



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

THURSDAY, MARCH 11, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2



68 MILLION TONS

That's the amount of food India wasted in 2019, according to a UN report. The household food waste estimate is 50 kg per capita per year in India, it added.

The report looks at the food waste that occurs in retail outlets, restaurants and homes, counting both food and inedible parts like bones and shells, and presents the most-comprehensive food waste data collection, analysis and modelling till date



HOW THE WORLD FARED

1 The Food Waste Index Report 2021 compiled by the United Nations Environment Programme (UNEP) and partner organisation WRAP said that around 931 million tons of food waste was generated globally in 2019, 61% of which came from households, 26% from food service and 13% from retail

2 This suggests that 17 per cent of total global food production may be wasted," it said. "The weight roughly equals to that of 23 mil-

lion fully-loaded 40-ton trucks - bumper-to-bumper, enough to circle the Earth seven times," the UN agency said

3 On a global per capita level, 121 kgs of consumer level food is wasted each year, with 74 kgs of this happening in households, the UNEP said

4 The household food waste estimate in the US is 59 kg per capita per year, or 19,359,951 tons a year, while for China these estimates are 64 kg per capita per year or 91,646,213 tons a year

THE IMPACT

The report said that food waste has substantial environmental, social and economic impacts. At a time when climate action is still lagging, 8-10 per cent of global greenhouse gas emissions are associated with food that is not consumed, when losses before consumer level are taken into account



WHY IS IT IMPORTANT TO STOP FOOD WASTE

■ Reducing food waste would cut greenhouse gas emissions, slow the destruction of nature through land conversion and pollution, enhance the availability of food, and thus reduce hunger and save money at a time of global recession, feel

■ The report noted that with 690 million people affected by hunger in 2019, an estimate that is expected to rise sharply due to the pandemic, and three billion people unable to afford a healthy diet, consumers need to help to reduce food waste at home

HOW CAN WE STOP IT

■ The report said that countries can raise climate ambition by including food waste in Nationally-Determined Contributions to the Paris Agreement, while strengthening food security and cutting costs to households. This would make food waste prevention also a primary area for inclusion in Covid-19 recovery strategies



FOOD FOR THOUGHT

Many people die of hunger every year across the globe and yet 931 million tons of food was wasted the world over in 2019. In India too, where millions survive at subsistence level, tons of food is wasted. Experts must suggest ways to get out of this grim paradox or at least minimise it. We also need awareness campaigns on the subject, both by the government and by the civil society groups

HOW CAN WE STOP FOOD WASTE?

Join our campaign# Zerowaste and send in your ideas, poster, slogan or anything related to the topic at toinie175@gmail.com

Top 3 entries will be published in Times NIE!!!

Facebook testing feature to let Indian users share Instagram Reels on news feed

Facebook Inc is testing a feature on Instagram that allows some content creators in India to share short video clips, known as Reels on their Facebook accounts.

TECH BUZZ



■ In the test, some Indian users, who create the 30-second-long Reels on Instagram, will have the option of having them recommended on

Facebook ■ Additionally, the social media giant said, it will have its own version of the reels feature on the main app.

1 Instagram's Reels feature is the company's version of ByteDance's TikTok, wherein users can record short mobile-friendly videos, and add special effects and soundtracks pulled from a music library

after the Chinese app created a craze among Indian users for short videos

3 The success of TikTok has prompted many social media companies to add short-video services to their platforms, with Snap Inc's Snapchat rolling out 'Spotlight' last November

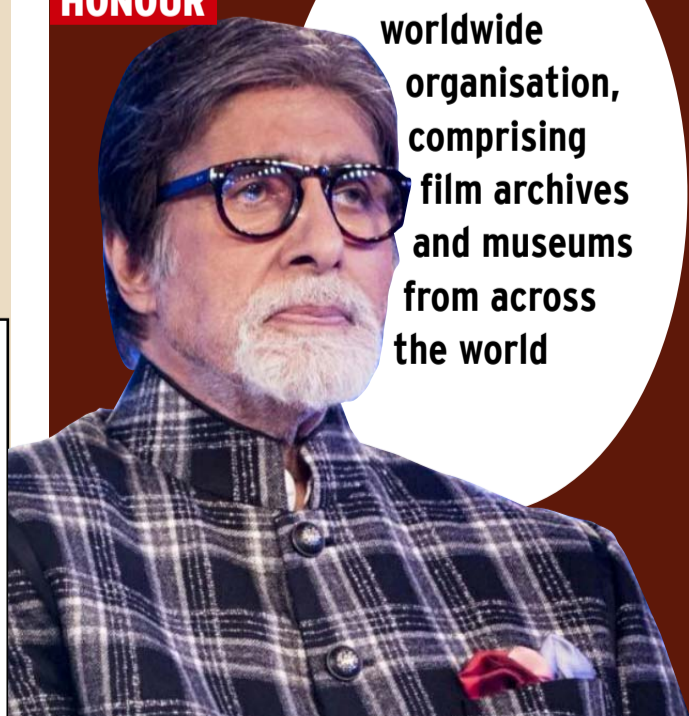
2 It was launched close on the heels of TikTok's ban in India June last year,

