



THE TIMES OF INDIA

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**TODAY'S
EDITION**

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STUDENT EDITION

MONDAY, NOVEMBER 8, 2021



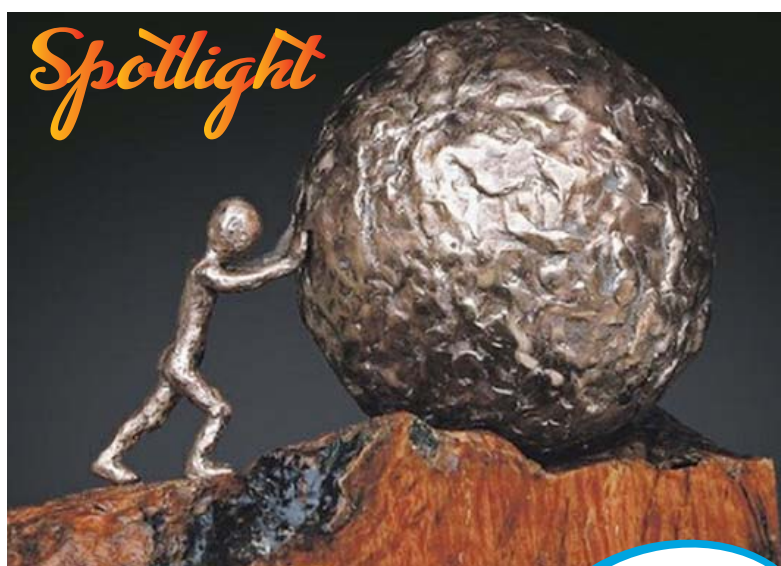
GLOBAL METHANE PLEDGE

[CLICK HERE: PAGE 1 AND 2](#)

Indian teens make the cut at Int'l Children's Peace Prize Shortlist

Three teenagers, a physically-challenged boy and two brothers from India, have been shortlisted for this year's International Children's Peace (ICP) Prize, South African Archbishop Desmond Tutu announced on behalf of the KidsRights Foundation...

The three finalists have been shortlisted by a panel of experts from over 169 nominees from 39 countries, reflecting the impact and significance of a global recognition that offers the winner a worldwide platform of millions to promote their work



■ **Muhammad Aasim** is a 15-year-old physically-challenged boy from Kerala, who is inspiring youngsters with disabilities around the world to continue their education



■ **Vihaan, 17, and Nav Agarwal, 14,** are two brothers from Delhi, who are committed to reducing pollution, at a time when the world is also talking of climate change



■ **Christina Adane,** a 18-year-old girl born in the Netherlands to Ethiopian parents, and now living in the UK, has made a name for herself fighting food injustice

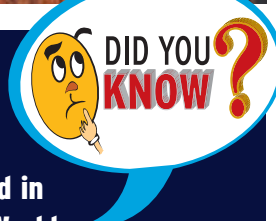
1 The hybrid ceremony will take place on November 13 in the Hall of Knights in The Hague, and livestreamed so that the winner's message can reach a global audience

2 Each year the prize has been awarded by a Nobel Peace Prize laureate. The 2021 winner will be declared by Kailash Satyarthi, the 2014 recipient

3 The recipient will also receive a project fund of 100,000 euros, half of which will go to the winner's theme, with half invested by KidsRights in other projects of other young changemakers fighting for children's rights

■ The International Children's Peace Prize was launched in 2005 during the World Summit of Nobel Peace laureates in Rome, chaired by Mikhail Gorbachev. It is awarded annually to a child, who has made a significant contribution to advocating children's rights and improving the situation of vulnerable children such as orphans, child labourers and children with HIV/AIDS

■ The prize is an initiative of Marc Dullaert, Founder and Chairman of the KidsRights Foundation, an international children's rights organisation based in Amsterdam, the Netherlands



WHAT About a quarter of the world's global warming is caused by one gas—methane, state experts. To keep it under check, countries are signing the Methane Pledge.

THE PLEDGE: Much like the other agreements at COP26, the Methane Pledge aims to curb climate change, by cutting down

methane emissions by 30 per cent before a 2030 deadline.

HOW methane emits greenhouse gases: The greenhouse gas is generated by landfills, oil and natural gas systems, agricultural activities, coal mining and wastewater treatment among other sources. The biggest contributors, how-

ever, are the oil and gas industries.

WHY focus on methane Methane—like all greenhouse gases—retains heat, causing the global temperature to rise, but it is significantly more dangerous because it absorbs more energy while airborne, which translates to a lot more global warming.

