



THE TIMES OF INDIA

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TODAY'S EDITION

Want to improve your concentration? Hear it from a memory champion
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STUDENT EDITION

THURSDAY, DECEMBER 17, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Quote unquote

I firmly believe that in the next two decades, India will grow to be among the top three economies in the world. More importantly, it will become a premier digital society, with young people driving it. Our per capita income will increase from \$1,800-2,000 per capita to \$5,000 per capita. Therefore, companies and entrepreneurs in the world have a golden opportunity to be in India, to be part of this economic and social transformation that will accelerate in the coming decades

MUKESH AMBANI, chairman, Reliance Industries Ltd



NOW, CHECK CALORIE COUNT ON RESTAURANT MENU

Eat right

In a bid aimed at regulating the calorie count of food products, the Food Safety and Standards Authority of India (FSSAI) has made it mandatory for the restaurant chains and on-line food aggregators to display the calorie count of food products on their menu cards. The new regulations would be applicable from 2022. As per the new regulations, restaurants having central licenses or out-

The FSSAI was in the process of overhauling the labelling regulations for packaged food products, which have now been notified

lets at 10 or more locations will need to display the "calorific value in kcal per serving and serving size" of food items on menu cards, booklets or boards. Additionally, reference information on calorie requirements shall also be displayed clearly and prominently as "an average active adult requires 2,000 kcal energy per day, however, calorie needs may vary", the notification said.



Significantly, through these regulations, the food regulator has for the first time defined children for the packaged food industry. It says, "children or child" means a person under the age of 18 years as defined in Juvenile Justice Act, 2015

THE NEW REGULATIONS

- According to the new regulations, E-commerce food business operators shall get the information on calorie requirements from respective food business operators and provide on their website, wherever applicable
- The regulation has, however, done

away with the proposed colour-coded labelling, which was intended to enable consumers to identify products that are high in fat, salt and sugar (HFSS) products

- The proposal had raised concerns that if implemented, it would require majority of products to display red-colour coding on their labels

Q IS IT A GOOD MOVE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

FACTOID



6.9 HOURS

Is the average usage of smartphones by Indians, according to CMR's latest reports, as people depend on these gadgets for work/study from home and entertainment amid the pandemic.

- According to CMR, the average time spent on smartphones in a day has been on the rise, with average usage growing 11 per cent to 5.5 hours in March 2020 (pre-Covid) from about 4.9 hours on average in 2019
- This has grown by another 25 per cent from April onwards (post-Covid)
- There has also been a 55 per cent increase in time spent on social media, and 45 per cent rise in time spent gaming on smartphones
- Interestingly, the average duration of clicking pictures and taking selfies has increased from 14 minutes to 18 minutes in a day

Empty vial of the world's first Covid vaccination to go on display at the Science Museum



Yes, you heard it right. The vial and syringe of the first-ever Covid-19 vaccination will go on display next year at the Science Museum. On December 8, a 90-year-old grandmother in Coventry became the first person in

the world to receive a Covid-19 vaccine outside of clinical trials. The eyes of the world were trained on Margaret Keenan as she got the jab, when a nurse injected her arm with the mRNA vaccine made by Pfizer and BioNTech.

- The vial will form a part of a special collection built to highlight the role scientists played in the Covid-19 pandemic
- Other items include prototype medical technology, NHS home swabs and ventilators
- Early in 2021, the vial will be exhibited in a display called 'Medicine: The Welcome Galleries' at the Museum in South Kensington, London

VIEWPOINT

WITH THE SALIVA BAN, BOWLERS ARE HANDICAPPED: TENDULKAR

Cricket in the post-coronavirus world has come with its share of restrictions. While limitations off the field include players having to stay inside bio-secure bubbles, the biggest challenge on the pitch has been the saliva ban. Pacer Jasprit Bumrah, had during the IPL, spoken about how it could be a big factor in Test cricket wherein reverse swing plays a major role. Former Indian captain Sachin Tendulkar has now echoed the sentiments.