Amitabh Bachchan to be felicitated with FIAF Award

Actor Amitabh Bachchan will be honoured with an award by the International Federation of Film Archives (FIAF). The veteran actor will be the first Indian cinema personality to be bestowed with the FIAF Award for his dedication and contribution to the preservation of the world's film heritage. Hollywood filmmakers and previous recipients of the FIAF Award, Martin Scorsese and Christopher Nolan, will present the award to Bachchan during a virtual showcase scheduled to take place on March 19.

HONOUR

The FIAF is a worldwide organisation, comprising film archives and museums from across the world



Gisat-1 launch likely by early April; satellite can aid military ops

The Indian Space Research Organisation (ISRO) will make a second attempt to give India its first state-of-the-art earth observation satellite by launching the Geo Imaging Satellite (Gisat-1) by the end of this month or the first week of April. The launch of Gisat-1 was first scheduled for March 5, 2020, and was scrubbed minutes before the 26-hour countdown was to begin on March 4, 2020.

➤ The satellite, which will add to ISRO's constellation of earth observation satellites, will be placed in the geosynchronous equatorial orbit (GEO), and will be launched on a GSLV. Once in the GEO, it will subsequently be positioned in geostationary orbit, about 36,000km above the Earth's equator, using onboard propulsion systems.

➤ Designed to provide near real-time images of large areas of region of interest at frequent intervals, the satellite will hold the potential of even aiding the country's armed forces to plan operations

➤ Weighing 2,268 kg, the satellite will also provide spectral signatures for agriculture, forestry, mineralogy, disaster warning, cloud properties, snow, glaciers and oceanography



India's GDP growth to be fastest in the world: OECD

India's gross domestic product (GDP) growth is likely to rebound sharply to 12.6 per cent in FY22, supported by strong fiscal and quasi-fiscal measures, making it the fastest-growing economy in the world, the Paris-based Organisation for Economic Co-operation and Development (OECD) mentioned in its interim economic outlook report.

■ "Activity moved above pre-pandemic levels in China, India, and Turkey, helped by strong fiscal and quasi-fiscal measures, and a recovery in manufacturing and construction," the OECD said in its report

■ It expects India's GDP to contract 7.4 per cent in FY21, against the December 2020 projection of 9.9 per cent shrinkage. The pro-

