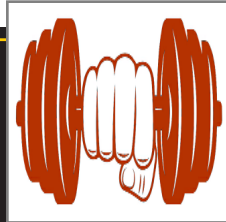




THE TIMES OF INDIA

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TODAY'S EDITION

► Sports play a significant role in boosting our fitness level. Get some fitness inspiration from Olympic heroes
PAGE 2



► Students and educators express their views on various issues through poems and articles
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► Ten-man Chelsea show resilience, draw match against Liverpool
PAGE 4



STUDENT EDITION
MONDAY, AUGUST 30, 2021


NISHAD WINS SILVER


Nishad Kumar won a silver medal in men's high jump T47 at the Tokyo Paralympic Games on Sunday, clearing the bar at 2.06 and equalling the Asian record in the process. Nishad finished second behind Roderick Townsend of the US, who set a world record by clearing 2 metres and 15 centimetres. Nishad, who hails from Una in Himachal Pradesh, cleared 1.94 in his second effort and 1.98 in his third jump. His best effort of 2.06 came in his fifth jump.

VINOD KUMAR CLINCHES BRONZE


Discus thrower Vinod Kumar clinched a bronze medal in the men's F52 event with an Asian record to give India its third medal in Tokyo Paralympics on Sunday. The 41-year-old BSF man, whose father fought in the 1971 Indo-Pak war, produced a best throw of 19.91m to finish third behind Piotr Kosewicz (20.02m) of Poland and Velimir Sandor (19.98m) of Croatia. He injured his legs while training after joining the BSF, falling off a cliff in Leh that left him bed-ridden for close to a decade during which he lost both his parents.

MANN KI BAAT

PM lauds Yuva Shakti

Prime Minister Narendra Modi on Sunday addressed the 80th edition of 'Mann Ki Baat' radio programme and applauded India's Yuva Shakti. In his address, PM Modi said, "India's youth is giving emphasis to quality. Today's youth does not want to walk on the pre-decided road. They want to step into the unknown world. Their destination is new, their goal is new, their path is new and their desire is new. Once our youth gets determined, they work hard to achieve that goal. They start working day and night on it."



When it comes to sports, it is natural that the entire young generation is seen in front of us in our minds and when we look closely at the young generation, we see that a big change is visible. The mind of the youth is evolving and today's young mind wants to do something new from the worn-out old ways, wants to do it differently

ON KHELO INDIA

We're seeing love for sports in the youth today. We must not let this momentum stop. Our sports grounds in villages, towns, cities must be full. Only through the participation of all, India can attain the height in sports it deserves

ON SPACE SECTOR

India's space sector reforms have captured the imagination of the youth. Not long ago, India opened its space sector and on seeing that, the youth of our generation grabbed the opportunity and benefitted from it. The students of colleges, universities, young people working in private sector stepped forward as well. I am sure that in the coming days, a large number of satellites will be used by our youth. Our students, our colleges, our universities, students are working in labs in this regard

INDIA'S 'TRIPLE SUNDAY'

Spotlight

BHAVINA BAGS SILVER IN TABLE TENNIS



Table tennis player Bhavina Patel signed off with a historic silver medal in her maiden Paralympic Games after going down 0-3 to world number one Chinese paddler Ying Zhou in the women's singles class 4 final at Tokyo on Sunday. The 34-year-old Patel's impressive run at the Games ended with a 7-11 5-11 6-11 loss to Zhou, a two-time gold medallist, in the women's singles summit clash which lasted 19 minutes.

With this medal, Indian team opened its account at the Games

- Patel was diagnosed with polio when she was 12 months old
- She started playing the sport 13 years ago at the Blind People's Association at Vastrapur area of Ahmedabad where she was a student of ITI for people with disabilities
- There, she saw visually-impaired children playing table tennis and decided to take up the sport
- She won her first medal in a competition while representing Rotary Club in Ahmedabad

- She reached world number two ranking in 2011 after winning a silver medal for India in PTT Thailand Table Tennis Championship.
- In October 2013, Patel won another silver in the women's singles Class 4 at the Asian Para table tennis championships in Beijing

► MORE ON PAGE 4



IN OTHER NEWS

'POLITICAL UNCERTAINTY MAY FORCE 500,000 AFGHANS TO LEAVE COUNTRY'



Due to political uncertainty following the collapse of the former government to the Taliban, the United Nations High Commissioner for Refugees (UNHCR) on Saturday estimated that 500,000 Afghans will leave the country in the next four months. According to the UNHCR, until now there had not been mass migration, but the evolving situation will lead to a large number of people leaving the country.

