

# THE TIMES OF INDIA

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8 March International Women's Day

**TODAY'S EDITION**

Want to lose weight? An expert shares tips to battle the bulge  
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On International Women's Day, educators share their views on women empowerment and other issues  
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**STUDENT EDITION**  
MONDAY, MARCH 8, 2021

**WEB EDITION**

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**THE MOON-WALKER**  
Susmita is the only space entrepreneur in the world to have started companies on three different continents. Her start-up Earth2Orbit focused on facilitating American and Japanese launches on the PSLV (Polar Satellite Launch Vehicle) rocket from 2008-2016, and since 2017, has been supporting global climate action by using earth observation data analytics to make cities and agriculture climate-smart

# MASTERS OF Destiny!

## IRA SINGHAL, IAS

Her world may be a bit complicated but Ira Singhal, who topped the UPSC exams in 2015, knows how to make things simple. She suffers from scoliosis (an abnormal lateral curvature of the spine), with 62 per cent locomotor disability—her height has been compromised and she is not able to fully twist her arms—but that didn't deter her to chase her dreams. She fought against all odds with a smile. Talking of the challenges, Ira says, "getting people to accept me as an equal – to treat me as part of the system, not someone, who needs to be pitied", was the biggest challenge. But she asserts, "if you act that there's nothing different about you, people will eventually believe and respond to you like that." I've always believed that I am equal to everybody". A true#Shero



**THE FIGHTER**

I had to fight for my rights. It's very convenient for the world to treat you as someone lesser. I had to prove multiple times that I'm equal, in fact, I had to perform outstandingly, just to be treated equally  
IRA SINGHAL, on how she carved her own destiny

"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before." This quote by Albert Einstein holds true for these young women, who defied all odds to shape their own fortune in this male-dominated society. We salute them on this International Women's Day...

**#SHEROES**

## SUSMITA MOHANTY, SPACESHIP DESIGNER

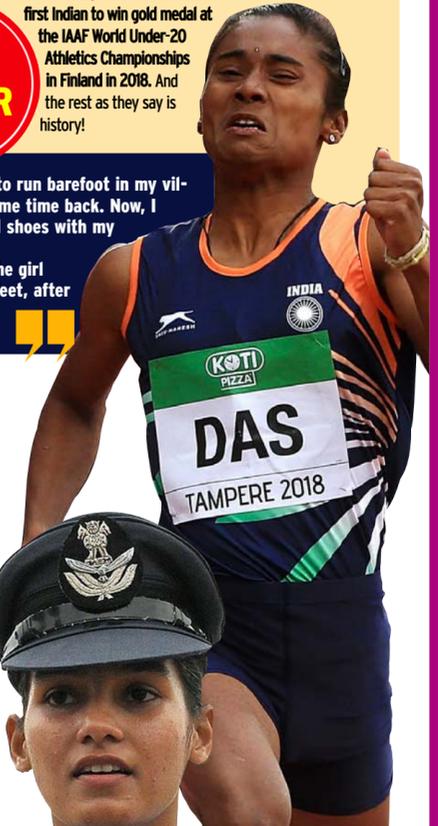
Known for revolutionising the influence of women in the space industry with her own Earth2Orbit, India's first private space start-up, Susmita is the epitome of success for millions of women across the globe. The Odisha-born entrepreneur, who has already found a place in BBC's 100 most-influential women, broke all the myths surrounding business and women, especially in the field of science, to become a successful entrepreneur.