WILL IT HELP

According to the International Energy Agency, 75% of global methane emissions can be mitigated with current technology, while 40% of this can be done at no additional cost, making the Methane Pledge one of the most important ones at the COP26

WHY INDIA IS NOT A PART OF METHANE PLEDGE

1 India did not sign the COP26 pledge to stop deforestation and cut methane gas emissions by 2030 because of its concerns over the impact on trade, on the country's vast farm sector, and the role of livestock in the rural economy

2 Agriculture accounts for over 15% of India's \$2.7 trillion economy and employs almost half of the country's more than 1.3 billion people

3 That makes reducing methane emissions, generated by cows' digestive systems and manure, a major challenge

4 Besides India, China and Russia have also not signed the pledge that calls for efforts to cut emissions of methane by 30% by 2030 from 2020 levels



X-PLAINED

Meanwhile... from space, astronaut also sounds the alarm about climate crisis

Through the portholes of the International Space Station, French astronaut Thomas Pesquet has an arresting view of global warming's repercussions. He used a video call from space to sound the alarm. "We see the pollution of rivers, atmospheric pollution, things like that. What really shocked me on this mission was extreme weather or climate phenomena," Pesquet told French President Emmanuel Macron during the call at the UN climate conference in Glasgow, Scotland. From space, "the fragility of Earth is a shock," Pesquet continued. "It's a sensory experience to see just how isolated we are as an oasis, with limited resources."

Damon Galgut 'Books' his name on Booker prize

South African writer Damon Galgut won the prestigious Booker Prize for fiction with 'The Promise', a novel about a white family's reckoning with South Africa's racist history. Galgut had been British bookmakers' runaway favorite to win the 50,000-pound (\$69,000) prize with his story of a troubled Afrikaner family and its broken promise to a Black employee – a tale that reflects bigger themes in South Africa's transition from apartheid. Galgut took the prize on his third time as a finalist, for a book the judges called a "tour de force." He was previously shortlisted for 'The Good Doctor' in 2003 and 'In a Strange Room' in 2010, but lost both times.

'The Promise' was selected over five other novels, including three by US writers: Richard Powers' 'Bewilderment', the story of an astrobiologist trying to care for his neurodivergent son; Patricia Lockwood's social media-steeped novel 'No One is Talking About This' and Maggie Shipstead's aviator saga 'Great Circle'

BOOK


WhatsApp may extend 'delete for everyone' time limit window

Facebook-owned WhatsApp is reportedly working on extending the time limit for the 'delete for everyone' feature. The 'delete for everyone' option was rolled out in 2017 and initially had a time limit of seven seconds that later got extended to 4,096 seconds in 2018. Now, As per a WaBetaInfo report, the time limit for using the 'delete for everyone' feature may be increased to an indefinite period. The publication even shared a screenshot where it showcased that a message from three months ago was still eligible to get deleted for both people.



■ WABetaInfo also reports separately that WhatsApp Beta for iOS (v2.21.220.15) is getting a new video playback interface to allow users to pause, play the video in fullscreen, or close the picture-in-picture window

■ Recently, WhatsApp also started rolling out end-to-end encrypted chat backups for iOS and Android users globally

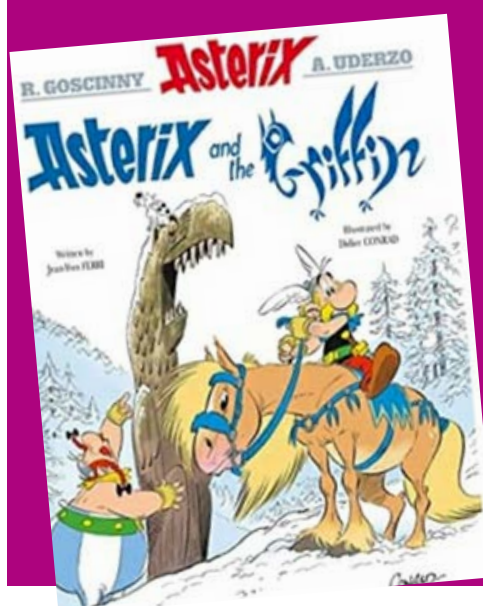


TECHAWAY

■ With the new update, if a user chooses to back up his chat history with end-to-end encryption, it will be accessible only to him, and no one will be able to unlock the backup

■ Neither WhatsApp nor the backup service provider will be able to access their end-to-end encryption backup

Asterix is back with 39th adventure



Deep in the frozen plains of Barbaricum, the Sarmatians face a terrible threat. The Romans are approaching in huge numbers to capture the Griffin, a sacred and terrifying beast, and they've kidnapped the beloved niece of the wise old Shaman, Fanciakuppov, to lead them to it. Determined to stop them, Fanciakuppov seeks the help of his Gaulish friends. Follow Asterix and Obelix, as they fight alongside the fearless Amazon warrior women to rescue the prisoner and prevent the Romans reaching this formidable beast! Loved across the Known World, the multi-million best-selling series is back with its 39th adventure. Filled with jokes, new characters and bravely fought battles, 'Asterix and the Griffin' (Sphere/Hachette) will delight fans old and new.

■ The author, Jean-Yves Ferri, born 1959, is a French writer, designer, and colourist of comics. In 2011, he was chosen as the writer for the next installment of the Asterix series created by Rene Goscinny and Albert Uderzo. Uderzo personally mentored him and Didier Conrad, who was subsequently announced as the artist



■ Didier Conrad (born in 1959) is a French comics artiste and writer. Since 2012, he has been the artist of the popular Asterix series

POST DIWALI POLLUTION: WAYS TO CLEAR THE LUNGS

4

Regular exercise

Exercise can improve people's physical and mental health, and it decreases the risk of many health conditions, including stroke and heart disease.