DELHI & CHENNAI: CITIES IN WORLD UNDER 'MAXIMUM SURVEILLANCE'

Which are the cities in the world that are under maximum surveillance? You can find out by keeping a count of the number of CCTV cameras installed per square mile. At the top of the list of 150 cities, according to a recent Forbes India report, is Delhi. While Delhi has 1,826.6 CCTV cameras installed per square mile, London takes second slot with 1,138.5 cameras. Third on the list is another Indian city - Chennai with 609.9 cameras. Mumbai takes 18th place with 157.4.



A COVID-LIKE PANDEMIC MAY STRIKE WITHIN THE NEXT 60 YEARS: STUDY

Another pandemic on the scale of Covid-19 is likely to strike the world within the next 60 years, researchers have warned, and they could become much more common. According to researchers, the number of new diseases spreading to humans may rise by three times over the coming decades. They found that statistically, extreme pandemics aren't as rare as previously assumed, becoming more likely, and the next one will happen by 2080. This means that someone born in the year 2000 would have about a 38 per cent chance of experiencing one, and will experience another by their 60th birthday.

- According to experts, it is likely due to population growth, changes in food systems, environment degradation and more frequent contact between humans and disease-harboring animals
- The team also found that the probability of another major pandemic is 'only growing', and that we should be better prepared for future risks



CLUBIN-G IN THE ELITE NETWORKING GROUP

Pallavi.shankar@timesgroup.com

When teenagers his age are busy discovering the charms of social media (new entrants as they are to this club after completing twenage), 16 year-old ADITYA SARNA, student of DPS Mathura Road, Delhi, launched his own social media platform - ClubIn. Sarna's CV also boasts of a dictionary site called lingosdictionary.com. Times NIE brings to you the story of Sarna's passion for creating knowledge-based tech innovations (that happened during the pandemic).

You have launched a social media platform that according to you is different from usual social networking sites. Please elaborate on it

A. Well, ClubIn excels in promoting enriching content and has many options for skill development. The quality of the content stands out as only people with expertise in their respective fields are featured under sections of poetry, photography, cinematography, etc. Each of the field on the platform is given its individual name that differentiates it from the other platforms out there and helps users develop a connection with their peers. The best part is that everyone can be on their own platform, exploring their field of interest. It's a union of intellectuals as they converse on different subjects on Confluence - our group platform.

WHAT ARE YOUR ASPIRATIONS FOR THE FUTURE?

I aspire to create and lead big organisations in the future and I am making sincere efforts in that direction. I also intend to help others through my ventures. I recently launched another platform called the Lingos Dictionary (lingosdictionary.com), which helps people in finding meanings of commonly-used text acronyms



How did the idea of starting a social network come to you? Share details of your journey

It all started one year ago. As we were all stuck at our homes due to the pandemic, I was left with some extra time after my regular school activities. This time gave me the liberty to start working on a vision to lift people's spirit during these tough times and elevate learning when offline schools had to be shut down in the lockdown. I started building ClubIn to encourage people to consume smarter content. The idea became more vivid in my mind as I started building the platform. As I started expanding on the idea, the part that turned out to be extremely strenuous was

getting the initial response to the vision of ClubIn and having people to actively participate in the process of learning. Thankfully, with time and the support of my parents, I was able to find solutions and necessary guidance whenever it was needed. I also strongly believe that age is not something that can stop me from scaling new heights.

How is ClubIn relevant for young people?