Susmita is the only space entrepreneur in the world to have started companies on three different continents. Her start-up Earth2Orbit focused on facilitating American and Japanese launches on the PSLV (Polar Satellite Launch Vehicle) rocket from 2008-2016, and since 2017, has been supporting global climate action by using earth observation data analytics to make cities and agriculture climate-smart

## HIMA DAS, ATHLETE

From humble beginnings at her father's rice fields to the sprint tracks of Tampere in Finland, and then the podium of the 2018 Asian Games, Hima's story will make Bollywood script writers run for their money. Born into a family of rice farmers in Kandhulimari village in Assam, Hima fought against all odds and earned success, after years of sweat and hard work. The family's financial constraints, lack of training, and equipment didn't hamper her to pursue her passion, as she practised for hours in the paddy fields till Nipon Das, a coach with the Directorate of Sports and Youth Welfare, spotted her talent and took her under his wing in 2017. Her hard work bore fruit, when she became the first Indian to win gold medal at the IAAF World Under-20 Athletics Championships in Finland in 2018. And the rest as they say is history!



**THE DEFIER**

I used to run barefoot in my village some time back. Now, I have branded shoes with my name on it  
HIMA DAS, the girl with golden feet, after Adidas endorsed her

## GITA GOPINATH, ECONOMIST

The story of Gita Gopinath, chief economist of the International Monetary Fund (IMF) is a journey of a middle-class Mysuru girl, who became a world-class economist through her hard work, focus and grit, breeding intellectual leadership. Daughter of a farmer-entrepreneur, Gita's first choice was not economics. In one of the interviews, she said, "I cannot say that I always wanted to be an economist. As with most students in India, who have to decide at the age of 18 what area to specialise in, I chose economics by chance. I was a science student till class XII and then my parents figured that I should join the IAS for which economics was a good subject. So, that is really how I came to it." Well, she may not have chosen it but she mastered it, and is now, one of the leading scholars in exchange rates, with a strong grasp on world economies.



**THE GAME CHANGER**

Recognised as a Young Global Leader by the World Economic Forum in 2011, and in 2014, listed among the top 25 economists under 45 by the International Monetary Fund, Gita, in the words of Christine Lagarde, MD, IMF, is "phenomenal, not just in her leadership of the IMF but as a role model for women around the world"



## AISHWARYA SRIDHAR, WILDLIFE PHOTOGRAPHER

The first and the youngest Indian woman to win the Wildlife Photographer of the Year award in 2020, Aishwarya epitomises patience, grit and determination, required to survive in this tough world. A passionate photographer, Aishwarya showed these qualities, when she captured thousands of sparkly-yellow orbs dancing around a tree under a star-studded night sky in the dense forests of Bhandardara in Maharashtra in 2019, through her lens that won her the award. But mind you, it wasn't easy for 23-year-old Aishwarya, as she had to make way through the thorny bushes and venomous snakes to spot her muse- the fireflies. Alone in the dense forests in pitch dark, she overpowered her fears to chase her dream. That's Aishwarya Sridhar – a woman, who challenges herself to be the BEST!

**THE PERFECTIONIST**

Be patient when you are on the field. Keep working hard. Success will definitely be yours. Try to be creative and keep your image different from the rest  
AISHWARYA SRIDHAR, on how to be the best in the field

## AVANI CHATURVEDI, AIRFORCE PILOT

Scripting history, flying officer Avani Chaturvedi recently became the first Indian woman to fly a fighter aircraft, a MIG-21 fighter jet in Jamnagar, Gujarat. A small-town girl from Rewa in Madhya Pradesh, Avani dared to dream BIG in a man's world, and succeeded through persistence, perseverance and fighting spirit. One of the three in the first batch of female pilots, along with Bhawana Kanth and Mohana Singh, who were inducted in the Indian Air Force fighter squadron on June 18, 2016, Avani has shown the world that if given equal opportunities, women can break every barrier. Sky is the limit for them!



**THE SKY WARRIOR**

Spread your wings and fly high  
AVANI CHATURVEDI's signature statement

# Here's how to shed the 'LOCKDOWN KILOS'

The coronavirus virus lockdown took a toll on our mental as well as physical well-being. The quarantine period was a tough one for people. There is a steep rise in the number of people who have gained a lot of weight during the pandemic, owing to many challenges and disruption in their regular routine. Long work from home hours contributed to a sedentary lifestyle where people were required to sit for hours without any movement. Moreover, less sleep, stress, unhealthy diet and overeating also contributed to weight gain. The quarantine period also led to change in mental state of people that contributed to emotional eating and people struggled to stick to their fitness routine.

