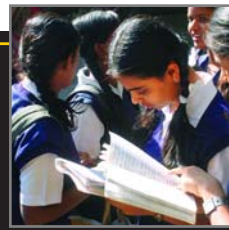




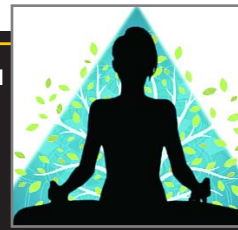
THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Exams are approaching. To make revision easier, test your language skills by solving the English paper
PAGE 2



➤ With regular yoga, you can improve your body's flexibility and strength, assert experts
PAGE 3



➤ World Cup group phase kicks off without Liverpool's Mohamed Salah
PAGE 4


STUDENT EDITION

TUESDAY, AUGUST 31, 2021


**WHO'S THE MOST-FOLLOWED
INSTAGRAM USER
IN THE WORLD?**

Clue 1: He's the third-highest earning athlete in the world, according to Forbes, with \$120 million in earnings

Clue 2: Named after a former American president, his surname is Aveiro

Clue 3: He's the all-time leading goalscorer in the UEFA Champions League

Answer: CRISTIANO RONALDO. Manchester United has confirmed that it has reached an agreement to re-sign the Portuguese star – 12 years after he left Old Trafford. He will join on a likely two-year deal, for an initial fee in the region of 15 million and 8 million in additional add-ons. The 36-year-old will again play at Old Trafford 12 years after leaving United to join Real Madrid in 2009, where he remained until joining Juventus in 2018.

IT'S RAINING MEDALS FOR INDIA

GOLD 2 SILVER 4 BRONZE 1 TOKYO PARALYMPICS

AVANI LEKHARA FIRST INDIAN WOMAN TO WIN GOLD AT PARALYMPICS

Shooter Avani Lekhara scripted history on Monday, as she became the first Indian woman to win a gold medal at the Paralympics, firing her way to the top of the podium in the R-2 women's 10m Air Rifle Standing SH1 event. The 19-year-old from Jaipur, who sustained spinal cord injuries in a car accident in 2012, finished with a world record equalling total of 249.6, which is also a new Paralympic record. This is Lekhara's first major international medal. Appearing in her maiden Paralympics, Lekhara, ranked fifth in the world, consistently shot 10s in both the competition stages.


**GOLDEN
MOMENTS**

SUMIT ANTIL CREATES WORLD RECORD IN JAVELIN THROW F64 EVENT

Javelin thrower Sumit Antil clinched India's second gold at the ongoing Paralympics, shattering the men's F64 category world record multiple times in a stunning Games debut performance. The 23-year-old from Sonapat in Haryana, who lost his left leg below the knee after he was involved in a motorbike accident in 2015, sent the spear to 68.55m in his fifth attempt, which was the best of the day, by quite a distance and a new world record. In fact, he bettered the previous world record of 62.88m, also set by him, five times on the day.



OTHER WINNERS

F46 javelin: Devendra, Sundar win silver and bronze respectively

Javelin throwers Devendra Jhajharia and Sundar Singh Gurjar won silver and bronze, respectively in the men's Standing Javelin (F46). Devendra Jhajharia grabbed silver with a personal best throw of 64.35. This was also his third medal at Paralympic Games. Meanwhile, Sundar captured bronze with a season-best throw of 62.58



Yogesh Kathuniya wins silver in discus throw F56

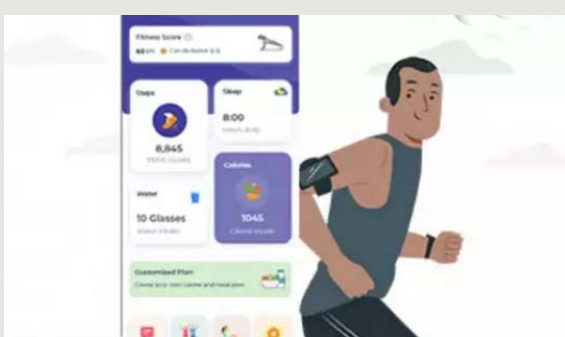
Yogesh Kathuniya won a silver medal in the men's discus throw F56, finishing second with a distance of 44.38 in the final. Kathuniya, the 24-year-old from Delhi who suffered a paralytic attack at the age of eight, which resulted in impaired coordination in his limbs, was in gold medal position till Batista achieved 44.57 in his first throw as the seventh athlete in order of throws

IN OTHER NEWS



TALIBAN BANS CO-EDUCATION AND FEMALE VOICES ON TV, RADIO

Shaikh Abdulbaki Haqqani, the newly-appointed acting minister of higher education in Afghanistan, has announced that co-education will be halted in the country. The Taliban leader said that education in Afghanistan will be imparted in accordance to the Sharia Law. Abdulbaki Haqqani also announced that male teachers will not be allowed to teach girls. The Taliban have also ordered news outlets and radio channels to not broadcast music or any other programmes with female voices. After the Taliban's take over of Kabul on August 15, some media outlets had removed their female anchors. Meanwhile, the Taliban has assured the US, other countries that it will allow Afghan allies to leave Afghanistan after August 31.