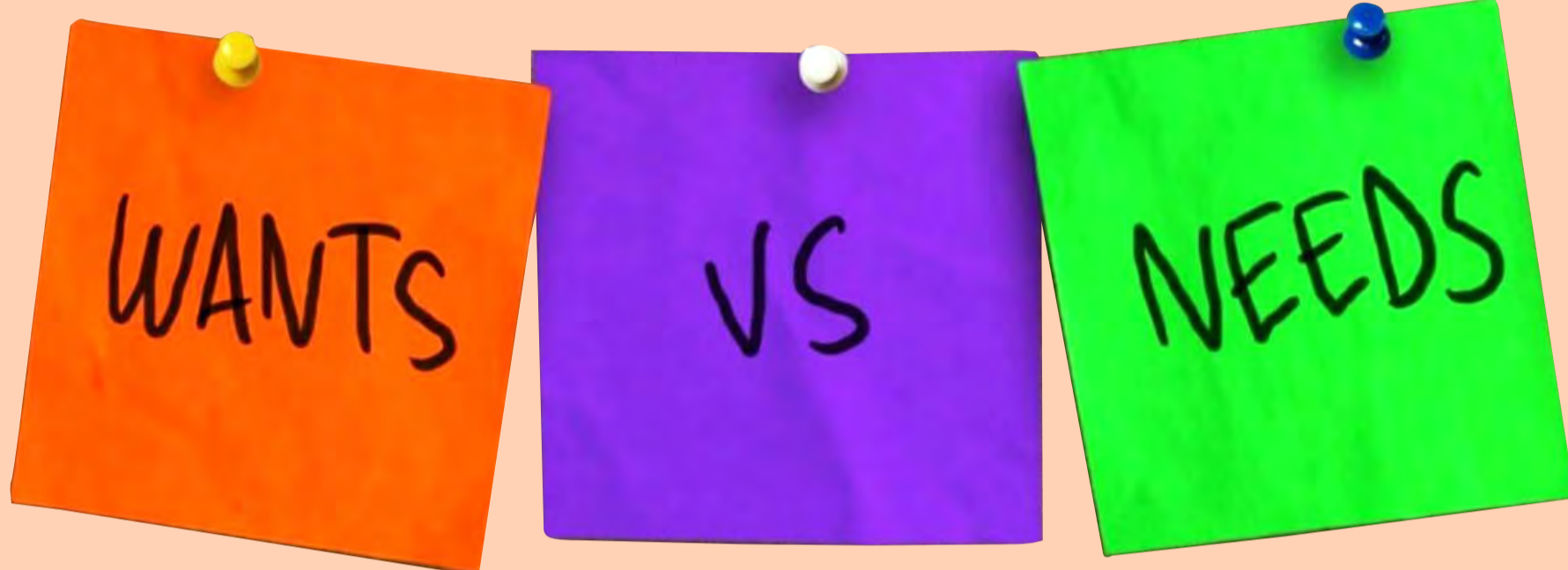


jection is more positive because the Indian economy was officially projected to decline by 8 per cent in the current fiscal year

Teach kids difference between

Follow '5-a-day' rule for longer, healthier life

If you are scouting for a magic potion to live a longer and healthy life, try five daily servings of fruits and vegetables, in which two are fruits and three are vegetables, according to new research that combed through studies representing nearly two million adults globally.



Children are innocent souls who need the right guidance and role models in life. While they are pure at heart, they have little understanding of the difference between things that are necessary and those led by desire. In such situations, parents must intervene and help their kids prioritise what they need over what they want.



Help them understand what living on a budget means

Kids are too young to understand budget business. But making them aware of how you run your family on a budget will only make them more conscious and aware of their spendings.

Make them prioritise

Your child may think they need everything they desire, but it is your job as a parent to help them differentiate between what they need and what they wish for.

Needs vs Wants: What's the difference?

'Needs' are triggered by a sense of urgency. For instance, food, shelter, clothing are all things that are necessary and people cannot do without these basic amenities. On the contrary, 'wants' are everything that one desires but can be done without. Of course, there are certain things that can be listed down under food, shelter and clothing, but it may not be necessary or urgent at all. For instance, luxury clothing, big houses and junk foods are all a by-product of what one wants and desires and not what



one needs. That said, determining what you need and want can be difficult and for children it can be all the more challenging. Therefore, here are some ways you can teach your kid the difference between 'needs' and 'wants'.

Set an example

As a parent, you must be a role model to your kid. Instead of spending on less important things, teach your kid the importance of immediate needs

over wants. Show them how you can keep your personal wants aside to save money for your family.

Teach your kids the value of hard work

Your child should understand the value of hard earned money. Do not give your child everything they ask for. Instead make them earn it through different reward systems. Whenever you can, give them the opportunity to earn their money and then give them the choice to invest it in what they want.

Do not limit needs to 'things'

When we think of needs, we usually direct our minds towards material things. But you must teach kids how needs are more than things and include emotional needs like love, respect, etc.

Compared to those who consumed two servings of fruit and vegetables per day, participants who consumed five servings a day of fruits and vegetables had a 13 per cent lower risk of death from all causes; a 12 per cent lower risk of death from cardiovascular disease, including heart disease and stroke; a 10 per cent lower risk of death from cancer; and a 35 per cent lower risk of death from respiratory disease, such as chronic obstructive pulmonary disease (COPD).

The study identifies an optimal intake level of fruits and vegetables and supports the evidence-based, public health message of '5-a-day,' meaning people should ideally consume five servings of fruit and vegetable each day.

"While groups like the American Heart Association recommend four to five



servings each of fruits and vegetables daily, consumers likely get inconsistent messages about what defines optimal daily intake of fruits and vegetables such as the recommended amount, and which foods to include and avoid," said lead study author Dong D Wang, a member of the medical faculty at Harvard Medical School.