ClubIn caters to the needs of a young mind, be it art-related subjects like photography, poetry or cinematography or learning through quizzes, the platform has everything to offer. As more and more people are becoming inquisitive about futuristic subjects such as cosmology and astrophysics, AI, sustainability, etc., the platform gives them the chance to interact with like-minded people from all over the globe and have productive and meaningful discussion on these subjects. Apart from this, they can also listen to quality music to relax their mind.

What was the response to your platform?

The initial response to the platform has been overwhelming and I am seeing gradual increase in the number of users on a daily basis! ClubIn has the potential to expand in terms of users not just in India but internationally as well as more and more people are getting to know about it.

YOUNG ACHIEVER

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It's time to celebrate that one profession that creates all other professions.

Thank you, teachers!

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Look out for 'Exclusive Offers' for Teachers on this euphoric occasion in our special edition

The Times NIE Wellness Survey on the state of teachers' well-being

COLLECTOR'S EDITION

MARK YOUR DATE

September 4, 2021

The celebration starts early on our website from Monday, August 30

Three behaviours GIRLS ADOPT FROM THEIR PARENTS



Parents play an important role in teaching their kids how to behave and act in a given situation. This is what shapes their personality when they grow up. What you speak and how you act, all are engraved in their memories forever and they follow the same pattern when they grow up. But when it comes to gender expectations, boys and girls get different sets of messages from grown-ups. Gender disparity is a sad reality of our society. While some things like 'boys don't cry' and 'girls do not laugh loudly' are often spoken about, there are some which are perceived by the actions. Know about them...

HOW YOUR ACTIONS SHAPE YOUR KID'S BEHAVIOUR

According to a 2020 study published in the Journal 'Clinical Child and Family Psychology Review', parents' behaviour differs depending on the gender of the kid. Based on 45 previous studies, the researchers concluded that parents unconsciously behave differently in the case of their sons and daughters. They may support gender equality openly, yet may act along gender norm lines. As a result, the impact of non-verbal communication is more on kids as compared to the message being openly conveyed to them. Here are three ways parents' behaviours differ in the case of daughters, which has a deep impact on them.

PARENTS TALK TO GIRLS MORE ABOUT SOCIAL ISSUES

That's right! In comparison to sons, parents talk more about social issues with their daughters, while they prefer to discuss learning topics like science with their boys. That unconsciously sends a clear message that girls need to pay attention to social issues, while boys need to focus on learning. This finding was published in a 2003 British study, conducted to look into parent-child conversations about science. They examined the talking pattern of over 50 parent-child combinations researchers and found that parents think that talking about science with daughters could bore them.

Parents
follow societal
gender norms
without realis-
ing!



THEY ASSUME DAUGHTERS TO BE SAD

Even when it comes to displaying emotions, girls are always considered sad, while boys are always angry. The study published in the American Psychological Association (APA) based on a thorough observation of 217 stated that parents attribute the emotions of boys and girls differently. What is more surprising is that parents do not even know that they are differentiating between their kids. This is something that they have experienced in their childhood and unconsciously practise it on their kids. As a result, their kids also learn the same thing.

PARENTS PLAY PEACEFUL GAMES WITH GIRLS

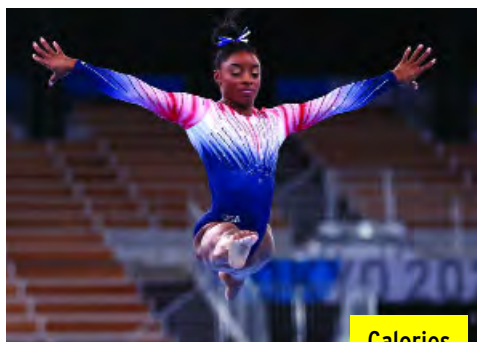
Another sheer example of gender disparity is how parents play with their kids at home. Studies suggest that they often rough play with their boys as compared to their girls. Rough play means there is more tickling, poking, and tumbling, in the case of sons as compared to daughters. Another surprising fact is that fathers engage more in it as compared to mothers. In the case of girls, they engage in more peaceful sports and activities.



