

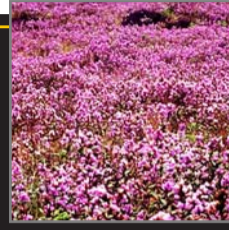


# THE TIMES OF INDIA

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TODAY'S EDITION

Know more about the Neelakurinji flowers, which blooms once in 12 years in Kerala  
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STUDENT EDITION

MONDAY, AUGUST 9, 2021



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# GOLD-DUSTED INDIA GLITTERS with Neeraj's win

## ...1 gold, 2 silver, 4 bronze



**H**istory was scripted on August 8 when Javelin star Neeraj Chopra became the toast of India after winning the country's first Olympic athletics gold medal. Chopra's 87.58-metre mark is now forever etched in the nation's sporting history, as it will now be remembered as the number which broke many barriers for the country of 1.3 billion population. After the win, Neeraj dedicated his gold to Milkha Singh and PT Usha. Milkha Singh, who passed away recently, always had this dream of seeing an athlete win gold medal at the Olympics. Earlier, PT Usha came close to winning a medal at the 1984 Olympics, but she missed it by a whisker.

After Abhinav Bindra's gold in shooting in 2008 Beijing, this is India's first-ever athletics gold medal and just the country's second-ever individual gold medal



### 1900 TO 2016: INDIA'S RECORD AT THE OLYMPICS

In 1900, India participated at the Summer Olympic Games, four years after it started in Athens in Greece. India's lone athlete, Norman Pritchard, won two medals in Men's 200 metres and Men's 200 metre hurdles. In 1920, the country sent its first Olympic team comprising four athletes and two wrestlers. Indian hockey dominated the Olympic podium from 1928 to 1936, winning three titles. In 1928 Amsterdam Olympics, India claimed their first-ever gold. From 1948, an independent India began sending delegations of more than 50 athletes. The hockey team won gold medal at the 1948 Summer Olympics. It was the first gold medal for India as an independent nation. In 1952, Khashaba Jadhav created history, becoming the first Indian to win an Olympic medal (bronze) in an individual sport at the Helsinki Olympics. The Atlanta Olympics in 1996 gave India its first and only medal when Leander Paes won a bronze in tennis. In Sydney 2000, Karnam Malleswari became the first-ever Indian woman to win an Olympic medal by winning a bronze medal in weightlifting. Rajyavardhan Singh Rathore not only became the first shooter from the country to bag the silver medal at the 2004 Olympics, but also the country's first individual silver-medallist at the Games. Abhinav Bindra improved on Rathore's medal colour in 2008 Olympics winning Gold. Sushil Kumar won a bronze in wrestling, and Vijender Singh in boxing. Shuttler Saina Nehwal and boxer Mary Kom won bronze in 2012. Sushil Kumar claimed his second and India's first silver in wrestling. Yogeshwar Dutt clinched a bronze in the men's freestyle. Shooters Vijay Kumar and Gagan Narang joined with a silver and bronze medal respectively. In 2016, Sakshi Malik won bronze and Sindhu, a silver



### WHAT NEXT

"Javelin throw is a very technical event, and a lot depends on the day's form. Anything can happen. So, my next target is to breach the 90m (mark)," Chopra said after his historic feat

### NEERAJ CHOPRA'S ROUTE TO GOLDEN HISTORY

- For Neeraj, the grass was not always this green. As an overweight 12-year-old boy from Haryana's Khandra village, he was persuaded by his family members to take up sports. He began training at the Shivaji Stadium in Panipat
- That was until he saw a few seniors throwing javelins at the stadium and decided to try his luck at javelin throw. Fortunately for him, that sport truly captured his fancy, as he began training rigorously to get into better shape
- In 2016, the flamboyant Neeraj announced his arrival on the field by shattering the World Junior record with a throw of 86.48m. He then became India's first-ever javelin thrower to win a gold medal at the 2018 Commonwealth Games and 2018 Asian Games
- He further sharpened his skills under the guidance of javelin legend Uwe Hohn
- On the road to Tokyo 2020, Neeraj's faced a great obstacle when he got an injury on his throwing arm that needed surgery. But the 23-year-old soon recovered with determination, as he ensured to script a golden history for the nation

### MAHINDRA REQUESTS PM TO HAVE COMMEMORATIVE COINS DEPICTING NEERAJ

After Chopra won the gold, Mahindra Group Chairman Anand Mahindra tweeted, "The Javelin throw is arguably the most-frequently used image for commemorative coins. We need to have one officially released depicting #Neeraj Chopra"



Q: Do you agree? Share your views at [TOINIE175@GMAIL.COM](mailto:TOINIE175@GMAIL.COM)



With that monumental gold, India has now won seven medals in the multi-sporting event, its best-ever performance. Tokyo 2020 saw Bajrang Punia (bronze), Mirabai Chanu (silver), PV Sindhu (bronze), Lovlina Borgohain (bronze), men's hockey team (bronze), and Ravi Kumar Dahiya (silver) winning medals for the country