FIT INDIA MOBILE APP LAUNCHED

To celebrate the second anniversary of Fit India Movement and as part of Azadi Ka Amrit Mahotsav, Union minister of youth affairs and sports, Anurag Singh Thakur on Sunday launched the Fit India Mobile Application at the Major Dhyan Chand National Stadium in New Delhi. The Fit India App is free and available in English and Hindi on both the Android and the iOS platforms, and has been developed keeping in mind that it works even on basic smartphones. It has some unique features like 'fitness score', animated videos, activity trackers and 'my plan' catering to individual specific needs."

iPhone 13 may allow you to call without cell phone network

Tech giant Apple is expected to unveil the upcoming iPhone 13 series on September 14, media reports say. According to Apple analyst Ming-Chi Kuo and reported by MacRumors, the iPhone 13 may come with a feature, which will allow users to place satellite calls using the smartphone. If reports are believed, users will be able to make calls and send messages in areas lacking connectivity. iPhone 13 will pack a customised Qualcomm X60 baseband chip, which will allow it to connect directly to low earth orbit (or LEO) satellites. Reports say, Apple is likely to unveil all four models of its upcoming 'iPhone 13' lineup with larger batteries, an updated chipset and expanded mmWave 5G support.



■ According to experts, satellite phones allow users to place calls by radio through orbiting satellites instead of terrestrial cell sites

■ One of the main advantages of using a satellite phone is its ability to place calls in most geographic locations on the Earth's surface, as the device is not limited to areas covered by cell towers

JALLIANWALA BAGH MEMORIAL GETS A FACE-LIFT

Prime Minister Narendra Modi dedicated the renovated complex of Jallianwala Bagh Smarak to the nation through video conferencing recently

■ The memorial has been built over 1.5 acres at a cost of ₹3.5 crore at Amrit Anand Park, Ranjit Avenue ■ The newly-inaugurated memorial consists of five white stone pillars rising upwards ■ The pillars symbolise the spirit of the martyrs rising towards the sky ■ The different heights of the five pillars correspond to various age groups of martyrs – children,

teenagers, youth, middle-aged and the elderly ■ They also signify the five fingers of the hand and the cohesive power of the martyrs who sacrificed their lives for the nation ■ Four Museum galleries have been created through adaptive reuse of redundant and under-utilised buildings ■ The galleries showcase the his-

torical value of events that unfolded in Punjab during that period, with the fusion of audio-visual technology, including projection mapping and 3D representation, as well as art and sculptural installations ■ A 'Sound and Light' show has also been set up to display the events that happened on April 13, 1919

Special postal cover released on Sindhu

A special postal cover on star shuttler PV Sindhu was released on the occasion of National Sports Day on Sunday. The Department of Posts has come out with the special cover to motivate the young generation and also to commemorate the success of Indian sportspersons at the Tokyo Olympics 2020. The special postal covers will be available for sale at Khairatabad Head Post Office and also online at https://www.epostoffice.gov.in/buy_Gueststamps.aspx. The cost of the special cover with cancellation is ₹50 and without cancellation is ₹45.



■ Sindhu, who bagged a bronze medal at Tokyo Olympics, is the first individual woman athlete from India to win two consecutive medals at the Olympics

THE TIMES OF INDIA

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ONLINE TOI STUDENT EDITION

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ACTIVITIES, CRAFT & DIYS

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

Practice to raise your GAME IN ENGLISH



CLASS: X CBSE

SUBJECT:
ENGLISH
(LANGUAGE AND
LITERATURE) 2021-22 TERM 1

PAPER SET BY UMA MELKOTE, ENGLISH TEACHER, SISTER NIVEDITA SCHOOL, HYDERABAD

No one is born hating another person because of the colour or his skin or his background or his religion. People must learn to hate and if they can learn to hate, they can be taught to love. For love comes more naturally to the human heart than its opposite. Even in the grimmest times in prison when my comrades and I were pushed to our limits, I would see a glimmer of humanity in one of the guards. Perhaps just for a second but it was enough to reassure me and keep me going.

Q1. What is the opinion of Mandela about hate?

- (a) Everyone has to hate others.
(b) Hate can be replaced with love.
(c) Hate is an unpleasant feeling.
(d) It is easy to learn to hate others.

Q2. Pick out the correct usage of glimmer as used in the extract

- (a) A glimmer of amusement is seen in her eyes.
(b) He is celebrating his first glimmer of success.
(c) The moon glimmers faintly through the mist.
(d) You can just see glimmers of the man that he was the Sun.