So, a sedentary lifestyle, lack of physical activity coupled with faulty eating habits and stress are the culprits behind weight gain. To get your weight and health on track again, here are some easy-to-do tips from health and wellness experts.

**These weight loss strategies will help you get back on track. Suggested by Sukhvinder Singh Saggi, Bariatric surgeon, Apollo Spectra Delhi, here are some vital tips to battle the bulge, stay fit, and lead a healthy life:**



## EAT IN MODERATION

Make sure you reduce consumption of high calorie fried foods and sweets. Your kitchen is the best weight loss centre; exercise portion control and eat healthy.

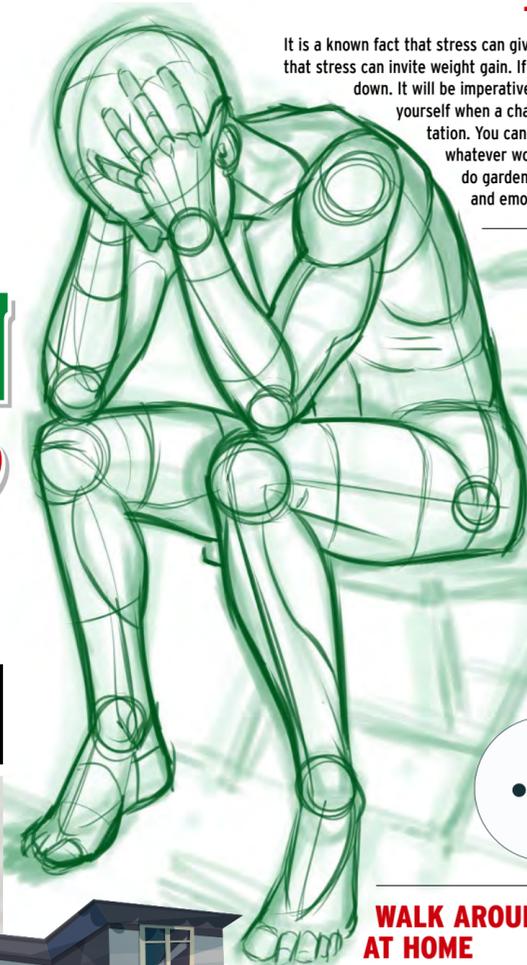


## WALK AROUND AT HOME

If you are working from home and are required to talk on the phone then just try to walk around your house while doing so. Try to set a walking target every day and see to it that you complete it. Set smaller goals. It is the need of the hour to exercise at home. You can also try other fitness activities such as aerobics, weight training, or zumba at home to keep your weight in check.

## TRY TO DE-STRESS

It is a known fact that stress can give a tough time to your body. Likewise, many studies also suggest that stress can invite weight gain. If the reason behind your weight gain is stress then you need to calm down. It will be imperative for you to improve your resilience. Try to motivate and support yourself when a challenging situation arises. You can de-stress by doing yoga and meditation. You can also try some breathing exercises that will help you calm down. Do whatever works for you: listen to your favourite music to unwind, dance, cook or do gardening. Follow a proper routine too for the sake of your physical, mental and emotional well-being.

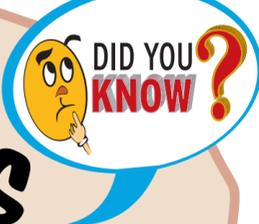


## JOURNALING



This is always a good idea. You will have to write down whatever you eat, how much oil you use, or what you have in your snack time. It's understood that your eating habits must have gone for a toss, so it is essential for you to avoid emotional eating. Plan what you will have for breakfast, lunch, and dinner. If you get any midnight cravings, then try to indulge in healthy options like yoghurt, crackers, makhana, and try to drink a lot of water. Try to limit junk, spicy, oily, and processed foods. Set proper meal timings. Do not eat your dinner late and then sleep immediately. Portion control is equally important. Eat a lot of fruits and vegetables too to stay hale and hearty.

