

A woman who created history

Indira Gandhi, the only woman prime minister of India is remembered as the 'Iron Lady of India' and to this day inspires young women. She was bold, beautiful and strong. She took up leadership roles right from childhood. Indira Gandhi grew up in a family where all the women were actively involved in political activism.



At age 13 itself she had formed a group of children named the 'Vanar Sena', or the 'monkey brigade'. Her Vanar Sena became part of the resistance against the then British colonial rule.

Born on November 19, 1917 in Uttar Pradesh, Indira Priyadarshini had home tutors for her primary education in Allahabad. Later, she studied in various schools and colleges, including Vishva Bharati in Santiniketan and Oxford.

She joined Indian National Congress in 1938. She worked in riot-affected areas in Delhi under instructions from Gandhi.

She proved herself when she served as Central Social Welfare Board chairman. In 1955, she became Congress

Working Committee and Central Election Committee member and a few years later Central Parliamentary Board member.

She went on to be counted among the most dynamic leaders in the world. She had served as information and broadcasting minister before becoming the prime minister in 1966.

She faced many setbacks as she worked tirelessly while in power. Operation Smiling Buddha was successful under her. However, many criticised her for imposing an emergency in 1975.

She launched Operation Blue Star to end the separatist movement in Punjab and sent troops to the Golden Temple of Amritsar in June, 1984. Tragedy struck when she was assassinated by her bodyguards on October 31, 1984.

With courage, vision, and foresight, she had launched many development schemes, including the 20-point programme. Let's pay tribute to her inspiring spirit as we celebrate 'Azadi Ka Amrit Mahotsav'.

Advaita Roy, class IX, Carmel School, Peyad, Thiruvananthapuram



Indira Gandhi
INSPIRING ICONS



ARDHA SIRASASANA



- Boosts energy; helps reduce anxiety, fatigue and stress and calms the mind.
- Improves concentration

Or the dolphin pose is a headstand or inverted pose that is believed to open the crown chakra of knowledge, intuition, inspiration and enlightenment. In Sanskrit, 'ardha' means half, 'sirsa', head and 'asana' pose. It is a preparatory step for sirsasana.

STEPS:

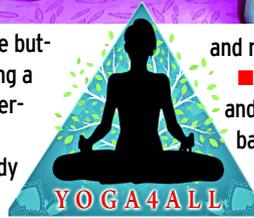
- Sit in 'vakrasana' on the mat. Stretch your hands forward to the crawling or table-top position
- Bring the crown of the head to the floor. Slide the palms back a few inches until the elbows are bent at right angles.
- Stretch your legs lifting yourself on the

tips of your toes, bringing the buttocks upwards, almost forming a triangle, your torso almost perpendicular to the floor.

- Let the weight of your body towards your crown with support of arms for balance.
- Breathe slowly, relax neck and shoulders and hold for some time.
- Place your knees on the mat, rest your head on the ground before returning to original position.

BENEFITS:

- Increases blood circulation to the brain.



- and memory
- Opens upper back, shoulders and strengthens the muscles of back, neck and arms.

PRECAUTIONS:

- Students suffering from digestive problems, blood pressure, migraine, spondylitis, or ailment of internal organs should avoid it.
- Do not attempt it if you have undergone any surgery.

Sobha G Menon, Yoga Instructor, Assisi Vidyaniketan Public School, Ernakulam

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

SINDHU CLAIMS MAIDEN CWG GOLD

LAKSHYA GETS GOLD, SRIKANTH BRONZE; JOLLY, GAYATRI CLINCH BRONZE

India's sporting icon PV Sindhu added a Commonwealth Singles gold to her wide array of medals with a convincing straight-game win over Canada's Michelle Li in the final on Monday. The world number seven from India outplayed her 13th ranked opponent 21-15, 21-13 in front of a packed crowd at the NEC arena. The 30-year-old had to produce something special for her first win against Sindhu in eight years, but the Indian did not give her a window.

MORE ATTACKING GAME

Sindhu was clinical in her short game and pounced on the slightest of attacking opportunities. Michelle had beaten the 2019 World Champion way back in the Glasgow Commonwealth Games in 2014. In the first game, Michelle was trying to get points by playing close to the net while Sindhu was the more attacking one. A smash on Li's left made it 7-5 before the Canadian came with a drop shot on Sindhu's right to make it 7-6. Sindhu took three straight points after the interval to stretch her lead to 14-8. Michelle then netted a regulation forehand drop, leaving her smiling in frustration. Michelle did come up with two consecutive backhand winners for 14-17 but Sindhu bagged



Michelle Li

the first game with a swat shot on the Canadian's body. Lakshya Sen clinched the country's second badminton gold of the day, defeating Malaysia's Ng Tze Yong in the final of the men's singles.