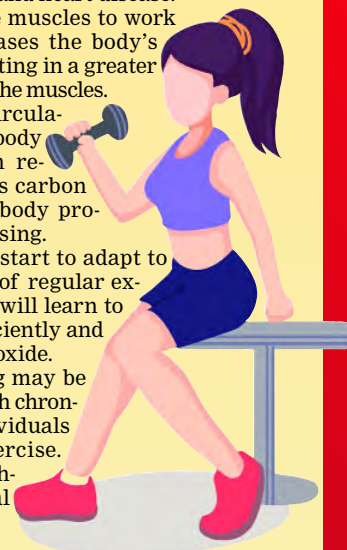
Exercise forces the muscles to work harder, which increases the body's breathing rate, resulting in a greater supply of oxygen to the muscles.

It also improves circulation, making the body more efficient in removing the excess carbon dioxide that the body produces when exercising.

The body will start to adapt to meet the demands of regular exercise. The muscles will learn to use oxygen more efficiently and produce less carbon dioxide.

Although exercising may be more difficult for people with chronic lung conditions, these individuals can also benefit from regular exercise.

People who have COPD, cystic fibrosis, or asthma should consult a healthcare professional before starting a new exercise regimen.



5

Green tea

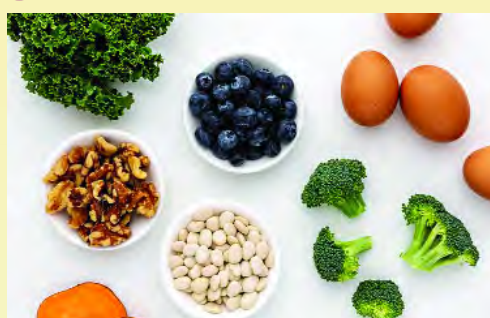
Green tea contains many antioxidants that may help reduce inflammation in the lungs. These compounds may even protect lung tissue from the harmful effects of smoke inhalation.

A recent study by Trusted Source involving more than 1,000 adults in Korea reported that people who drank at least 2 cups of green tea per day had better lung function than those who drank none.



6

Anti-inflammatory foods



Inflammation of the airways can make breathing difficult and cause the chest to feel heavy and congested. Eating anti-inflammatory foods can reduce inflammation to relieve these symptoms.

FOODS THAT HELP FIGHT INFLAMMATION INCLUDE:

- Turmeric
- Leafy greens
- Cherries
- Blueberries
- Olives
- Walnuts
- Beans
- Lentils

7

Chest percussion

Percussion is another effective way to remove excess mucus from the lungs. A healthcare professional or respiratory therapist will use a cupped hand to rhythmically tap the chest wall to dislodge trapped mucus in the lungs.

Combining chest percussion and postural drainage can help clear the airways of excess mucus.



1

Steam therapy

Steam therapy, or steam inhalation, involves inhaling water vapour to open the airways and help the lungs drain mucus.

People with lung conditions may notice their symptoms worsening in cold or dry air. This climate can dry out the mucous membranes in the airways and restrict blood flow.

Conversely, steam adds warmth and moisture to the air, which may improve breathing and help loosen mucus inside the airways and lungs. Inhaling water vapour can provide immediate relief and help people breathe



more easily.

A small study involving 16 males with chronic obstructive

pulmonary disease (COPD), a lung condition that makes it harder to breathe, found that steam mask therapy led to significantly lower heart rates and respiratory rates than non-steam mask therapy. However, the participants did not report lasting improvements in their respiratory function.

This therapy may be an effective temporary solution, but researchers need to do more research before they fully understand the benefits of steam therapy on lung health.

2

Controlled coughing

Coughing is the body's way of naturally expelling toxins that it has trapped in mucus. Controlled coughing loosens excess mucus in the lungs, sending it up through the airways.

Doctors recommend that people with COPD perform this exercise to help clear their lungs.

People can follow the steps below to cleanse their lungs of excess mucus:

- Sit down on a chair with the shoulders relaxed, keeping both feet flat on the floor.
- Fold arms over the stomach.
- Slowly inhale through the nose.
- Slowly exhale while leaning forward, pushing the arms against the stomach.
- Cough 2 or 3 times while exhaling, keeping the mouth slightly open.
- Slowly inhale through the nose.
- Rest and repeat as necessary.