With the saliva ban, bowlers are handicapped, if you do not have a substitute for saliva. Cricket was always like it—sweat and saliva were always there. But I would say saliva is more important than sweat. Bowlers rely more on saliva as compared to sweat. Today, we do not have any substitute for saliva. There should have been an alternative



CURRENT RULE ON SALIVA BAN

- Owing to the pandemic, according to the ICC rules, players are not permitted to use saliva to shine the ball. If a player is caught applying saliva to the ball, the umpires will manage the situation with some leniency during an initial period of adjustment for the players, but subsequent instances will result in the team receiving a warning
- A team can be issued up to two



warnings per innings but repeated use of saliva on the ball will result in a 5-run penalty to the batting side

- Whenever saliva is applied to the ball, the umpires will clean the ball before play recommences

Q DO YOU ENDORSE TENDULKAR'S VIEWS? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

ENTERTAINMENT

AMY ADAMS SET FOR A NEW 'ENCHANTED' OUTING

Actress Amy Adams will be reprising her role as Princess Giselle in the sequel of 'Enchanted'. The six-time Academy Award-nominated star will return to role in the sequel titled 'Disenchanted'. The series will stream on Disney+. The company shared the news during its Investor Day, reports variety.com.

A parody of Disney classics, the first film featured princess Giselle being catapulted into modern New York, where she rejects Prince Edward (James Marsden) and finds her true love in divorce-lawyer Robert Phillip (Patrick Dempsey)

'Enchanted' earned three Oscar nominations in the Best Original Song category for 'Happy working song', 'So close', and 'That's how you know'—all from Alan Menken and Stephen Schwartz. Adams also earned a Golden Globe nomination for her portrayal of the princess

- The film was a global hit, and registered business of over \$340 million in worldwide box office



LEGACY OF HOLLYWOOD HITS GETS OTT REBIRTH



BAAHUBALI
The success of the magnum opus 'Baahubali' film franchise gave way to the opportunity to explore the story through a spin-off series titled 'Baahubali: Before The Beginning'. It will explore life on the streets of the fictional city of Mahishmati. Slated to release on Netflix

For many, the success of a film directly translates into a chance to cash on it by spinning a new series. It is in fact a win-win for the audience and the filmmakers, as while the fans get to live with their favourite characters, makers continue to reap on with the benefits of the box office hits, and create a multiverse franchise. As producers plan new series on their hits, we take a look at some big-ticket spin-offs, which are either winning fans all over the globe or are in works

THE BATMAN

The show will be set in the world that Matt Reeves is creating for 'The Batman' film. It will build upon the film's dissection of the anatomy of corruption in Gotham City, and go on to launch a new Batman universe across multiple platforms. It is being created for HBO Max



STAR WARS

The saga from a galaxy far, far away continues to live on through various films and spin-off series. The list of 'Star Wars' stories for Disney's streaming platform keeps on growing. It already includes 'The



ICE AGE

Titled 'The Ice Age Adventures Of Buck Wild', the spin-off will revolve around three characters: the prankster possum brothers Crash and Eddie, and the titular weasel, Buck. Simon Pegg will be returning to lend his voice to the role of Buck. It is slated to release in 2022.

Mandalorian', and two other previously-ordered series — one based on Cassian Andor prior to the events of 'Rogue One: A Star Wars Story', and another following the adventures of Obi-Wan Kenobi between 'Revenge Of The Sith' and 'A New Hope'



The Princess and The Frog

The spin-off titled 'Tiana', which was released in 2009, is about an aspiring chef Tiana, who kisses a prince-turned frog, and turns into a frog. They then embark on a journey to defeat a witch to get back to their human form. It is one of the four animated spin-offs, which is expected to launch on Disney+ in 2022

HAVE YOU READ THESE AWESOME NYT BESTSELLERS?

Watch out for our exclusive selection for Young Adults in the upcoming issue!

FOR THE TINY TOTTERS

- 5 MORE SLEEPS 'TIL CHRISTMAS**
by Jimmy Fallon Illustrated by Rich Deas
A young boy anticipates the arrival of Christmas. (Ages 3 to 6)
- THE CRAYONS' CHRISTMAS**
by Drew Daywalt Illustrated by Oliver Jeffers
Duncan's crayons prepare for Christmas. (Ages 3 to 7)
- THE WORLD NEEDS WHO YOU....**
by Joanna Gaines Illustrated by Julianna Swaney
An inspirational message of acceptance and celebrating uniqueness. (Ages 4 to 8)
- HOW TO CATCH A UNICORN**
by Adam Wallace Illustrated by Andy Elkerton
Children attempt to capture the mythical creature. (Ages 4 to 8)
- THE OFFICE: A DAY AT DUNDER....**
by Robb Pearlman. Illustrated by Melanie Demmer
A kid-friendly adaptation of the workplace comedy. (Ages 4 to 8)
- PETE THE CAT'S 12 GROOVY DAYS....**
by Kimberly and James Dean
Pete's spin on the holiday classic 'The Twelve Days of Christmas'. (Ages 4 to 8)
- HOW TO CATCH A MERMAID**
Adam Wallace Illustrated by Andy Elkerton
A young girl attempts to catch a mermaid and befriend her. (Ages 4 to 8)
- SHARE SOME KINDNESS, BRING SOME LIGHT**
by Apryl Stott
Coco and Bear attempt to share kindness throughout the forest. (Ages 4 to 8)
- DASHER**
by Matt Tavares
The origin story of Dasher, the first of Santa's flying reindeer. (Ages 4 to 8)
- HOW TO CATCH AN ELF**
by Adam Wallace Illustrated by Andy Elkerton
A tiny narrator dodges traps while making the Christmas rounds. (Ages 4 to 8)