# ADD SOME ADAPTOGENS TO YOUR FOOD



If life in the pandemic is stressing you out, there's more you can do to heal yourself than just pop pills. Across the world, adaptogens are becoming popular to help people combat the negative effect of stress. Here's all you need to know about these miracle herbs.

## What are adaptogens?

These are natural substances mostly derived from plants and are therapeutic in nature. There is a wide range of adaptogens found across the world – ginseng, rhodiola roots and even age-old Indian remedies like ashwagandha, turmeric and tulsi.

## How are they good for you?

Most adaptogens work as natural remedies, reducing stress and fatigue, boosting energy and attention and keeping the body youthful. At the same time,



since many of these products are not checked for purity, it is always advisable to consult your doctor before starting to consume them.

## How do you use adaptogens?

There is no specific rulebook for this. A lot of these substances can be added to the stuff you drink – from tea and coffee to smoothies and lassi. For example, adding ashwagandha powder to your morning cuppa will give you the perfect boost for the day ahead. Other adaptogens like mushrooms can be eaten in the food you cook.



TIMES LIFE

# Desi drinks for building immunity in spring

Dr Archana Batra, dietitian and physiotherapist shares a few recipes for you to stay healthy in spring – as the transition from winter to slightly warm weather may affect health and challenge our immune system. Here are some immunity-building recipes for you to try at home.

## STAY HEALTHY

### KASHMIRI KAHWA



This drink is full of spices and flavours. The aroma of spices refreshes you and soothes you. This drink builds immunity, helps in digestion, and improves skin as well.

**INGREDIENTS:** 2 tsp Kashmiri tea leaves, 3-4 pcs green cardamom, 3 tsp sugar, few dried rose petals, 1pc cinnamon stick, 2 tsp crushed almonds

**METHOD:** To prepare kahwa, first boil 2 cups of water in a pan. Then add

crushed cardamom and cinnamon to water and boil water on a medium flame for 3 minutes until the flavours get infused and the colour of water changes in water. Now add sugar into it with a few dried rose petals, again boil it for next 1-2 minutes. Add crushed tea leaves into the water and stir for 1 to 2 more minutes. Add crushed almonds to serving cups and strain Kashmiri kahwa in the cup. Serve fresh with some crunchy and healthy snacks.

### DATE AND ALMOND MILK

Dates are a healthy alternative to sugar and comes with many health benefits. Almonds are a good source of Omega 3 and vitamin E. This drink is easy to make and a healthy choice for all seasons.

**Ingredients:** 1cup milk, cinnamon

stick, 6-7 soaked almonds, 1 date, 4 black peppercorn, pinch of turmeric.

**Method:** Blend all the ingredients except turmeric (remove the seed from date) and make a thick paste. Now put milk in the pan and add turmeric and boil it. When the milk is boiled, add the paste to it and keep it stirring on medium flame to avoid sticking on bottom. Put off the flame when the drink is a little thick. Now pour it into a glass and serve with garnished almonds as a healthy evening snack.



# How to control your chocolate consumption

If you are a chocolate addict and can't resist eating lots of chocolate here are some tips to help

Go for 70% plus dark chocolate and try not to eat white and milk chocolates as these have little or no cocoa in them and loads of sugar.

Make your hot chocolate from scratch with unsweetened cocoa, water or non-fat milk, then add in your sugar or sweetener. That way you will be able to see how much sugar you consume.

Alternatively try low-calorie drinking chocolate.

Keep tabs on how much chocolate you eat.