Wang and colleagues analysed data from two studies including more than 100,000 adults who were followed for up to 30 years.

For this analysis, researchers also pooled data on fruit and vegetable intake and death from 26 studies that included about 1.9 million participants from 29 countries and territories in North and South America, Europe, Asia, Africa and Australia.

Analysis of all studies revealed that intake of about five servings of fruits and vegetables daily was associated with the lowest risk of death.

"Eating more than five servings was not associated with additional benefit. Eating about two servings daily of fruits and three servings daily of vegetables was associated with the greatest longevity," said the study that appeared in American Heart Association's journal 'Circulation'.

Not all foods that one might consider to be fruits and vegetables offered the same benefits. Example: starchy vegetables, like peas and potatoes were not associated with reduced risk of death from specific chronic diseases.

But, green leafy vegetables and berries offer those benefits.

STAY HEALTHY

5 spring superfoods for weight management

Spring is here and with it comes an array of vegetables that are not only tasty but nutritious too. So, if you are planning to shed those extra kilos you piled on during winter, worry not! Load up your grocery bag with the following superfoods and include them in your daily diet to shed excess flab.



BETROOT

Eat them raw in salad, cook them or make juice; beetroots are said to be storehouses of potassium and cancer-fighting antioxidants. You can even have them as guilt-free snacks. Just sprinkle some olive oil, pepper and roast in an oven. They are high in folate and iron, both of which help during pregnancy.



SPINACH

Spinach is undoubtedly one of the healthiest greens you'll get in the market these days. Rich in iron, fibre, vitamins A, C and K, and tons of protein, spinach also contains compounds, which makes you feel fuller. Just add this leafy green to your meals every day and notice how it benefits your skin and hair. Spinach also reduces blood sugar and is also good for those suffering from hypertension.

GREEN PEAS

The pea is not actually a vegetable. It's a legume, which belongs to the same family as lentils, chickpeas and beans. It's packed with protein. Peas may influence weight loss due to their protein and fibre content. According to studies, weight maintenance diets that include legumes show good results.



RADISH

Radishes are known for their high water content, low calorie count and are extremely filling. You can eat them raw in salad, sneak a few slices in your sandwich or even cook them. A half cup of radish contains 1g of fibre, which helps in weight loss. It



also helps lower your cholesterol level. Red radish helps in curing jaundice and reduces the risk of diabetes as well. Try roasting in the oven and enjoy it with home-made hummus as a high-fibre snack. This vegetable is tasty and super healthy.



QUIZ TIME (GENERAL SCIENCE)

- Q.1) How many colours does the sunlight spectrum have?**
A. Two B. Seven
C. Three D. Five
- Q.2) Which of the following rays is more penetrating?**
A. Beta rays
B. Alpha rays
C. Gamma rays
D. X-rays
- Q.3) Nuclear fission is caused by the impact of ____.**
A. Neutron
B. Proton
C. Deuteron
D. Electron
- Q.4) Atoms of an element differ from those of all other elements in ____.**
A. Number of neutrons and number of valence electrons
B. Atomic number and number of valence electrons
C. Number of neutrons and electronic configuration
D. Atomic number and electronic configuration
- Q.5) In Avogadro's Hypothesis, the smallest particle of an element that can exist independently, is called ____.**
A. A molecule
B. A cation
C. An anion
D. An atom

ANSWERS

1. B) Seven 2. C) Gamma rays 3. A) Neutron 4. D) Atomic number and electronic configuration 5. A) A molecule

KNOWLEDGE BANK (MYTHOLOGY)

Parashurama

He is the sixth avatar of Vishnu in Hinduism. Born as a Brahmin, Parashurama carried traits of a Kshatriya and is often regarded as a Brahmin-Kshatriya. His traits include aggression, warfare and valour, serenity, prudence and patience. He, along with Hanuman and Indrajita, is considered to be one of the very few Atimaharathi warriors to be born on Earth.



REINVENTING EDUCATION

Education is the key to unlock the prodigious potential that lies within the children who are the ultimate leaders of tomorrow. Teaching is the paramount route to shape young minds into the global citizens. "Education is the passport to the future, for tomorrow belongs to those who prepare for it today".

We are in a dynamic era with rampart advancement in technology in every sphere of life especially during the pandemic period our entire education system is placed on the pivot of technology. Technology is affecting education in revolutionary ways and the momentum towards these changes is irreversible. Technology brings an enormous opportunity to scale, automate, personalise and innovate.

