



THE TIMES OF INDIA

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STUDENT EDITION

MONDAY, OCTOBER 12, 2020



WEB EDITION

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World Food Programme wins Nobel Peace Prize

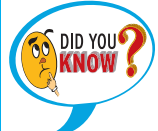
The 2020 Nobel Peace Prize has been awarded to the United Nations agency for its efforts to combat hunger and improve conditions for peace in areas affected by conflict. The pandemic has further boosted the agency's relevance, and strengthened the reasons for awarding the prize, including the need for "multilateralism" in a time of global crisis. "Until the day we have a medical vaccine, food is the best vaccine against chaos..." the Nobel committee said in its citation.



➤ The Rome-based World Food Programme (WFP) estimates that it helps about 97 million people a year in 88 countries. According to the WFP, one in nine people still do not have enough to eat globally in its citation.

➤ Around 211 individuals and 107 organisations were nominated for the prize this year
➤ While the other Nobel prize laureates are announced in Stockholm, the peace prize is awarded in the Norwegian capital, Oslo

One hundred Nobel peace prizes have been awarded since 1901 to individuals and 24 organisations



Three Indian students have made it to the final list of the Children's Climate Prize 2020 to be held on November 18

A 'Green' thumbs up for INDIAN TRIO

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Vinisha Umashankar, 13; Aadya Joshi, 17 and Dhruv Sanjay, 13, are among the seven finalists competing for the Children's Climate Prize 2020. Two out of these seven would ultimately be declared the winners and awarded SEK 100,000 (Swedish Krona) and a medal on November 18 via a digital broadcast from Stockholm.

The award honours young innovators and pioneers in the area of climate.



CHILDREN'S CLIMATE PRIZE 2020

➤ USA, India and Mexico dominate the finalists' list this year
➤ More than 70 nominations were received from 24 countries; from these,

the jury and its advisory board have selected seven finalists
➤ The winners will be announced on November 2, 2020; the prize will be awarded on November 18

MEET THE CHANGEMAKERS

VINISHA UMASHANKAR, 13

(SOLAR IRONING CART: The making of a sustainable ironing cart)

Around 10 million ironing carts that are running on the streets of India, burn about 50 million kg of charcoal every day, contributing to climate change. Vinisha created a solar-powered ironing cart, an innovation that is safer and more sustainable



DHRUV SANJAY, 13

(3E STECHULIKA: Sustainable cooking equipment)

Dhruv Sanjay and his team developed a pollution-free solar-powered stove that could be a solution to phase out the outdated cooking equipment, eradicating the risk of having respiratory diseases from polluted air



AADYA JOSHI, 17

(THE RIGHT GREEN: Know how about biodiversity restoration)

Aadya Joshi founded 'The Right Green' and developed a database including

over 2,000 plants from different eco-regions of India. The vision is to empower and enable communities to restore healthy ecosystems



Looking for pieces of Venus? Try the Moon

A growing body of research suggests that planet Venus may have had an Earth-like environment billions of years ago, with water and a thin atmosphere. Yet testing such theories is difficult without geological samples to examine. The solution, according to Yale astronomers Samuel Cabot and Gregory Laughlin, may be closer than anyone realised.

Cabot and Laughlin say pieces of Venus, perhaps billions of them, are likely to have crashed on the Moon. The researchers said, asteroids and comets slamming into Venus may have dislodged as many as 10 billion rocks, and sent them into an orbit that intersected with Earth and Earth's Moon. "Some of these rocks eventually landed on the Moon as Venusian meteorites," said Cabot, a Yale graduate student and lead author of the study.

Cabot said catastrophic impacts, such as these happen rarely, every hundred million years or so, and occurred more frequently billions of years ago.