STAY FIT

Take your fitness inspiration from OLYMPIC HEROES

DON'T LET THE TOKYO CLOSING CEREMONY BE THE END OF YOUR OLYMPICMANIA. INSTEAD, USE SPORTS TO INSPIRE YOUR OWN FITNESS



GYMNASTICS

BENEFITS: A University of Athens (Greece) study found that because it's a weight-bearing activity, gymnastics can help strengthen bones and joints, helping ward off conditions like osteoporosis.

US gymnast Jade Carey won gold in the individual floor exercise final at the Tokyo Olympics

Calories
burned:
350
an hour



TAEKWONDO

BENEFITS: Not only does it make you look fierce, you will feel more confident on the streets at night knowing you can handle yourself better. A US study found that martial arts boosted brain function too.

Calories
burned:
300
an hour

BEACH VOLLEYBALL

BENEFITS: Ideal for working your upper body strength and core, it's also brilliant for toning legs with all that resistance from the sand. It burns more calories than indoor volleyball.

Calories
burned:
600
an hour



BADMINTON

BENEFITS: Swedish researchers found that the movement involved is great for strengthening bones, and a Japanese study showed that the quick decision making required is better for your brain than using a treadmill.

Calories
burned:
450
an hour

PV Sindhu won a
bronze medal in
badminton at
Tokyo
2020



TABLE TENNIS

BENEFITS: You may not build up much of a sweat playing ping-pong, but it's brilliant for hand-eye coordination and alertness, and it's easy on your joints. It also works your arms, core and shoulders, building upper body muscle strength.

DAILY MIRROR

Parenting mistakes that can contribute to a child's poor mental health



When it comes to parenting, there are many things we get right and some that may do more damage than good. Wanting the best for your child and pushing them for all the wrong reasons has a thin line that must not be overlooked. In many cases, parents by doing so affect their children's mental health grievously. Many times, parents are unaware of the damage they're causing to their child's mind, claiming 'everything is for the best'. That said, here's how you can be contributing to your child's poor mental health and how you can prevent it.

NEGLECTING THEIR EMOTIONS

Children have pure intentions. So, whatever they feel has its own real essence. Dispersing them off and neglecting their feelings and expression will only destroy their sense of individuality. It will make them more hesitant and contribute to their anxiety, which can all result in poor mental health. Therefore, never take your child's emotions for granted. As a parent, you should be able to read what they're feeling and if they reach out to you, you should be more supportive and capable of directing them in the right direction.

BELITTLING THEIR DECISIONS AND CHOICES IN LIFE

As a parent, you have all the right to step in when your child is unable to make a decision. However, rather than belittling what they have in mind, think of ways to direct them to a life-choice that satisfies them the most and is in no way harmful for them. If you

look down upon their decisions, chances are they'll keep everything bottled up in the future and will not disclose anything, making their childhood more tense.

DEMANDING PERFECTION

Children should be taught to aim high, but reaching for the stars should be an option and not a compulsion. Many parents, wanting the best for their children, demand and expect perfection from kids who are barely ready to take on the world. Imagine the amount of mental pressure and anxiety they have to go through to satisfy the will of their parents.

COMPELLING THEM TO ADHERE TO SOCIALLY CON- STRUCTED RULES AND NORMS

Many times children have their own ways of expression and there are some who are as per society 'different'. Now by different, it does not mean wrong, but according

to the socially constructed norms and rules, they're not acceptable. For instance, if a boy wants to learn ballet and wear pink coloured clothing, which as per societal rules is a girl's hobby and choice of attire respectively, he can be pinpointed for it, which should not be the case ideally. So as parents, you must never force your child to limit their personality, rather help them to enhance it.

Accept
your child's
aspirations and
encourage
them

PUSHING THEM TO ACHIEVE YOUR INCOM- PLETE DREAMS

Your child probably has better facilities and more exposure than you did during your childhood. But does it mean you push them to achieve what you could not? The answer is no. Every child is different and just like you, your child may have their own likes and dislikes. So moulding them to love what you love is taking away their chance to do what they want to. This may put a lot of pressure on their mental health. Every child is beautiful with his/her own ideas, dreams and aspirations. But each child is prone to developing mental health issues for various reasons. Do not contribute to it, rather help them overcome it. Let your child's personality bloom as per his/her ability.