We are facing unprecedented challenges – social economic and environmental driven by accelerating globalisation and a faster rate of technological developments. Future after pandemic seems very uncertain. It will be a shared responsibility, seize opportunities and find solutions. An all rounder personality is quintessential for keeping up with the fast pace of development and thus it seems to include holistic activities as public speaking, soft skills, sports, fine arts, coding etc which a recent decade ago was not quite in existence.

We have swiftly transferred from chalk boards to smart classes, from hand written projects to the technologically friendly ones, from heaps of papers to online, paper-free



DR ANJU MEHROTRA, Principal, Kalka Public School

assignments and most importantly in the current situation from physical classes to online classes, courtesy of which, even in pandemic the spread of knowledge has not been hindered. The education system has definitely moulded itself into the new technical realms.

With the belief that education encom-

passes not just conventional study but also art and literature. A practical knowledge and hands on experience is synonym to success today. Hence a shift from content to competency based knowledge. The learners will need to develop values like Curiosity, Imagination, Resilience, Self regulation, Respect, Appreciate the ideas of others, and most importantly, to cope with the failure and rejection and move forward in the face of adversity.

The curriculum has to be redesigned around learners to motivate them and recognise their prior knowledge, skills, attitudes and values. As the true purpose of education is to make minds and not careers. Mahatma Gandhi believed that education is the process of training the head (learning to know); hand (learning to do things for a livelihood); and heart (learning to be). This would be the kind of education that informs the mind, imparts practical life skills, opens the mind to be independent and creative thought. The goal of education is to shape a good human being who can handle the challenges of life in healthy and responsible ways.

Thus creative thinkers and entrepreneurs of tomorrow can only be developed by analytical skills taking care of their physical well being and motor skill development, focusing on the 21st century skills. Let us create the problem solvers and critical thinkers adorned with values and empathy. Remember learning is creation, not consumption.

TRANSFORMING CLASSROOMS

WHAT IS STEM?

STEM is an interdisciplinary and applied approach towards educating children in the four disciplines; Science, Technology, Engineering and Mathematics. It brings four, separately taught, subjects into one classroom. It promotes cohesive learning and shifts the focus from rote learning to practical learning.

The need for STEM Education

Science and Mathematics are considered to be the most difficult subjects and teachers toil hard to take the concepts from the books to the learner's mind. Though in recent times with child centred pedagogies being stressed upon, many teaching and learning aids and activities are being introduced. Still the integrated approach towards learning needs a paradigm shift.

STEM, through experiential learning, inculcates problem-solving ability, creative thinking, decision making, innovation and leading capacity among learners.

STEM education in India

The government of India is also considering the need for STEM learning and has set up Atal Tinkering Labs to promote learning beyond classrooms and books. State governments are also taking initiatives in this field. We need a well-designed infrastructure, curriculum, trained teachers and a changed mind set to implement it. In initial stages schools, on their part, can promote



STEM learning with available resources through field trips, nature walks, simple tools, games and even kitchens.

STEM to STEAM: An aesthetic fit

CBSE in its latest decisions has introduced Arts integration as a teaching tool to make learning, not only delightful but also pragmatic. The purpose is again to engage students in learning through hands-on inquiry, questioning, writing, and art making. Adding the Arts to STEM brings together two seemingly opposite approaches that can help students engage with the modern world in more meaningful and innovative ways.

Multidisciplinary approach helps children to grow up as competitive individuals with a positive outlook and embrace the challenges of life with determination.

REACHING THE FINISH LINE

The student participants of the online project- Mythical Lores from St Mark's Girls Sr Sec School and SM SAINS SELANGOR, Malaysia took part in an online meeting to share insights



on how to move further and complete the e-chain story that had been initiated by the Indian students and which travelled to France, where it took a beautiful turn and then reached Greece and has now reached Hungary. The next in the line, the Malaysian school is now responsible to complete the e-story.