SPACE

➤ According to researchers, the Moon offers safe keeping for these ancient rocks
➤ They have offered two theories on

why samples of Venus can be found on Moon: First, asteroids hitting Venus are usually going faster than those that hit Earth, launching even

more material. Second, a huge fraction of the ejected material from Venus may have come close to the Earth and the Moon

JAPAN AIRLINES GOES GENDER-NEUTRAL

Japan Airlines has stopped using gendered terms like "ladies and gentleman" during its in-flight and airport announcements, the company said recently. They have started using "gender-friendly" expressions instead, such as "passengers" and "everyone". This, however, applies only to English-language announcements, as the phrases used in Japanese are already gender-neutral.



THE TIMES OF INDIA

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Do you want to be India's next Quiz Whiz?

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Winners of DSSL will win a fully paid trip to NASA



Category toppers of Round 1 from every school will win a 1-year BYJU'S subscription

For more details, contact Times NIE Teacher Coordinator.

TODDLER ON RECORD BOOKS FOR EXTRAORDINARY MEMORY SKILLS

At only 21 months, a toddler from Hyderabad, Aadith Vishwanath Gourishetty, has bagged five records, including one in the 'World Book of Records' on account of his sharp memory skills. According to reports, Gourishetty has bagged the World Book of Records, India Book of Records, Telugu Book of Records, and two more National Records for his exceptional memory skills.



According to the World Book of Records, Aadith is adept at recognising objects, along with an awe-inspiring memory to recognise countries' flags, car logos, pictorial objects, and vehicles from shadows, mapping the professionals with tools, reciting, and identifying alphabets

YOUNG ACHIEVER

Facebook launches 'Emotional Health' for your well-being



TECH BUZZ

To help people cope with growing mental health issues during the pandemic, Facebook has introduced 'Emotional Health', a centralised resource centre on the main app with tips and information from leading experts. The resource will be available globally, with locally-relevant information from mental health officials.

- 1 Facebook also launched a WHO 'Digital Stress Management Guide', which provides easy-to-follow techniques designed to reduce stress and promote mental well-being
- 2 It is available on the WHO Health Alert chatbot on WhatsApp
- 3 The social network has also announced a sticker pack on Messenger designed with the WHO to facilitate conversations around mental health

Kick-start Your Day The Right Way

Plan the night before

Put down just 1-3 of the most important things you want to get done on a to-do list. By keeping the list very limited it becomes easier to actually get the most important thing(s) done. And to not start procrastinating by doing a few of the less important and often easier tasks that you know you always used to add to a longer to-do list.



Go slow

When you start your day slowly and keep doing things at a slow pace then it becomes easier to keep the stress away. It becomes easier to focus on what you are doing and keep your priorities in mind. When you go slow, you stay in the present moment more of the time and so less negative feelings come your way. And you appreciate the everyday things in life more because your attention is focused outward and not aimlessly inward towards what happened in the past or may happen in the future. When you start your day slowly, you sometimes get worried that this slow pace will mean that you get less done during the day. But at the end of the day you will discover that you actually got more done.



Prepare the night before

Reduce the stress during your morning by getting the simple de-

tails out of the way the night before.
SO:
➤ Pack your bag.
➤ Pack your and pencil case.

➤ Put your geometry box and water bottle near your bag. So you can quickly find and grab them before heading out of the door.

Keep a simple reminder on your bedside table

What you see during your first minutes after you are awake can have quite the effect on the morning and as an extension of that the whole day. Things you could put on that 'positivity note' are:

➤ ONE OF YOUR FAVOURITE QUOTES

A powerful and timeless quote is one of the easiest ways to charge the mind with positive emotions and to find a helpful perspective. So write down one of the own favourite quotes. Also remember the quote when you go about the chores for the day.

Get some positive information into your mind over breakfast

Start your day with something that does not depress you or makes you feel powerless to change your life or the world in some small or bigger way. Add inspiration and optimism like this:

- Reading one or a couple of new posts from positive, funny or uplifting blogs or websites.
- Listening to a podcast that boosts your motivation.
- Reading a chapter from a book that inspires you.
- Watching a motivating or uplifting video on YouTube.



