

Visiting the Abode of Clouds- Shillong

Shuvanwita Dey

Shillong, nicknamed as the 'Scotland of the East' due to the similarity in the climate and surroundings, the capital of the North-Eastern state of Meghalaya. The hill station was named after a local deity born from a virgin mother called 'Shyllong'. It is said that, the rolling hills around the town reminded the British of Scotland.

Location- Situated at an elevation of 1,525 meters above sea level amidst the Himalayan foothills of the Pataki range. How to reach- Howrah Junction to Kamakhya by train (19 hrs) Kamakhya to Shillong by taxi (3 hrs). Temperature- 16 degrees to 32 degrees Celsius. Best time to visit- Between October to February. Cost- Rs. 20,000 per head. How many days required- 5. Distance from Kolkata- 1,075 Kilometers.

Elephant Falls is undoubtedly one of the main tourist attractions. The beauty of the waterfalls dropping in layers and dense green vegetation, it is a complete sight to behold. The awesome waterfall was named by

the Britishers after a rock at its bottom that appears like an elephant. However, the resemblance was destroyed by an earthquake in 1897. Best time to visit: 9:00 AM to 5:00 PM. **Activities/Attractions:** Nature photography, sightseeing, shopping for souvenirs, Bamboo handicrafts, and exquisite hand-woven woolen shawls.

This peak is the highest spot of the city situated at a height of 1965 metres from sea level. The abundant greenery and magnificent views all around will keep you spellbound. Especially suggested for nature lovers. Best time to visit: 9:00 AM to 3:30 PM. **Activities/Attractions:** Photography, trekking, and bird watching. Popularly known as 'Barapani', this spot provides a peaceful environment all around. Surrounded by thick coniferous forests, this man-made lake is a great picnic spot. Best time to visit: 9:00 AM to 5:00 PM. **Activities/Attractions:** Pedal boating, fishing, kayaking, and various other water sports.

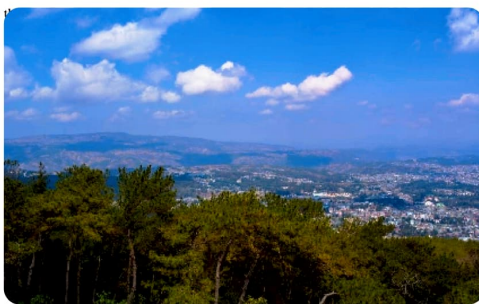
A must visit place in Shillong. The wettest

place on Earth having the heaviest rainfall. The natural beauty of the area is the scene of the rivers that fall from mountains in gushing waterfalls, the town's famous limestone caves, the thriving flora and fauna, the oranges, the natural honey as well. This abode of clouds is not to be missed when you visit Shillong. Best time to visit: October to May, 5:30 AM to 7:30 PM. **Activities/Attractions:** Photography and sightseeing.

One of the not-so-famous but enchanting places to see in Shillong. Laitlum means 'The End of Hills' and it is very popular among photographers and trekkers. This tourist spot is surrounded by thick lush green forests and majestic mountain peaks.

Best time to visit: 5:30 AM to 10:00 PM. **Activities/Attractions:** Trekking, photography, and sightseeing. So, to spice up your whole experience, make sure you include your preferred activities in a bucket list.

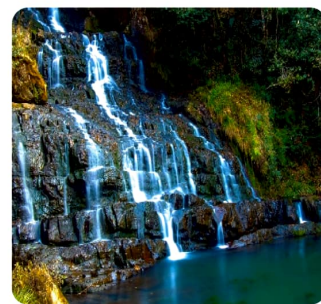
All of these places in and around Shillong bring out its natural side and mesmerizing hilly vibes. Away from the hustle-bustle of city life,



Shillong Peak (Picture from Internet)



Living root bridge (Picture from Internet)



Elephant Falls (Picture from Internet)



Umiam Lake (Picture from Internet)

UPCOMING WEB SERIES IN SEPTEMBER



Mumbai Diaries 26/11

SEPTEMBER 09

prime video



KOTA FACTORY

SEPTEMBER 24

NETFLIX



POT LUCK

SEPTEMBER 10

SONY LIV



LUCIFER

SEPTEMBER 10

NETFLIX



CRIME STORIES INDIAN DETECTIVES

SEPTEMBER 22

NETFLIX



SEX EDUCATION

SEPTEMBER 17

NETFLIX

msj CHRONICLES

Infographic by Rahul Mondal

মহান গুণ

শিচিদি নন্দন

'সোনার নগর' রচয়িতা ডাঃ,

সোনার নগর লেখক।

- "শ্রী বুদ্ধি রাহুলকন্যা"