Q3. Discuss the option that justifies Mandela's reassurance in the prison.

- (a) Mandela knew that they can be taught to love one day.
(b) Mandela thought that one day they would be released from their bondage.
(c) Mandela saw the glimmer of humanity in one of the guards perhaps just for a second, but it was enough to reassure me and keep me going.
(d) Mandela knew that one day the discrimination will come to an end.

Q4. Which statement is true according to Mandela?

- (a) No one can be taught to love others
(b) People are hated for their colour, background and religion
(c) There was no humanity in the soldiers they were all cruel.
(d) One man though showed a glimmer of humanity yet he was cruel.

Q5. Select the option displaying the set with the correct usage of prefix re-correctly as used in recollect

- (a) reach, retake, reaquire, retrieve
(b) retake, reaquire, retrieve, reader
(c) rewrite, replay, remove, rebuild
(d) retake, reaquire, retrieve, recapture

He should be snarling around houses.

At the Jungles edge
Baring his white fangs, is claws
Terrorising the village!



Q1. How does the tiger make his presence felt in the village?

- (a) The Tiger steals meat from the village butcher, leaves the carcasses out on the village road.
(b) The tiger roams around the village and pounces at people who tried to encroach upon his territory.
(c) The tiger snarls around the houses at the edge of the forest, and terrorises the people by showing them his white fangs and claws.
(d) The tiger makes sure to hunt for prey when it is visible to the villagers so that they witness this and fear him.

Q2. Where should the tiger have been according to the poet?

- (a) According to the poet the tiger should have been in the jungle which is his natural habitat.
(b) According to the poet the tiger should have been part of the circus act.
(c) According to the poet the tiger should have been wandering the Great Plains of Africa.
(d) According to the poet the tiger should be exactly where he is. That is in the zoo.

Q3. Describe some of the activities of the tiger in the jungle as stated by the poet.

- (a) Some of the Tiger's activities. Include scaring the visitors and running around his cage.
(b) Pouncing on the deer lurking in shadow and terrorising the villagers.
(c) Looking at the sky with his brilliant eyes at the brilliant stars in the sky.
(d) Stalking the length of the cage, ignoring visitors.

Q4. Pick out the correct usage of brilliant as used in the extract.

- (a) Her mother was a brilliant scientist.
(b) The plant has a brilliant purple flower.
(c) The report is a brilliant condensation of several years' work
(d) This song has a brilliant piano intro.

Q5. The poetic device used in the stanza

- (a) Personification
(b) Simile
(c) Metaphor
(d) Enjambment

MULTIPLE CHOICE QUESTIONS

Q1. What can depict Amanda's nature?

- (a) Amanda is a pleasant girl who is very amicable.
(b) Amanda is a very stubborn child who always wants things to go her way.
(c) Amanda is a very naughty child.
(d) Amanda is a very moody girl. She often escapes from reality, which makes her dull.

Q2. When was Doctor Harriet confident that Tricky would be in hospital soon.

- (a) Doctor Harriet was confident that Tricky would be in hospital soon because he had become very thin and was unable to move.
(b) Doctor Harriet was confident that Tricky would be in hospital soon because he was shivering profusely and was unable to move.
(c) Doctor Harriet was confident that Tricky would be in hospital soon because he had become very fat like a bloated sausage and was unable to move.
(d) Doctor Harriet was confident that Tricky would be in hospital soon because



he seems bad swollen up in size and was unable to move.

Q3. Why did Hari Singh think that Anil's job was queer?

- (a) Hari Singh thought that Anil's job was queer because he would work all night and sleep all day.
(b) Hari Singh thought that Anil's job was queer because he did not get paid for it.
(c) Hari Singh thought that Anil's job was queer because he wrote for magazines and didn't earn much. It was just difficult for Hari Singh to understand this provision.
(d) None of these.

Q4. What is the deep meaning hidden in the Poem The Ball.

- (a) The deep meaning of the poem is that our childhood quickly flies as here. A ball is lost and we grow up unexpectedly and face several hardships like the loss of the ball.
(b) The deep meaning of the poem is that if things are not taken care of. They will be lost.
(c) The deep meaning of the poem is that loss cannot be avoided.
(d) The deep meaning of the poem is that responsibility. It's not very

important in life.

Q5. Why did Mrs. Hall find the scientist eccentric?

- (a) Mrs Hall found the scientist eccentric as he had arrived in winter which was an unusual time for a visitor and he didn't wish to speak to anyone.
(b) Mrs Hall found the scientist eccentric as he had arrived in the monsoon season, which was an unusual time for a visitor and he didn't wish to speak to anyone.
(c) Mrs Hall found the scientist eccentric as he was extremely talkative and spoke complete gibberish.
(d) Mrs Hall found the scientist eccentric as loud noises and sounds of him laughing could be heard from his phone late at night.

Q6. What is underlying message for us in our hectic life with reference to the poem Dust of Snow.