Chocolate is high in calories, therefore, a couple of squares a day should be your daily 'dose'.

1

2

3

4



## QUIZ TIME (NOVELS)

Yashas M Sallian, class X, St Mary's Public School, T Dasarahalli, Bengaluru

**Q.1) Who wrote 'Absalom, Absalom!', a famous American Civil War-based novel?**

A. William Faulkner  
B. Franz Kafka  
C. James Joyce  
D. Marcel Proust

**Q.2) Which widely celebrated novel is Bram Stoker the author of?**

A. Frankenstein  
B. The Canterville Ghost

C. Help for the Haunted  
D. Dracula  
**Q.3) Which of these novels was written by a qualified architect?**  
A. Time to Die  
B. Odd Number  
C. The God of Small Things  
D. The Tower

## ANSWERS

1. A) William Faulkner  
2. D) Dracula  
3. C) The God of Small Things



"Her unbound wisdom awaits the percussion, her soul is fortified by aversions. Her unexhausted gifts are found in every clime and every face. Her erudition is adorned with a peculiar grace!"

Women are one of the most powerful investments we can make in building a better future. Hence, the fastest way to change society is to edify the women of the world.

ANITA WADEHRA, Principal, DLDVA Model School, Pitampura



A woman encompasses in herself the abundant capacity to nourish and nurture life. Though projected as fragile and feeble, she is a warrior and winner, always battling demons both inside and outside. Her smile can soothe your ruffled feathers, but her strength can combat the fiercest battles. Hand in hand with men, women contribute in all walks of life, effortlessly multitasking, bringing care and cheer in the world around her.

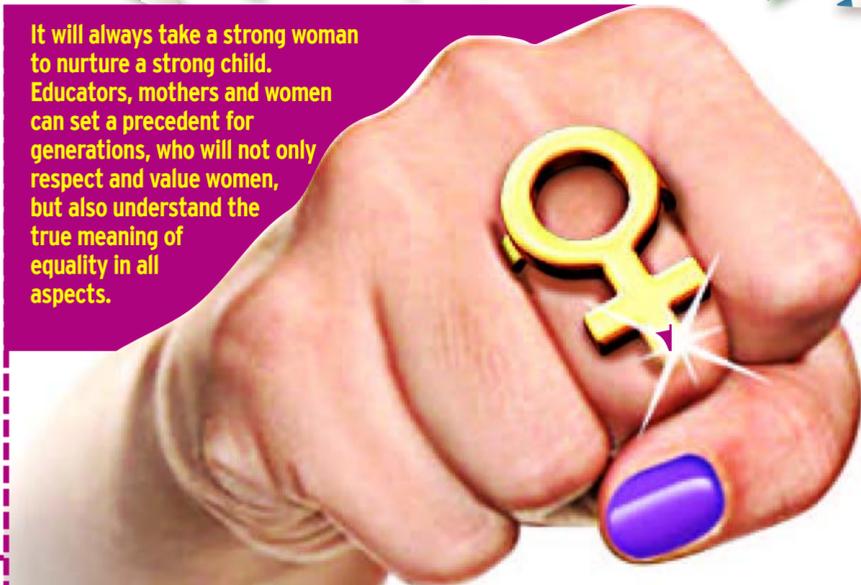
SAJILEKHA PILLAI, Principal, Shah International School, Paschim Vihar



On this International Women's Day, I wish that each girl of my school chooses to challenge the stereotypes and inequality; understands that they are powerful, their voice matters and they alone can help forge an inclusive world.

CHARU MAINI, Principal, DAV Public School, Uppal's Southend, Sector-49, Gurugram

It will always take a strong woman to nurture a strong child. Educators, mothers and women can set a precedent for generations, who will not only respect and value women, but also understand the true meaning of equality in all aspects.