3

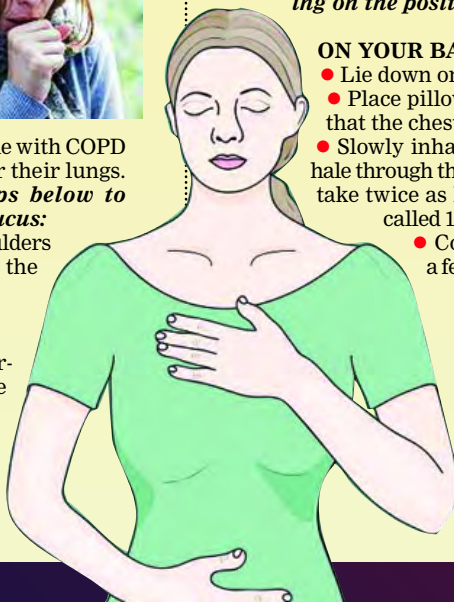
Drain mucus from the lungs

Postural drainage involves lying in different positions to use gravity to remove mucus from the lungs. This practice may improve breathing and help treat or prevent lung infections.

Postural drainage techniques differ depending on the position:

ON YOUR BACK

- Lie down on the floor or a bed.
- Place pillows under the hips to ensure that the chest is lower than the hips.
- Slowly inhale through the nose and exhale through the mouth. Each exhale should take twice as long as the inhale, which is called 1:2 breathing.
- Continue for a few minutes.



LOW PLATELET COUNT?

FOODS TO INCREASE YOUR PLATELET COUNT AFTER DENGUE

A spike in dengue cases across the country has increased the demand for platelets, cellular components found in the blood that play a vital role in clotting and bleeding. In dengue fever, there is increased destruction of platelets and reduction in the formation of new ones that decrease the platelet count in the blood and increase the risk of internal bleeding and rashes. Those with a blood platelet count below the normal range (between 1.5 and 4 lakh per microlitre) are usually transfused with it to avoid any kind of complications. However, transfusion runs the risk of transmitted infections. So, this method of treatment should not be opted for frequently, unless absolutely necessary. The platelet count could be increased naturally by eating some specific food items. Here, we have listed some natural ways to increase your platelet count.

WHAT NOT TO HAVE

While some foods can increase the blood platelet count, some can lower it. When your platelet count is low then you must not have some specific foods and beverages like:

- Alcohol
- Cranberry juice
- Cow's milk

VITAMIN B 12

Vitamin B12 also known as cobalamin, is a water-soluble vitamin mostly found in animal-based food items. It has numerous roles to play in the functioning of the body including increasing the platelet count and keeping the cells healthy. Even the deficiency of this crucial B vitamin can also lower the count of platelet in the blood. An average person requires 2.4 mcg of vitamin B-12 daily and for pregnant and breastfeeding women it is up to 2.8 mcg. Some common sources of Vitamin B12 are eggs, meat, fish and chicken.



FOLATE

Folate is also a B type vitamin required for the growth of healthy cells. Also known as Vitamin B9 and folacin, the vitamin can help elevate platelet levels, help tissues grow and improve cognitive functioning. Along with Vitamin C, this nutrient can help to break and create new protein. Another functioning of this vitamin includes the formation of red blood cells. Some common sources of folate are black eyed-peas, peanuts, oranges and kidney beans.

VITAMIN C

Vitamin C rich foods have immune-boosting properties, but they also play a vital role in increasing the platelet count. The vitamin mostly present in citric fruit (oranges, amla, strawberries, kiwis) also enhances the body's ability to absorb iron – another essential nutrient to increase platelets count. Increasing vitamin C intake in winter also reduces risk of cold and flu. However, heat can destroy vitamin C, so consume them raw.



IRON

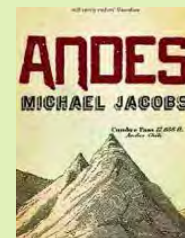
Deficiency of iron in the body often leads to anaemia, a condition in which red blood cells that carry adequate oxygen to your body's tissues decreases. Taking sufficient iron-rich foods can increase the level of red blood cells and also the platelet count. A healthy amount of blood components can boost your immunity and keep you fit during the winter season. White beans and kidney beans, lentils, pumpkin seeds, spinach and dates are some good sources of iron.

GREAT BOOKS ABOUT MOUNTAINS AND HILLS YOU MUST READ

Magnificent mountains and splendid hills never fail to take our breath away. With their enormity, they have always inspired and intrigued us. Till the first half of the 20th century, many people tried to scale different peaks with no success. This constant struggle and the success that followed formed the centre of several books. Furthermore, many mountains and hills have formed a part of the literary world all around the world. Here is a look at seven great books about mountains you must read to know the stories of hills and those who love them

'Andes' by Michael Jacobs

The author journeys from the Caribbean to the inhospitable islands of the Tierra del Fuego, through the relics of ancient civilisations, to retrace the footsteps of previous travellers. His route begins in Venezuela, following the path of the great 19th-century revolutionary Simón Bolívar. On his way, he attempts to uncover the stories of those who have shared his fascination for travelling.



'Annapurna: The First Conquest of an 8,000-Meter Peak' by Maurice Herzog

In 1950, when no mountain taller than 8,000 meters had ever been climbed, Maurice Herzog led an expedition of French climbers to the summit of an 8,075-meter (26,493-foot) Himalayan peak called Annapurna. This book is an unforgettable account of this heroic climb and its aftermath, including a nightmare descent of frostbite, snow blindness, and near death.