রাহুলকন্যা বাইরে পড়তে

নাওতে পড়তে

রাহুলকন্যা আর সোনার নগর

রাহুলকন্যা কি সোনার সোনার

কন্যা-সত্য সত্যেই

সমিষ্টে তার মনুষ্য মনুষ্য

পাঠা করে পড়তে

রাহুলকন্যা পাপি সোনার

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সমিষ্ট-মানে কন্যা পাপি কন্যা

কন্যা সোনার সোনার

রাহুলকন্যা বাইরে সোনার

পাপি-কন্যা সোনার

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My teachers

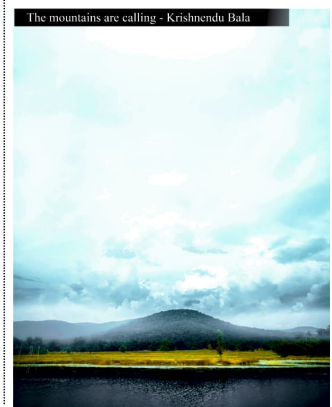
From page 1 However, Indrani Sir saved us from all our blunders and always supported us.

In the second semester, I again felt lucky when our department got Sudipta Bhattacharjee Mam who had worked with The Telegraph for 35 years. In addition, she is the person who constantly supported the publication of this newspaper. She has taught me many things and I am still learning from her. With Dr Shatabdi Som as our Head of the Department, our media science department is becoming stronger.

Even in this pan-

demia, where it is hard to communicate, they are teaching us, improving us and sharing their knowledge. Continuously tolerating our good and bad and creating a sculpture out of an abandoned heap of mud. Learning is all about acquiring knowledge, and our faculty is helping us to do that. It is also very important for a student.

According to A.P.J Abdul Kalam, "Teaching is a very noble profession that shapes the character, calibre and future of an individual. It will be the greatest honour for me if people remember me as a good teacher."



The mountains are calling - Krishnendu Bala

Media job prospects bright, opportunities aplenty

Dr Shatabdi Som Media is considered as one of the most powerful tools for providing information, education and entertainment. We have come a long way from traditional to the digital media which has opened massive opportunities for the communicators and content creators. Media is the sunrise sector for the economy and is making significant strides. You will be surprised to know that according to a study conducted by Ernst and Young, the value of the Indian media and entertainment industry is estimated to be Rs 138 thousand crore in

2020 despite the hard-hitting pandemic. In 2021 its estimated value will be Rs 179 thousand crore and by 2023 it will be Rs. 223 thousand crores. Can you imagine the growth and demand of this industry? For instance, according to India Brand Equity Foundation, the print media was worth Rs 19 thousand crore in 2020 and is expected to reach Rs.25 thousand 800 crores by 2023, that is 36% expansion, over the next three years. In March, 2021 Ernst and Young projected that in 2020, the television

market size was Rs.68 thousand 500 crores and is estimated to reach Rs \$4 thousand 700 crore by 2023 with a growth rate of 24%. In simpler terms we can say that growth in any industry is a clear indication that it will require more skilled professionals. Since March, 2020 most of us have been studying or working in the virtual platform due to the threat of the deadly virus, mostly staying at home. During this time the only escape for all of us has been the OTT platforms like Netflix, Amazon prime, Hotstar, Sony Liv, Hot Choi,

YouTube and many more. According to the Federation of Indian Chambers of Commerce & Industry and Ernst and Young Report, between 2020 and 2021 the number of OTT viewers in India increased by 47% and this is expected to boost huge opportunities for all the content creators. And thus, it opens the golden gate of opportunities for students who want to be a part of the industry. And the media and entertainment sector are expected to create not less than 3 lakh jobs every year. There are myriad oppor-

tunities in new-age media as you can work as journalists in print, electronic and digital media, you can opt for public relations, radio, advertising, corporate communication, photography, filmmaking, graphics, animation, editing, research, event management, digital marketing, and most importantly, you can work as an independent journalist in this 'global village'. But, is it so easy to be a part of this industry? To pursue a thrilling career in Media Science and Journalism, you need to be creative, adventurous, dy-