Imparting knowledge in assemblies



The Ganges Valley School conducted an assembly for class VIII students on International Youth Day where students had the opportunity to express their ideas to make the world a better place.

They spoke about some of the leading icons like Swami Vivekananda, who have contributed for the betterment of society. The recitation of the poem "Song Of Youth" penned by Dr APJ Abdul Kalam reflected the hope of the youth to generate a positive social change in the world.

The next assembly marked the World Organ Donation Day. Students spoke about the importance of organ donation and the misconceptions people have about the same because of which they do not step forward to join this noble cause. The highlight of the assembly was the poem written by Rutumbika on organ donation.

**Ganges Valley School
Hyderabad**



THE EDUCATIONIST

Preparing students to handle future challenges - a teacher's perspective

"Teaching is a very noble profession that shapes the character, calibre, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me" - Dr A P J Abdul Kalam

"Better than a thousand days of diligent study is one day with a great teacher" - Japanese Proverb

The major part of intellectual and physical development of human beings happens in their student life, where teachers play a significant role in shaping their thinking and approach. The wealth of experience and expertise of teachers are not limited to their subject knowledge but extends to real life experience and application of knowledge in real life scenarios and effectively using the knowledge gained.

A teacher combines her/his own experience with the expertise from the old students and has a wealth of knowledge to be shared with current students. This serves as an effective platform for the teachers to inculcate the below key aspects to the students:

- Best practices; Lessons learnt from various real-life scenarios
- Industry expectation from short term

and long-term perspective

- Life skills to evolve into a better human and citizen of the country
- Identify and acquire skills so as to be aligned with the ever-evolving technical advancements.

Given the varied expectations and advancements that are happening in both technical and social aspects around the world, it's very critical for students to be always aligned and pre-empt challenges. As a teacher, I strongly feel the teachers can positively influence and the students can effectively use the expertise and be better prepared to handle life and career.



VIDYA PRABHU,
Senior Secondary
Teacher, Gitanjali
Senior School,
Hyderabad

Thank you, parents!



Delhi World School, Chintal, celebrated Parents Day which provided everyone an opportunity to appreciate and thank all parents for their selfless commitment to children and their lifelong sacrifices towards nurturing the relationship.

Students expressed their heartfelt gratitude to their parents and thanked them for all that they have done for them. It's always the parents who pamper their children, but Parents' Day is one of those days when children get the opportunity to show their love and affection to their parents. Children prepared hand-made cards, gifts and presented them to their parents.

**Delhi World School
Chintal**



CREATING TREASURE FROM TRASH

Expressing confidence and geared up with their presentations, the young students of Gitanjali Devshala's classes I, II and III, flaunted their exhibits that ranged from an animal safari, a favourite bedtime story character and treasures made exclusively from trash!

The touch of genius was on display as they showed-off a python, dragon, a rather large chess board, princesses and a curious, handsome eagle in the "Trash 2 Treasure" activity. These creative inventions were made from newspapers, plastic bottles,

**Gitanjali Devshala
Hyderabad**

empty shoe boxes, plastic containers and plastic bags. They effortlessly moulded waste material into fantastic masterpieces.

The online classrooms reverberated with laughter and energy, as the children and parents alike thoroughly enjoyed themselves! An unforgettable day and a myriad of exhibits that echoed the American poet Charles Alfred Mercier's words, "What we learn with pleasure, we never forget."

A BOND TO CHERISH

The bond between siblings is one of the purest and most celebrated in India. Raksha Bandhan is a festival which celebrates the bond between a brother and sister.

Pre-Primary students of Pallavi Model School Alwal celebrated the festival in their virtual classes. Children looked adorable in traditional attires. The celebration started with a message by Principal Sunir Nagi. Later performances by children showed their love for their siblings like

Maninder Kaur,
Academic Incharge
Pre Primary, Pallavi
Model School
Alwal

Ad Mad, Ramp Walk and foot tapping dances. A rakhi making competition was also held for parents. Finally, a take away activity was conducted, which was to make a symbol of heart and gift it to their sibling.