Start your day with the most important task

Find the most important task on the very limited to-do list you created. Do it first thing when your day starts. This task is often quite hard so it is easy to fall for the temptation to procrastinate. If you feel that urge, then just be still and do nothing. The most powerful part of the impulse to procrastinate by

Build a right think string

Doing what you deep down think is the right thing will make you feel good. It will boost your self-esteem and put a spring in your step for an hour or more. One way that you would like to do that is by creating a right think string.

HERE'S WHAT YOU DO:

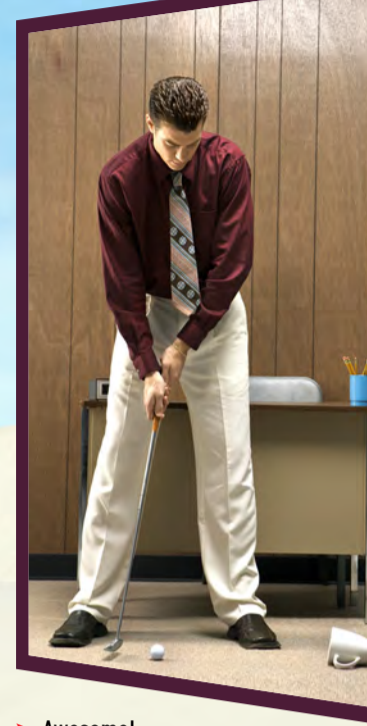
- Do something that you deep down think is the right thing. Do it right now.
- Give a genuine compliment to someone at school or in your home.
- Help someone who seems lost with directions.
- Unclutter your workspace for two minutes.
- Go and work out.
- Then add another thing that you think is the right thing to do.
- Have an apple instead of an unhealthy snack.

HOW TO

- After you have added a right thing to your string - no matter how small it is - make sure to take a few seconds to pause and to appreciate the good thing you did.

THESE ARE THINGS YOU COULD SAY TO YOURSELF:

- Awesome!
- Well done!
- That was a good thing to do.
- That was fun! (and then smile).
- This boosts the positive mood within and ups the motivation to add another thing to your string.
- If you break the string, no worries. Don't beat yourself up.
- Take a deep breath and then start a new string instead.



checking email or Facebook passes pretty quickly.

When the worst is over then go easy on yourself instead of trying to push yourself hard. Tell yourself that you will only work for 1-3 minutes on this important task. Then you can stop

if you like. But you may not want to do that once you have gotten started. This will set the tone for you for the rest of the day. Because getting started is most often the hardest part.

Make your Home Healthier



From stocking up on house plants to hoovering cuddly toys, making some tiny tweaks to your living environment could cut stress and boost well-being. Here, we reveal some simple ways to help you turn those familiar four walls into a health-boosting sanctuary.

SOUND OF SILENCE

Noise pollution isn't just an irritant, it can impact health too. A 2011 study by the World Health Organization showed that prolonged exposure to excess noise not only increased stress levels and lowered concentration, but also led to a higher risk of heart disease. Soundproofing experts say excessive noise levels are a "proven health hazard". To dampen

ALLERGEN ALERT

Even the cleanest homes can be full of allergens such as dust, which can set off sneezing, runny noses and rashes. Experts suggest to vacuum floors and clean surfaces regularly, as this minimises the amount of dust in the air. Vacuum your beds and fabrics to help remove dust and pet allergen particles. Keep toys in a cupboard to prevent the build-up of allergens (It may help to vacuum the toys too). And if you have pets, keep them off sofas and beds as much as possible. Ensure that they are really well groomed to minimise pet allergens.

BREATHE EASY

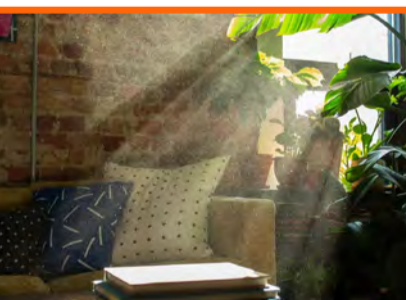
The air inside our homes often contains more pollutants than outside, thanks to chemicals released by everything from cleaning products to cooking. But investing in house plants can help redress the balance. Plants are brilliant anti-pollutants. They increase oxygen levels and have been shown to reduce cold-related illnesses.