- (a) The underlying message of the poem is that nature can be cruel at times and thus we must be careful of it.
(b) The underlying message of the poem is that we must live life to its fullest and not waste any moment.
(c) The underlying message is that we should take a break from our daily

everyday life to take a walkthrough nature.

(d) The underlying message is that we should enjoy nature to its fullest and have positive outlook towards every act, no matter how simple it is.

Q7. How were fire and ice similar even though they are contradictory traits.

- (a) Fire and ice are similar in sense that both can destroy the world.
(b) Fire and ice are similar in sense that both can cause sensations of heat and cold.
(c) Fire and ice are similar in the sense that both unite people.
(d) Fire and ice are similar in the sense that both can be destroyed by water.

Q8. Why was Annie Frank disturbed even when she had loving parents, relatives and friends.

- (a) Anne Frank was disturbed even when she had loving parents, friends and relatives because she couldn't play with her friends.
(b) Anne Frank was disturbed even when she had loving parents, relatives and friends because she had to study.
(c) Anne Frank was disturbed even when she had loving parents, relatives and friends because she didn't have a true friend whom she could confide in.
(d) Anne Frank was disturbed even when she had loving parents, relatives and friends because she wanted paper to listen to her patiently.

Q9. How did Peggy and Madeline notice Wanda's absence?

- (a) Peggy and Madeline noticed Wanda's absence when the seat next to theirs was vacant for three days in a row.
(b) Peggy and Madeline noticed Wanda's absence when they were late for school, having waited for Wanda to have some fun with her.
(c) Peggy and Madeline noticed Wanda's absence when Wanda wasn't in her seat on Monday.
(d) Peggy and Madeline noticed Wanda's absence when the boys in the back row told them.

Q10. Why did Mr. Petronskie say that no one in the city would ask about their funny name?

- (a) Mr Piotronski said that no one in the city would ask about their funny name because they were new to the city.
(b) Mr Piotrowski said that no one in the city would ask about their funny name because there were plenty of funny names in the big city.
(c) Mr Piotrowski said that no one in the city would ask about their funny name because they were strangers.
(d) Mr Petrosky said that no one in the city would ask about their funny name Because Wanda wouldn't go to school.

ANSWERS

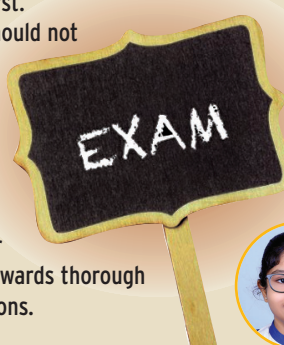
- I. 1b 2a 3c 4d 5d II. 1c 2a 3b 4b 5a
III. MCOS: 1d 2c 3c 4a 5a 6d 7a 8c 9b 10b

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

Strategies to TACKLE BOARD EXAMS

Examinations will be held towards the year-end as we have to gear up for two phases of examinations. It's time we started preparing for the first.

We should not allow the pandemic to trigger negative feelings, but channelise our energy towards thorough preparations.



HERE ARE SOME STEPS THAT I INTEND TO TAKE:

- Understand the syllabus and exam pattern very well.
- Prepare a study schedule and stick to it.
- Keep away from social media.
- Solve as many previous year question papers as possible

- Relaxation is a must to recharge the brain. Set time aside for things that uplift you.
- Do some yoga for mind and body.
- Do not skip food, stick to a healthy diet, drink plenty of water.
- Learn important formulae and theorems by heart. Put sticky notes around, in front of the table and bathrooms.

- Create a self-assessment system.
- Do not keep anything pending.
- Prepare small notes/diagrams of previous lessons for quick reference/remembrance.
- Consult teachers whenever help and guidance are required.
- I find Geography tough and I plan to give extra attention to the subject

- Solve as many questions as possible from previous year papers.
- Allot more time for tough subjects.
- Seek help from my teacher whenever possible.
- Pay more attention to maps, charts



Riya S Ajay, class X, Carmel School, Peyad, Thiruvananthapuram

Revision, the key to UNLOCK SUCCESS



Steering through exams can be challenging. Your specific exam-related issues may be the same as those of your peers or they may be different. Whatever it is that makes the exam experience difficult for you, we would like to support you to address the challenges. These steps will help you make the most out of revision preparation...



START REVISION EARLY: Study hard and know your subject well.

ORGANIZE YOUR STUDY TIME:

Plan on how much time you may need for each subject.

LOOK AFTER YOURSELF:

Not only in terms of general health but specifically in terms of anxiety level as well.

VARY YOUR REVISION TECHNIQUES:

Alternatives to reading your notes include: Solving practice papers in three hours time and reviewing difficult questions, drawing mind maps or sum-

mary diagrams to test what you can remember, and then checking them against your notes. If there are any gaps, go back to review those areas, organize a discussion group with some friends, vary your location as it's helpful to improve memory retention.