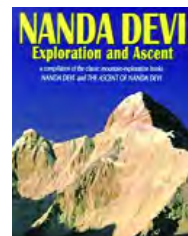
'Space Below My Feet' by Gwen Moffat

The book includes acutely observed accounts of mountaineering exploits as Moffat tackles the toughest climbs and goes on to become Britain's leading female climber and the first woman to qualify as a mountain guide. It has been described as a story of climbing and compulsive love of mountains.



'Nanda Devi: Exploration and Ascent' by Eric Shipton

Nanda Devi, one of the most inaccessible mountains in the Himalayas, has always been a huge challenge for mountaineers of the early 20th century. In 1934, Eric Shipton and HW Tilman found a way in; their 1934 expedition is regarded as the epitome of adventurous mountain exploration. Know it all from this fantastic book.



'Mountaineering in Scotland' by WH Murray

Mountaineer WH Murray vividly describes some of the most sought-after and classic British climbs on rock and ice, including the Cuillin Ridge on Skye and Ben Nevis. Interestingly, the book was written on toilet paper when Murray was a prisoner of war! In the book, he details the hardship and pleasure of high camping in winter.



VIRTUAL DIWALI CELEBRATIONS

Shri Shakuntala K.I.Jain High School, Marine Lines

At Shri Shakuntala K I Jain High School, they believe in celebrating festivals with enthusiasm along with their students to reconnect students to their cultural roots.

Since, technology has enabled us to come together despite pandemic induced restrictions, the festival of Diwali was celebrated with the students on the digital platform.

The tiny tots of pre primary section revelled by making lanterns of different hues, shapes and patterns which amazed us, as given their tender age, the perfection and finesse in their work was unexpected.

The students of primary section revealed their potential by leaving the teachers spell bound with a range of dishes well prepared and creatively decorated by them, as they participated with full gusto in the Virtual Cooking Without Fire.

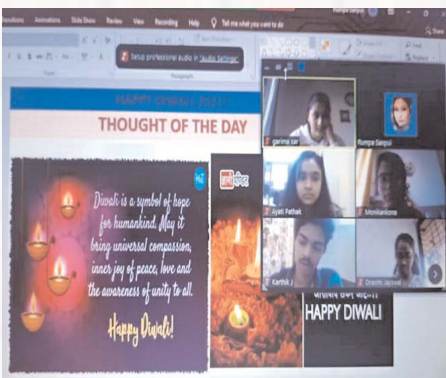
Finally, the students of secondary section displayed their artistic disposition by their flawless rangoli. They made the most judicious use of the perfect combinations of flowers, colours and other decorative materials.

The teachers, students and their



families attired in traditional wears, a puja thali and a sparkling diya manifested in a perfect virtual ambience for a perfect celebration.

Prayers for global joy and health as well as for the total end of pandemic formed an important part of the Virtual Diwali Celebration.



Ryan International School (CBSE), Kandivli

From darkness to the light, that which brings us closer to divinity, lights illuminate every corner of bringing each one of us together with the sounds of firecrackers, joy and happiness.

The celebration of Diwali, the festival of lights came alive at Ryan International School, CBSE, Kandivli when all the students wore a festive look with Diyas and Lanterns with

beautiful Rangoli designs around.

Keeping in mind the vision of the chairman Dr. A. F. Pinto and managing director Grace Pinto, to maintain the eco friendly environmental balance. The day began with a special assembly put up by the students with a message to celebrate a safe and pollution free Diwali.

Activities were planned for all the sections of the school. The tiny tots of the Montessori section were roped in Drawing and colouring Diyas activity and

origami designing. Children creatively designed Torans and lanterns for their homes. Young learners from the primary section prepared lanterns with their creative fingers and also decorated Diyas with colourful designs and paintings. Children also participated in Rangoli making with beautiful designs on the floors. Best out of waste articles were also designed.

Students from the secondary section gave beautiful messages and slogans through their posters emphasizing to make Di-

wali, a pollution free Diwali, to avoid bursting crackers. They also expressed the ill-effects of crackers and shared guidelines on being safe for a clean, peaceful and a bright Diwali. Diwali is synonymous with Mithai. Children beautifully decorated their sweet Thalis with varieties of sweets and dry fruits and shared with their loved ones.

Teachers conveyed her best wishes to the students and gave the message to celebrate Diwali in an eco-friendly way and enjoy the festivities.



St. Joseph's High School, Juhu



Witty International School, Chikowadi, Borivali (W)

Festivals lighten up our lives in more ways than we can imagine. The virtual festivities in Witty International School continued with the Diwali celebrations. Lighting a diya dispels the darkness of ignorance from our lives. In this very true spirit of Diwali, Wittians rejoiced in an illuminated Diwali party.

Grade 7 crafted torans of myriad colours and

embellishments. They also relished the innovative mocktails they had concocted, especially for the Diwali party.

Grades 6 and 8 indulged in cooking up sweet delicacies for the festival of lights. A few students engaged in their creative side to showcase their immaculately decorated diyas and lanterns.