FOR THE MIDDLE GRADERS

- THE ICKABOG**
by J K Rowling
A fearsome monster threatens the kingdom of Cornucopia. (Ages 8 to 18)
- THE COMPLETE COOKBOOK FOR YOUNG CHEFS**
by America's Test Kitchen Kids
Over 100 kid-tested recipes. (Ages 8 and up)
- ROWLEY JEFFERSON'S AWESOME ADVENTURE**
by Jeff Kinney
Roland and Garg embark on a quest to save Roland's mom from the White Warlock. (Ages 8 to 12)
- THE COMPLETE BAKING BOOK FOR YOUNG CHEFS**
by America's Test Kitchen Kids
One hundred plus kid-tested baking recipes. (Ages 8 to 12)
- THE ONE AND ONLY BOB**
by Katherine Applegate and Patricia Castelao
Bob sets out on a long journey in search of his lost sister. (Ages 8 to 12)
- THE BIG FUN KIDS COOKBOOK**
by Food Network Magazine
Over 150 fun, easy recipes for young cooks. (Ages 8 to 12)
- ESSENTIALLY CHARLI**
by Charli D'Amelio
The TikTok personality shares intimate details of her life. (Ages 9 to 12)
- MAX AND THE MIDNIGHTS: BATTLE...**
by Lincoln Peirce
Bodkins, foes from another dimension, take on the form of Byjovian residents. (Ages 8 to 12)
- WONDER**
by R.J. Palacio.
A boy with a facial deformity starts school. (Ages 8 to 12)
- BECOMING MUHAMMAD ALI**
by James Patterson and Kwame Alexander
A biographical novel of the prolific boxing champion. (Ages 8 to 12)

A MEMORY CHAMPION'S TIPS ON IMPROVING CONCENTRATION

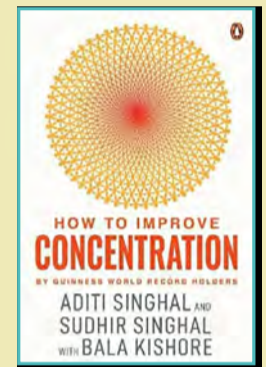


ADITI SINGHAL
Memory champion

Aditi Singhal co-author of 'How to Improve Your Concentration' has featured in 'The Limca Book of Records' thrice for memory and fast calculation. Here, the memory expert shares some of her best tips on how you can improve your memory

Mono-tasking

Switching your attention from one task to the other does not allow you to concentrate deeply on one thing. It divides your attention, which is required for deep learning, deep reflections and thus reduces your efficiency to come up with solutions to problems. Concentrate on only one task at a time as multitasking is a myth.



Visualise while learning

While studying something, do not just read or listen, visualise it in your mind. This helps mind to focus on what you are studying because mind understands the language of images. What you read or listen, if you can visualise the same thing in our mind, that is concentration. But if you are listening one thing and some other images are coming in our mind not related to what we are listening, then that is distraction. Visualising while studying works as a great memory tool to register things properly in brain. Do follow this to improve your memory skills.

Electronic-Free Sleep

Sound sleep plays a very important role on your concentration levels of the next day. One very important habit that most of us need to change is of using your phone as an alarm clock. Keep your phone out of your room, turn off all your gadgets, be it TV or laptop at least one hour before bedtime. This will increase the quality of your sleep manifold, which will further help in increased focus throughout the day.

Apply traffic control

Before starting any task, sit in silence for a minute and observe the traffic of thoughts coming in your mind. Acknowledge all the thoughts, including the ones which are not relevant to the present task and tell yourself that you will address them later.

In a world full of distractions, concentrating on work at hand seems to be a daunting task. Especially so for the students. Distractions may not be your fault, but managing them is your responsibility. Here are a few tips that can help you to concentrate better in any given task or situation.

Ten minutes morning focus

In the morning, plan and visualise your day. See yourself concentrating on each task and completing them on time. This visualisation helps to give your brain a blueprint of your day and programs it accordingly to improve your focus while doing that task.

thought will be attended to later, it will not bother you again.