"IDENTIFY YOUR ROLES, SET GOALS, BUILD A STUDY SCHEDULE, AND LEARN TIME MANAGEMENT STRATEGIES TO BALANCE IT ALL."

All the best!

Pushplata Awasthi, Teacher, Delhi Public School, Secunderabad



FESTIVE CHEER ON JANMASHTAMI



Happy Janmashtami!

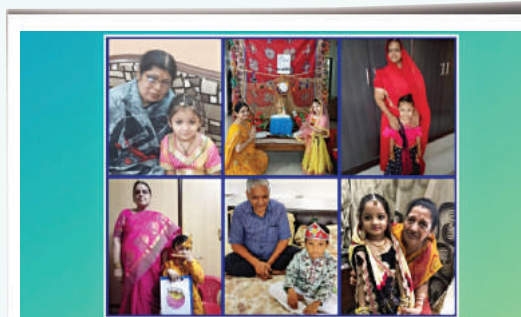
Krishna Janmashtami celebrations by the pre-primary wing of Gitanjali Devshala showcased the beautiful bond between Sri Krishna and his best friend Sudama. Teachers presented a skit as the children rejoiced and watched their performance with wonder.

The little Krishnas and Gopikas joined along, singing and dancing to the tunes of 'Chhoti Chhoti Gayya.' They made colourful flutes, peacock feathers using paper and also crafted little crowns signifying all the favourite accessories of Lord Krishna.

This was also the first time that the children were joined by their classmates from the other sections on the online forum, making the celebrations even more special.



DIVINITY:
ATLA GEETHIKA VARMA,
class X E,
Bhavan's Sri Ramakrishna
Vidyalaya,
Sainikpuri,
Secunderabad



Cross Generation Learning



Gitanjali Devashray
Hyderabad

Gitanjali Devashray organised a 'Cross Generation Mentoring' programme on the occasion of Janamashtami. The students from PP 1 along with their grandparents enthusiastically participated in the event.

Grandparents are a family's greatest treasure and the founders of a loving legacy. They are the greatest storytellers and keepers of traditions. They explained the importance of our culture, beliefs, prayer, meditation, in our daily life through their beautiful stories, songs and shlokas.

At the same time the little mentors brought their grandparents closer to the world of technology by involving them in their online sessions and teaching them how to operate various gadgets.

Delhi World School Chintal



Students of Delhi World School celebrated Janmashtami with great festive fervour. Dressed in beautiful attires, students depicted the birth of Lord Krishna with a message of victory of good over evil. They spread the message among the audience that 'Every moment of life is worth a celebration. The more you praise and celebrate life, the more there is in life to celebrate.'

Some of the little ones were dressed as Radha and Krishna. The presentation depicted the varied images of life from birth to manhood, transporting one to the world of splendour, colour, myth and legend. The beautiful presentations were accompanied by joyous melodies.

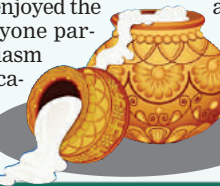


Gitanjali International School
Kompally

Janmashtami marks a day of love and fortune, the day of birth of Lord Krishna, a friend, and divine Guru.

Krishna Janmashtami was celebrated with great pomp and festivity by the students of the pre-primary and primary sections of Gitanjali International School.

Dressed as Radha and Krishna, the children added a traditional touch to the event as they presented various performances. The principal and primary coordinator along with teachers encouraged the students and enjoyed the function thoroughly. Everyone participated with great enthusiasm and radiance. This holy occasion brought them all together, signifying unity and faith.



INFORMATIVE SESSION ON ORGAN DONATION



Raveena R Banerjee, NIE In-Charge,
Army Public School
Bolarum

Thematic assemblies introduce children to important days celebrated across the world and expose them to burning issues to introspect and contemplate upon. Organ Donation was one of the themes of the assembly at APS Bolarum, as August 13 is observed as the World Organ Donation Day.

The students had the opportunity to interact with Sunetra Chatterjee from Organ India who is also an organ recipient. She spoke about her long and unexpected journey of receiving a kidney transplant and how it rehabilitated her life.

Students asked many questions on the

cause, procedure, myths and various other facts related to organ donation. They got a firsthand information about the subject through Sunetra Chatterjee and thanked her for answering their queries. They also thanked Principal Smitha Govind for the special assembly, which gave them an insight into the significance of organ donation.

THE POWER TO CHANGE

Women can bring about major changes in society. History tells us that they played a crucial role in the freedom movements across the world, for instance in the Russian Revolution, the French Revolution as well as our own fight for independence from the British.

