremony presided by newly elected sports captain Manikanth from class X. Head boy Harsha Raj and head girl Preeti presented their speeches. The students of class IX sang a song on responsibilities which cheered the new leaders. This was followed by a speech by principal Rachana Battachargee and director Sujani Kantheti. The guest speaker inspired us with his wise words. Physical Education teacher Vijay gave the vote of thanks.

The ceremony gave us the confidence to work with passion and achieve our goals. After this, we had a short video presentation. It was a legendary piece of reflective poetry written by Walter D. This was an amazing video that boosted the

## A GAMUT OF EMOJIS

**Gitanjali Primary School**  
Begumpet

The students from class I of Gitanjali Primary School, Begumpet celebrated World Emoji Day with their parents. The celebration saw an overwhelming participation by children and parents on a 'virtual live emoji parade.' Children presented their favourite emojis, representing their different moods in day to day life, with different poems, stories and songs. The little ones effectively used emojis which have a great way to communicate across language barriers and help us express sentiment and emotion.



**Gitanjali Vedika**  
Hyderabad

*'Words convey the message, but emojis express the feelings.'*

Students of Gitanjali Vedika expressed their feelings and various emotions on 'The World Emoji Day.' They learnt about emojis and the plethora of things they represent such as facial expressions, different weather conditions, animals and many more. Children understood the importance of expressing themselves in the right way.

It was a learning experience

for the young ones. The students from Nursery and PP1 made placards and badges of happy, sad, crying or angry emojis and spoke a few lines related to them. It was a fun filled activity for the students of the PP2 as they drew different emojis to express their basic feelings.



**Gitanjali Devshala**

The students from the pre-primary wing of Gitanjali Devshala celebrated 'World Emoji Day' with zeal by engaging themselves in a session filled with activities involving emojis. Expressions of happiness, sorrow, anger, excitement and hunger that the children felt were shown beautifully through hand drawn emojis which were also cut and stuck on cups and straws. The little ones watched videos and drew emojis displaying their various moods. A delightful collage was also created with the children making the same faces as the emojis, bringing a smile to everyone present.

**Delhi Public School**

**Mahendra Hills**

Students of Delhi Public School, Mahendra Hills celebrated World Emoji Day with much enthusiasm. As the emoji is the fastest growing language in history, students were told about how these help in expressing different feelings and emotions. Emojis are also a great tool for learning in the classroom or at home, with applications in maths, health and wellbeing, literacy, role play, arts and crafts and more. A plethora of online and offline activities of the same was conducted for students. They enjoyed the activities as it served as the easiest way of expressing emotions without using words. It was a fun filled day for the students as they drew different emojis to express basic feelings.



## A VIRTUAL FIELD TRIP TO A DAIRY FACTORY

The students from class XII of Ganges Valley School went on a virtual trip to the Amul factory in Anand, Gujarat. The students learnt how a cooperative society functions under an elected body.

The low-cost pricing strategy for products that are consumed regularly has made them affordable to a large audience. The payment of milk reaches directly to the farmers' society every 10 days and the yearly bonus of a good producer would be in lakhs.

Once the milk reaches the plant it is checked thoroughly by conducting tests like chemical, microbiological and if the quality is up to the

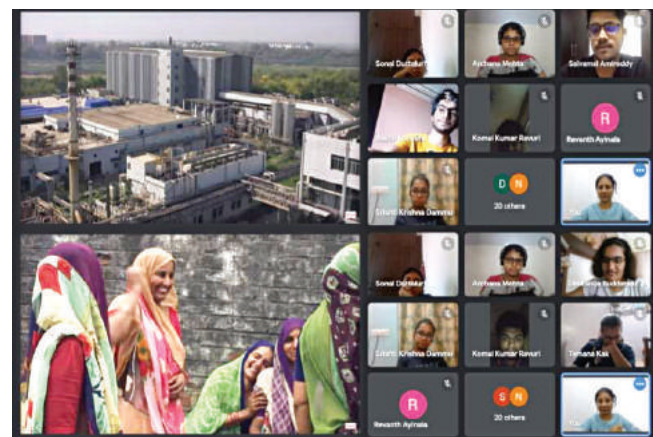
**Sonal Duttaluri, class XII,**  
Ganges Valley School  
Hyderabad

standard, only then it is transferred to the plant. It is then converted into processed milk and various milk products.

This virtual field trip helped the students see and understand the steps involved in the processing of milk. They have learnt this process in chemistry but the visual representation of it brought in a different perspective. The processing of milk com-

prises pasteurisation, homogenisation, centrifugal separation, ultrafiltration, reverse osmosis, spray drying and permeate. They could understand the functions and role of the lever, laser guns and many other such equipments that help in the production every day.

It was amazing to see how embracing technological reforms has benefited the co-operative society to work more efficiently. After the virtual tour, the students were assigned worksheets in different subjects, which helped them reflect on their prior knowledge and get a better understanding.



## Express YOURSELF

### LIFE AS WE KNOW IT...

LIFE, a small word with a huge meaning. Living your life as you want isn't that easy as society judges you for everything you do, every move you make. Living amongst people having different mindsets, personalities and opinions is difficult.