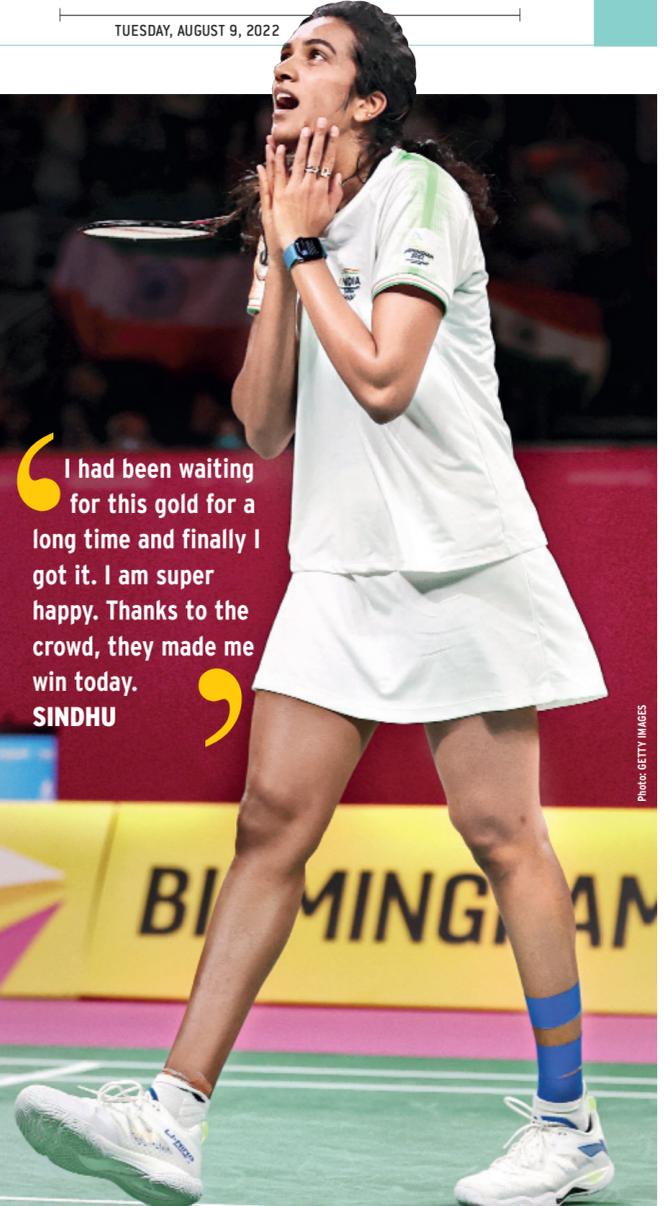
SECOND SINGLES MEDAL

World championships silver medallist India's Kidambi Srikanth clinched bronze medal in the men's singles on the penultimate day of Commonwealth Games Badminton action on Sunday. The Indian pair of Treasa Jolly and Gayatri Gopichand clinched a bronze medal in the badminton

women's singles after defeating Australia's Chen Hsuan-Yu Wendy and Gronya Somerville 21-15, 21-19 in straight games. This is Srikanth's second singles medal at the Games as he won the silver in 2018 Gold Coast, and fourth overall. Additionally, this is the Indian's second medal at the ongoing Games; he had won a silver medal in the mixed team event as well. He defeated Singapore's Jason Teh with a 21-15, 21-18 win to record his second medal of the Games, following Tuesday's mixed team silver - and fourth Commonwealth medal in total - on Sunday evening. Known to be one of the fastest movers in the badminton court, Teh had been in a gruelling encounter earlier in the day against India's Lakshya Sen.

NEAR MISS LOSS

Earlier, World championships silver medallist Srikanth suffered a 21-13, 19-21, 10-21 defeat against 42nd-ranked Tze Yong NG in the other men's singles semifinal. He was dominant in the first game but was upstaged in the next two games by the Malaysian opponent. After securing a 21-13 win in the first game, Srikanth lost a closely fought second game 21-19 before the Malaysia dominated Srikanth to win the decider 21-10. Jolly and Gopichand made it two third place finishes with a 2-0 victory over Australia's Chen Hsuan-yu and Gronya Somerville in the women's doubles. Treasa and Gopichand cruised to a 21-15 win in the first game and had an emphatic start to the second, racing away to a 11-5 lead at the break. AGENCIES



I had been waiting for this gold for a long time and finally I got it. I am super happy. Thanks to the crowd, they made me win today.
SINDHU

Pusarla Venkata Sindhu of Team India celebrates her victory over Michelle Li of Team Canada after the Badminton Women's Singles - Gold Medal Match

LAKSHYA SEN WINS GOLD IN MEN'S SINGLES

Indian shuttler Lakshya Sen clinched the country's second badminton gold of the day, defeating Malaysia's Ng Tze Yong in the final of the men's singles category at the ongoing Commonwealth Games 2022 in Birmingham on Monday.

Sen fought brilliantly on his way to victory. He won the match by 19-21, 21-19 and 21-16. He took on the Malaysian challenge head-on and toiled his way towards the ultimate prize. Sen and his Malaysian opponent started the opening game on a

mostly even note. Sen gained a slight advantage with a 5-4 lead. But Tze Yong was not the one to give up and not only did he score points, but he also made Sen toil hard for his own points. In the next game, Sen continued fighting hard for his points. His perseverance eventually took him to 21-9 to set up an exciting decider.

