



# THE TIMES OF INDIA

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TODAY'S EDITION

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**STUDENT EDITION**  
MONDAY, AUGUST 2, 2021



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## Sindhu wins bronze, becomes first Indian woman to win two medals at Games

### Spotlight

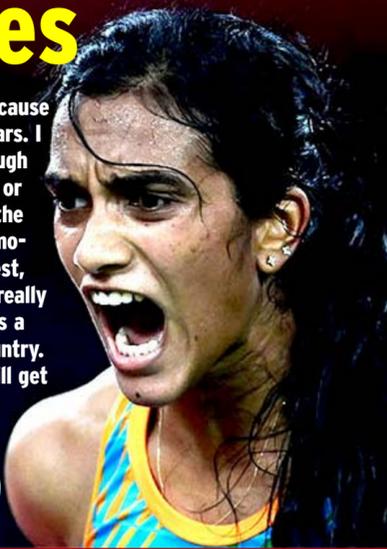
**S**huttle player PV Sindhu on Sunday became the first Indian woman to win two Olympic medals. She defeated China's He Bing Jiao in the bronze medal match of the ongoing Tokyo Olympics at the Musashino Forest Plaza Court 1. It is Sindhu's second medal at the Olympics after she won a silver medal at the 2016 Rio Olympics. With Sindhu's bronze, India have now equalled their tally of 2016 Rio Olympic Games.

The 26-year-old is now just the second Indian athlete to win two individual Olympic medals. Wrestler Sushil Kumar also has two medals, as he returned with a bronze medal at the Beijing Olympics 2008 and a silver at the London Olympics 2012



It makes me feel really happy because I've worked hard for so many years. I had a lot of emotions going through me – should I be happy that I won bronze or sad that I lost the opportunity to play in the final? But overall, I had to close off my emotions for this one match and give it my best, my all and think about the emotions. I'm really happy and I think I've done really well. It's a proud moment getting a medal for my country. I'm sure a lot of youngsters and others will get motivated to work hard and come up. I'm sure we can do this. If I can do it, everybody can do it

PV Sindhu, after winning the match

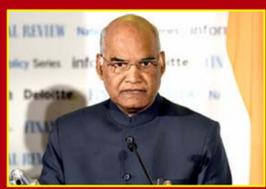


### FROM UP VILLAGE, SHE STANDS TALL: SCORES PERFECT 100% IN CLASS XII



Ansuviya, from Uttar Pradesh's Badera village, overcame many hurdles to score 100% in the Central Board of Secondary Education class XII exams, the results of which were declared on Friday. The 18-year-old humanities student scored 99 marks in political science and a perfect 100 in English, history, geography, painting and Hindi (additional elective subject), her result showed.

## INDIA REJOICE



We are all elated by the stellar performance by @Pvsindhu1. Congratulations to her on winning the Bronze at @Tokyo2020. She is India's pride and one of our most outstanding Olympians  
Narendra Modi, PM

P V Sindhu becomes the first Indian woman to win medals in two Olympic games. She has set a new yardstick of consistency, dedication and excellence. My heartiest congratulations to her for bringing glory to India  
Ram Nath Kovind, President



Isaayi, Muslim, Sikh, Hindu, Sabko jodein #PVSindhu. First Indian woman to win two Olympic medals. Congratulations on the #Bronze  
Virinder Sehwag, cricketer

It is a rare accomplishment. The next generation of athletes are lucky to have a role model like Sindhu. Very few athletes from our nation have been fortunate enough to achieve what you have achieved. In fact, most sporting careers end without an Olympic medal, even after years and years spent obsessing over winning the shiny little round object. You are already a Double Olympic Medallist!



Abhinav Bindra, shooter



Congrats to our awesome Sindhu on her 2nd successive Olympics medal. While it is all due to the hard work by her and the team of coaches and support staff, I also want to express my gratitude to the support of sports ministry, Indian Government, SAI and BAI. Also want to thank the govt of Telangana. Great to see badminton win medals in three successive Games  
Pullela Gopichand, chief coach, badminton

I am extremely happy, two medals in two Olympics, it is not an easy task for any player. To maintain the fitness and come up to expectation of a nation, I am thankful to the govt. I told her to do hard work and keep on marching ahead. I told her to take it as a gift for me  
PV Ramana, Sindhu's father



### Slice of Lady Di's wedding cake up for sale



A slice from one of Prince Charles and Princess Diana's wedding cakes is up for auction, 40 years after the wedding. The iced slice came from one of the 23 official wedding cakes marking the July 29, 1981 marriage of the heir to the British throne and his 20-year-old bride. It features a marzipan base and a sugar onlay coat-of-arms, coloured in gold, red, blue, and silver on top.

