



THE TIMES OF INDIA

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TODAY'S EDITION

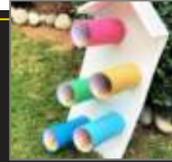
> Bored with the usual bread, and want to change your taste buds? Check out some alternatives to bread

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> Use your creativity and skills and take on a DIY project?

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> Vice-captain Bhuvneshwar Kumar reveals what strategy worked for Team India in the ODI series against SL

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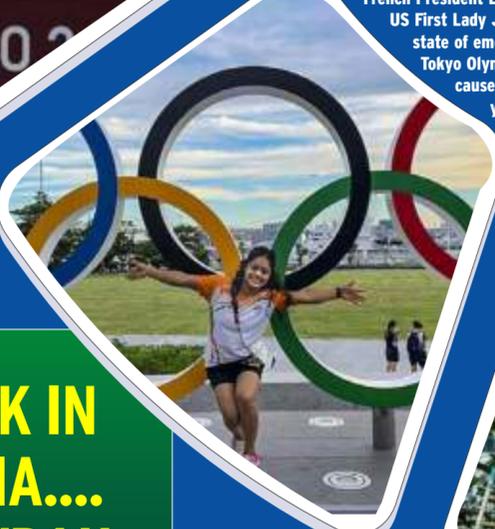
STUDENT EDITION
THURSDAY, JULY 22, 2021

TOKYO OLYMPICS
THE COUNTDOWN BEGINS

CLICK HERE: PAGE 1 AND 2

All decked up for THE D-DAY

Leaders from around 15 countries are expected to attend the Friday's opening ceremony of the Covid-hit Tokyo Olympics. World leaders who have already promised their attendance in the opening ceremony are French President Emmanuel Macron, Mongolian Prime Minister Luvsannamsrai Oyun-Erdene and US First Lady Jill Biden, among others. The delayed Tokyo Olympics will be held under a state of emergency sans spectators due to the global pandemic. Interestingly, the Tokyo Olympics have already broken new ground because of the 12-month delay caused by the coronavirus pandemic, pushing it into an odd-numbered year for the first time. But with no fans permitted in Japan, foreign or local, it has also earned the distinction of being the first Games without spectators...



Don't miss Times NIE OLYMPICS SPECIAL ISSUE ON JULY 23

BACK IN INDIA.... HOWRAH DAZZLES IN OLYMPIC COLOURS



The iconic Howrah Bridge over the Hooghly river in Kolkata is shimmering in Olympic colours to build the momentum ahead of the mega sporting event, scheduled to commence on July 23. More than 11,000 athletes are competing in the quadrennial showpiece, with India sending 127 athletes, who will compete in 18 disciplines. India's main medal hopes are in shooting, boxing, archery, wrestling, badminton, men's hockey and athletics

Spotlight

Bezos on cloud 9, calls space trip 'best day ever'

Jeff Bezos blasted into space on Tuesday on his rocket company's first flight, becoming the second billionaire in just over a week to ride his own spacecraft. The Amazon founder was accompanied by a hand-picked group: his brother, an 18-year-old from the Netherlands and an 82-year-old aviation pioneer from Texas—the youngest and oldest to ever fly in space. "Best day ever!" Bezos said, when the capsule touched down on the desert floor in remote West Texas after the 10-minute flight.



Named after America's first astronaut, Blue Origin's New Shepard rocket soared on the 52nd anniversary of the Apollo 11 moon landing, a date chosen by Bezos for its historical significance. The flight lasted 10 minutes and 10 seconds – five minutes shy of Alan Shepard's Freedom 7 flight in 1961

WHAT WAS DIFFERENT ABOUT BEZOS' FLIGHT

THE TRIP

During their several minutes of weightlessness, video from inside the capsule showed the four floating, doing somersaults, tossing Skittles candies and throwing balls, with lots of cheering, whooping and exclamations of "Wow!!" The capsule landed under parachutes, with Bezos and his guests briefly experiencing nearly six times the force of gravity, or 6 G's, on the way back