Women have the capacity to bring in changes even today. If girls are encouraged and given the right support, we can surely see a Malala Yousafzai, a Kiran Bedi, a P V Sindhu or a Kamala Harris, etc., in every village in our country. Today if the women in Afghanistan raise their voice and fight back the Taliban, the Taliban will not only grant

Bhavya Lakkimshetty, Class IX,
Sister Nivedita School
Hyderabad



them their rights but also flee from Afghanistan. It would inspire people of Afghanistan to revolt against the Taliban, the weapons in their hand would look like toys to the people there, the fear of the Taliban would be erased from the hearts of all the Afghans. Women are brave, courageous and outstanding.

Ardha Chakrasana



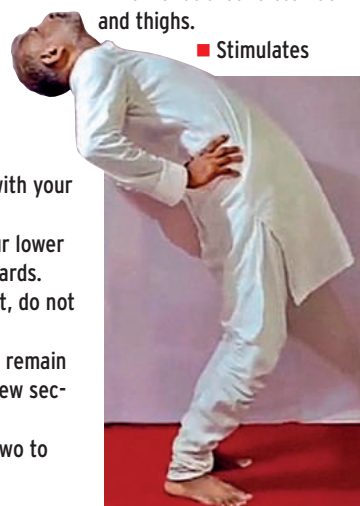
Or half wheel pose is an easy standing, back-stretching asana which strengthens the body, boosts concentration and improves posture. 'Ardha' in Sanskrit means half and 'chakra' means wheel.

STEPS:

- Stand on the mat with your feet slightly apart.
- Place hands on your lower back and bend backwards.
- Keep knees straight, do not bend.
- Breathe slowly and remain in this posture for a few seconds.
- Repeat the asana two to three times.

BENEFITS:

- Relieves shoulder and neck pain.
- Helps improve lung capacity and heart health.
- Burns fat around stomach and thighs.
- Stimulates



abdominal organs.

- It is good for controlling high blood pressure.

PRECAUTIONS:

- Those suffering from vertigo or spinal injuries must avoid this pose.
- People suffering from abdominal, back or neck injuries should never try this asana.

FACT:

- This intermediate asana helps prepare the body and mind for higher back bending and heart-opening postures.

A R RAVIVIJAY,
Yogashikshak, Rajagiri
Public School, Kalamassery,
Ernakulam

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

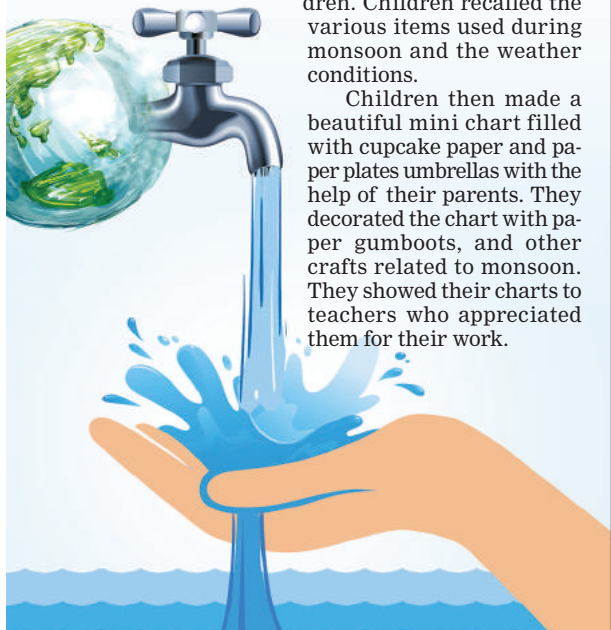
Of monsoon and water conservation

Johnson Grammar School Habsiguda

To make children aware of the significance of the monsoon season, UKG, Johnson Grammar School, Habsiguda, conducted a Monsoon Fest. Children came well prepared for the event with all the required materials. Teachers showed a PPT and a video related to monsoon. They informed children about how the season plays an important role in the survival of every living being on earth.

The water cycle was also discussed with the children. Children recalled the various items used during monsoon and the weather conditions.

Children then made a beautiful mini chart filled with cupcake paper and paper plates umbrellas with the help of their parents. They decorated the chart with paper gumboots, and other crafts related to monsoon. They showed their charts to teachers who appreciated them for their work.



Vidya Muralidharan,
Principal,
Army Public
School
Golconda



Arry Public School, Golconda observed Water Conservation Week on the theme "No Water, No Life" on the virtual platform.

It was an effort to spread awareness about conserving groundwater and proper utilisation of rainwater. Around 475 students and teachers logged in to witness the event. The convention started with the students taking a pledge to conserve water. The students were reminded that every drop of water was precious and that water cycle and life cycle are interlinked.

A dance on "Paani Anthem" inspired the audience

to save, conserve and protect the water bodies.

The students of class X made a short movie on the grim future of the planet without water. Students, however, are harbingers of change. They showcased the steps taken by Army Public School, Golconda to conserve and preserve water. The use of rainwater harvesting pit with a capacity of 10,000 liters, usage of sprinklers to water the garden, and tree plantation campaign "One Child One Tree" are some of the measures taken under the guidance of Principal Vidya Muralidharan. These steps have re-

sulted in a cleaner and greener campus replete with abundant flora and fauna.

