

VINESH PHOGAT DISQUALIFIED



Key Points:

Why did Vinesh Phogat Get Disqualified?

- ❖ Bad luck for India continues. Vinesh Phogat got disqualified after being found overweight on the morning before her 50 kg gold medal match.
- ❖ As per media sources, Vinesh Phogat was almost 100 grams over the permissible weight limit, which means she will not be eligible for a podium finish according to the tournament rules.
- ❖ **What are the Rules?**
- ❖ **Medical Examination:**
- ❖ Wrestlers must have a medical check on the first morning of the competition. □ Without this check, they cannot participate in the weigh-in.
- ❖ Wrestlers must show their license and accreditation during the medical check and weigh-in. □ Wrestlers must be in excellent physical condition, including having very short fingernails. **Weigh-In Procedure:**
- ❖ Wrestlers must wear only their singlet for the weigh-in.

- ❖ No weight allowance is given for the singlet.
- ❖ During the weigh-in period, wrestlers can step on the scale multiple times.
- ❖ Referees ensure wrestlers meet weight requirements and wear the correct attire.
- ❖ Wrestlers who are not in proper attire will not be weighed.

This is how the weight loss was attempted

- ❖ On Tuesday night, Vinesh weighed 52 kg, she tried to reduce her weight by cycling, skipping etc., but she could not succeed. Gagan Narang, Dinshaw Pardiwala, her husband, physio, medical staff, IOA officials, people present in India, OGQ (Olympic Gold Quest) worked overnight to reduce her weight.
- ❖ According to the information - Dr. Pardiwala even said that we cannot put his life in danger. Media reports have also revealed that they tried everything possible.
- ❖ Vinesh was groaning in pain, as her body was breaking down, she was in the sauna this morning in a last attempt.
- ❖ Vinesh is in the Olympic Village Polyclinic. She reached the final of 50 kg wrestling. On the second day of the event, Vinesh's weight was found to

be 100 grams more in the 50 kg category.

- ❖ Efforts continued for 24 hours, but the weight got stuck at 50.100 kg When Vinesh was weighed on Tuesday morning, she was 49.90 kg.
- ❖ Which was enough to play in the 50 kg category. After playing 3 matches till the semi-finals, she was fed food for protein and energy, due to which her weight increased to 52.700 kg.
- ❖ The medical team tried to reduce Vinesh's weight overnight. She was made to exercise, was not given food, was not allowed to drink even water, even her hair was cut.
- ❖ Even then, when the weight did not reduce, her nails were cut and she was even made to wear short clothes.
- ❖ Vinesh's weight reduced, but despite so many efforts, her weight got stuck at 50.100 kg.
- ❖ Vinesh reached the final by winning 3 matches in a day Vinesh Phogat played 3 matches in the 50 kg weight category on Tuesday. In the pre-quarterfinals, she defeated Tokyo Olympic champion Yui Susaki. In the quarterfinals, she defeated Ukraine and in the semifinals, she defeated Cuban wrestler. Vinesh became the first Indian female wrestler to reach the final, but today 100 grams

shattered her and India's dream of winning an Olympic gold medal.

Wrestling Medals for India in Olympics

India has won seven medals - 2 silvers and 5 bronze-in the Olympics before the 2024 Paris Olympics.

The first individual medal in the Olympics for India after Independence was won by **KD Jadhav** in wrestling at the 1952 Helsinki Olympics. He won a bronze medal.

India has never won a gold medal in the wrestling event in the Olympics.

Sakshi Malik is the only female wrestler to win an Olympic medal for India. Sushil Kumar has won two medals in wrestling.

Serial Number	Wrestler	Category	Medal	Olympics
1	K D Jadhav	Men's bantamweight (57kg) freestyle	Bronze	1952 Helsinki Olympics
2	Sushil Kumar	Men's freestyle 66kg	Bronze	2008 Beijing Olympics
3	Sushil Kumar	Men's freestyle 66kg	Silver	2012 London Olympics
4	Yogeshwar Dutt	Men's freestyle 60 kg	Bronze	2012 London Olympics
5	Sakshi Malik	Women's freestyle 58 kg	Bronze	2016 Rio Olympics
6	Ravi Kumar Dahiya	Men's freestyle 57 kg	Silver	2020 Tokyo Olympics
7	Bajrang Punia	Men's freestyle 65 kg	Bronze	2020 Tokyo Olympics

Indian-origin astronaut Sunita Williams, stranded in space for over 50 days



Key Points:

- ❖ NASA astronaut Sunita Williams, currently stationed on the International Space Station (ISS) as part of the Boeing Crew Flight Test mission, recently underwent comprehensive eye examinations alongside her crew members.
- ❖ These scans focused on capturing detailed images of the cornea, lens, and optic nerve to better understand the potential effects of long-duration spaceflight on human vision.
- ❖ According to Dr Vineet Sehgal, Senior Consultant, Sharp Sight Eye Hospitals, these tests are crucial for several reasons.