Express YOURSELF

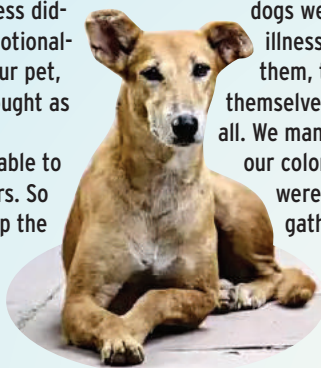
STREET DOGS TEACH A LESSON

A small incident that happened on my mother's birthday taught me a lot. In the morning, we wished her and gave her gifts, but her happiness didn't last long. She was emotionally upset as we had lost our pet, which was previously brought as her birthday gift.

My sister seemed unable to bear the sight of her tears. So we decided to brighten up the day for our mother by feeding the street dogs in our colony. We fed them chicken, rice and

meaty dog biscuits and the Pedigree that was our pet's and left with us in large amounts. Only then I realised that these dogs were skinny and had underlying illnesses. When we were feeding them, they began to fight amongst themselves though there was enough for all. We managed to feed all the dogs in our colony. They were satisfied and were so faithful that all the dogs gathered before our house. They began guarding our house.

Dogs may not communicate in our language, but they show special qualities



like faith and loyalty which most humans lack. This small incident which gave us happiness and satisfaction was the most incredible gift of the day, I must say. We had a splendid birthday party with our neighbours and enjoyed to our heart's content. We also went to Himayat Sagar lake. We had a remarkable trip. My mom's birthday was a memorable day in this pandemic year.

**JAGGUMANTRI
GEETHIKA,** class IX,
Sister Nivedita
School, Hyderabad



The Power of the Mind

Mind A word that is defined differently by each type of individual. Some may believe that they cannot learn more or achieve more because they are under the misconception that does not allow them to think beyond the scope. Many are often confused between the Mind and the Brain which seem similar yet are so distinct. Mind is like a honey bees hive, although from an outsider's view it looks messy and disorganised, the same bees work in a most organised way just like our thoughts, emotions, memory, imagination, and creativity whereas our brain is an organ and is the main reason because of which we can experience our emotions. Mind and Brain are related as our mind inhabits our brain.

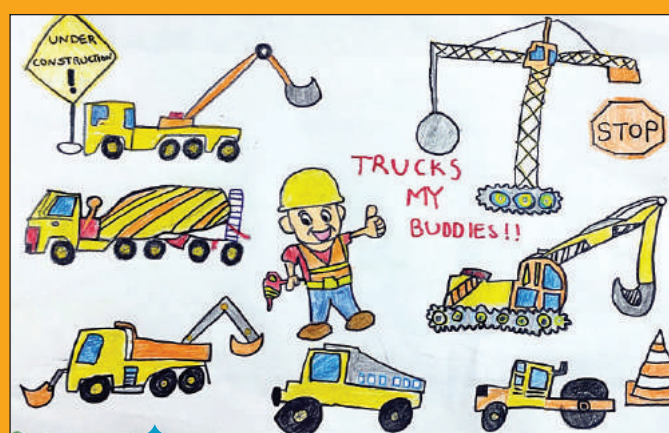
The power of our minds is something most of us wonder about. Science proves that our brain is one of the most complex and least explored organs of the human body. What if we use our full potential? Will it be the 9th wonder of the world?

Will we realize our mistakes or keep committing them? What will happen?

AISHWARYA, class X A, Delhi Public School, Secunderabad



Painters' Gallery



BUDDIES ON WHEELS: GOSHIKE SRIHARSHA, class CP-1, Gitanjali Primary School, Begumpet

BLOOMING: P JIYA, class X E, Bharatiya Vidya Bhavan's Public School Vidyashram, Jubilee Hills



THE SWEET LORD'S APPEARANCE



LITTLE KRISHNA: ISHANI PADHY, class I, Bharatiya Vidya Bhavans Public School, Jubilee Hills

How fortunate can we be?!
The Lord has come on earth!
In the house of Nand Yashoda,
It appears that he took birth

A toe in his mouth, How sweetly he sleeps!
Everything is so nice about him,
That the whole Braj is filled with peace

One look at his face
and all doubts get cleared
On the day of Ashthami,
A full moon has appeared!