Peace lilies are one of the best plants for removing indoor pollution, as they purify the air by absorbing pollutants through leaves and roots.

Meanwhile, Boston ferns are ideal for bedrooms as they improve humidity. Aloe vera purifies the air of formaldehyde and benzene - chemicals commonly found in household cleaning products. And snake plants are recognised by Nasa for removing toxins and releasing oxygen at night, helping you breathe easier - so this one is definitely right for your bedside table.

COLOUR BOOST

"Colours don't just change the look of a room, they can affect health too. Many of us don't realise the impact colour has on our mood," says Dr Nerina Ramlakhan, psychologist and sleep expert. A study by Minnesota State University found the colour red increases the body's stress response, while green and white calm it. Soft green is a restful, restorative colour. Another study found that soft pink was also a restful colour. Use only a couple of colours per room and choose accessories in shades you find calming, such as green and white.



sound, invest in some thick curtains and soft furnishings in plush fabrics such as suede and chenille. Use rugs on hard flooring and place wall hangings or upholstered furniture against walls that are shared with neighbours or face roads with heavy traffic.

LIGHT IT UP

One of the key elements in feng shui is letting natural light flow around your home - and for good reason. Natural light can improve mood, concentration and even sleep quality. To maximise natural light in a room, try hanging a mirror opposite the window. This will reflect and double the sunshine coming in. Also set up your workspace as close to the window as possible to take advantage of the light, and give your eyes a screen break by looking outside.

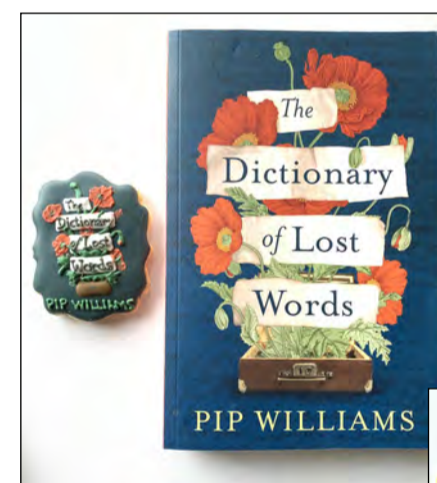


IDEAS TO TRY



Inspired by literature, her love for books and baking, a Twitter user @lauren1750 has been baking and posting pics of cookies that look like her favourite books! The talented baker, who goes by the name Lauren Farrell, has painstakingly decorated the cookies to resemble her favourite novels. We certainly like her in-

Book Cookies



genious lockdown creativity. The secret? A combination of simple sugar cookie recipe, perfectly mixed coloured icing, and a love for reading.

➤ Readers, did you make something based on your love for reading? Art perhaps or a book cover? Share with us via FB or Twitter. Get your folks to upload it online and give us a shout saying, 'Hi @TolStudent, I made art! And we'll share it.'



QUIZ TIME (MIXED BAG)

Q.1) In which city did President Ram Nath Kovind inaugurate the first-ever World Youth Conference?

- A. Delhi B. Punjab
C. Delhi D. Tamil Nadu

Q.2) _____ is known as the "Lungs of the World".

- A. The Himalayas
B. Amazon
C. Sundarbans Reserve

Forest
D. Congo Basin Forest

Q.3) Indian Railway's 2nd double-decker Uday (Utkrishi Double-Decker Air Conditioned Yatri) Express will run between _____

- A. Cochin and Vishakhapatnam
B. Hyderabad and Secunderabad
C. Visakhapatnam and Vijayawada

Q.4) In which year was the Paper Currency Act enacted by the British Government of India?