- ❖ Astronauts who spend extended periods in space often face a range of eye health issues due to prolonged exposure to microgravity.
- ❖ One of the most common conditions is Spaceflight-Associated Neuro-ocular Syndrome (SANS).
- ❖ According to Dr Sehgal, this condition includes symptoms such as changes in vision, optic disc edema (swelling of the optic nerve), globe flattening (a change in the shape of the eye), and choroidal folds (wrinkling of the vascular layer behind the retina).
- ❖ The return of the Starliner spacecraft, which took NASA astronauts Sunita Williams and Butch Wilmore to the International Space Station (ISS).



- ❖ CST-100 Starliner, developed by Boeing in collaboration with NASA's Commercial Crew Program, is designed to accommodate up to seven passengers or a mix of crew and cargo for LEO missions. It is reusable up to 10 times with a turnaround time of six months.
- ❖ The return of Williams and Wilmore has faced multiple delays due to

technical problems with the Starliner, including helium leaks and thruster malfunctions. NASA and Boeing have conducted around 100,000 computer model simulations to account for every potential scenario during undocking, deorbit burn, and landing

- ❖ **INTERNATIONAL SPACE STATION**
- ❖ The International Space Station is a large space station assembled and maintained in low Earth orbit by a collaboration of five space agencies and their contractors: NASA, Roscosmos, ESA, JAXA, and CSA. The ISS is the largest space station ever built.



- ❖ The space station has been continuously occupied since November 2000.
- ❖ An international crew of seven people live and work while traveling at a speed of five miles per second, orbiting Earth about every 90 minutes. Sometimes more are aboard the station during a crew handover.
- ❖ In 24 hours, the space station makes 16 orbits of Earth, traveling through 16 sunrises and sunsets.
- ❖ Peggy Whitson set the U.S. record for spending the most total time living and working in space at 665 days on Sept. 2, 2017.

- ❖ The living and working space in the station is larger than a six-bedroom house (and has six sleeping quarters, two bathrooms, a gym, and a 360-degree view bay window).
- ❖ To mitigate the loss of muscle and bone mass in the human body in microgravity, the astronauts work out at least two hours a day.
- ❖ SpaceX's Crew Dragon spacecraft was initially scheduled to launch four astronauts to the ISS on August 18, but NASA said that mission, named Crew 9, is now planned for "no earlier than" September 24.
- ❖ Starliner has since been docked at the International Space Station and has spent two months in space, with no return date. Referring to this Crew 9 launch, the NASA official explained how they planned to bring the two Starliner astronauts back to Earth. This particular aims at bringing back Sunita Williams and Butch Wilmore by 2025. He said, "We have set up the Dragon for Crew 9 to have flexibility, to have only two passengers fly up on that flight and then we can return four crew members in February 2025 time frame, and Butch and Suni would remain on station as part of that increment and return home with them on Crew 9."
- ❖ **Muscle Atrophy:** In the absence of gravity, muscles are not required to support body weight, leading to muscle weakening and atrophy. Astronauts need to exercise regularly to mitigate this effect.
- ❖ **Bone Density Loss:** Microgravity causes bones to lose minerals, leading to decreased bone density and increased risk of fractures. This condition is similar to osteoporosis on Earth.
- ❖ **Cardiovascular Changes:** The cardiovascular system adapts to the lack of gravity, which can result in decreased blood volume, altered heart function, and orthostatic intolerance (difficulty standing up without feeling faint).
- ❖ **Vision Changes:** Many astronauts experience vision problems due to increased intracranial pressure. This condition is known as Spaceflight-Associated Neuro-ocular Syndrome (SANS).
- ❖ **Radiation Exposure:** Space exposes astronauts to higher levels of cosmic radiation, which can increase the risk of cancer, damage to the nervous system, and other health issues.