Unlike Branson's piloted rocket plane, Bezos' capsule was **completely automated** and required no official staff on board for the up-and-down flight

Blue Origin reached an altitude of about **106 kilometres**, more than 16 kilometres higher than Branson's July 11 ride. The 18-metre booster accelerated to Mach 3 or three times the speed of sound to get the capsule high enough, before separating and landing upright

Now, join or leave ongoing WhatsApp group calls anytime

Facebook-owned WhatsApp has rolled out a new feature where the users can join a group video or voice call even after its started, and you see the participants on a video call the way you see on various communication apps

- According to WhatsApp, the 'joinable calls' reduce the burden of answering a group call as it starts, and brings the spontaneity and ease of in-person conversations to group calling on WhatsApp
- If someone in your group misses a call when the phone rings, they can still join whenever they like. You can also drop-off and re-join so long as the call is still ongoing
- When you receive a group video call, the incoming WhatsApp group video call screen will show the participants currently on the call, and the first contact listed will be the participant that added you, the company informed
- Group video call history will appear in the 'Calls' tab
- You can tap the call history to view the individual participants from the call, according to WhatsApp

TECHAWAY

Group calling on WhatsApp currently allows up to eight participants to video call with each other

IN OTHER NEWS...

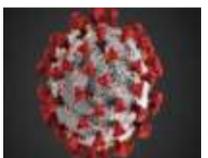
ADB CUTS INDIA'S FY22 ECONOMIC GROWTH FORECAST TO 10%

The Asian Development Bank (ADB) has downgraded India's economic growth forecast for the current financial year to 10 per cent, from 11 per cent projected earlier this year, mainly on account of the adverse impact of the coronavirus pandemic. India's GDP growth recovered to 1.6 per cent in the last quarter of fiscal year ended March 2021, narrowing contraction in the whole fiscal year from 8 per cent estimated in April to a revised 7.3 per cent, the multilateral funding agency said.



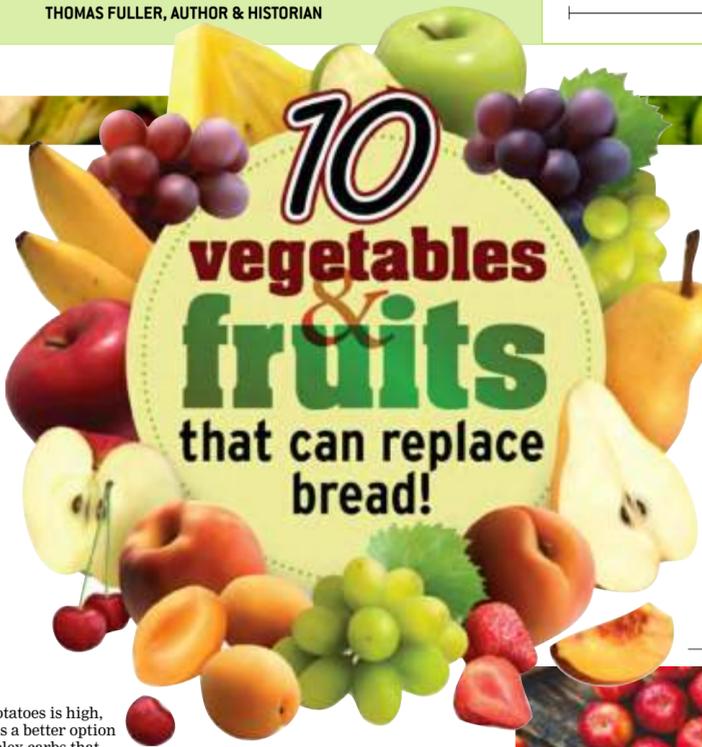
TWO-THIRDS OF INDIANS HAVE CORONAVIRUS ANTIBODIES, SURVEY SHOWS

Two-thirds of India's population have antibodies against the coronavirus, according to data released on Tuesday from a survey of 29,000 people across the nation conducted in June and July. The fourth national blood serum survey which tests for antibodies, known as a sero survey, included 8,691 children aged 6-17 years for the first time. Half of them were seropositive. The survey showed 67.6% of adults were seropositive, while more than 62% of adults were unvaccinated. As of July, just over 8% of eligible adult Indians had received two vaccine doses.