- A. 1861 B. 1865
C. 1961 D. 1878

ANSWERS

1. A) Delhi 2. B) Amazon
3. C) Visakhapatnam and Vijayawada 4. A) 1861

CHECK YOUR APTITUDE

1. What is the least common multiple (LCM) of the numbers 90, 60, 75 and 35?

- A. 5600 B. 6300
C. 5800 D. 1100

2. Which of the following statement is true?

- A. 1 is not a prime number
B. 1 is a prime number
C. 1 is a composite number
D. 2 is not a prime number
3. The place value of zero in 1341.01 is:
- A. Hundreds B. Tens
C. Units D. Tenths

4. Three-fourth of the number of girls in a school is equal to half of the number of boys. If the school has 1420 pupils, how many of them are boys?

A. 345 B. 678 C. 852 D. 655

ANSWER: 1. 6300
2. 1 is not a prime number
3. Units 4. 852

KNOWLEDGE BANK

Elephants

Elephant families are led by females. They don't need much sleep. They are emotional creatures. Elephants not only have huge bodies, they also have a brain that weights five kilograms, so it's no surprise that they are very intelligent animals. With their large size and brain capacity, they can store information and remember things for years.



Leaders in Making

ASN Senior Secondary School, Mayur Vihar-1 conducted an online Investiture Ceremony for the Junior Prefectorial Council for the session 2020-2021. The ceremony took an auspicious start with the lighting of the lamp. The Oath was taken by the Student Council. The designated students were conferred with the online badges by the Principal, In-Charge and House Mistress of Middle Wing. Kavya Joshi and Pratyusha Mohanty (VIII) have been designated the post of Junior Head Boy and Junior Head Girl respectively. Other heads comprise of Sanjay Sivakumar and as the Diya Vohra Junior Vice Heads. All the other members of the Student Council were also honoured with their badges.



Luthra congratulated the newly appointed Student Council and motivated them to shoulder their responsibilities and follow the path of honesty, integrity and loyalty. She also urged the students in the audience to abide by the school rules and to always uphold the banner of their school high.



Despite the widespread of the pandemic, the indomitable spirit of young talents of Gyan Devi Sr. Sec. School, Sec-10, Gurgaon was commemorated by bestowing them with the responsibility of leading their school from the front with their commitment, confidence and competence in the Investiture Ceremony.

Taking the online sessions to a new level, Ahlcon Public School, Mayur Vihar-1, conducted its Virtual Investiture Ceremony in the benign presence of Chief Guest for the event Commandant Varun Upadhy (Indian Coast Guard, HQ, Delhi), Director Ahlcon Schools Dr. Ashok K. Pandey, Principal Dr. Deepak Raj Singh Bisht and other dignitaries. Filled with a spirit of sincerity, determination and integrity, the selected students from classes 10 to 12 were set to take up the role of leaders and discharge the responsibilities vested in them by exemplary actions. The programme started with the lamp lighting and prayer to Goddess Saraswati, followed by the Principal Dr. Deepak R S Bisht's speech. Dr. Bisht congratulated the new council members and guided them on the art of building team relationships, mitigating conflict and developing effective communication and interpersonal skills. The members

The virtual investiture ceremony for the session 2020-21 was yet again a special occasion for ML Khanna DAV Public School, Dwarka where the young talents of the school were bestowed with the responsibility of leading their school with commitment, confidence and competence. The solemn ceremony

was attended by the school Principal and was watched live by parents, teachers and students. Head Girl Asmi Jain and Head Boy Harsh Bhatia received their badges of pride and responsibility. All the other office-bearers of the Student Council Committee received their e badges.



do their duties sincerely and uphold the school's tradition with integrity and honesty. Principal infused them to unlock their full potential and strategize to achieve the vision and mission of the school.

The Head Boy, Hritik Yadav and the Head Girl, Tanisha Yadav in their acceptance speeches pledged to uphold the dignity of their post and keep the flag of their Alma Mater flying high. The programme concluded with the School Chairman's address wherein he congratulated the new appointees and impelled them to be committed towards their duties and always be sentient of the fact that leadership comes with veracity.



were guided to lead the path with good examples for fellow students to follow.