Even though he's the strongest
He looks so delicate, In Vraj dham,
this is the time to celebrate

The gopis bring butter
The gopas dance around
While Krishna kicks his feet
producing his ankle bells' sound

His yellow dhoti is like lightning
on a rain cloud, How softly he wails
When Yashoda shows him to the crowd

How transcendental is Krishna
Even when worshipped by all gods above,
He appears as Nandlal, Being bound by love

PRANAVI DWIVEDI, class VIII, Army Public School, Bolarum

'WASN'T ABLE TO 'IMPLEMENT' MY GAME PLAN'

After scripting history in Tokyo Paralympics, paddler Bhavina Patel said she is disappointed at not being able to give her 100 per cent in the gold medal match



Experience matters

World number one Zhou Ying overwhelmed Bhavina Patel in straight sets by 3-0 (11-7, 11-5, 11-6) in just 19 minutes. Talking about her mental composure and resilience during the match against the Chinese, Bhavina said: "I am able to control my mind very well. It's not a big thing for me. But this was my first experience. The Chinese player played very well. She had a very fast moment and have a huge experience so that's why I was nervous." "I tried to give my hundred per cent but I wasn't able to give and that's why I am disappointed. If I gave more effort, definitely I would have done it [win gold]."

Patel dedicates medal to supporters

Notably, Patel also lost to Zhou in her first group stage match on Wednesday, as she was the only opponent the Indian could not beat in the whole tournament. She defeated the world No 9, 8, 2 and 3 in the run-up to the final. "I was confident that I would win a medal against her and will definitely win gold. But I felt a little bit of pressure as I wasn't able to control my thoughts. The way I wanted to play was not exactly implemented by me." Further talking about her final she said: "I tried to give her [Zhou] side balls but she was able to hit it. So I thought I shouldn't give her those negative points and decided not to continue with that." Talking about becoming the first Indian to win a table tennis medal at the Games, she said: "I am very happy that an Indian has created history in para table tennis. Many people and organisations have supported me in this journey. Special thanks to my coach sir because he has supported me throughout and made me do the very hard practice." Bhavina also thanked her family and god

for the silver medal. "I also want to dedicate my medal to the supporters, India, PCI, SAI, TOPS, Blind People Association. Without their support am nothing."

Zhou - most decorated Chinese Para-Paddler

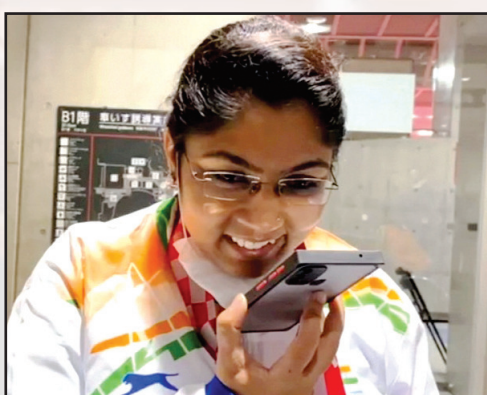
Coming back to the para table tennis match, Zhou Ying has now become one of the most decorated para-paddlers in China. The 32-year-old is now 6 time Paralympic gold medalist. She won two medals in each of the singles and team events during the 2008 and 2012 Paralympic campaigns and now one in Tokyo 2020. Although she missed out on the podium in singles at the 2016 Rio games, she managed to get to glory in the team event. The Chinese paddler is also a 6-time World Championship medalist.



Paralympic Committee of India chief Deepa Malik (L) shares a picture with Paddler Bhavina Patel

This medal is dedicated to those who supported me _ my friends, my family and to my coach who trained me hard because of which I could reach this stage. Special thanks to my physio, dietician, sports psychologist, they are the ones who always motivated me.