In addition to this, an Online Diwali theme quiz was enjoyed by the students. All the secondary section Wittians had a gala time when they danced to the party music to destroy the darkness and usher the light of hope in their lives.



Rizvi Springfield High School (SSC), Khar

Diwali is the festival of lights which is celebrated in various regions across India. The name 'Deepavali' literally means an 'array of lights'. To make the students understand the importance of Diwali, Rizvi Springfield High School [S.S.C.] had a virtual celebration. Teachers welcomed the students, they explained the importance of Diwali; the festival spiritually signifies the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair. To celebrate this festival of lights the students dressed in their traditional best.

The Rizvi Angels dressed up in beautiful traditional clothes and made pretty lanterns spreading the lights of joy and happiness. The students enjoyed the celebration with great enthusiasm and danced energetically to lively party songs. They also displayed their background decorations, shimmering diyas and beautiful lanterns to one another.

The primary section decorated diyas, they engaged themselves in preparing attractive lanterns. Students were fascinated in making beautiful rangolis and decorative torans. Teachers presented certificates to the students who participated in various competitions. This boosted their confidence. Students of lower secondary prepared drawing depicting Diwali celebration. Diyas play such an important role in the festival of Diwali and the students took great pride in decorating their diyas with colours and glitter to light up their homes. Higher secondary displayed their creativity by preparing lanterns using striking decorative skills. They also prepared attractive Rangoli using finest colours. The students of Grade X showcased the spirit of Diwali through a light hearted skit and a scintillating music performance which added much exuberance and brought great joy to the audience. Children spent an enjoyable time with their teachers. The ambience was all about cheer and love to gear them up for their Diwali vacations.

The I/C principal Savita Karkera gave a warm-hearted speech with a significant message to all the students to have a safe and happy Diwali and wished everyone light and joy.

The students of Rizvi Springfield High School with their twinkling smiles hope that this year instead of lighting fireworks all of us could; light a lamp of love, blast a chain of sorrow, shoot a rocket of prosperity and fire a flowerpot of happiness for a peaceful and happy Diwali.

N. L. Dalmia High School, Mira Road

The primary students of N. L. Dalmia High School celebrated the beautiful festival of Diwali that reflected light over darkness, knowledge over ignorance and good over evil. Diwali is the time that illuminates the place with its sheer magic and brilliance and dazzles people everywhere with joy and celebration.

It is rightly said that rangoli represents the happiness, positivity and liveliness of a household. Although Diwali is a festival of lights, the Rangoli



colours play an important role in bringing out the festive spirit during these celebrations. Therefore, to promote

this traditional artform amongst the students, a Rangoli Making Activity was conducted wherein the parents

along with the students participated and showcased their talent. The rangoli designs presented were amazing. Along with Rangoli, the students also made Lanterns and Diyas that enhanced the festive touch.

The Rangoli Making, Lantern Making and Diya Decoration activities motivated the students to perform and outshine in their creative skills and most importantly, work as a team with their parents to bring laurels to their house. Special Digital Assemblies were conducted by the students on Diwali to add festive fervour. This Diwali was indeed celebrated gracefully with joy and enthusiasm.

C.P. Goenka International School, Thane

Wishing you a gleam of diyas, echo of holy chants, contentment and happiness today, tomorrow and forever. Have a happy and prosperous Diwali!

Diwali is the Festival of Lights, celebrated by millions of people across the world. Diwali which also coincides with harvest and New Year celebrations, is a festival of new beginnings and the triumph of good over evil, and light over darkness.

The CPGIS Thane cordially invited learners of Grade 1-4 and their family members for virtual Diwali Celebrations on Friday, 29 October 2021. Event started with the fun games like Guessing Indian sweets and Housie. Music was played by the teachers, for

learners to have some fun and dance. Learners dressed up in festive attire, prepared sweets and snacks during the event as instructed by their teachers. At the end of the day the boundless joy of celebrating the event was visible on the faces of all.



Express YOURSELF

AN UNUSUAL DIWALI

Diwali is here, I can feel the brightness of the morning sky when everyone's in the markets, looking for lanterns and lights and diyas. The farsan shops full of people, streets are filled with rangoli sellers, everything's so exuberant. Exhausted parents near firecracker stalls, the kids are delighted because it's their favourite time of the year! After a wait of one whole year, they finally get to burst

out their firecrackers and dance around joyfully in their best festive attire.

Evenings during Diwali are one of the most beautiful spectacles one could ever witness. Little kids watch their parents and elder siblings make rangolis with immense focus, some successfully create incredibly gorgeous ones while some can be appreciated for their efforts, after all, it's all about the spirit. People

finally dress up in their lehengas and kurtas and sarees and celebrate the festival of lights. Though this year Diwali will be quite different, a little less crowded, a bit distant; but that's alright, because we won't let our spirits sink.

Twisha Karra, class X, Fr Agnel School, Ambarnath West



WOMAN

Woman,
Your anger is a gift.
Don't let the world bully you
Into being meek and quiet.
By which I mean,
Be yourself
But, when the times call,
Unleash it.