HEALTHY LIFE

"It's my bread and butter," we say about our work/jobs. The association of bread as the staple diet is way too strong and that's alright. Bread is not bad, especially if you bake it at home. However, most mainstream bread brands have bread (both white and brown varieties) that is loaded with sugar, salt and some refined flour, too. In fact, one slice of bread has around 53 empty calories, hurting your weight maintenance plans more than you think. And there are those with gut-related conditions like celiac disease and gluten intolerance who cannot have bread. So, be it for your getting fit program or because of health issues, if you want better alternatives to bread, here are some great ideas



PINEAPPLE SLICES

Yes, some of us do detest pineapples on our pizzas, but it can be a yummy substitute for bread. You can grill pineapple slices with brown sugar on top and add healthy herbs like rosemary and fennel in the middle to make it an antioxidant rich snack.



ZUCCHINI SLICES

These water rich veggies are rich in antioxidants and are low in GI and calories at the same time. You can use either yellow or green zucchini – grill these and add tomatoes and eggplants to make your very own rainbow sandwich.



CABBAGE

Our desi 'patta gobi' maybe an underdog but is rich in dietary fibre, vitamin K and C. Just like lettuce, you can use cabbage leaves to make a wrap with your favourite veggies and add chicken or potato cubes to savour as an evening snack. Not having your favourite 'brown bread' sandwich does not seem like a bad idea now, right?

APPLES

This delicious fruit is rich in carbohydrates and vitamins. Just add some peanut butter and walnuts between two slices of an apple and munch on these as a midday snack.



LETTUCE

You can use a variety of lettuce to make healthy wraps. These can be romaine, iceberg, green leaf, red leaf, etc. Lettuce can be used as it has leaves big enough to be made into wraps. Add your favourite fillings like cheese, olives, cherry tomatoes, chopped paneer, cubed tikkis to make a delicious wrap, which will not only fill you up but also cater to your 'bread hunger pang'.

POTATOES

Even though the carb content in potatoes is high, using potatoes in place of bread is a better option than bread as these contain complex carbs that are good for those who exercise regularly. This is because after a cardio workout our body craves for carbs more than any other nutrient, and bread is not the ideal choice due to the presence of refined flours. Replace your bread with potatoes (not deep fried slices) and see the difference in your satiety levels.



BELL PEPPERS

We love adding colours to our salads and what better way to have a colourful sandwich instead. You can grill red, green, yellow bell peppers and add cheese, olives and lettuce in the middle to have a healthy treat of your own.



EGGPLANTS

The good old baigan or eggplant is cooked as in the form of a curry in our homes, but another way to add this rich dietary fibre vegetable in your diet is by replacing your bread with thin slices of grilled eggplant. You can add bell peppers, cheese, potato tikki to experiment and have this as a nice snack.



CUCUMBER

It can be used in a variety of ways to make a veggie sandwich without bread. You can make mini open sandwiches with paneer, olives and tomatoes. Or you can use cucumber shavings (thin) and wrap your fillings inside. Low in calories and rich in dietary fibre, this is the perfect way to snack on a sandwich.

TOMATOES

We add tomato to our curries, stir-fries, salad and also put two slices of tomatoes in the middle of our sandwich. If you want your sandwich to be healthy, remove those two slices of bread and let the rest of the filling remain the same within two slices of tomatoes. Not only will you get the same flavour but more nutrition. Enjoy.



KNOW IT ALL

How can you become a space tourist?