Life can indeed be an amazing journey. It is unpredictable and we should be ready to enjoy the good times as well as fight our way through the tough times. This journey is pretty small and all we can do is make it count by doing something extraordinary that can be remembered by people.

Life has its ups and downs, we just have to over-

come the hard times and make it beautiful.

The people you meet are not permanent in life but all you can hope is for them to stay with you. Always be grateful for what you have instead of comparing your life to someone else's.

You learn your lessons from tears and

hardships. You should always do what YOU want to do and make it come true. Chase your dreams until you achieve them.

Work to achieve your dreams, not for the sake of earning money but to enjoy what you do. You should be happy for the life you lived not the money you make. Never look back to the past or regret things. It's your life so make it count. Always face what comes to you instead of hiding from the world. What we should do is live in the moment.

**SANJANA CHOLLETI,**  
class XII, FIITJEE, Saifabad

### Painters' Gallery



**SAFE ZONE: R JAYANIKI,**  
class V C, Gitanjali Devakul,  
Hyderabad

**SAVIOURS ALL: DHANVI,**  
class VI, Gitanjali Devashray  
School, Secunderabad

### DREAMS - THE GRAINS TO CULTIVATE!



Dream is a golden seed to be grown in the brain, A few drops of confidence protect this sapling even in harsh rain; Good thoughts like ample pesticide makes the plant lush, Essential nutrients like trust, hard work should be painted with a brush; Space of nutritious soil is required to make the results limitless, Love rays of family creates brilliant flowers even in black darkness; Determination is the manure required for the flower's bloom, Air is the freedom to think out of the room; Floods of negative ideas will destroy the machinery, A bag full of weeds ruin the greenery; Stress is like unnecessary fertiliser that should be avoided, Pessimism is over watering of negativity which should not be added; Optimism will soon turn the sapling of dreams into a tree, If the soil is mixed with right amount of glee; The reward of the goal is magical and sweet like fruits, As the feeling to achieve dreams is as strong and rigid like the roots!

**SHILPA REDDY, class X A, Global Edge School, Madhapur**

### I AM A TREE

I am a tree, I am a tree, Green and tall, Green and tall  
Don't cut me, Don't cut me, I am a tree, I am a tree

I give you fruits, I give you vegetables, I give u flowers,  
Please save me, Please save me, I am a tree, I am a tree

I give shelter to birds, I give oxygen to human, I am a giver, I am the future  
Don't cut me, Please save me, I am a tree, I am a tree.

**VARYA MISHRA, class I, Sister Nivedita School, Ameerpet**



# PV SINDHU MAKES A WINNING START

Reigning world champion P V Sindhu made a dominating start to her Olympic campaign, thrashing Israel's Ksenia Polikarpova in straight games in the women's singles group J match



Even though it was an easy first match I didn't take it in an easy way. It wasn't like I wasn't prepared. Every time, it is very important to be focused and be prepared for every single point in every single match.

**PV SINDHU**

**T**he 26-year-old Indian, seeded sixth, beat the 58th ranked Polikarpova 21-7 21-10 in a lop-sided opening match. "It was quite an easy match but I made sure that we had some rallies and I got used to the court," Sindhu said after the match. The world number seven Indian will next play Hong Kong's world number 34 Cheung Ngan Yi in the group stage. Rio Games silver medallist Sind-

hu started on an attacking note but briefly found herself trailing 3-4. However, she moved ahead quickly with Polikarpova making unforced errors. Sindhu entered the break with a 11-5 lead. Soon, Sindhu was on a roll, grabbing 13 straight points. The Indian used her trademark straight and cross court smashes and drops to trouble the Israeli, who couldn't utilise the few opportunities that came her way. Sindhu sealed the first game in her favour when Polikarpova missed a shot.

## Polikarpova continued to struggle

Polikarpova, who was playing with a strapped knee, continued to struggle with her strokes as Sindhu opened up a 9-3 lead in the second game and then entered the mid-interval with a massive seven-point advantage. It was business as well after the break, with Sindhu riding on the errors of her opponent. Another wide shot from Po-

likarpova gave Sindhu 13 match points. The Indian squandered three of them before Polikarpova once again sent the shuttle out to end the match. On her approach to playing a lower-ranked opponent, Sindhu said: "I think it's important to make sure that you play all of your strokes and get used to them. All of a sudden if you're playing with a higher-ranked player or a stronger opponent, it's not that you can just play that type of strokes, it's important to get used to the situations also."

## Men's doubles results

On Saturday, the Indian men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty shocked the world number 3 duo of Yang Lee and Chi-Lin Wang of Chinese Taipei in a thrilling group A match. However, B Sai Praneeth jeopardised chances of his qualification to the knockout stage after going down to world number 47, Misha Zilberman of Israel, in a men's singles group D match." **PTI**

## OLYMPIC WATCH

## Mary Kom enters Olympic pre-quarters

Six-time world champion M C Mary Kom (51kg) powered into the Olympic Games' pre-quarterfinals after staving off a spirited challenge from Dominican Republic's Miguelina Hernandez Garcia in the opening round



Photo: PTI

**T**he 38-year-old, who is a 2012 Olympic bronze-medallist, prevailed 4-1 against a rival 15 years her junior and a Pan American Games bronze-medallist. In a bout that was exciting from start to finish, Mary Kom displayed brilliant tactics to overcome the fight that Garcia put up. "It has been very painful, the last couple of years, for everybody because of the pandemic. Every athlete had to train at home, but for us boxers we need a training partner," Mary Kom said after her triumph.