Woman,
You are enough.
You don't need to be
A mother or a wife
Just to be the epitome of
womanhood.
Even you,
My sisters who weren't
Born women physically.

Woman,
Don't age with grace.
Be vicious,
Be wild,
Be free,
Be yours and yours only.
Fight and rage.
Don't go without a fight,
woman.

Woman,
I love you and
I forgive you for all the
times,
When you hurt me
And I apologise when
I hurt you.
For I'm still growing,
Growing into you.

AARYA BHANUSHALI, class XI, Thakur College Of Science and Commerce

ICC T20 WORLD CUP 2021

INDIA FACE NAMIBIA IN MUST-WIN ENCOUNTER

Hopes of progressing to the semi-finals rely completely on Afghanistan defeating NZ

India and Namibia will lock horns against each other in the Super 12 stage of the ongoing T20 World Cup at the Dubai International Stadium on Monday. India's hopes of progressing to the semi-finals rely completely on Afghanistan. The Mohammad Nabi-led side needs to defeat New Zealand for the Men in Blue to have any chance of making it to the semi-finals. If Afghanistan defeats the Kiwis, then India needs to beat Namibia and it will then come down to the net run rate between these three teams involved.

BELOW PAR AGAINST PAKISTAN

"I am not trying to give any excuses but this World Cup, the trend has been that the team which wins the toss has a big advantage especially when you are playing in Dubai. The wicket eases out when you bowl the second time, it is no excuse, we should have done better, we should have batted better," India bowling coach Bharat Arun said, admitting that the Men in Blue looked a bit below-par in their first game of the ICC

Men's T20 World Cup against Pakistan.

"Obviously, we are a very good side, we started as tournament favourites. It was unfortunate that we lost the first two games, which put us in a very precarious position. We are expecting to qualify, we are backing Afghanistan to do well in this tournament. Sport is all about ups and downs, you need to move on. It was the entire team's endeavour to do well here."

TOSS ADVANTAGE

"I am not trying to give any excuses, but I think the toss plays a very vital role in any match," said Arun during the virtual press conference. "Toss should not be of any consequence but here the toss gives a very undue advantage, there is a huge change between batting in first innings and batting in second innings, which should not be the case in a very short format like this," he added.

Talking about whether India missed the services of Yuzvendra Chahal in the World Cup, Arun said, "That is for the selectors to decide, we can only play with the team that has been given to us and I would not like to delve too much into that." ANI

HOW NRR COULD COME INTO PLAY IN GROUP 2

For NRR to come into the picture in Group 2, the first and most important condition is that New Zealand have to lose to Afghanistan. If New Zealand win, they will straightaway qualify for the semis on the basis of points and there won't be anything dependent on NRR. But if New Zealand lose, things will get very interesting, especially for India.

With a hypothetical New Zealand defeat, Afghanistan will gain two crucial points and will join the Kiwis on six points. India will then play minnows Namibia on Monday and assuming India beat Namibia, all three teams --

India, New Zealand and Afghanistan will have 6 points each after all the Group 2 matches are completed. Then the team with the better NRR run rate will qualify in this three-way battle. India, who currently have the best NRR of +1.619 (after 4 matches) among these three teams will then have a high probability of advancing to the semis.

The victory margin vs Namibia of course will also be a big factor. If Afghanistan win against New Zealand that will make their NRR slightly better, which is +1.481 at the moment, but chances of that

overtaking India's NRR are perhaps not very high.

Even if Afghanistan win big against New Zealand and take their NRR ahead of India's, Virat Kohli and co. will still have a chance to better it in their last group match against Namibia. They will have a fair idea of how much they need to win by, in their final match, if Afghanistan beat New Zealand on Sunday.

If New Zealand win against Afghanistan on Sunday, then India's clash against Namibia will be a dead rubber and Virat Kohli and co. will be knocked out of the competition.

REAL MADRID move top of LALIGA

Survive late onslaught as Rayo strike fear with 76th minute goal

Toni Kroos and Karim Benzema fired Real Madrid to a 2-1 win at home to Rayo Vallecano on Sunday. Carlo Ancelotti's side had to face down a late onslaught from their neighbours following Radamel Falcao's second-half strike.

Real had drawn their last two league games at the Santiago Bernabeu 0-0 but got off to a strong start when Toni Kroos drilled a shot into the top corner in the 14th minute after Marco Asensio had cut into the area from the right wing. Their top scorer Benzema doubled their lead in the 38th by knocking in a defence

splitting pass from defender David Alaba.

Real looked to be cruising their way to victory until Falcao came off the bench in the second half and soon scored a header, with the help of a deflection off Alaba, to put Rayo back in contention in the 76th minute. It was the 35-year-old's fifth goal of the season since joining Rayo from Galatasaray in September and the Colombian is enjoying an unexpected

renaissance with the Madrid minnows, including scoring the winning goal against Barcelona last month.