Student Corner

MUSKAN BISHT,
Mayur Public School

ANWITA SRIVASTAVA,
class VII, Mayur Public school, IP extension

KRITIKA GUPTA,
class X, Rukmini Devi Public School

NANDINI ACHHRA, class XI,
Rukmini Devi Public School

WEEKEND PLAN

Busy as a bee on weekends

PIYUSH KUMAR, class VIII, Army Public School, Bolaram, Secunderabad

I started doing things on weekends which I had shelved earlier due to lack of time. Now that outdoor life is curtailed, I am travelling across Europe, virtually! I have restarted playing Euro Truck Simulator 2 where we drive trucks across Europe. I love the game as I enjoy travelling by road. Then of course there are loads of assignments and online work that I need to complete on weekends. Teachers seem to be competing with each other in giving us assignments. In algorithms, we have been asked to do one short assignment every day. I have SEPM, Web, Mobile Computing and

Networking assignments as well. I am waiting to go out to restaurants as it has been nearly a year since my parents completely stopped allowing us to eat outside. Ever since the quarantine began, my weekends have been about exploring various cuisines as my urge to cook and eat increased. So within a short time, I tried out many dishes - chilly potato, chapati, potato curry, egg roast, paneer, egg noodles, chocolate cake, gobi paneer, momos, biryani, pasta, Gobi-65, cake, panipuri etc. You name it, I have dished them all out!

PRIDE AND PATRIOTISM

A five days annual training camp was conducted by 5 Haryana Battalion NCC Gurugram in Nehru College Sector 16 Faridabad. About 80 cadets of Nehru College and ITI participated in this camp. On the first day of the camp, IAS District Collector Shri Yashpal Yadav, Faridabad met the cadets and praised their passion of patriotism. Several activities were carried out in the camp under the direction of Commanding Officer Colonel Ajay Kumar. Cadets were informed about weapons. During training, the cadets were told to open and assembling of light machine guns, point 22 rifles and SLR. The art and skills were taught in the order. The enthusiasm of the youth in this camp was worth seeing. The role of NCC

has been important in instilling a sense of patriotism and social work since adolescence. Keeping the Covid status in mind all safety measures like mask wearing, social distancing and sanitisers were used in the camp. The Principal of Nehru College Dr M K Gupta encouraged the cadets and praised their discipline. On the third day of the camp, Doctor Manav Manchanda of Asian Hospital told the cadets about the cause and prevention of health related diseases, while answering the questions of the cadets, he spoke on "How can we protect ourself from diseases like TB and Cancer". He congratulated every Indian, proud of being the first nation to make Covid vaccine. Mrs Deepa Gupta, founder of soulful living and social activist told the cadets how to

achieve their goals. She discussed how to strive for success in life. Mr Karmaveer, founder of Baba nasha mukti Kendra, Faridabad, told the cadets to stay away from all forms of intoxication. The Pi staff told the cadets about drill, map reading, martial arts skills, natural disasters and qualities of a good leader. Lt Ravindra Atri and Lt Rajendra Kumar played a key role in the camp and conducted the operations of the camp. Havildar Subedar Rajesh and Havildar Govind and other played an important role in the operation of the camp. The purpose of this camp, which ran from 9 to 13 February, was to prepare cadets for B and C certificates. These certificates are very helpful for the cadets to be recruited in the Indian army.

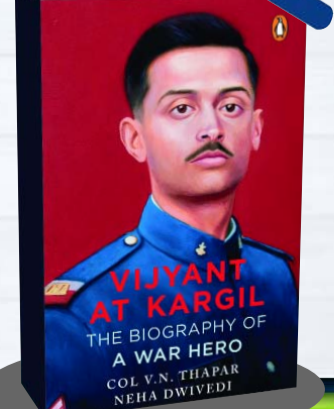
BOOK REVIEW: 'VIJYANT AT KARGIL'

By the time you get this letter, I'll be observing you all from the sky. I have no regrets, in fact even if I become a human again, I'll join the army and fight for my nation.

This was the last letter Captain Vijyant wrote to his family, which is proof of his love for the Indian Army. His concern for little Kashmiri girl Ruksana whose father was killed by militants spoke volumes about his noble soul. He was 22 when he was martyred in the Kargil War. In this first-ever biography, we learn about his inspiring story which provides a glimpse

into the heart of a brave soldier. A war would be won, at the cost of many lives. There is not a dull moment in the book. Vijyant Thapar was posthumously awarded the Vir Chakra for his gallantry. This book is unputdownable. Let us all remember the heroes who stand and fight for us while we enjoy our freedom.