New Delhi host the first BIMSTEC Business Summit meeting



Key Points:

- ❖ The first BIMSTEC (Bay of Bengal Initiative for MultiSectoral Technical and Economic Cooperation) Business Summit meeting is being held in New Delhi from 6 to 8 August 2024.
- ❖ The Summit will facilitate discussions on key areas of cooperation and bring together all BIMSTEC stakeholders on one platform.

Who inaugurated the BIMSTEC Business Summit Meeting?

- ❖ The first BIMSTEC Business Summit was inaugurated by the External Affairs Minister S. Jaishankar in New Delhi on 6 August 2024.
- ❖ Union Minister of Commerce and Industry Piyush Goyal was also present on the occasion. The summit is being attended by ministers of the BIMSTEC countries, high-ranking Government officials, policymakers,

entrepreneurs, and industry associations.

Who organised the BIMSTEC Business Summit Meeting?

- ❖ The first Business Summit meeting of BIMSTEC has been organised by the Ministry of External Affairs in association with the Confederation of Indian Industries (CII).
- ❖ **BIMSTEC Meetings**
- ❖ BIMSTEC was established as a regional group in 1997 to promote cooperation among the littoral states of the Bay of Bengal regions. Its members are India, Sri Lanka, Bhutan, Bangladesh, Nepal, Thailand, and Myanmar.
- ❖ Thailand will host the 6th BIMSTEC Summit Meeting in September 2024.
- ❖ A series of BIMSTEC meetings are being held to prepare for the forthcoming summit meeting.
- ❖ New Delhi hosted the 2nd BIMSTEC Foreign Minister's Retreat (meeting) on July 11 and 12, 2024.
- ❖ The 4th BIMSTEC Security Chiefs meeting was held on 27 July 2024 in Nay Pyi Taw, the capital of Myanmar.

About Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC)

- ❖ Founded - 6 June 1997
- ❖ Headquarters - Dhaka, Bangladesh

- ❖ Membership - 7 (Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka & Thailand)
- ❖ Secretary General - Indra Mani Pandey (India)



Textile Ministry kick starts 'VIRAASAT' exhibition to celebrate 10th National Handloom Day



Key Points:

- ❖ The Textile Ministry is organising a fortnight-long exhibition called "VIRAASAT," to celebrate the 10th National Handloom Day, which commenced at Handloom Haat in Janpath.
- ❖ The National Handloom Development Corporation Ltd (NHDC), an arm of the Textiles Ministry is organising this handloom expo

India & World Bank sign \$500 million agreement for Green National Highway Corridor project



- ❖ The Government of India and the World Bank have signed an agreement for the construction of Green National Highway Corridors Project (GNHCP) in an aggregate length of 781 km for the states of Himachal Pradesh, Rajasthan, Uttar Pradesh and Andhra Pradesh.
- ❖ The total project cost is estimated at \$1.29 billion (Rs. 7,662.47 crore). The GNHCP will provide smooth, all-weather motorable roads, enhancing connectivity and socio-economic development in the region. Scheduled for completion by May 2026, the GNHCP includes several innovative approaches to reduce carbon emissions and conserve natural resources throughout its lifecycle.

Film Academy re-elects Janet Yang as president



Key Points:

- ❖ Film producer Janet Yang has been re-elected as the president of the Academy of Motion Picture Arts and Sciences for a third time. Yang has been a member of the Producer's Branch since 2002, and her credits include *South Central*, *The Joy Luck Club*, *The People vs. Larry Flynt*, *Zero Effect*, *Saviour*, *The Weight of Water*, *High Crimes*, and *Over the Moon*, which was nominated for an Oscar.
- ❖ Apart from her, several other people have been elected for board officer positions, including Lesley Barber, Vice President (chair, Membership Committee), DeVon Franklin, Vice President (chair, Equity and Inclusion Committee), Donna Gigliotti, Vice President/Treasurer (chair, Finance Committee), Lynette Howell Taylor, Vice President (chair, Awards Committee) and Howard A Rodman, Vice President/Secretary (chair, Governance Committee).

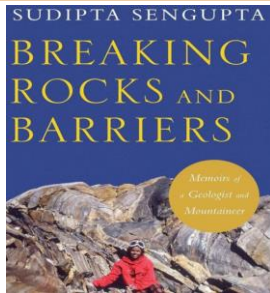
Dinesh Karthik appointed SA20 league ambassador



Key Points:

- ❖ Former India wicketkeeper Batter Dinesh Karthik was appointed the league ambassador of the SA20 League.
- ❖ Karthik, who is the first Indian player to be associated with the South African tournament, retired from all forms of cricket earlier this year. Karthik will be working very closely with fellow SA20 ambassador AB de Villiers and the management team to help strengthen the league's global fan base and reinforce brand awareness across key strategic markets in India and the United Kingdom.
- ❖ The SA20 comprises six franchises — MI Cape Town, Joburg Super Kings, Durban Super Giants, Paarl Royals, Pretoria Capitals, Sunrisers Eastern Cape, all of which are owned by the owners of IPL teams.