Celebrating excellence and brilliance

Delhi Public School, Gurgaon, Sector 45, held the Scholar Badge Ceremony for Class X, Batch of 2019-20. The ceremony was conducted on a digital platform. The Director Principal Aditi Misra greeted the proud parents and congratulated the achievers for doing exceedingly well in their Board exam and for bringing pride to their parents and teachers. She encouraged the students to make use of this time by learning life skills, reading good books and helping their parents. While referring to the unusual times, she promised to continue providing students with the real school environment virtually, by conducting



Ms. Aditi Misra
Director Principal

online competitions, functions and programmes. With great pride, she shared the excellent result of Shiksha Kendra NIOS students and reiterated the school's efforts to help them pursue a college education. Misra also appreciated the endeavour of Class XII batch for creating a corpus fund for Shiksha Kendra students. The ceremony was facilitated by the Dean Student Welfare, Sapna Dhawan. A recap of the activities organized for the students in the previous session was also screened. The scholastic and co-scholastic achievements of the awardees were displayed with their photographs. The ceremony culminated with a vote of thanks proposed by the Head Mistress, Senior School Arpna Gupta.

56-member Prefectorial Board, including 8 School Posts, was formally felicitated in the virtual presence of dignitaries, teachers, students and parents. On behalf of the team, Head Boy Anubhab Sahoo and Head Girl Vrinda Gupta took the oath. The Head Girl, Vrinda Gupta, acknowledged the responsibilities and promised to deliver their best with sincerity and integrity.

Dr. Ashok Pandey congratulated the new council members and encouraged teamwork among the members to accomplish the objectives of the Board. He encouraged the team to support and guide the students through online regular interactions. The Chief Guest, Commandant Varun Upadhy, congratulated the council members, inspired the young leaders, and imbued the value of discipline. The students present were encouraged to follow the instructions of their parents and the teachers as the first step to a disciplined life. They were also guided to set their priorities and work accordingly. Most importantly, all were inspired to be a good human first. The Head Boy, Anubhab Sahoo, delivered the Vote of Thanks. The ceremony concluded with the glimpses of last year's ceremony and the School Song.

Progress and togetherness

Mata Jai Kaur Public School, Ashok Vihar organised the virtual Project Show, Rashtan ki Mehak. The occasion was attended by Sanjay Baniwal, the Director General of Police, Chandigarh as Chief Guest, Dr Sarthak Tandon - Resident Oncologist, an alumnus of MJKPS, as Guest of Honour, school chairman S Surjit Singh, Vice Chairperson Rasna Singh and members of the PTA committee.



The programme commenced with the rendition of shabad followed by the traditional lamp lighting ceremony. School Principal Rashmi Mehta applauded the indomitable spirit of the students in embracing the current situation without losing the sense of joy in their heart. The journey of online learning was presented through a PowerPoint presentation. The story dramatizations centred around revitalizing humanity as well as paying a warm tribute to parents for unconditional love and care for their children. The rhythmic tabla performance was riveting. It was followed by the hymn 'Sing Hosanna'. Chief Guest appreciated the strong value system the school upholds, which is the very foundation of any society. The guest of honour fondly recalled his time spent in school and laid emphasis upon making the best out of school life experiences. Headmistress Anuradha Babbar delivered the vote of thanks. The programme culminated with the national anthem.

Success stories

Aarav Sharma (V), a student of Ryan International School, Noida is anchoring the IPL 2020 Masala Unlock show on a renowned news channel and is the youngest anchor in the show's history. He was a junior anchor at Ryan's International Theatre Festival 2019. He has also featured in various television commercials. He has always been an active participant in the school's co-curricular activities.

International Group of Institutions commented. "We congratulate Aarav on his spectacular achievement of being the youngest anchor on a TV show. We also commend his parents for their support and motivation are given to him at all times." Talking about Aarav, his father Amit Sharma said, "Ryan International School teachers along with the management have given him constant support and encouragement to do what he loves."