### 17 candidates score 100 percentile in JEE-Mains

Seventeen candidates have scored 100 percentile in the third edition of engineering entrance exam JEE-Main, the results of which were declared by the National Testing Agency (NTA) on Friday. According to officials, the NTA scores are normalised scores across multi-session papers, and are based on the relative performance of all those who appeared for the examination in one session. "The marks obtained are converted into a scale ranging from 100 to 0 for each session of examinees. The NTA score is not the same as the percentage of marks obtained," a senior official said. Starting this year, the exam will be conducted four times a year to offer flexibility to students and a chance to improve their scores. The first phase was held in February and the second in March. The next phases were scheduled for April and May but



those were postponed in view of the second wave of the Covid-19 pandemic that raged through the country affecting lakhs. The third edition was held from July 20-25 while the fourth edition is scheduled from August 26 to September 2.

### NOW, A BOOK ON ELON MUSK

Tesla Inc Chief Executive Elon Musk will be subject of a biography by Walter Isaacson, the US author, who penned a best-selling tome on Apple co-founder Steve Jobs. Musk previously gave interviews for a biography by Ashlee Vance that was published in 2015, before Tesla became the most-valuable car company in the world and before SpaceX became the first private company to send humans into orbit.



### IN OTHER NEWS

### #ThankYouHeroes, says Barbie

Mattel has announced that Barbie will donate \$5 for each eligible Barbie doctor, nurse and paramedic doll sold at Target to the First Responders Children's Foundation (FRCF), benefiting the children of first responders. These dedicated heroes have worked tirelessly in the fight against Covid-19 since the pandemic began. This is a continuation of Mattel's #ThankYouHeroes signature programme, launched last year as part of the company's broader 'Play it Forward' platform, focused on leveraging

Mattel's iconic brands to give back to communities in times of need. The brand is spotlighting six women who are modern real-life heroes of the pandemic and honouring them with their own one-of-a-kind doll made in their likeness.

Barbie has also introduced the Fast Cast Clinic playset, with a Barbie doctor doll and four distinct play areas: a medical station, an exam table, an x-ray machine and a gift shop. The innovative new set includes dough that can be shaped to create leg/arm casts and create wraps with the bandage maker, allowing children to play out roles across the medical field



## KNOW IT ALL

**Idduki's Shalom Hills, Kerala, have been witnessing the bloom of blue Neelakurinji flowers recently. As per the state officials, more than 10 acres of land have been blanketed with these rare blooms in Shalom Kunnu this time. However, the hills are not open this time for tourists due to the ongoing pandemic**

# NEELAKURINJI FLOWERS

## bloom in Kerala after 12 Years

### WHAT IS SPECIAL ABOUT NEELAKURINJI?

Strobilanthes Kunthiana, also known as Neelakurinji and Kurinji in Malayalam and Tamil, is a shrub that is found in the Shola forests of the Western Ghats in Tamil Nadu and Kerala. The Nilgiris Hills, which translates to Blue Mountains, got its name from these Neelakurinji flowers.

As per official records, there are around 46 species of Neelakurinji available in India, and these flowers are a native to Shola Forest of the Western Ghats. And there are around 30 spots in the Western Ghats that are home to such flowers.

The blooming of these flowers is considered special for people in Idukki, Kerala. Before the pandemic, tourists were allowed to visit the spots where these rare flowers bloom, provided they had permission from the Forest Department.

Neelakurinji was first sighted in the year 2006, in Tamil Nadu and Kerala.

The spot where the flowers bloomed this year witnessed the flowering 12 years ago. Reportedly, these strobilanthes Kunthiana species need 12 years for flowering, and as such the next bloom in these hills is expected by 2033!



## Apple Cinnamon SHAKE

Craving for a creamy, thick shake? Try this recipe by following these easy steps

## METHOD

**Step 1: Wash and chop apples**  
To begin, wash, peel and chop apples.

**Step 2: Blend the apples and milk well**  
Next, take a blender and add in chopped apples, cold milk, sugar

## Ingredients

- 2 chopped apples as cubes
- 1/2 cinnamon
- 1/2 ice cubes
- 1 1/2 sugar
- 2 1/2 cold milk
- 1 vanilla ice cream

and blend all of them together.

**Step 3: Serve chilled**  
To the blend, add in the vanilla ice cream, ice cubes and cinnamon, blend it into a thick creamy shake. Serve chilled and sprinkle some cinnamon and enjoy.

## TIPS

- To make the shake healthy, you can skip adding ice cream and sugar.
- You can add honey or pitted dates in place of sugar and enjoy a nutritious creamy shake.

## FESTIVE DECOR

## SIMPLE RAKSHA BANDHAN DECOR IDEAS

With Raksha Bandhan around the corner, it's time to spruce up your space. Check out these simple but great ideas to give a makeover to your home



## SERENE FAIRY LIGHTS

Hang swanky fairy lights in a cliché way or you can create your own edgy style. Instead of roofs, stick the fairy lights with the floor sides or you can also twist the lights over your centre table. To create a classier vibe, surround your main room with yellow fairy light and hang some star-shaped lights at different corners.