Be very organised

Keep all necessary things required for the task available near you so that getting up for small things every now and then don't disturb your focus. But if you are using your computer to do your task or to study, then keep your mobile phone out of the room. If you have to use your phone for your work then turn off all the notifications to avoid distractions of

EXPERT SPEAK



Photo: GETTY IMAGES

WHAT'S NEW

When it comes to workouts, fix a time

It is important to do at least 30 minutes of exercise every day, but it is equally important to stick to a routine. Fixing your time for workout and punctually sticking to it can actually help you lose more weight.

In the afternoon or evening. In the study, researchers took a total of 375 healthy adults who were successful in maintaining their weight by engaging in regular moderate to vigorous physical activity.

FINDINGS

Those who worked out at the same time of the day logged 4.8 workouts per week on average, compared with 4.4 among people who varied their workout times. This meant that those who had a fixed time of working out were able to work out more than those had different times.

At least one-half of those exercising at the same time of day got 350 minutes of



physical activity a week, compared with 285 minutes being the median amount of exercise for those who varied workout times. This too meant that

those who exercised at a fixed time could stretch their workout timings more than those who exercised at different times.

It is believed that working out at the same time helps exercise become a habit, which further helps people automatically set aside time for working out.



QUIZ TIME (INDIA)

Q.1) Who declined the 1964 Nobel prize in literature because he had consistently declined all official honours?

- A. Jean-Paul Sartre
- B. Roald Dahl
- C. Dan Brown
- D. George Orwell

Q.2) In which 'Die Hard' movie does McLane barely survive when a helicopter gunship rams into the building?

- A. Die Hard

B. Die Hard with a Vengeance
C. Die Hard 2: Die Harder
D. A Good Day to Die Hard

Q.3) Which Nobel Prize winner said, 'Peace begins with a smile'?

- A. Malala Yousafzai
- B. Mother Teresa
- C. Nadia Murad
- D. Barack Obama

Q.4) Name the only woman who won the Nobel prize twice in two different fields?

- A. Marie Curie
- B. Betty Williams
- C. Mother Teresa
- D. Betty Williams

ANSWERS

- 1. A) Jean-Paul Sartre 2. D) A Good Day to Die Hard 3. B) Mother Teresa 4. A) Marie Curie

KNOWLEDGE BANK

Screw pine craft

This traditional occupation in Kerala has got the GI tag. The craft made with screw pine leaves by artisans, especially women, is believed to be more than 800 years old. Visitors were invited to be seated on the mats

in traditional customs. Children used little bags to pluck flowers for Onam and the mats in weaves of varying sizes were used to pack things; finer varieties of these mats were used for sleeping. Today door mats, wall hangings, bed mats and prayer mats are in demand.

Distinctive DECEMBER

SURYAKUMARI DENNISON, teacher,
Aavishkar Academy, Bengaluru

Answer each question on the last month of the year by choosing correctly from the four options.

1 WHO AMONG THESE DECEMBER-BORN PERSONALITIES WAS A MATHEMATICIAN?
A. Atal Bihari Vajpayee
B. Srinivasa Ramanujan
C. Raj Kapoor
D. Dhruvrai Ambani



2 FROM THE RULE OF WHICH COLONIAL POWER WAS GOA LIBERATED ON DECEMBER 19, 1961?
A. British
B. Danish
C. French
D. Portuguese

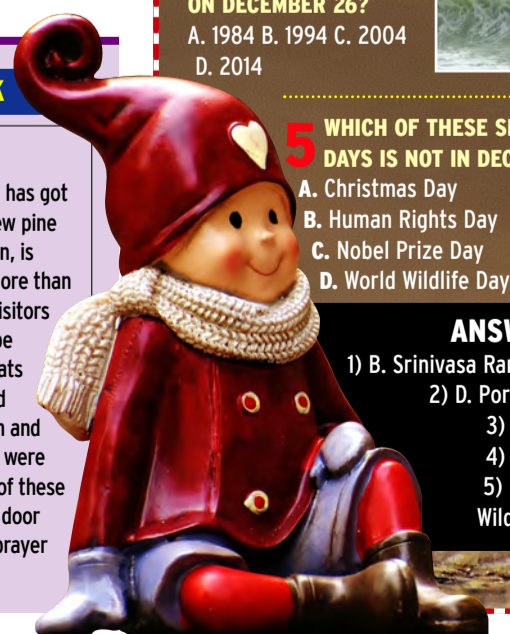
3 WHICH OF THESE IS ASSOCIATED WITH AN ARMED FORCES OBSERVANCE ON DECEMBER 7?
A. Flags
B. Flowers
C. Fields
D. Firearms