THE EDUCATION

Real class experience must for holistic growth

IRA BOGRA, PRINCIPAL, DOON INTERNATIONAL SCHOOL, MOHALI

We often tell our students to rise to the occasion and face difficulties head-on. It wouldn't be wrong to say that our teachers lead by example and that they have definitely done what they preach. The transition from blackboard teaching to online virtual classes was done without any hesitation even though many teachers were not very comfortable with computers. They learned and mastered the art to deliver quality teaching and learning. To teach effectively from home with limited resources has been the biggest challenge for educationists. They have managed to use the things



IRA BOGRA, PRINCIPAL

they had at home along with ideas from the internet and made learning possible. Network issues and power cuts do make it difficult for not only teachers but even the students. Different universities are now offering courses to help teachers improve their online teaching skills. The biggest drawback in online teaching, I feel, is the lack of eye contact with the students and the absence of human touch definitely leaves a void. The disciplined atmosphere of the school, meeting friends and shouldering different responsibilities are just a few things that our young learners are missing. Though this learning experience (read virtual platform) will be utilised in the future even if online classes are not needed anymore, it can never replace the actual classroom experience.

Express YOURSELF

WAYS TO PRACTICE GRATITUDE

According to a positive psychology research, gratitude is strongly and consistently associated with greater happiness. It states that gratitude effectively increases positive emotions, reduces depression, enhances empathy, reduces aggression and improves mental health. It is a productive factor and helps cope better with suicidal thoughts. Gratitude helps people feel greater life satisfaction and self-esteem, enjoy good experiences, deal better with adversity and build strong relationships.

It can change your life, because it makes you appreciate what you have rather than what you don't have. If we just stop and pay attention to the simplistic beauty and miracle of life, gratitude will come to us effortlessly. So embark on your gratitude journey with a few practices like noticing and appreciate good things, think of three things each day that you are grateful for like nature, a warm bed, good meal, etc. You can also start a gratitude journal and

write down the good things that happened to you each day (big or small). Practice saying thank you or grace before a meal, greeting your elders or being appreciative of somebody's help. Tell your family and friends what they mean to you and volunteer for helping others. It is not wrong to say that "A life well lived is one of gratitude and thankfulness".

Painters' Gallery



LAXMITA SHARMA, class XII, CL DAV Sr Public School, Panchkula



KANIKA, class X, Shishu Niketan Public School, Sector 5, MDC Panchkula



A look at the overseas stars who were expected to take the IPL 2020 by storm but are yet to fire on all cylinders

TOP 5 FOREIGN PLAYERS WHO HAVEN'T FIRED YET

ANDRE RUSSELL (KKR)

Andre Russell, one of the standout performers of last season, has fared way below expectations with the bat so far, scoring just 55 runs in six matches. The only saving grace for KKR has been his performance in death overs with an economy rate of 8 and 5 wickets. Russell's performance with the bat is central to how far KKR will go in the series. KKR batsman Shubman Gill says Russell is saving his best for the last.

JOS BUTLER (RR)

Jos Butler's has been a huge disappointment. The Englishman has failed to give RR a strong opening stand, scoring a meagre 130 runs in 5 innings. Time has come for Butler to deliver or else the Royals will make a quick exit before the playoffs.

GLENN MAXWELL (KXIP)

In seven IPL games, Glenn Maxwell has scored 58 runs at an average of 14.50 and a strike rate of less than 100. With the ball, the Australian all-rounder has taken just 1 wicket, conceding at over 9 per over. No wonder, his team is at the bottom of points table. On his disappointing show, former cricketer Virender Sehwag said, "It has to be kept in mind that he scored his last half-century in 2016."

STEVE SMITH (RR)

The woeful run of form of Captain Steve Smith is giving Rajasthan Royals sleepless nights. In six innings, he has scored a meagre 157 runs. This has led to Royals slipping to seventh position. Acknowledging his poor batting, Smith said, "We have not been able to get a good start and the top four just haven't been able to score a lot of runs in games. We'll have to address that."