## SCARF PILLOWS

This time instead of using the same bedsheet set or boring pillow covers, try wrapping your pillows in

beautiful scarfs that you already own. Spread your favourite scarf and simply wrap the pillow with it by making a bow in the front. Create different styles as well and try out unique colours to bring an off-beat artistic look to your place.

## RECYCLED RAKHIS

Tie all the old rakhis together like a long string and you can use that rakhi string as a bandhanwar (door hanging toran) or individual decorative hanging ornaments. This would bring all the memories of the beautiful festival over the years and is an emotional item.



## POLAROID &amp; PAINTINGS

This festival is close to everyone's hearts because it celebrates real family bonds. Give your house a deeply personal touch and stick polaroid family photographs of all the quirky things you did with your siblings. You can stick the photographs in a pattern-wise design to make them look even more beautiful. Make it wholesome and reminisce those memories with childhood photographs and paintings.

## FLOWER RANGOLI



Flowers, in comparison to all the sticky powdered colours, give a more appealing and lively vision. It will make your house smell like a dreamy delight. Take the petals of sunflowers, roses, tulips, daisies, and marigolds and you can also add some fresh leaves to make small flower rangolis at every corner of your house. You can brighten up your house by adding oil diyas or even thin LED lights over the rangolis.

## SEASONAL FACTS



The rainy season is still around, so follow the guidelines by celebrity dietician Rujuta Diwekar for staying healthy

## Dos and don'ts for eating in monsoon

## AVOID

One must avoid eating out as we are more prone to getting attacked by viruses, bacteria and other pathogens. Use your kitchen more often during these months.

## INCLUDE

Eat rajgeera, kuttu, banana flour in your regular meals. Sooran, arbi, sweet potato are some vegetables that must be consumed. Include the wide and uncultivated species, the ones that are not planted by farmers. Some of these are patra (alu), lingdi, shevla and ambadi.

## SPECIALISATION

One of the specialties of this season is Rishichi Bhaji (combination of wild and cultivated species), which is very good for health. Some specialties like Siddhu, Modak and Bafra are steamed. Monsoon cucumbers are also a must-have along with bhajia.

## HEALTH BYTES

## Street foods you can eat while maintaining weight

Craving some street food but avoiding it because you don't want to pile on extra pounds? Here are some popular street delicacies that are perfect for those on a weight loss plan



## MOONGLET

It is basically a fluffy version of besan cheela that is prepared with yellow moong dal. Moonglet is loaded with protein, which is perfect for you if you are following a weight loss diet. Moong dal batter is prepared by grinding soaked moong dal and mixing it with spices and veggies like onion, tomato and capsicum. The batter is whisked for some time until it is fluffy and frothy. The batter is then poured into a small pan and cooked until crispy from both sides. Pair it with imli chutney and enjoy the moonglet that is crisp from the outside and soft from inside.

## SHAKARKANDI CHAAT

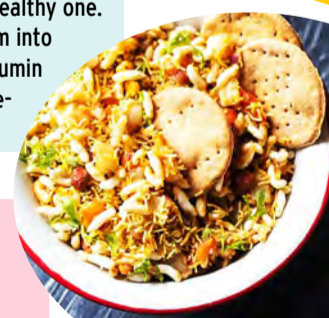
Sweet potato chaat is a north Indian snack that is popular with street food lovers. The chaat is prepared with boiled sweet potatoes and some spices, which makes the snack a healthy one. All you need to do is peel boiled sweet potatoes, chop them into cubes and mix the cubes with lemon juice, chaat masala, cumin powder and rock salt. Garnish the chaat with sev and pomegranate seeds and enjoy the sweet-sour-spicy flavours.



## MASALA CORN

Boiled corn kernels loaded with different types of spices is the perfect snack for monsoon. This lip-smacking snack is prepared with boiled corn which makes it ideal for those on a diet. It is low on calories and doesn't include excess calories or fat.

This street food is prepared by first boiling the snack and then mixing it with lemon juice, green chillies, onion, tomato, chaat masala, red chilli powder, cumin powder and garam masala powder. Satisfy your taste buds by indulging in this healthful street food.



## BHELPURI

It is a popular Maharashtrian snack made with puffed rice, sev, onion, tomato, tamarind chutney, mint chutney, lemon juice and mathri.

Bhel Puri is an ideal snack you can pair up with a piping hot cup of tea. This 'beach snack' is low on calories and can be savoured even on a diet.



## PANEER TIKKA

From tandoori paneer tikka and malai paneer tikka to masala paneer tikka, there are a number of

tikka varieties that you can enjoy guilt-free. Paneer tikka is prepared with almost zero oil by either grilling them or

cooking in a tandoor. Marinated with curd and spice paste, paneer tikka is lip-smacking and filling at the

same time. Pair them up with onion rings and mint chutney to enjoy this delicious and super healthy snack.