K SRIYA, class X, Sister Nivedita School, Hyderabad



INDIA vs ENGLAND T20Is

5 PLAYERS TO WATCH OUT FOR

Virat Kohli-led Team India will hope to build on the historic Test series win against England in the T20I series, beginning Friday. All five T20Is will be played at the Narendra Modi Stadium in Ahmedabad. Here's a look at 5 Indian players who are likely to play crucial roles in the England T20I series

1. HARDIK PANDYA

Arguably one of the best all-rounders in white-ball cricket, Hardik Pandya will be one of the first names on the team sheet. Pandya was adjudged the Man of the Series in India's T20I series win over Australia. Pandya, who played no role in the four-match Test series, was seen bowling full tilt at the nets with a change of action. Thus, the Indian-rounder is expected to ditch his finisher's role by delivering the goods with the leather as well.

2. KL RAHUL

Let's be honest, KL Rahul is the jack of all trades when it comes to playing the shortest format on the international circuit. Rahul is expected to give all sorts of headaches to the Indian think tank although the premier batsman is unlikely to keep the wickets against England. The versatile batsman can be an ideal opening partner for vice-captain Rohit Sharma. Rahul can also play the role of a floater or finisher alongside Pandya, Suryakumar and Iyer. Former Team India selector Devang Gandhi reckons that Rohit Sharma and KL Rahul would be the opening partners in the T20I series. Dhawan is likely to be in the reserves in case an injury concern pops up in India's batting department.



3. BHUVNESHWAR KUMAR

On December 11, 2019, the Indian speed merchant bagged a brace of wickets in the team's 67-run win over the West Indies at the Wankhede Stadium. Since then, Bhuvneshwar is yet to play a T20I for the Kohli-led side. In terms of returning economical figures and taking wickets at crucial junctures, Bhuvneshwar is nothing but a like-for-like replacement for Jasprit Bumrah. The lynchpin of the Indian pace attack is also known for staging small cameos with the willow. The Indian pacer will be making his return to competitive cricket after sustaining a thigh injury in the Indian Premier League 2020.

4. SURYAKUMAR YADAV

Mumbai Indians (MI) superstar Suryakumar Yadav will compete for the No.4 batting position with premier batsman Iyer. Tipped to make his international debut in the England series, Suryakumar had to champion the domestic circuits to bag his maiden call-up against the Morgan-led side. Dubbed by VVS Laxman as a role model for youngsters, the 30-year-old has warmed up well in the Vijay Hazare Trophy and the Mumbaier is also a sentimental favourite to receive the nod from the Indian management in the England T20Is.

5. RISHABH PANT

Rishabh Pant's batting onslaught against Joe Root-led England has spiced up the selection competition in the white-ball setup. Pant is expected to be an automatic starter against Morgan's men and taking cognisance of his red-hot form, the explosive batsman might keep the wickets in all five T20Is of the bilateral series. Interestingly, Pant can also be promoted to the No.4 position if the selection of middle-order front-runners (Iyer or SKY) fails to pay rich dividends.



Should ROHIT change his approach in T20Is?

India batting coach Vikram Rathour has said that he would not want to see opening batsman Rohit Sharma change his approach in the shortest format of the game

Rohit has set game-plan
Somebody like Rohit has a very set game-plan and he has been extremely successful following that game-plan. So I would not really want him to change that. He is somebody who takes his time initially, gets set first, and then scores big. That has worked well for us and for him. So I find no reason to change that. Batting plans, again, in T20, depending on what kind of start you have had, how many overs are left, you need to be very flexible with your batting plans or batting order. Anybody could be on at any point in time in the batting unit. That is the kind of mindset you need to have.

England series will tell us our T20 WC team
The T20 World Cup is in India, so I just want the batting unit to get settled basically. By the time we finish this series, we should know, 'this is the team which is going to play the World Cup'. So hopefully that will happen in this series. I am already sure there wouldn't be too many changes, because we are a pretty settled unit at the moment. But in case somebody loses form or gets injured, as a batting unit you want to get settled now.



Vikram Rathour

License to Pant, Pandya to attack from ball one?
Yeah, that will depend. If both of them are playing and if you get a good start, then they are the guys who will go from ball one. That's the discussion we have been having: what the team requires at that point. If your team requires you to score 12 an over you should be able to do that, and if your team requires you to get 6 runs an over and win the game, you should be able to do that as well. So you need to be able to adapt to situations, and that is what a good game-plan is.

Should India play in the attacking manner?
You are looking to win a game. If you are chasing, strike rate doesn't mean anything actually. You are looking to finish a game and chase a target, whether you do it in 10 overs or 20 overs, you are looking to win the game. Batting first, if the conditions are good you need to put a par score on board. In T20 (batting) we have been doing that pretty consistently. So I'm not really, really concerned; as far as we are winning games, and we are putting par scores and we are chasing targets, I'm okay with whatever strike rates they are going at.