4 IN WHICH YEAR DID AN INDIAN OCEAN EARTHQUAKE AND TSUNAMI OCCUR ON DECEMBER 26?
A. 1984
B. 1994
C. 2004
D. 2014



5 WHICH OF THESE SPECIAL DAYS IS NOT IN DECEMBER?
A. Christmas Day
B. Human Rights Day
C. Nobel Prize Day
D. World Wildlife Day

ANSWERS:
1) B. Srinivasa Ramanujan
2) D. Portuguese
3) A. Flags
4) C. 2004
5) D. World Wildlife Day



A perfect synergy of idealism, grandiosity and reality

ASN Int'l School, Mayur Vihar organised Annual Day cum 7-day long Virtual Ramleela for the children. The objective was not only to let the students of 21st century be in touch with roots with the depiction of old-aged tradition, but also to make them learn the values of patience, forgiveness, karma from Lord Rama's life. Ramleela- A Musical Ballet, the victory of Good over Evil, showcased the chronicles of Lord Rama. Attired in attractive dresses, the students danced and enacted their characters spectacularly. Besides Ramleela, students' creative skills were also showcased, followed by the release of e- magazine 'Stimulus- A Virtual Makeover' with its pages flipped in the



form of a video. The chairperson KL Luthra congratulated all the teachers & students involved and blessed them on this occasion to reach the highest echelons of success. National Secretary of Shiksha Sanskriti Utthaan Nyas New Delhi Atul Kothari the chief guest for the day, appreciated the school for organising such events and reflected an urge, for all the schools, to follow the newly drafted NEP contributing to Aatma Nirbhar Bharat. The school principal Swarnima Luthra appreciated the entire event and emphasized that posterity, for sure, assist learning the wisdom and moral values. The show went spectacular under the support of Shivani Khanna and Priyanka.

School celebrates harvest gaities

Bosco Public School, Paschim Vihar organised Inter House Dance Competition - 'Harvest Gaities' as part of an ISA Action Plan. All the four houses were allocated different harvest festivals celebrated globally viz. India (Lohri), South Korea (Mid-Autumn Festival), China (Mid-Autumn Festival) and France (Fete de la Fraise). The participants from the primary class to class V not only gave scintillating dance performances but also apprised the audience about the significance of celebrating the partic-

ular harvest festival assigned to their house. Under the able guidance of the respective House In charges, all the participants were indeed enigmatic performers that were a clear reflection of the zest to give the best. Students looked ravishing in beautiful dresses that natives wear during the harvest festivities. The winners were adjudged by the Primary Headmistress Sofia Malik and Inter-House Competition Incharge - Ms. Neha Sadana.

Tilak House bagged the first prize and Tagore House stood in the second



position. The first position holder, Tilak House stole the hearts of the audience with their finest grooves and moves representing the Mid-Autumn festival of China. The school Principal - Mr. Rajiv Duggal commended the zealous participants for their flawless performances. The vice principal Priya Handa appreciated the participants for their efforts. The ISA activity in charge, Juhi Sarin and Akshim Sethi congratulated the dancers for creating a vibrant and energising aura and making the event mesmerising.

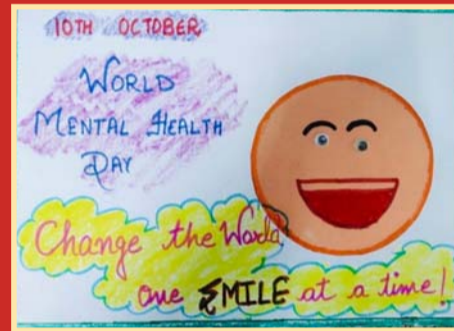
Unity: Oneness of purpose



Gyan Devi Sr Sec School, Sec 10, Gurgaon celebrated the National Unity Day. A Pledge (Oath) taking ceremony for all the students and teachers was organised virtually to mark the occasion. As a part of the celebrations, Quiz was held for the classes VI to VIII on the topic 'Let's Explore Telangana' & A Slogan Writing Competition' was organised for the students of classes IX & X. Students from classes VI to XII also participated in the Rashtriya Ekta Diwas online quiz competition on My Gov platform. The main objective of organising a variety of programmes was to promote national integration among the children as well as maintain the unity and integrity of the country.