The piece of cake was given to Moyra Smith, a member of the Queen Mother's household at the Clarence House. Smith kept it in a floral cake tin with a handmade label on the lid reading: Handle with Care - Prince Charles & Princess Diane's (sic) Wedding Cake, which she signed and dated 29/7/81  
Smith's family sold the cake to a collector in 2008, but it is up for auction again on Aug 11. It is expected to fetch between \$418 and \$697, with an order of service, ceremonial details and a royal wedding breakfast programme

### 'India has most billionaires after US, China; Mumbai 10th wealthiest globally'

India is the sixth-largest wealth market in the world after the US, China, Japan, Germany and the UK, according to a report by NWW's India Wealth Report 2021. The total wealth held by individuals in India amounts to a whopping \$8.3 trillion. India was one of the world's fastest-growing wealth markets over the past decade (between 2010 and 2020) with HNWI growth of 63%.

- India is home to more billionaires, each with net assets of more than \$1 billion, more than any country on the planet barring the US and China, the report added
- The report estimates that there are 3.3 lakh High-Net-Worth Individuals (HNWIs) residing in India each with net assets of US \$1 million or more
- Mumbai, Delhi and Bengaluru top the list of wealthiest cities in terms of private wealth

### Instagram makes accounts for users under 16 private by default

In a bid to give young users more safer, private experience on its platform, Instagram has made it hard for potentially-suspicious accounts to find young people and limiting the options advertisers have to reach young people with ads, along with defaulting people under 16 into private accounts. Instagram said, it is rolling out these changes in the US, Australia, France, the UK and Japan to start, and will look to expand to more countries soon.

- Starting this week, those under 16 years (or under 18 in certain countries) will be defaulted into a private account when they join Instagram
- For young people, who already have a public account on Instagram, the app will show them a notification highlighting the benefits of a private account, and explaining how to change their privacy settings
- The company said, it has developed new technology that finds accounts that have shown potentially-suspicious behaviour and stop those accounts from interacting with young people's accounts



## MEET THE YOUNGEST OLYMPIANS COMPETING AT THE TOKYO GAMES

### TOKYO TALES



Pic: Reuters

Japan's Momiji Nishiya became one of the youngest individual Olympic champions in history when she won gold for the inaugural women's skateboarding at the age of 13 years on July 26. Some of the youngest athletes in the history of modern Olympics games are competing in Tokyo Games. Check them out...

#### HEND ZAZA, 12, table tennis

Twelve-year-old Syrian table tennis prodigy Hend Zaza hails from a country ravaged by civil war. Zaza had defied all the odds to reach the Olympics.



Pic: Getty Images

KOKONA HIRAKI, 12, skateboarding  
Japanese skateboarder Kokona Hiraki is 12-years old, representing the country in the Tokyo Games.



Pic: AP

#### SKY BROWN, 13, skateboarding

Thirteen-year-old skateboarder from Great Britain, Sky Brown is the youngest British athlete to ever represent the country in a Summer Games.



Pic: Getty Images

#### SUMMER MCINTOSH, 14, swimming

Fourteen-year-old Canadian swimmer Summer McIntosh set a new national record when she finished a 400-metre freestyle heat in 4:02:72 at the Tokyo Olympics.



Pic: AFP

RAYSSA LEAL, 13, skateboarding  
Brazilian skateboarder Rayssa Leal won the silver medal in the women's skateboarding street event at the Summer Games.



Pic: Reuters

### INDIA AT TOKYO



India beat Great Britain 3-1 to enter men's hockey semi finals



Kamalpreet Kaur finishes second in discus qualification to make it to the finals

# Expert-approved ways to boost your KID'S IMMUNITY

Positive parenting



## EGGS

Eggs are a powerhouse of nutrients that keep the heart, muscle and skin healthy. Vitamin A and B2 (Riboflavin) in eggs are essential for the growth and development of kids. Calcium absorption and bone development are ensured by vitamin D present in it.

### BEST WAY AND TIME TO GIVE EGGS

The best time to consume eggs is at breakfast, lunch and supper. To make eggs interesting and fun, add bell peppers, mushrooms and other veggies; cook with butter and ghee. You can use different shape moulds to cook eggs to make them look more attractive to kids.

## DRY FRUITS, SEEDS & NUTS

Cashews, almonds, figs, raisins, walnuts and apricots are rich in essential fatty acids, which boost immunity and aid brain development.



### HOW TO FEED THEM TO YOUR KIDS

You can make nut powders and add them to soups and rice-based recipes.

Being a parent is not an easy job and it's a challenge to manage kids' nutrition on a daily basis. It's always good to give food to kids that keeps them healthy in their crucial growing up years. With a pandemic still on, it's especially important to encourage children to have food that ups their immunity levels. Here are some foods that you must give your kids and know how you can trick them into eating it

## CURD

Rich in probiotics and vitamin B12, curd helps stop the colonisation of the bad bacteria in the stomach and boosts immunity.



### HOW TO MAKE IT INTERESTING

Instead of serving plain curd, give your kids fruit yogurt, vegetables raita or boondi raita.

## TURMERIC

The curcumin in turmeric has anti-inflammatory properties. Studies have shown that daily consumption of turmeric is beneficial in treating asthma, allergies and various other conditions.