Haaland double fires Dortmund into CL Q/Fs

Erling Braut Haaland scored twice as Borussia Dortmund held off a late Sevilla fightback to reach the Champions League quarter-finals with a 'crazy, amazing' 5-4 aggregate win after a frantic 2-2 second-leg draw. Haaland, who also netted a double in Dortmund's 3-2 last 16 first-leg victory, tapped in a first-half opener and scored a re-taken penalty after the break behind closed doors at Signal Iduna Park. "It was a hard game, I'm tired now, but to be in the next round feels very good," Haaland told Sky. "It was a crazy game and a crazy, amazing win." AFP

Erling Braut Haaland



QUIZ TIME!

Q1: During which Olympic Games did Carl Lewis make his debut?

- a) 1984 Los Angeles Games
b) 1988 Seoul Games
c) 1992 Barcelona Games
d) 1996 Atlanta Games

Q2: Which of the following Olympian was also nicknamed "the Czech locomotive"?

- a) Lasse Virén b) Ron Clarke
c) Emil Zatopek d) Paavo Nurmi

Q3: Who holds the record for the fastest century in Women's T20 Internationals?

- a) Harmanpreet Kaur b) Alyssa Healy
c) Tammy Beaumont d) Deandra Dottin

Q4: In which year did Serena Williams win her maiden doubles title in a grand slam event?

- a) 1999 b) 2000 c) 2001 d) 2002

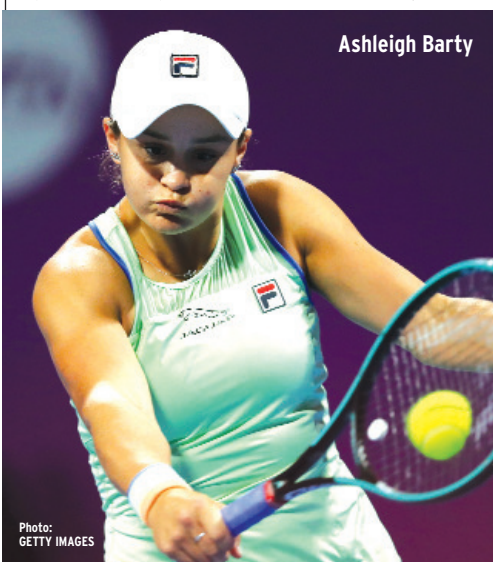
Q5: After Yuvraj Singh, who holds the record of second fastest fifty in T20 Internationals?

- a) Quinton de Kock b) Mirza Ahsan
c) Chris Gayle d) Faisal Khan

Q6: Naomi Osaka won the 2021 Women's Australian Open. Who was the runner-up?

- a) Garbine Muguruza b) Victoria Azarenka
c) Sofia Kenin d) Jennifer Brady

Q7: At which tournament did Ashleigh Barty win her maiden women's doubles grand slam title, in partnership with CoCo Vandeweghe?



Ashleigh Barty

- a) 2018 US Open b) 2018 Wimbledon
c) 2017 US Open d) 2017 French Open

Q8: Who were the runners-up 2021 women's doubles title?

- a) Taylor Townsend and Barbora Strýcová
b) Hsieh Su-Wei and Zhang Shuai
c) Timea Babos and Kristina Mladenovic
d) Barbora Krejčíková and Katerina Siniakova

Q9: After Real Madrid, which of the following clubs have won the most number of matches in the Champions League?

- a) FC Bayern München b) FC Barcelona
c) Juventus FC d) Manchester United

Q10: During which Olympic games was Cathy Freeman given the honour of lighting the Olympic cauldron?

- a) 1988 Seoul Games
b) 1992 Barcelona Games
c) 1996 Atlanta Games
d) 2000 Sydney Games

Q11: Who holds the record of the fastest 3000 runs in Women's T20 Internationals?

- a) Jhulan Goswami b) Stafanie Taylor
c) Suzie Bates d) Harmanpreet Kaur

ANSWERS: 1 a) 1984 Los Angeles Games
2 c) Emil Zatopek 3 d) Deandra Dottin
4 a) 1999 5 b) Mirza Ahsan 6 d) Jennifer Brady
7 a) 2018 US Open 8 d) Barbora Krejčíková and Katerina Siniakova 9 a) FC Bayern München
10 d) 2000 Sydney Games 11 b) Stafanie Taylor