# 'Beautiful AND POWERFUL'

From skirts to shirts, fads to pads  
Booties to boots  
From you  
In you  
Pragati, Purni and Saraswati  
You embrace, converge, submerge, surge  
Existence!  
A bacchic fragrance  
Lotus feet  
You rule the cosmic and the carnal!

KANIKA SACHDEVA GOVI, Vice Principal, DPS Rohini



It is special to be a woman because she is strong and has the power to bring a change.

ANJALI AGGARWAL, Principal, St Mark's School, Meera Bagh



Being a woman is not just special. It's beautiful. It's intriguing. It's interesting to see how much we do in life. And very often we ask so little in return. That is a powerful state of mind to be in. But now we are becoming a better version of ourselves. We not only keep our loved ones happy but know how to fulfil our own dreams too. With every generation, we have evolved and like water, we mould ourselves. As a wife providing nourishment to her family, as a teacher, nurturing young minds and when required even as a leader, gracefully overcoming the various hurdles we face on the way. We are all unique, and it's this multifaceted nature that makes us so special.

SUDESH BDHANA, Principal, Ideal Public School, Faridabad



Education has empowered women of today to unlearn all that she had been made to learn and feel. The world is currently leaving the Yang era (Masculine) and entering The Yin (Feminine). Women of today know their rights and stand up against inequality, uplifting other women and are opinionated. They understand the importance of financial independence and are going after the careers they love. They refuse to inherit the silence of their mothers & can stand up for themselves whenever required and do not need a man's approval before making decisions. Today she is the leading lady of her own life and I love her.

JASBIR BHATIA, Principal, Goodley Public School, Shalimar Bagh



An educated woman is empowered in heart, body and soul imbibing the essence of self and is sensitive to all around her.

DR A SEEBALUCK, Principal, Cambridge School, Srinivasपुरi

Women are created by divine design in God's own image to exercise dominion over God's creation. She defines the core of our existence, not merely its periphery. Women have been designed to be purpose driven, industrious and form a support system.



ROMA DAS, Associate Principal, Mount Carmel School, Anand Niketan

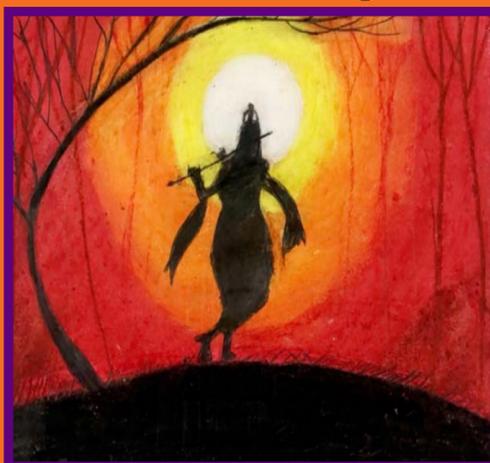


Woman seeds a man's life with her love, flowers his life with her sacrifice, nurtures his life with her compassion, scripts his destiny with her wisdom, heals his life with her care and lends him all-round fulfilment with her commitment.

RITU SEHGAL, Sr Head Mistress, DPSGV



## Student Corner



KANAN SAINI, class XI, Guru Harkrishan Public School, Tilak Nagar



AANSHI GUPTA, class IV, Rukmini Devi Public School, Pitampura



SUMAIRA ASIF, class IX, Hamdard Public School, Sangam vihar



ANWESHA SINGH, class VI, Jaspal Kaur School, Shalimar Bagh



DRAVYANSH SINGH, class IV, Rukmini Devi Public School, Pitampura

# HERCULEAN BENCH STRENGTH

With the rise of several young players like Washington Sundar, Mohammed Siraj and the maverick Rishabh Pant, India have been on a roll both at home and abroad

## NOBODY'S PLACE IN THE TEAM IS GUARANTEED

As soon as the fourth and final Test between India and England finished and the presentation ceremony was over in Ahmedabad, batsman K L Rahul went to the pitch on which the final Test was played and started smashing a few balls. Rahul, inducted into the Test squad after the second Test and also capable of batting in the middle-order, was reduced to being almost a traveller as India's batting line-up kept dishing out one batsman after another, coming in and rescuing India in the first innings of this Test.