WORLD MENTAL HEALTH DAY

The Mental Health Awareness Week was celebrated by the students of St Michael's Sr Sec School, Pusa Road. The teachers, to draw the attention of primary children towards this important issue, conducted a Storytelling Session. The stories shared by the teachers were relatable for the children as they too, often, face similar situations. For instance, one of them narrated how they often have an inferiority complex which makes them repulsive to common joys of life. This complexity can be due to any of the



reasons- being the differently-abled, colour of our skin, our talents and abilities, our academic performance, our language speaking abilities, etc. However, these storytelling videos helped students under-

stand how light and darkness are part of their lives. We should not retreat in isolation when faced with difficulties, rather we should share it with our parents, friends and teachers. For instance, even though the pandemic created many problems for everyone as we were isolated in our homes but looking at the silver lining, we know how everyone can spend quality time with their families. Children reciprocated by sharing their feelings and fears and at the same time, they agreed that they understood these stories.

Reading week activity

ShreeRam World School, Dwarka celebrated the 'Reading Week'. The main objective was to mark the importance of reading in one's life and inculcate the reading habit in students. Creativity



overflowed as they dressed up like their favourite characters/cartoons and weaved their own narratives. The gusto and fervor among students could be witnessed through their active participation. The students were able to learn the

importance of reading and its application in daily life. They could gather a lot of insights from their fellow mates and observed this week with a great amount of zeal, new learnings and achievements. It aimed to create awareness amongst students regarding the importance of reading, which is the need of the hour.

student corner

Positive impact of being at home

The whole world is facing many problems with pandemic coronavirus. My family and I are keeping a good immunity and instructions to fight the virus. We wash our hands regularly. We keep a social distance with other people. We wear masks when we go out. We wash the outside clothes everyday. We don't touch our eyes, nose, mouth with dirty hands. We keep

tissue or elbow in front of the mouth when we cough or sneeze. We avoid people who have fever or flu like symptoms. We do not allow guests in our house. We eat well cooked food. So these are some instructions which my family are following to cope with the situation of coronavirus.

Mayank Kumar, VI, Cambridge, DAV Pushpanjali Enclave, Pitampura



PARI PAMAR, VI, Seth Anandram Jaipuria School, Ghaziabad



ANISHA, V, Guru Harkishan Model School, Tagore garden

DAV PUBLIC SCHOOL, Rohini

Instilling traditional values in young minds

A three-day event- Arya Mahotsav was organised by DL-DAV Model School, Shalimar Bagh under the guidance of school principal Reena Rajpal. The pious event aimed to promote Arya Sanskriti in the young citizens of tomorrow. Many activities like students performing Yagya with their families, Soulful rendering of Bhajans, Chanting of Vedic Mantras and Live yoga was presented. Learners also interacted with the school doctor to know more about Ayurveda and tips for a healthy lifestyle. It was heartening to see young 'Aryas' right from class Nurs-



erary to X personifying as Legends of Arya Samaj and delivering their messages. They also promised to be the torchbearers of Swami Maharishi

Dayanand Saraswati and took a pledge to work for the welfare of the School, Society, Country and World at the large. School principal Reena Rajpal presented the school report drawing attention to the varied activities organised by the school for the holistic development of the students. The event was presided over by school chairman Ajay Suri (Officiating General Secretary, DAVCMC), Dr Sanyam Bhardwaj (Controller Of Examination, CBSE), Lalit Kapil (RO, CBSE, Delhi West) and School Manager, Sneha Verma. Principals of different schools from Delhi NCR also joined the virtual event.

BOOK: INVISIBLE MAN By HG Wells

Invisible man is a powerful story of a young southern Negro, from his late high school days through three years of college to his life in Harlem.

His early training prepared him for a life of humanity before white men but through injustices-large and small, he came to realize that he was an "invisible man". People saw him only in reflection of their precon-

ceived ideas of what he was, denied his individuality and ultimately this not seem him at all. This theme which has implications far beyond the obvious racial, parallel, is skillfully handled. The incidents of the story are wholly absorbing. The boy dismissal from college because of an innocent mistake, his shocked reaction to the anonymity of the North and to Harlem, his nightmare experiences on a one-day job in a

paint factory and in the hospital, his lightning success as a the Harlem leader.

I found the main charac-



ter interesting if not likable. He is an anti-hero. He was arrogant. But he learns the bad things about invisibility. I was surprised about the little things that he struggles with. Though I could tell a lot of thought went into what it would really be like. H.G. Wells did have a good point that the only really good use for invisibility is murder.

Overall, the writing was good, I enjoyed the war of worlds.