The highlight of the event was the presence of special guest Madhulika S Chaudhary, known as the "Lady of the Lake" and founder of the NGO Dhruvansh. She shared the efforts made to restore the Nekkampur lake from a deplorable state of decay to a bio-diversity rich tourist park. Madhulika urged the students to be the "change" and play an active role in saving the environment. The students left the meet educated and inspired about the role they need to play to save the water bodies.

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Participation certificate for all students.

For age group 4 - 13

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ON TOP OF THE WORLD, IT'S INDESCRIBABLE: AVANI LEKHARA

Paralympic shooter hopes there will be more medals along the way

A car accident in 2012 left Avani Lekhara wheelchair-bound but on Monday the shooter felt "on top of the world" after becoming the first Indian woman to snare a Paralympic gold medal, firing her way to the top of the podium in the R-2 women's 10m Air Rifle Standing SH1 event.

Focussing on only one shot at a time and shutting out everything else did the trick for Lekhara. She fired her way to the top of the podium in the R-2 women's 10m air rifle standing SH1 event. "I can't describe this feeling, I'm feeling like I'm on top of the world. It's unexplainable," she said after the triumph.

New Paralympic record

Lekhara, finished with a world record equalling total of 249.6, which is also a new Paralympic record. On staying calm through the final, Lekhara said, "I was just saying one thing, that I have to take one shot at a time. There's nothing else that matters now, just take one shot at a time and just finish it. "I just think that I have to follow the process. Beyond that, I try not to think about the score or the medal tally."

Lekhara edged out 2016 Rio Games gold-medalist Cuiping Zhang of China who clinched the silver medal with a total of 248.9 at the Asaka Shooting Range. World number one and reigning world champion Iryna Shchetnik of Ukraine took home the bronze with an effort of 227.5.

From hobby to podium

The 19-year-old from Jaipur, who started shooting on the insistence of her father in 2015 at a city shooting range, was delighted to have become the first Indian woman to win a Paralympics gold. "I'm so happy I could be the one to contribute it. Hopefully there's a lot of medals more to come." She has not looked back since firing her first shot some six years ago, enjoying every bit of the precision sport while working her way to glory at the showpiece. "It seems very homely when I lift a rifle. I feel a connection towards it. When you have to focus and the consistency, that's what I like about shooting," she said. When asked how she began shooting, Lekhara said, "Summer vacations 2015, my father took me to the shooting range. I shot some shots and they were pretty okay. So I just started as a hobby, and here I am." She found that she enjoyed shooting more, and was also inspired by 2008 Beijing Olympics gold-medallist Abhinav Bindra after reading his book.

More contests ahead

She will also be competing in the mixed 10m Air Rifle Prone SH1, the women's 50m Rifle 3 Positions SH1 and the mixed 50m Rifle Prone event. In the SH1 Rifle category, shooters are able to hold a gun with arms. The athletes have an impairment in their legs, for example amputations or paraplegia.

She is only the fourth Indian athlete to win a Paralympics gold after swimmer Murlikant Petkar (1972), javelin thrower Devendra Jhajharia (2004 and 2016) and high jumper Mariyappan Thangavelu (2016).

Lekhara had finished fourth in the last world championship in 2019 but won a silver in the para-shooting World Cup in Al Ain in March. Appearing in her maiden Paralympics, Lekhara, ranked fifth in the world, consistently shot 10s in both the competition stages. She was set to obliterate the world record but two 9.9s towards the end cost her the mark. In the qualification round, Lekhara had finished seventh with a total 621.7.

An Assistant Conservator of Forests in Rajasthan, Lekhara made her debut for India in 2017 World Cup in Al Ain, UAE. Since 2017, the Indian government has supported Lekhara by including her in the Target Olympic Podium Scheme (TOPS) besides funding her training through the Annual Calendar for Training and Competition (ACTC). With the help of this support, she has competed in 12 international competitions, attended national coaching camps with sports science support along with sports kit. She also received financial assistance to install a computerised digital target at home, air rifle, ammunition and accessories.

Avani Lekhara waves after winning gold medal

Photo: PTI

Photo: GETTY IMAGES

Avani Lekhara of Team India poses with her gold medal after winning the R2 - Women's 10m AR Standing SH1 Qualification

JHAJHARIA'S SILVER, GURJAR'S BRONZE TAKE MEDALS TALLY UP

Two-time gold-winning javelin throw veteran Devendra Jhajharia and Sundar Singh Gurjar won silver and bronze respectively in the men's Standing Javelin (F46) as India surpassed its best ever medal tally at the Games on Monday. The F46 classification is for athletes with arm deficiency, impaired muscle power or impaired passive range of movement in arms, with athletes competing in a standing position.