This was nothing new. Over the last couple of months, in Australia and in India, the Indian middle-order and lower middle-order comprising Hanuma Vihari, R Ashwin, Rishabh Pant, Washington Sundar, Shardul Thakur and Axar Patel have helped India keep up the fight and win series. A couple of those stars from the Australia series, Vihari and Thakur, who did well aren't even in the squad now.

Despite that, India's nos. 6, 8 and 9 showed grit, determination and importantly fearlessness and fought back to help India coast to a match-winning total. Off-spinner Ashwin,

who won the man of the series award, said that the competition for places within the team is tough but the general atmosphere within the camp is one of excellence.

India's youngsters haven't just showed courage but also plenty of skills. While there were doubts over Pant's skills as wicketkeeper behind the stumps on Indian pitches or whether Axar Patel will be able to step into the shoes of the injured Ravindra Jadeja, both stepped up. Patel also performed with the bat, putting up a century partnership with Sundar. Patel finished with 27 wickets in three Tests with four five-wicket hauls while Pant impressed with his wicket-keeping and batting.

"Axar came to replace Jaddu and I thought he delivered really well, deserved every bit of his success. I thought his bowling was excellent and accurate for the series," Ashwin said on Patel, before praising Pant. "What Rishabh has gone through in his career over the last year or so, it has been amazing. He has been under a lot of pressure, being compared to legends of the game," added Ashwin. It is clear and evident that these youngsters love pressure and perform under it.

Our bench-strength is as good as it has ever been and that is a great sign for Indian cricket. The idea was to have youngsters to come in and perform with fearlessness. It has helped take the situation on. When the transition happens eventually it is not difficult for Indian cricket and the standard doesn't fall below what we have set over the last few years.

These are the kinds of situations where the player makes a mark.  
**VIRAT KOHLI, India skipper**



Photo: ANI

It is pretty hard for the person who is going through the phase. You can't take your place for granted and have to keep fighting. General atmosphere in the India camp is open for excellence. The management tries to get the best out of players. Indian cricket finds itself in a place where a lot of cricketers are coming and performing. We found ourselves in some sticky situations in all these Tests and every time somebody has managed to stand up.

**R ASHWIN**



Photo: ANI

## SUNDAR'S DAD UPSET AT TAILENDERS

Twice in the four-Test series against England that concluded on Saturday, Washington Sundar has been left a few runs short of a century by the Indian tail.

I don't understand why people are surprised at his batting. I have been hearing. He can face the new ball. But we are ready for whatever the Indian team asks him to do.

What I am really disappointed about are the tailenders. They couldn't stay on for even a brief while. Suppose India were playing, needing 10 runs to win, wouldn't this have been a huge mistake. There are millions of youngsters watching, they shouldn't learn what the tail-enders did.

It is not about technique or skills. It was a matter of courage. England were tired, Stokes was bowling at a lethal pace.

**M SUNDAR, Washington Sundar's father**



Photo: PTI

## WTC: SURE WE CAN GET A POSITIVE RESULT IN THE FINALS

For people like me, Pujara, Rahane, and Ishant, who did not play the 2019 World Cup, this is literally the World Cup. I also saw Ishant speaking about it. I am happy for every member for making it to the finals. I am sure we can get a positive result if we adapt quickly because we just have one match as the final. It would have been nicer if we had three, but we just have one, we have to live with that and we will try to give our best shot

**R ASHWIN**

Feeling great to be a part of this team. Really happy, the kind of effort we have put in 2-2.5 years for this championship, it is a tremendous achievement that we have made it to the final. Actually, I am looking forward to the final.