### ADD IT TO KID'S FOODS

You can add turmeric (preferably organic) to your child's milk, curries and subji, on a daily basis.

### HOW TO FEED IT TO YOUR KIDS

You can cut vegetables in different shapes to make it look cool. Make bite-size snacks and serve with hummus or home-made cheese dips. Kids copy what they see, so you eat it too.

## GREEN VEGGIES

Locally grown green leafy vegetables like curry leaves, drumsticks, coriander and spinach must be included in your kid's plate. These are rich in fibre, minerals, iron and zinc.



## EXPERT'S TIPS

- Do not give your kids foods with too much sugar as it can hamper immunity. Avoid sugar-based foods like sweets, sauces, fruit juices, packaged snacks and chocolates
- Maintain good sleep hygiene and inculcate sunlight exposure habits in children by making them play in outdoor areas in morning time for at least 30 minutes on 3-4 days

## GOOD FOOD

# Healthy beverages FOR MONSOON



Tea and coffee with some crunchy snacks taste great when it's raining cats and dogs. However, to keep your health in top gear, dietician Gauri Anand suggests five healthy drinks you can consume in the morning in rainy season:



## WARM WATER WITH LEMON

1 Drinking water with a couple of drops of lemon juice is one of the most natural, simple and affordable ways of improving health as well as starting the day in the morning.



## BERRY SMOOTHIE

3 A simple berry smoothie is a great way of boosting metabolism and getting your digestive system ready for the foods to be eaten for the rest of the day.

## NIMBU PANI WITH MINT

2 The high humidity in wet weather can be troublesome and people lose a high amount of water in the form of sweating. So, the potassium content in lemonade (with mint) will help you to maintain cholesterol levels.



## COCONUT WATER

4 This beverage is one of the most nutritious tropical fruits. Coconut water replenishes your body with its lost nutrients. Along with boosting immunity and getting rid of bad cholesterol, it also stimulates digestion.



## HONEY AND CINNAMON DRINK

5 A warm cup of honey and cinnamon drink is relaxing for mornings and it also kick starts your metabolism while calming down your nerves. Have it and stay healthy. TNN

Bingsu is a popular Korean dessert made with frozen berries, vanilla ice cream, ice and fruits like mango, kiwi and strawberries. Here's the recipe - try it out and enjoy the sweetness

## BINGE ON 'BINGSU'



Recipe

### INGREDIENTS

- 500 gm shredded ice cubes
- 1/2 cup mango
- 1/2 cup strawberry
- 2 scoops vanilla ice cream
- 1/2 cup kiwi
- 150 gm mixed berries
- 50 gm powdered sugar

**HOW TO MAKE**  
**Step 1: PREPARE THE BERRY SYRUP** Firstly, add the frozen berries to a pan. Then add 4 tbsp water and keep on medium heat. Once the mixture comes to a boil, add sugar and mix well. Mash the berries well to make a paste. Let it cook for a few more minutes until it forms a syrup.

**Step 2: ARRANGE THE**

**FRUITS IN A BOWL** Now place the shredded ice balls in two separate bowls. Place the diced fruits too - mango, kiwi and strawberries on the sides of the ice balls.

**Step 3: READY TO BE SERVED** Lastly, add one scoop of ice cream to each bowl and pour the berry sauce on top. Your Bingsu bowl is ready to be served. TNN

# UK government to reward those who lose weight!

When it comes to healthy living, regular workouts, eating green vegetables and fruits can make a lot of difference. For those living in the UK, adding these ingredients will now make them earn rewards from the government...

## Cash and coupons for eating fruits & veggies?

As per latest reports, the British government is planning to provide cash incentives, bonuses, and discount coupons to those who will adopt a healthy lifestyle. This is going to be a part of the weight loss services plan by the government to combat obesity. Prime Minister Boris Johnson has also been part of this movement and has pledged to lose weight. Under this initiative, the government will monitor fruits and vegetable intake of registered



people through an app. Also, the supermarket spending of the family will be monitored and those who will reduce their calorie intake by buying more fruits and vegetables will earn rewards.

## How it will work?

The Department of Health and Social Care will give £70m to NHS and local councils in England to pay up to 7,00,000 to overweight people to go on weight management courses. Interestingly, the health app will also track and award those who will take a short journey on foot to school or work. The initiative will start from January 2022 and besides financial rewards, there will be free tickets, cash-back, points on the health app, which can be exchanged for discounts and other incentives.

Studies say that two in three adults in UK are either overweight or obese. With reward programmes for eating healthy and losing extra kilos, the government is optimistic that it will help reduce the obesity rate within a few years!

## SHARE YOUR VIEWS WITH NIE

Students, do you think a similar health initiative can work in India too? Is there a way to replicate this programme in a huge country with varied culture and eating patterns like India? Share your thoughts with us at: [toiniel75@gmail.com](mailto:toiniel75@gmail.com)