ISHIKA BANSAL, X, DAV School, Sreshtha Vihar



Ind vs Aus, 1st Test

FIVE THINGS TO WATCH OUT FOR

Australia and India renew their fierce rivalry in a four-Test series that begins with a day-night game in Adelaide on Thursday. India won a Test series for the first time Down Under when the sides clashed two years ago and Australia are determined to regain the Border-Gavaskar Trophy. Here are five things to watch out for in the highly anticipated series

1 Kohli's lone shot

India captain Virat Kohli will be desperate to make a winning contribution in his only chance of a Test victory against Australia this series, having decided to return home after Adelaide to be with his Bollywood actress wife, Anushka Sharma, who is expecting their first child. After India lost 2-1 in the recent one-dayers, Kohli showed his importance to the side during the Twenty20 series victory. And pundits, including Indian batting great Sachin Tendulkar, believe his departure will leave a "void" in the batting line-up. But other India veterans have suggested Kohli's absence could enable a new star to emerge in the side, which will be led by vice-captain Ajinkya Rahane once Kohli leaves.

2 Smith returns

Steve Smith is playing down calls for him to become Australia's captain again, insisting he is just "excited" to feature in the Border-Gavaskar Trophy clashes after missing out two years ago. The prolific 31-year-old batsman was left powerless on the sidelines as India won their first series in Australia in 2018-19 while he and David Warner served out bans for ball-tampering. Smith, who amassed 774 runs, including three centuries as Australia retained the Ashes in England last year, said "I will do what is best for the team" despite former players such as Adam Gilchrist calling for him to step up for a second crack at the captaincy.

3 Hard day's night

Australia start as overwhelming favourites in the opening Test, having never been beaten in their seven day-night matches to date, while Virat Kohli's India play their first overseas game under lights after their maiden pink-ball outing in Kolkata last year against Bangladesh. India long resisted twilight encounters, but Tendulkar told AFP he believed their players would be ready, having played warm-up games and having had intensive net sessions with the pink ball this week.

4 Pitch battles

India's fast-bowling attack, led by Mohammed Shami and Jasprit Bumrah, are ready to fight fire with fire in Australia's own den. The pacy pair shared five wickets as they bundled out Australia A for 108 and signalled their intent to enjoy bowling on wickets Down Under that are renowned for providing extra pace and bounce. Australia's three-pronged attack of Mitchell Starc, Pat Cummins and Josh Hazlewood "can surpass any era" of quicks, according to former paceman Brett Lee, but India coach Anil Kumble countered that his attack was their equal. "We probably match our fast bowling to their fast bowling," he said.

5 Send in the crowds

Australia and New Zealand have been the first countries to welcome back spectators to cricket since the pandemic - the Adelaide Oval will be half full for the first Test while 30,000 should be allowed into the Melbourne Cricket Ground for the Boxing Day. Indian cricket chief Sourav Ganguly tweeted a picture of a full house as New Zealand played a Test last week against the West Indies at Basin Reserve, Wellington, writing "the game needs this". But players, with a lucrative series on the line, will be wary of sticking to coronavirus prevention protocols after other tours were disrupted this month.

Laxman questions Kohli's constant chop and change policy

Couple of things I think Virat Kohli can improve. There were certain times when I felt that he becomes little defensive, especially with his field changes. The second thing is chopping and changing the playing 11. With experience, I can say that any player, whether experienced or a newcomer, wants that stability, security, so that he can focus on performing to the best of his abilities for the team. That's something which Virat Kohli can definitely improve on.

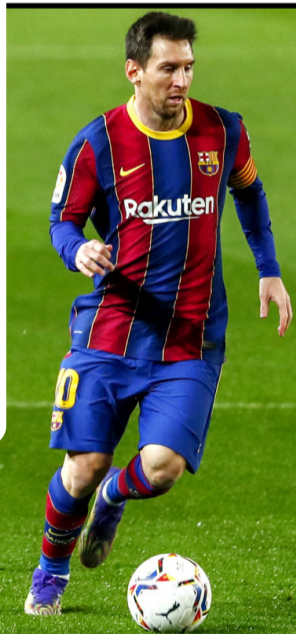
VVS Laxman, former Indian cricketer



Jasprit Bumrah is all set to play a pink-ball Test for the first time

Lionel Messi's salary at Barca 'unsustainable': prez candidate

Messi was named the top-earning footballer in the world by French newspaper L'Equipe earlier this year, claiming an estimated 8.2 million euros (\$9.97 million) per month from Barca