Thrill seekers will get their share of 'space' as space tourism finally lifts off. All you need is a bit of patience and of course, money. Here's a rundown of where things stand

Suborbital vacays beckon

Two companies are offering short 'suborbital' hops of a few minutes: Jeff Bezos' Blue Origin and Virgin Galactic, founded by Richard Branson. In both cases, up to six passengers are able to unbuckle from their seats to experience a few minutes of weightlessness and take in the view of Earth from space. Virgin Galactic has said regular commercial flights will begin from 2022, after completing two more trials. Their waiting list is already long, with 600 tickets so far sold. Also, the first flights are up for grabs in a prize draw: registrations are open until September 1, 2021. Blue Origin is planning for two more flights this year, and more in 2022. Another way to get to space is via reality television. 'Space Hero' – an upcoming show – says it plans to send the winner of a competition to the International Space Station (ISS) in 2023. So, are you ready to hop in?

A seat in Jeff Bezos' Blue origin flight was auctioned off for a whopping \$209 crore!



Richard Branson's Virgin Galactic is one of the two companies offering space travel opportunities

HOW MUCH DOES IT COST?

The first tickets sold by Virgin Galactic went for \$250,000 (₹1.86 crore approx) each. The anonymous winner of a public auction for a seat on the first crewed flight of Blue Origin paid \$28 million (₹209 crore approx), but decided to defer their trip. The 'budget conscious' may consider spending \$125,000 (₹93 lakh) for a seat on Space Neptune: a capsule that offers 360 degree windows and is lifted to the upper atmosphere by a balloon the size of a football stadium. Despite the promise of spectacular views, the balloon ascends only 19 miles – far from the boundary of space.

HOW DO YOU PREPARE?

Virgin Galactic's training lasts just five days. Blue Origin promises to teach you everything you need to know "the day before you launch", and its first crewed flight included pioneering aviator Wally Funk, who at 82 became the oldest astronaut to fly to space. The company's requirements include being able to climb seven flights of stairs in under 90 seconds (the height of the launch tower) and being between 5'0" and 110 pounds (50 kilograms) and 6'4" and 223 pounds (100 kg).



REVELATION

Music helped people cope through lockdown

In a study conducted to see the effects of music on people amid the pandemic, almost 57 per cent of respondents said that music helped them cope through lockdown, while 42 per cent said that they were listening to more music during the crisis than they previously did. The survey, said to be the largest of its kind since the onset of the pandemic last year, aimed to find how music had helped people manage this trying time. With live music scenes coming to a standstill, many people have turned to music on their smartphones.

Guitar, sitar, sounds!

The study also found that around many people had taken up a musical instrument over the last 16 months while 71 per cent believed music made them more productive at work or studies. Another 59 per cent of respondents said that music helped in emotional well-being, with 31 per cent turning to sounds to ease anxiety and 56 per cent to improve their mood. Participants also said they missed the live music scene with



43 per cent saying they were keen on attending a concert, festival or another form of gig. Among 18 to 24-year-olds, 38 per cent consider a music event to be one of the main things they are looking forward to as restrictions ease. AGENCIES



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Who became the first batsman to smash 500 or more sixes in international cricket?
A. V. Kohli B. Kane Williamson
C. David Warner D. Chris Gayle

Q.2) According to Moody's, Indian economy was supposed to grow at _____ per cent in 2019-2020.
A. 7.3 B. 10
C. 4 D. 8

Q.3) Who released a book

titled 'Mann Ki Baat - A Social Revolution on Radio' in New Delhi?
A. Piyush Goyal
B. Arun Jaitley
C. Rajnath Singh
D. Suresh Prabhu

Q.4) Name the Indian boxer who won a gold medal at Makran Cup in Boxing.
A. Deepak Singh
B. Vikas Krishan Yadav
C. Amit Panghal
D. Shiva Thapa

ANSWERS

1. D) Chris Gayle 2. A) 7.3 3. B) Arun Jaitley 4. A) Deepak Singh

KNOWLEDGE BANK

MYTHOLOGY



Poseidon

He was one of the Twelve Olympians in ancient Greek religion and myth. He was god of the Sea and other waters; of earthquakes; and of horses. Poseidon was protector of seafarers, and many Hellenic cities and colonies. In Homer's epic book 'Iliad', Poseidon supports the Greeks against the Trojans during the Trojan War.