namic with a strong will to give voice to the unheard. This course offers the best technologies, equipped labs and most importantly, the experienced industry professionals who train the students, making them ready as per the industry requirement. Our dedicated faculty members from academia and industry focus on the holistic development of the students. We not only teach them journalistic skills but also help them to understand the value of ethics, truthfulness and accuracy. Our curriculum is a judicious mix of multiple the-

oretical and practical subjects that bridges the gap between academics and industry. Along with these hard skills, also known as the technical skills, the pre-placement cell dedicatedly inculcates soft skills which help students to crack job interviews, build relationships, create trust and lead teams efficiently, when they join the industry. We believe that learning can never be restricted within the four walls of the classroom and keeping this point in mind, we organise industry visits, fests,

photo walks, internship programmes, webinars, seminars, outreach activities for honing their skills, making them ready from classroom to the newsroom. Let me tell you something, despite the pandemic and its adverse impact on hiring, we were able to successfully place 97% of our students in the industry with the support of our highly efficient placement cell. Be a part of this tremendous growth story. Dr Shatabdi Som is the head of the department of Media Science and Journalism, Brainware University



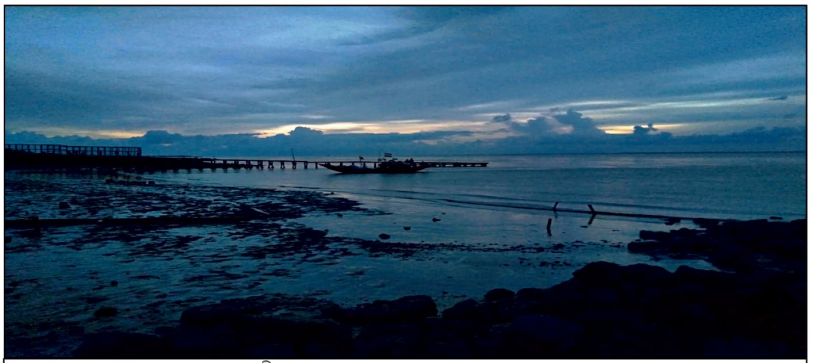
Silent in the trees. Picture by Sanjib Mandal



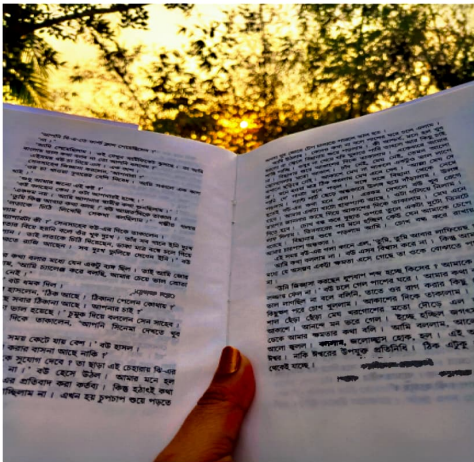
Ancient room. Picture by Soumik Dey



Leaving behind darkness and shadows. Picture by Suvanwita Dey



নদী এক নবরূপ পেল আকাশের রঙে - শশঙ্ক মন্ডল



নদী এক নবরূপ পেল আকাশের রঙে - মৌসুমী দাস



Hands behind aromatic teas. Picture by Moupiya Maity

Sidharth has been in our hearts forever and will remain so

Moupiya Maity

Sidharth Shukla passed away on September 2, after suffering a heart attack. Mumbai's Cooper Hospital confirmed the news of his death on Thursday morning. According to hospital sources, he had taken medicine before going to bed but did not wake up on Thursday morning. Initial speculation is that the actor may have died of a heart attack in his sleep.

The autopsy report of the actor came out on September 3. No signs of injuries were found on his body, the report said. He is thought to have died of a heart attack.

Shehnaaz Gill, his girlfriend and co-participant in the Bigg Boss show, was the first to see Sidharth unconscious. According to news agencies, Shehnaaz told police that she was the one who took Sidharth to Cooper Hospital. The family of the late



actor was with her.

According to Shehnaaz's statement, she was at Sidharth's house on Wednesday night. She entered Sidharth's room around 7am on Thursday and found Sidharth unconscious. According to news agencies, Shehnaaz lifted his head on her lap. When she realized that Sidharth's body had turned cold, she ran down-

stairs and informed Sidharth's mother and sisters. An ambulance was called. Sidharth was then taken to the hospital around 10.30am where the doctor declared him brought dead. Shehnaaz's father told the media that his daughter cried and told him, "Sidharth put his head on my lap and gave up his last breath."