BHAVINA PATEL



Bhavina Patel receives a congratulatory call from Prime Minister Narendra Modi after winning a historic medal

TEN-MAN CHELSEA HOLD ON FOR A POINT AT LIVERPOOL

The European champions delivered a fine defensive display as they held on for a 1-1 draw against Liverpool in the Premier League clash

Having gone in at the break at 1-1 and down a man, Chelsea were pleased at picking up a point against title-chasing rivals as they maintained their unbeaten start. Second-placed Chelsea are level with Liverpool on seven points from three games, with both teams having identical goal difference. The dismissal of James, after a handball on the goalline, turned what had been a high-tempo and entertaining game into a more tactical affair following

Chelsea boss Thomas Tuchel's double substitutions at the interval.

Harsh outcome for Liverpool

Liverpool skipper Jordan Henderson should have scored in the 10th minute when he was picked out by a wonderful Trent Alexander-Arnold cross but made a mess of his attempted side-foot volley which drifted harmlessly wide. It was against the run of play, when Chelsea took the lead in the 22nd minute. Chelsea were buzzing and Mason Mount should have doubled their lead when he was put in by Romelu Lukaku. Joel Matip's header came out off the bar and Sadio Mane's attempt bounced in front of James who stopped it from crossing the line. But referee Anthony Taylor was called over to the pitchside monitor where he saw images showing the ball had struck James' arm after it bounced up off his thigh. Taylor not only awarded the penalty but sent off James - a harsh outcome for the right-back and one which was strongly protested by his team mates. But despite the delay, Liverpool's Egyptian forward Mohamed Salah kept calm and beat Edouard Mendy with a textbook penalty kick to level the score.

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Photo: AP

Photo: AFP

ADITI ASHOK SIZZLES WITH 64, MOVES TO 7TH IN SWEDEN

Indian golfer Aditi Ashok fired a sensational five-under 64 to move to tied seventh after the second round of the Didriksons Skafte Open. The 23-year-old, who had finished fourth at the Tokyo Olympics earlier this month, had opened the tournament with a modest 72 in the first round but found her form just in time. Among other Indians in fray, Vani Kapoor (71-69) was Tied-18th, while Amandeep Drall (80-68) showed an improvement of 12 holes between the first and second rounds. Yet Amandeep, who is 10-over, missed the cut which fell at seven-over and 64 players made it to the final round. Also missing out was Astha Madan. Pauline Roussin Bouchard of France



Aditi Ashok

leads the way heading into the final day after a scintillating second round score of 60 in Sweden.

QUIZ TIME!

Q1: Which current player has been on the losing side more than 50 times in Test cricket?

- a. Pat Cummings
- b. James Anderson
- c. Babar Azam
- d. Jason Roy

Q2: Between which two teams did FIFA organise a Match of the Century in 2004?

- a. Germany and France
- b. France and Brazil
- c. Brazil and Germany
- d. Italy and Brazil

Q3: Who is the only Indian Badminton player to have won a medal in Olympics, BWF World Championships and BWF World Junior Championships?

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

Q4: Which country won the Wrestling World Cup 2018 in Women's Freestyle held at Takasaki, Japan?

- a. Japan
- b. China
- c. USA
- d. Canada

Q5: Before Novak Djokovic, which men's tennis singles player held the World No. 1 position for the maximum number of weeks?



Photo: GETTY IMAGES

- a. Rafael Nadal
- b. Jimmy Connors
- c. Andre Agassi
- d. Roger Federer

Q6: Which is the most successful team in Men's Hockey World Cup championship?

- a. Australia
- b. India
- c. England
- d. Pakistan

Q7: With which event in swimming is Shikha Tandon more famously associated?

- a. 50m freestyle
- b. 50m backstroke
- c. Freestyle relay
- d. Medley relay

Q8: Which team holds the title of UEFA Champions Cup?

- a. Liverpool
- b. Real Madrid
- c. Juventus
- d. Manchester United

Q9: What is the length of the cricket pitch?

- a. 20.12m
- b. 22.10m
- c. 23.11m
- d. 19.12m

ANSWERS: 1. b. James Anderson
2. b. France and Brazil 3. c. Saina Nehwal
4. a. Japan 5. d. Roger Federer 6. d. Pakistan
7. a. 50m freestyle 8. b. Real Madrid
9. a. 20.12m