Memoir of geologist, mountaineer
Sudipta Sengupta to release



Key Points:

- ❖ A new book chronicling the work and adventures of Sudipta Sengupta, a pioneering geologist-mountaineer and one of the first Indian women to set foot in Antarctica in 1983.
- ❖ Sengupta was part of the Third Indian Expedition to Antarctica that ran from December 3, 1983, to March 25, 1984. "Breaking Rocks and Barriers", published by HarperCollins India, narrates Sengupta's adventures as a geologist studying and doing fieldwork in remote areas across the world – from encounters with snakes in the mines of Bihar and trekking across a 'black glacier' in Norway to being engulfed by a thundercloud in Sweden and being greeted by a flock of penguins in Antarctica.

Bharat Forge arm gets license to make
defence products



Key Points:

- ❖ Bharat Forge, wholly-owned subsidiary of Kalyani Strategic Systems (KSSL), has been granted defence license for manufacture of various defence products specially designed for military application at its Jejuri unit.
- ❖ The license has been granted by the Department for Promotion of Industry & Internal Trade under The Industries (Development and Regulation) Act, 1951.
- ❖ This will allow company to participate in potential defence programs in future by KSSL.
- ❖ Bharat Forge manufactures an extensive array of critical and safety components for several sectors including automobiles (across commercial & passenger vehicle), oil & gas, aerospace, locomotives, marine, energy (across renewable and non-renewable sources), construction, mining and general engineering

Nagaland govt, SBI General Insurance ink MoU on disaster risk management solution



Key Points:

- ❖ Nagaland government and SBI General Insurance inked an MoU for Disaster Risk Transfer Parametric Insurance Solution (DRTPS). Nagaland is the first state in the country to implement a disaster risk management insurance solution.
- ❖ It aims to establish an effective and efficient disaster risk management system in all districts of Nagaland and to facilitate community-based disaster risk management.

National Handloom Day

Key Points:

- ❖ The Nation celebrates the 10 National Handloom Day on 7th August 2024.
- ❖ The Day is observed to acknowledge and honour the weaving community in India and their invaluable contribution to India's socio-economic development.
- ❖ The handloom sector, which is a symbol of India's rich and varied cultural heritage, is the second largest

employer in India after the agriculture sector.



- ❖ Prime Minister Narendra Modi announced in 2015 that the 7th of August will be observed as National Handloom Day every year.
- ❖ This day was chosen to highlight the historical Swadeshi movement, which was launched on 7 August 1905.'
- ❖ The British proposed dividing Bengal to crush the nationalist movement. In July 1905, the British government announced the creation of a new province of "Eastern Bengal and Assam by dividing the Bengal province.
- ❖ To protest the division of Bengal, Krishnakumar Mitra's Bengali journal Sanjibani proposed the boycott of British goods and promotion of Swadeshi goods.
- ❖ This idea of swadeshi was endorsed at the meeting of prominent people at the Calcutta town hall on 7 August 1905.
- ❖ This proposal was endorsed at a meeting on 7 August 1905 at the

town hall. The first National Handloom Day was observed in Chennai by the Prime Minister on 7 August 2015.

- ❖ **10th National Handloom Day Celebration**
- ❖ The Union Ministry of Textile is organising the 10th National Handloom Day event on 7th August 2024 in New Delhi.
- ❖ Jagdeep Dhankhar, Vice President of India, will be the Chief Guest on the occasion.
- ❖ The Sant Kabir Awards and National Handloom Awards will be conferred to handloom weavers for their

outstanding contributions to the handloom sector during the function.

- ❖ **VIRAASAT Exhibition in New Delhi**
- ❖ The National Handloom Development Corporation Ltd. has organised the "VIRAASAT" handloom exhibition in New Delhi on the occasion of the 10th National Handloom Day.
- ❖ The "VIRAASAT" exhibition will be held from 3 to 16 August 2024. Handloom products from various parts of the country are on display and for sale at the exhibition.



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