Sidharth's family told police, there was no mystery about his death. Terms like 'abnormal' or 'mental exhaustion' also do not apply here, they stressed. The family members have requested everyone not to spread any rumours about his death. According to the family, Sidharth was very calm on Wednesday night.

But due to discomfort, he ate very little at night and went to sleep. He also took a medicine. And he did not wake up. Sidharth's last rites were performed on September 3. The actor's mother Rita Shukla appeared at the Oshiwara crematorium on Friday with tears in her eyes.

Friends from the industry came to pay their last respects to Sidharth Shukla on Friday. Asim Riaz, Arjun Bijlani, Arti Singh, Vikas Gupta, Rakhi Sawant, Aly Goni, Prince Narula, Rashmi Desai and others were present. Friends said goodbye to Sidharth with tears in their eyes.

Later actor Sidharth Shukla with Shehnaaz Kaur Gill

But his girlfriend Shehnaaz is absolutely emotionally broken. Far from speaking, she could not open her eyes and is often losing consciousness.

Sidharth entered

the world of Hindi serials in 2008 with the serial Babuli Ka Aangana Chootay Na, He was also the familiar face of several famous serials like Aahat, Love You Zindagi, CID. However, through the popular Hindi serial Balika Vadhu, Sidharth became a familiar face in the inner circle of television viewers. He was seen playing the main character. He also took part in reality shows like Jhalak Dikhhla Jaa season 6, India's Got Talent, Khatron Ke Khiladi 7, Bigg Boss 13 and Bigg Boss 14.

Sidharth Shukla was the winner of Bigg Boss 13. Sidharth's closeness with Shehnaaz started from that show. A few days ago, Sidharth-Shehnaaz acted in a music video together. Fans wanted to see their chemistry on the big screen. But that wish remained elusive with the death of the actor. But along with Sidharth, Sidharth will live in people's hearts

Saira Banu suffers from heart disease



Moupiya Maity

Veteran Bollywood actress Saira Banu was admitted to Hinduja Hospital in Mumbai on September 1. According to hospital sources, the 77-year-old actress has been diagnosed with heart disease. The doctor advised her to have an angiogram.

It was then that several news outlets reported that Saira Banu had been suffering from depression since the death of Dilip Kumar and did not even agree to have angiogram. Hinduja Hospital has dispelled these rumours. In

an interview, the actress's doctor,

Nitin Gokhale, said, "Saira ji is not suffering from depression. Even the news is not true that her condition is critical so she did not have angioplasty. We are trying to control her diabetes. Then she will have angioplasty. Information that the actress is not cooperating with the doctor is wrong." The doctor further informed that Saira Banu has been shifted from ICU to a normal bed. He said, "She is in a room. She is much better than before and is healthy."

India make history at Paralympics with 19 medals

Compiled by Papi Nandy

Five gold, eight silver and six bronze - India registered their best-ever medal haul at the Summer Paralympics in Tokyo that concluded on Sunday. The Indian para-athletes surprised everyone by coming close to the 20-medal mark. They have certainly laid a benchmark for their able-bodied counterparts to achieve at Paris 2024. From historic firsts in table tennis to archery, the Indians dominated in almost every sport during their 12-day stay at the Japanese capital and paved the way for more in the upcoming Paris 2024. Nineteen-year-old Avani Lekhara was the standout star as she became the first Indian woman to win a Paralympic gold. She went one better, by finishing with a second medal in shooting. Here is a look at all the Indian medalists from Tokyo Paralympics 2020.

SHOOTING

Avani Lekhara (Gold & Bronze)

This was Avani Lekhara's Paralympics. Making her debut on the world's biggest stage, the 19-year-old from Jaipur, shot a new Paralympic record of 249.6 in the women's 10m air rifle shooting standing SH1 category final to claim India's first gold medal in Tokyo. Lekhara made her journey more memorable when she claimed a bronze in the women's 50m rifle 3 positions SH1 category to become the first Indian woman to win two Paralympic medals at the same Summer Paralympics. Avani Lekhara was left with complete paraplegia (a spinal cord injury that paralyses the lower limbs) following a car accident in 2012 at the age of 11.