AARON FINCH (RCB)

Australia limited-overs captain Aaron Finch, the first to play for eight franchisees in IPL, was expected to take the load off Virat Kohli and AB de Villiers. But his performance has been below par. Despite playing every match this season, he averages 20.66 at a strike rate of 109.73.

'Was putting too much pressure on myself'



Back-in-form Royal Challengers Bangalore skipper Virat Kohli said he was "putting too much pressure" on himself but the Super Over game against Mumbai Indians "opened his mindset" and helped him turn it around for the better. Kohli, who was struggling with his form, blasted an unbeaten 90 off 52 balls in RCB's 37-run win over Chennai Super Kings. Virat credited the pull shots against Jasprit Bumrah in the super over against Mumbai Indians in a September 28 clash for freeing him up.

"I was trying to do too much, taking focus away from what I need to do - watch the ball and bat. Sometimes you forget you're only a player out there, and the responsibility kicks in." RCB skipper Virat Kohli

'It's crazy'

Iga Swiatek reacts after becoming first Polish to win Grand Slam singles title



"I'm overwhelmed. Two years ago I won a junior grand slam and now I'm here. It feels like such a short time. It's crazy for me because I watched Rafael Nadal lift the trophy every year and now I'm in the same place."

Iga Swiatek, Winner, French Open 2020

Messi could be convinced to stay at Barcelona: Suarez



TEST YOUR KNOWLEDGE

SPORTS QUIZ | Theme: Cricket

Q1: The first official international cricket match was held in 1844 between which countries?

- a) India and Afghanistan b) England and Australia c) The United States and Canada d) England and India

Q2: Test matches are the most extended format of International Cricket. It lasts for how many days?

- a) Six days b) One day c) Five days d) Eight days

Q3: Which of the following statements is associated with Duckworth-Lewis method?

- a) The awarding system for victory in matches interrupted by the weather b) A training schedule in which the batsmen practice blindfolded c) A tactic that requires every fielder to be placed on a side d) None of these

Q4: In a cricket match, LBW stands for?

- a) Loss by weather b) Last ball win c) Leg before wicket d) None of the above

Q5: What is the meaning of the phrase 'bowl the maiden over'?

- a) Colliding with other fielders when attempting to catch the ball b) When the batsmen do not score any runs in six successive balls bowled c) Having 100 runs and taking five wickets in the same game d) None of these

Q6: Identify the sportsperson shown in the picture.

- a) Ravi Bishnoi b) Yashasvi Jaiswal c) Kamlesh Nagarkoti d) Abdul Samad



Q7: Who is the Sri Lankan right-arm fast bowler commonly used as a specialist death bowler, and is well known for his distinctive round-arm action, sometimes referred to as a sling action?

- a) Lasith Malinga b) Muttiah Muralitharan c) Kumar Sangakkara d) Mahela Jayawardene

Q8: Who is the current president of the board of control for cricket in India?

- a) Rahul Dravid b) Virender Sehwag c) VVS Laxman d) Sourav Ganguly

Q9: Which cricketer was announced as the inaugural recipient of the BCCI's Lifetime Achievement Award for Women?

- a) Mamta Maben b) Mithali Raj

- c) Shantha Rangaswamy d) Harmanpreet Kaur

Q10: Who has been named as Coach of India A and Under-19 cricket teams after the first meeting of BCCI's advisory committee in Kolkata?

- a) Sourav Ganguly b) Rahul Dravid c) Ravi Shastri d) VVS Laxman

Q11: Who remains the only captain to have not gotten a chance to bat in a WC final so far?

- a) Steve Waugh b) Ian Chappell c) Wasim Akram d) Graham Gooch

ANSWERS: 1 c) The United States and Canada 2 c) Five days 3 a) The awarding system for victory in matches interrupted by the weather 4 c) Leg before wicket 5 b) When the batsmen do not score any runs in six successive balls bowled 6 a) Ravi Bishnoi 7 a) Lasith Malinga 8 d) Sourav Ganguly 9 c) Shantha Rangaswamy 10 b) Rahul Dravid 11 a) Steve Waugh