## SHARP MIND GAME

If Mary Kom held back in the opening round to get a good measure of her rival, the veteran was aggression personified in the final three minutes after Garcia bagged the second round with some fierce punching of her own. Mary Kom's trusted right hook aided her well and she also displayed a sharp mind by forcing Garcia to lunge at her, opening up the space for the Indian to land clear punches. The youngster from Dominica had the stomach for a fight but was undone by her inability to strike clearly. Mary Kom, a mother of four, will next be up against third-seeded Colombian Ingrid Valencia, who was a bronze-medallist at the 2016 Rio Games. She has beaten the Colombian twice, including at the 2019 world championship quarterfinals. "The difficult part is continuously winning and performing, it's not easy. I have all the medals in my hand, what is left is the Olympic gold medal. That is what is driving me and pushing me to carry on," she said. **PTI**

## Manika Batra rises to the occasion

India's table tennis star made a stunning comeback against world number 32 Margaryta Pesotska to reach the women's singles third round

**M**anika, ranked 62, made a remarkable comeback after losing the first two games to prevail 4-11, 4-11, 11-7, 12-10, 8-11, 11-5, 11-7 in a second round match that lasted 57 minutes. Down and out after the first two games and trailing even in the third, Manika somehow clawed her way back into the match. She used the pimple rubber to good effect thereafter and combined it with a more offensive approach. The match saw long rallies, slow as well as fast ones, as Manika twiddled with her bat amazingly to find forehand and backhand winners. The sixth game, which she won after trailing 2-5, turned the tide in her favour decisively. The timeout worked as she reeled off nine points in a row to give herself five game points before levelling the match at 3-3. With momentum in her side, Manika controlled the deciding game and sealed the match with a forehand cross court winner.

## NOT MISSING COURT-SIDE SUPPORT

She meets Austria's Sofia Polcanova on Monday for a place in the round of 16. If Manika manages another upset, it will be a significant achievement for the Indian in her second Olympics. Like her first round match, she did not want the national coach in her corner but personal coach Sanmay Paranjape was seen in the gallery. However, the way she fought throughout the game, it showed she was supremely confident about her abilities and was not in any need of a court side support. **PTI**



Photo: REUTERS

## QUIZ TIME!

**Q1:** Which among the following is not given as "Life Time Achievement" Award in India?

- (a) Rashtriya Khel Protsahan Puruskar  
 (b) Dhyanchand Award  
 (c) Tenzing Norgay National Adventure Awards  
 (d) Dronacharya Award

**Q2:** Who was the fastest female athlete in the Rio Olympics 2016 in 400 m relay event?

- (a) Tiana Bartoletta  
 (b) Allyson Felix  
 (c) Bianca Knight  
 (d) Carmelita Jeter

**Q3:** Which Commonwealth Games did India host?

- (a) 2006 (b) 2002  
 (c) 2010 (d) 2014

**Q4:** Which Indian Badminton player has won at least one medal in every BWF event: Olympics, World Championships and World Junior Championships?

- (a) PV Sindhu  
 (b) Saina Nehwal  
 (c) Rituparna Das  
 (d) Tanvi Lad

**Q5:** Abhinav Bindra is the first Indian to receive the International Shooting Sport

Federation (ISSF) Blue Cross. In which year did he win it?

- (a) 2008 (b) 2016  
 (c) 2018 (d) 2021

Abhinav Bindra



Photo: PTI

**Q6:** Which Indian pair won the titles in 1999?

- (a) Ramkumar Ramanathan and Rohan Bopanna  
 (b) Leander Paes and Mahesh Bhupathi  
 (c) Yuki Bhambri and Vijay Amritraj  
 (d) Rohan Bopanna and Somdev Devvarman

**Q7:** Which country tops the all-time medal table in the Commonwealth Games?

- (a) India  
 (b) England  
 (c) Australia  
 (d) Canada

**Q8:** In which year did the English team go on its

first-ever overseas cricket tour?

- (a) 1853 (b) 1855  
 (c) 1857 (d) 1859

**Q9:** Which cricket ground is also known as "The G"?

- (a) Eden Gardens Cricket Ground  
 (b) Melbourne Cricket Ground  
 (c) Perth Stadium Cricket Ground  
 (d) Adelaide Oval Cricket Ground

**ANSWERS:** 1) a Rashtriya Khel Protsahan Puruskar 2) b Allyson Felix 3) c 2010  
 4) b Saina Nehwal 5) c) 2018  
 6) b Leander Paes and Mahesh Bhupathi  
 7) c Australia 8) d 1859  
 9) b Melbourne Cricket Ground