Singhraj Adhana (Silver & Bronze)

After Avani Lekhara, Singhraj Adhana gave India their second shooting medal at the Tokyo Paralympics with a bronze in the men's 10m air pistol SH1 category. Shooting 216.8 in the final, Adhana took the third step on the podium behind defending champion, China's Chao Yang (gold) and silver-medallist Chinese Xing Huang. The 39-year-old Singhraj Adhana added another Tokyo Paralympics medal to his tally when he won silver in the men's 50m pistol SH1 category. Adhana is affected by polio-impaired lower limbs.

MANISH NARWAL (Gold)

Manish Narwal won India's third gold medal at the Tokyo Paralympics. After finishing seventh during the men's 50m pistol SH1 category qualification round, Manish Narwal upped his ante at the Asaka Shooting Range to shoot a Paralympic record-setting 218.2 to claim the yellow metal. The 19-year-old suffers from a congenital ailment in his right hand.

BADMINTON

Pramod Bhagat (Gold)
Coming into the competition as the World No. 1, Pramod Bhagat was touted as one of the medal contenders and the Odisha lad didn't disappoint as he became India's first-ever badminton gold medalist in the men's singles SL3 category at the 2020 Paralympics. He defeated Great Britain's Daniel Bethell 21-14, 21-17 in the final. The 33-year-old Bhagat was affected by polio in his left leg when he was just four years old.

Krishna Nagar (Gold)
Krishna Nagar defeated Hong Kong's Chu Man Kai 21-17 16-21 21-17 to claim the second gold medal in badminton after Pramod Bhagat. Shuttler Krishna Nagar capped off India's brilliant Tokyo



Graphic by Rahul Mondal

Paralympics campaign with gold in the men's singles SH6 category. The 22-year-old defeated Hong Kong's Chu Man Kai 21-17, 16-21, 21-17 to take home an elusive world medal. Unlike others, Nagar's disability classification is for players of short stature.

Suhas Yathiraj (Silver)

Adding more to the badminton tally at the Tokyo Paralympics, Suhas Yathiraj gave India their third in the sport with a silver in the men's singles SL4 event. Competing against Lucas Mazur of France in the final, Yathiraj went down 21-15, 17-21, 15-21 when it mattered the most. Yathiraj is also the first Indian IAS officer to win a Paralympics medal. He suffers from congenital deformity in one of his legs.

Manoj Sarkar (Bronze)

Manoj Sarkar accompanied Bhagat to the podium as he clinched the bronze medal in the

men's singles SL3 category. After losing to Bethell in the semifinal, the Bengal-born Sarkar defeated Japanese Daisuke Fujihara 22-20, 21-13 to claim the third position. Sarkar suffers from a PPRP lower limb condition after being treated wrongly at the age of one.

JAVELIN

Sumit Antil (Gold)

Sumit Antil produced a monster throw in the fifth attempt to destroy the 10-men field. What the fancied Jharkhand or Gurjar couldn't do at the Tokyo Paralympics, Sumit Antil did. The 23-year-old sent his spear to 68.55m to clinch an elusive gold breaking his own world record twice in the process in the men's javelin throw F64 category. Sumit Antil has lost his left leg under the knee following a devastating motorbike accident in 2015.

Devendra Jhajharia (Silver)

Regarded as one of the legends

in the sporting fraternity and with two Paralympic gold medals (2004 and 2016) to his name, Devendra Jhajharia lived up to the expectations with a silver in the men's javelin throw F46 category. Jhajharia threw the spear to 64.35m in the final behind Sri Lanka Armyman Dinesh Herath (67.79m) to become India's most decorated Paralympian in history. The 41-year-old Jhajharia had to amputate his left hand after he touched a live electric cable while trying to climb a tree at the age of eight.

Sundar Singh Gurjar (Bronze)

Continuing India's good show in the men's javelin F46 category, Sundar Singh Gurjar finished just behind Jhajharia to clinch bronze with an attempt of 64.01m to win his maiden Paralympics medal. Fate was cruel for Gurjar when a metal sheet fell on his left hand in 2015 at a friend's house to render him handicapped for life.

HIGH JUMP

Nishad Kumar (Silver)

Hailing from Una in Himachal Pradesh, Nishad Kumar surprised everyone with a men's high jump silver at the Tokyo Paralympics. With a jump of 2.06m, the youngster equaled his personal best to claim the second position on the podium alongside USA's American Dallas Wise in the T47 category. Kumar's mark was also an Asian record. Wise's compatriot Roderick Townsend-Roberts clinched gold with a world record of 2.15m. Kumar had lost his right hand in a tragic accident when he was eight years old.