**ISHANT SHARMA**

Boys have worked really hard, it has been more than two years that all this began. We are hopeful that we will do well in the WTC final, it is an amazing feeling for all of us to qualify for the WTC final.

**CHETESHWAR PUJARA**



Photo: PTI

Axar Patel stepped up and delivered for India in Ravindra Jadeja's absence

**23** Test wins by Virat Kohli at home.

The Indian skipper surpassed Steve Waugh (22 wins) on the list of captains with most Test wins at home.

**27** wickets picked up by Axar Patel in just three games with four five-wicket hauls. Patel equalled former India cricketer Dilip Doshi's 40-year-old record of most Test wickets in the debut Test series.

**30** five-wicket hauls in Test cricket for R Ashwin.

He is on the sixth spot with James Anderson on the list of bowlers with most Test five-fors.

**10** Test series win at home in a row by Virat Kohli which is the joint-most by any captain alongside Ricky Ponting.

**409** wickets taken by Ashwin. He surpassed West Indies great Curtly Ambrose (406) on the list of highest wicket-takers in Test cricket.

**12** wins registered by India in the World Test Championship.

It is the most by any side and will now play New Zealand in the final at Lord's in June.

## QUIZ TIME!

**Q1:** In which year did Liverpool FC win their most recent Premier League title?

- a) 2017  b) 2018  c) 2019  d) 2020

**Q2:** Who won the 2021 Australian Open Men's title?

- a) Roger Federer  b) Daniil Medvedev   
 c) Novak Djokovic  d) Kevin Anderson

**Q3:** The most overall catches by any fielder in IPL is 102 by \_\_\_\_\_

- a) Suresh Raina  b) Shikhar Dhawan   
 c) Robin Uthappa  d) Rohit Sharma

**Q4:** Other than Romania and which country has reached three Davis Cup Finals without winning the title?

- a) Sri Lanka  b) India   
 c) Bangladesh  d) Pakistan

**Q5:** In November 2019, Jose Mourinho was appointed head coach of which football club?

- a) Manchester United  b) Chelsea   
 c) Arsenal  d) Tottenham Hotspur

**Q6:** How many Olympic gold medals has Isabell Werth won?

- a) Six  b) Five  c) Four  d) Three

**Q7:** In 2017, Serena Williams broke the record of which player to win most women's singles Grand Slam titles in the Open era?

- a) Margaret Court  b) Martina Hingis   
 c) Steffi Graf  d) Monica Seles



Photo: GETTY IMAGES

Serena Williams

**Q8:** Who is the oldest person to participate in a Davis Cup Final, playing both in the singles and doubles in the 1920 Final against the USA?

- a) Norman Brookes  b) Alfred Beamish   
 c) Charles Dixon  d) Arthur Gore

**Q9:** In 2020, who was the only player to smash a century in ICC Women's One Day Internationals?

- a) Ashleigh Gardner  b) Ellyse Perry   
 c) Alyssa Healy  d) Meg Lanning

**Q10:** Who won the 2019-20 Season? Arsenal Goal Of The Season?

- a) Bukayo Saka  b) Gabriel Martinelli   
 c) Eddie Nketiah  d) Aaron Ramsey

**Q11:** In 2019, which players made the most runs in Test cricket?

- a) Joe Root  b) Rory Burns   
 c) Marnus Labuschagne  d) Steven Smith

**Q12:** Other than Charlotte Edwards, who holds the record of most centuries in ICC Women's World Cup?

- a) Mithali Raj  b) Suzie Bates   
 c) Janette Brittin  d) Claire Taylor

**ANSWERS:** 1 d) 2020 2 c) Novak Djokovic

- 3 a) Suresh Raina 4 b) India  
 5 d) Tottenham Hotspur 6 a) Six 7 c) Steffi Graf  
 8 a) Norman Brookes 9 d) Meg Lanning  
 10 b) Gabriel Martinelli 11 c) Marnus Labuschagne  
 12 c) Janette Brittin