The decider game started on an exciting note, with both players toiling hard for points. Sen was better this time, which helped him seal the match and clinch the gold.

INDIA AT CWG

QUIZ TIME



Abhinav Bindra

Q1: In which year did Abhinav Bindra become the first Indian to win an Olympic individual gold medal?

- a) 2006 b) 2005 c) 2008 d) 2009

Q2: Which medal did the Indian badminton team claim in the mixed group match of Commonwealth Games 2022?

- a) Gold b) Silver c) Bronze d) None

Q3: Which racing driver won the Russian Grand Prix 2021?

- a) Lewis Hamilton b) Charles Leclerc c) Sebastian Vettel d) Fernando Alonso

Q4: Which Indian player has been appointed as the chief selector of the national men's cricket team?

- a) Harbhajan Singh b) Mohammad Kaif c) Chetan Sharma d) V V S Lakshman

Q5: Which Indian became the third to win a tennis singles match at the Olympics?

- a) Somdev Devvarman b) Sumit Nagal c) Yuki Bhambri d) Rohan Bopanna

ANSWERS:

1. c. 2008 2. a. Gold 3. a. Lewis Hamilton 4. c. Chetan Sharma 5. b. Sumit Nagal

SASIKIRAN, ERIGAISI HELP 'INDIA A' TO BEAT BRAZIL

BOUNCE BACK VICTORIES AT 44TH CHESS OLYMPIAD



Krishnan Sasikiran



Arjun Erigaisi

Riding on Krishnan Sasikiran and Arjun Erigaisi's victories, India A got back their rhythm to trounce Brazil by 3-1 in the ninth-round match of open section at the 44th Chess Olympiad on Sunday.

WINNING NOTE

Coming into the match after a loss to Armenia on Saturday, India A started off the game on a winning note when Sasikiran raked in the first point against Andre Diamant in a Nimzo Indian game. Things ap-

Sometimes these things happen but we always try to overcome such difficulties as a team by going for a long walk. I am happy that the team is cohesive, we always eat together and discuss a lot of things together.

KRISHNAN SASIKIRAN

peared to move sedately when a couple of consecutive wrong moves by the bishops on the 42nd and 43rd turn allowed Saikiran to gain advantage and convert it to victory on the 49th turn. Erigaisi, on the other hand, went the English way against Sevag Krikor Mekhitarian. After the opponent castled late on the 25th turn, he won an exchange and needed 63 moves to force victory. The other two players, Pentala Harikrishna and Vidit Gujrathi were held to draws in their respective games.



R Praggnanandhaa



D Gukesh

EMERGES VICTORIOUS

India C also emerged victorious as they thrashed Paraguay by 3-1. Meanwhile, R Praggnanandhaa defeated Vasif Durarbayli as India B held sixth-seeded Azerbaijan to a 2-2 draw. D Gukesh's winning run came to an end after he conceded his first draw of the event against Shakhriyar Mamedyarov in a well fought

game. Nihal Sarin was also held to a draw by Rauf Mamedov while Raunak Sadhwani ended on the losing side against Nijat Abasov. In another open section match, USA shrugged off Saturday's loss against India by registering a 2.5-1.5 win against Greece. Currently, Uzbekistan are sole leaders in the open section with 16 points followed by India B and Armenia with 15 points each. In the women's section, India B and India C defeated Switzerland and Estonia by 4-0 and 3-1 respectively while India A suffered a 1.5-2.5 loss to fourth seed Poland. In one of the main games, second seed Ukraine was held to a 2-2 draw by Georgia and thus, India A continued to be at the top position in the women's section but are now joined by Georgia, Poland and Kazakhstan, all having scored 15 points each. Kazakhstan beat Bulgaria 3-1. IANS

CELEBRATION OF VICTORY



Indian football players celebrate after winning the South-Asian Football Federation (SAFF) U-20 tournament, at Kalinga Stadium in Bhubaneswar.

INDIA BEATS WEST INDIES BY 88 RUNS

India's spinners put on a show in Florida to take all 10 wickets in an 88-run win over West Indies in the fifth and final Twenty20 cricket international on Sunday. India leaves with two wins in two matches, and a 4-1 victory overall in the series. The first three matches were held in the West Indies.

India scored 188-7 after choosing to bat first before scintillating West Indies for 100 all out in 15.4 overs. Only No. 4 Shimron Hetmyer with 56 runs off 35 balls provided any resistance before falling to Indian spinner Ravi Bishnoi, who took four wickets for 16 runs in 2.4 overs.

Hetmyer scored his fastest T20 international half-century in 28 balls, one delivery quicker than his previous best. He hit five fours and four sixes in his innings.

Axar Patel had 3-15 in three overs and Kuldeep Yadav 3-12 in four. Odean Smith took 3-33 in four overs, damaging India's middle order with fast-medium pace. Obed McCoy was the most expensive bowler for West Indies, conceding 27 runs in his two overs with no wickets. Pandya praised the atmosphere ahead of Sunday's game at Central Broward Park. AP



Ravi Bishnoi