Mariyappan Thangavelu (Silver)

Mariyappan Thangavelu was greeted with an unusual welcome in Tokyo after he came in close contact with a COVID-19 positive passenger and was immediately sent into isolation. The

unfortunate incident also robbed him of carrying the Indian flag during the opening ceremony. However, all these couldn't deter the 26-year-old as the Tamil Nadu lad bagged silver in the men's high jump T42 category with 1.86m. Thangavelu had earlier won gold in the same event at the 2016 Rio Olympics. He suffered a permanent disability on his right leg when he was run over by a bus at the age of five.

Praveen Kumar (Silver)

Praveen Kumar's silver was India's fourth high jump medal at the Tokyo Paralympics. The Noida teenager cleared 2.07m in the final to take the podium in the men's T64 category only behind world champion Jonathan Broom-Edwards of Great Britain (2.10m), who took gold. Praveen suffers from congenital deformity (change in the normal size or shape of a body part caused by a condition that a baby is born with) in his left leg.

Sharad Kumar (Bronze)

Joining Thangavelu on the podium was Sharad Kumar, who clinched bronze clearing 1.83m in the men's high jump T42 category. The former World No.1 had finished sixth at the 2016 Rio Paralympics and was barred from competing in London in 2012 after testing positive for a banned substance. The Bihar-born Kumar suffered paralysis in his left leg after taking fake polio medicine at a local eradication drive at the age of two.

TABLE TENNIS

Bhavina Patel (Silver)

On National Sports Day, Bhavinaben Patel won a historic medal for India. Following India's dismal show at the Tokyo Olympics, Bhavina Patel filled the void when she gave India their first table tennis Paralympic medal in Tokyo. After losing to World

No.1 Zhou Ying of China in her opening Group A encounter, the 34-year-old from Gujarat made a brilliant comeback to dispatch Megan Shackleton (Great Britain), Joyce de Oliveira (Brazil), Borislava Rankovic Peric (Serbia) and Chinese Zhang Miao en route to the summit clash. However, in the final, it was the same Chinese Ying that she surrendered for silver. Bhavina was diagnosed with polio when she was 12 months old.

DISCUS THROW

Yogesh Kathuniya (Silver)

India won their first discus throw medal at the biggest stage when Yogesh Kathuniya brought silver home in the men's F56 category at the Tokyo Paralympics. Kathuniya threw the disc to 44.58m, his personal best, just 1.01m behind gold medalist Brazil's Claudiney Batista dos Santos. Kathuniya suffered Guillain-Barre syndrome and consequent quadriplegia at the age of nine confining him to a wheelchair in 2006. However, it was his mother Mena Devi, who gave physiotherapy to her son and within three years, Kathuniya gained muscle strength and was able to walk again.

ARCHERY

Harvinder Singh (Bronze)

Putting an end to India's Olympic archery woes in Tokyo, Harvinder Singh bagged men's individual recurve bronze at the Paralympics to etch his name into the history books. The 30-year-old defeated South Korean Kim Min Su 6-5 in a thrilling shoot-off to take home India's maiden archery medal at this stage. A native of the Kathiawar district in Haryana, Harvinder suffered impairment in his left leg after being injected wrongly by a local doctor when he was just 18 months old. He is pursuing a PhD in Economics.

The famous sports personalities who are in odd jobs today

Rahul Mondal

Following our dreams is what we do. In order to achieve it, we work hard, have good moments, and persevere. It takes time, good moments, hard work, and perseverance. Our greatest desire is to live with it for the rest of our lives. Does this happen every time? It is best exemplified in sports. People had to do odd jobs instead of living their passion. The situation leaves them out of work, doing some odd jobs. Feeling the situation, we can sense how depressing it is. The same would apply to Jack Willshire. Willshire once was one of the most talked-about English footballers. Unfortunately, his injuries, inconsistent form, and bad luck have left him without a club since leav-

ing Bournemouth earlier this year. During one of his interviews, he revealed that his child is asking about the MLS (Major League Soccer) and Liga. Why is he not playing?