New personal best

The 40-year-old Jhajharia, already India's greatest Paralympian after winning gold medals in the 2004 and 2016 Games, did 60.62 in his second attempt before he went past his previous world record once again in the third attempt with a throw of 64.35. It is a new personal best throw, which fetched him the

YOGESH TRAINING WITHOUT COACH

It's a silver worth its weight in gold for Indian discus thrower Yogesh Kathuniya, who trained for the Paralympics without a coach and is quite proud to have finished on the podium without any tangible guidance for over one year now.

The 24-year-old sent the disc to a best distance of 44.38m in his sixth and last attempt to clinch the silver. "That was amazing. Winning the silver has given me so much more motivation to get the gold medal at Paris 2024," he said.

Kathuniya said preparing for the Games was hard for him facilities were closed for almost two years. "In the last 18 months the preparations have been very tough.," he said.

"When I could return to the stadium on a daily basis I had to practice by myself. I couldn't have a coach then and I am still training without a coach. It was a great moment that I could win the silver medal without a coach," he added.

Son of an Army man, Kathuniya suffered a paralytic attack at the age of eight which left him with coordination impairments in his limbs.

Photo: REUTERS

silver. Jhajharia, who lost his left hand after accidentally touching an electric wire while climbing a tree at the age of eight, bettered his own earlier world record.

But gold winner Sri Lankan Dinesh Priyan Herath Mudiyanse-lage (67.79m), was too good for the entire field. He broke the world record, improving the previous record by almost four meters.

Gurjar adds to the tally

The 25-year-old Gurjar, who lost his left hand in 2015 after a metal sheet fell on him at his friend's house, was third with a best effort of 64.01m. The Jaipur-based Gurjar had won gold in the 2017 and 2019 World Para Athletics Championships. He had also won a silver in the 2018 Jakarta Para Asian Games.

India had won four medals in the 2016 editions while the medal count stands at eight in the ongoing event.



Devendra Jhajharia



Sundar Singh Gurjar

WORLD CUP GROUP PHASE IN AFRICA FINALLY KICKS OFF WITHOUT SALAH

Liverpool star Mohamed Salah will be a notable absentee due to coronavirus travel restrictions when the group phase of qualifying in Africa for the 2022 World Cup kicks off Wednesday.

Salah plays for Egypt, who are on the United Kingdom travel 'red list', and he would have to quarantine for 10 days when he returns from his homeland, sidelining him for four fixtures. Both world body FIFA and African confederation CAF have pleaded, without success, for British Prime Minister Boris Johnson to exempt African footballers on World Cup duty.

Stars in other European countries could also be affected as the pandemic continues to wreak havoc with a delayed



Mohamed Salah

African group schedule.

Egypt lifted the Africa Cup of Nations trophy a record seven times, but have a poor World Cup record, reaching the finals only twice since official qualifying began in Africa.

Meanwhile, Salah equalised from the penalty spot in a 1-1 draw against Chelsea at the weekend to reach 99 English Premier League goals.

AFP

QUIZ TIME!

Q1: The term "Tee" is used commonly in which of the following sports?

- Tennis
- Polo
- Golf
- Racing

Q2: Against which country did India play its first one-day international match?

- England
- Australia
- Sri Lanka
- New Zealand

Q3: Who won the men's pole vault gold medal in World Indoor Games held at Birmingham 2018?

- Renaud Lavillenie
- Sam Kendricks
- Piotr Lisek
- Malte Mohr

Q4: Which was the first multilateral competition in cricket on an international scale?

- The Ashes
- The World Cup
- World Series Cricket
- Triangular Tournament

Q5: Who did Ash Barty beat in the Wimbledon women's

singles final?

- Karolina Pliskova
- Simona Halep
- Belinda Bencic
- Sofia Kenin



Photo: AFP

Q6: If Djokovic wins US Open slam, 2021, it will be a calendar slam. Who was the last tennis player to win all four slams in one year?

- Roger Federer
- Serena Williams
- Andre Agassi
- Steffi Graf

Q7: After whose name is the domestic cricket championship Ranji Trophy named?

- Maharaja Ranjit Singh
- Maharaja Bhupinder Singh
- Maharaja Jam Saheb
- None of the above

Q8: Which of the following sport's variants is "Street Hockey"?

- Sledge Hockey
- Power Hockey
- Field Hockey
- Ice Hockey

Q9: What is the meaning of the phrase umpire calling stumps?

- The batsman is out
- It is a no-ball
- The play is over for the day
- The whole match is over

ANSWERS: 1. c. Golf 2. d. New Zealand
3. a. Renaud Lavillenie 4. d. Triangular Tournament
5. a. Karolina Pliskova 6. d. Steffi Graf
7. c. Maharaja Jam Saheb 8. d. Ice Hockey
9. c. The play is over for the day