The goal awakened the visitors and struck fear into the hosts as Rayo had two late chances to grab an equaliser. Kroos clearing the ball off the line following a goalmouth scramble and keeper Thibaut Courtois tipping an Unai Lopez attempt over the bar. REUTERS

It's not fair to say we almost drew the game, I saw a team that could have scored five or six goals. We fully deserved the three points. It's logical that you get a bit nervous when you concede a goal with 10 minutes to go but overall we played well and I'm happy. It's normal to suffer a bit in football.

CARLO ANCELOTTI, Real Madrid

NEYMAR strikes twice

Brazil forward's double lifts PSG to 3-2 win at Bordeaux

Paris Saint Germain stretched their advantage at the top of Ligue 1 to 10 points after two goals by Brazil forward Neymar and another from Kylian Mbappe helped them to a 3-2 win at Girondins Bordeaux.

PSG, who carved out a 3-0 lead before late goals by Bordeaux set up a tense finish, have 34 points from 13 games, ahead of second-placed Lens who beat Troyes 4-0 at home. Bordeaux stayed 16th on 12 points.

Neymar struck twice in the first half thanks to a pair of sublime assists by France World Cup winner Mbappe, having opened the scoring in the 26th minute with a neat shot past two defenders inside the near post.

Neymar muted his celebrations and took off his jersey to unveil a message on his

shirt paying tribute to Brazilian country singer Marília Mendonça, who died in a plane crash on Friday.

The second goal was of superior quality as Neymar raced

LILLE AT 12TH

Defending champion Lille is mired in 12th place after conceding late in a 1-1 home draw with seventh-place Angers. Central defender Tiago Djalo finished emphatically from Renato Sanches' right-wing cross to put Lille ahead in the 27th minute.

Midfielder Azzeddine Ounahi equalized in the 83rd after being well set up by substitute Bilal Brahimi three minutes after he came on.

Lille midfielder Amadou Onana was sent off deep into stoppage time for a crude two-footed lunge on Angers winger Jimmy Cabot.

down the left and exchanged a one-two with Mbappe, who set up the Brazilian with a cheeky back-heel for a clinical finish into the bottom corner.

Mbappe made it 3-0 with a simple goal as Georginio Wijnaldum beat the offside trap and squared the ball to the forward who rolled it into an empty net in the 63rd minute, with Bordeaux goalkeeper Benoit Costil stranded.

The home side pulled one back in the 79th minute as striker Alberth Elis held off his marker and beat visiting keeper Kaylor Navas from close range and PSG were forced to hang on after M'Baye Niang netted in stoppage time.

Mbappe acknowledged that an expensively assembled PSG outfit, who were missing Lionel Messi due to injury, were still a work in progress but rebuffed criticism that they are failing to live up to expectations. AGENCES

QUIZ TIME!

Q1: The term Chinaman is related to which sports?

- Football
- Hockey
- Golf
- Cricket

Q2: Who is the first Indian to cross seven important seas by swimming?

- Amrendra Singh
- Bula Chaudhury
- Junko Taibei
- Yuri Gagarin

Q3: Wellington Trophy is related to which game?

- Rowing
- Hockey
- Tennis
- Polo

Q4: What is the name of the person which controls a football match?

- An umpire
- A spectator
- A referee
- A goalkeeper

Q5: Against which team did Virender Sehwag make his one day international debut?

- New Zealand
- Sri Lanka
- Pakistan
- South Africa

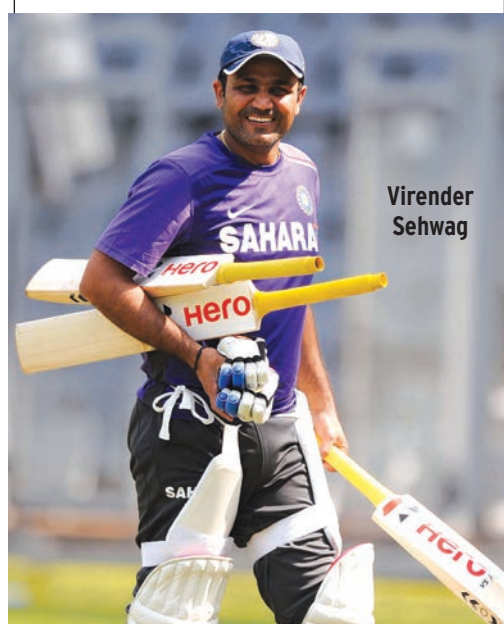


Photo: PTI

Q6: Which one of the following players has been declared by the ICC as 'Cricketer of the Twentieth Century'?

- Sachin Tendulkar
- Kapil Dev
- Rahul Dravid
- Anil Kumble

Q7: How many times did Geet Sethi win the IBSF World Billiards title?

- Two
- Three
- Four
- Five

Q8: In which year did the Indian football team make its first

appearance at the Olympics?

- 1936
- 1948
- 1952
- 1956

Q9: Who is the only cricketer to score two successive centuries in a World Cup?

- Rahul Dravid
- Sachin Tendulkar
- Virender Sehwag
- Saurav Ganguly

ANSWERS: 1. d. Cricket

- Bula Chaudhury
- Rowing
- A referee
- Pakistan
- Kapil Dev
- Three
- 1948
- Rahul Dravid