Here is another story of a blind cricketer that will help you understand it better. Blind cricketer Naresh Tunda, a member of the team that helped India win the 2018 Cricket World Cup, now works as a labourer in Navsari to earn his two-time meal. According to him, he earns Rs. 250 a day. Furthermore, he asked the government and the chief minister three times for a job so that he could take care of his family but did not receive a response.

A national icon who represented India on the international stage is now struggling to

earn a living. Something same this happened with Prakash Bhagat. A cricketer from Silchar, Assam. Once shared NCA (National Cricket Academy) with Sachin Tendulkar and Sourav Ganguly is now working at a roadside stall.

Selling vegetables is not a bad or disrespectful job. But it will be a prick in your throat if you are star player and captain of the 1983-84 national games for Bihar who also won the silver in the Guwahati National Games. But this is what the story of Shanti Devi is. But due to poverty e has been languished to sell vegetables.

More stories will show India treated their deserving heroes shamefully and pathetically. Consider Situ Saha and Nauri Munda. Situ Saha was a bronze winner in the 200 and 1600

meters races in the special Olympics and now she is selling Gol-Gappa. Whereas Situ Saha is a teacher who won bronze and silver in hockey. There are multiple stories like footballer Rashmita Patra, Archer Nisha Rani Dutta, hockey player Shankar Lakshman.

These stories are just a reminder for all of us. Because we often forget to appreciate the hard work and struggle behind their victories. This all just remains underrated because the media does not end up showing this. This keeps piled beneath the breaking stories and popular star stories. They are the real inspiration that they are doing whatever they can but they did not stop following up their dreams. And "Dreams are not that you see while sleeping, it is something that does not let you sleep.

'Tokyo Olympics 2020' was the most memorable non-sporting event in history

Anwar Hussain and agencies

Even if you are not into sports, this year's Olympic Games offered plenty on the sidelines. As thrilling as it has been, there were some non-sporting events during these Olympics that stole the show, enough to distract the casual viewers or those with zero interest in athletics. Here are some of them, the things that we will remember from the Tokyo Olympics. Aside from the sports.



No audience due to Covid

The Olympic Games in Japan was held without spectators at venues in and around the capital after there was a spike in coronavirus infections. Venues in Tokyo and other areas near the capital city were not allowed to hold events with fans during the Games. But stadiums in the region's of Fukushima, Miyagi and Shizuoka were permitted to have spectators upto 50% of their capacity and up to 10,000 people.

Russia was not allowed to participate

Russia, which has historically been among the world's top sporting nations, was banned from the Tokyo Olympics. There were 335 sportspeople from Russia competing with athletes from all around the world. Yet, unlike their counterparts, the Russians were not allowed to use their country's name, flag and anthem, and competed under the acronym ROC, which stands for Russian Olympic Committee.

In December 2019, the World Anti-Doping Agency banned Russia for

four years from competing in the international events including the Tokyo Olympics and the FIFA World Cup in 2022. The ban was enacted after new revelations came up about a doping programme that Russia had been accused of.

The ultimate Olympic love story

We are all suckers for a good love story and who knew the Olympics would serve us such a good content?

Argentina's fencing coach and Maria Belen Perez

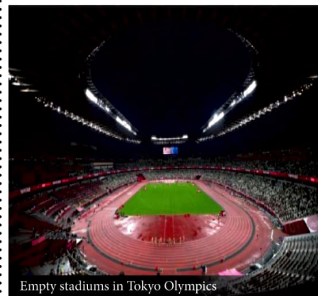
coach popped the question to fencer Maria Belen Perez Maurics during her interview after being eliminated from the women's sabre event. He appeared behind her holding up a sign that said, "Will you marry me? Please?" (in Spanish). She said yes and the rest is history. The couple have been together for 17 years and he actually proposed 11 years ago but she had rejected it. We guess she's no longer sitting on the fence! That's it! That's the true spirit of the Olympic Games.



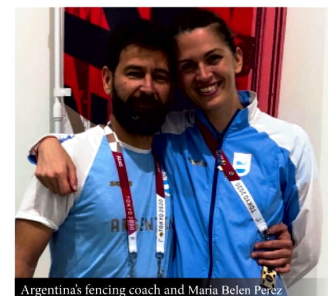
Jack Willshire, Prakash Bhagat and Shankar Lakshman



Situ Saha and Nauri Munda



Empty stadiums in Tokyo Olympics



Argentina's fencing coach and Maria Belen Perez