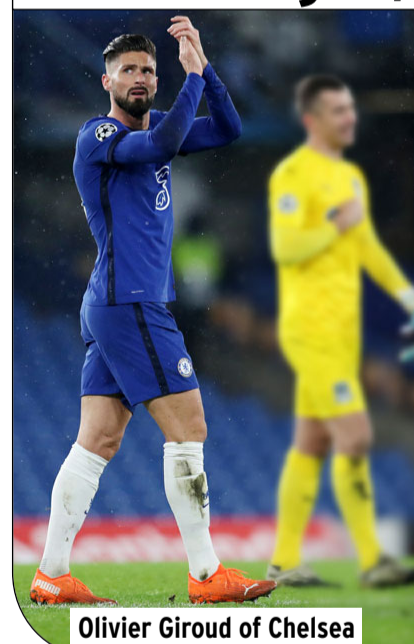
Lionel Messi's salary is too big for Barcelona due to their financial predicament, presidential candidate Emili Rousaud has said, adding that he wishes to keep the club's all-time top scorer on a reduced contract. Messi, who sought an exit from Barca in the close season, has less than seven months remaining on his deal with the club where he has spent his entire career. He is free to negotiate with rival clubs from January. REUTERS

If India bowl short at Steve Smith, they'll play into his hands



Ian Chappell

Chelsea could be suffering from fatigue, admits Lampard



Olivier Giroud of Chelsea

After suffering a 2-1 defeat against Wolves in the Premier League, Chelsea manager Frank Lampard said that his side is suffering from fatigue. In the match against Wolves, Chelsea got the first goal as Olivier Giroud got among the scoring charts but Daniel Podence first scored the equaliser for Wolves before Pedro Neto netted the winner. Chelsea are currently at the fifth position in the Premier League 2020-21 standings with 22 points from 13 games. ANI

There could be some fatigue. I hate to say it after a defeat because it could sound like an excuse but even the first 60 minutes when we were the better team we didn't have a zip about us.

Frank Lampard, manager Chelsea

TEST YOUR KNOWLEDGE

Q1: Who became the first male skier born in the new millennium to win a World Cup race?

- a) Gino Caviezel b) Henrik Kristoffersen
c) Marco Odermatt d) Lucas Braathen

Q2: Which country has qualified for the Football World Cup the most times, without winning it?

- a) Cuba b) Pakistan c) India
d) Mexico

Q3: In which year was the inaugural match of the ICC T20 World Cup played?

- a) 2003 b) 2005 c) 2007 d) 2009

Q4: Who is the current holder of ICC Champions Trophy?

- a) Bangladesh b) Australia
c) Pakistan d) India

Q5: In which year was the Badminton Association of India formed?

- a) 1934 b) 1935 c) 1936 d) 1937

Q6: Against which country did India first win a Test series abroad, in 1967-68?

- a) Australia b) England

- c) New Zealand d) Pakistan

Q7: Which player holds the record of most appearances as captain in FIFA World Cup?

- a) Iker Casillas b) Pele c) Diego Maradona d) Zinedine Zidane



Zinedine Zidane

Q8: In which year did London host the Olympics, commemorating the 30th Olympic Games?

- a) 2016 b) 2000 c) 2010 d) 2012

Q9: Who is the first Indian woman to win a WTA title?

- a) Rituja Bhosale b) Sania Mirza
c) Karman Kaur Thandi d) Ankita Raina

Q10: Which Indian pair became the first to win a Grand Slam doubles title?

- a) Yuki Bhambhani and Saketh Myneni
b) Leander Paes and Sania Mirza c) Leander Paes and Mahesh Bhupathi d) Mahesh Bhupathi and Sania Mirza

Q11: Who is the youngest to score a goal in the history of FIFA World Cup?

- a) Salomon Olembe b) Pele
c) Norman Whiteside d) Samuel Eto'o

Q12: Who is the founder of the modern International Olympic Games?

- a) Baron Pierre de Coubertin b) Juan Antonio Samaranch c) Demetrius Vikelas
d) Thomas Bach

Q13: Which Indian javelin thrower won the gold medal at the 2018 Asian Games in Jakarta, setting a national record of 88.06 m in the process?

- a) Neeraj Chopra b) Shivpal Singh
c) Devendra Jhajharia d) Vipin Kasana

ANSWERS: 1 d) Lucas Braathen 2 d) Mexico 3 c) 2007 4 c) Pakistan 5 a) 1934 6 c) New Zealand 7 c) Diego Maradona 8 d) 2012 9 b) Sania Mirza 10 c) Leander Paes and Mahesh Bhupathi 11 b) Pele 12 a) Baron Pierre de Coubertin 13 a) Neeraj Chopra