



THE TIMES OF INDIA

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**TODAY'S
EDITION**

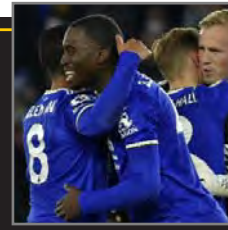
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STUDENT EDITION

THURSDAY, DECEMBER 30, 2021


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**YEAR
IN
REVIEW**


INNOVATIVE GADGETS

THAT BROUGHT A SENSE OF NOVELTY THIS YEAR

In 2021, despite various challenges, varying from supply chain uncertainties to logistic issues, the world of tech simply refused to bow down to the difficulties amid the Covid pandemic. From devices that make life easier at home to those that help us stay safe and healthy, the year gave us cutting-edge gadgets until its very end...



LG DISPLAY TRANSPARENT OLED TV

The LG Display Transparent OLED TV, which was introduced at the Consumer Electronics Show (CES) 2021, still remains one of the most innovative gadgets to come out this year. The TV has been designed to roll up from the foot of a bed, offering a space-saving way to view information and surf content. This gadget that is also 40 per cent transparent, was launched as a concept product.

MOJO VISION'S AR CONTACT LENS

Yet another tech that would be considered as one of the most innovative gadgets of 2021 is the Mojo Vision's AR contact lens. It displays information over the user's field of view in a discreet manner. The lens is great for those who give lectures, presentations, etc. and don't want to keep checking down at their notes again and again.



FRAMEWORK LAPTOP

The 13.5-inch Framework Laptop is one of the few products from 2021 that delivers on all counts, addressing one of the biggest drawbacks in modern laptops as part of the right-to-repair movement. Featuring a totally modular design where people can swap parts as they break or become obsolete, this laptop delivers solid performance at competitive prices, without sacrificing aesthetics.



AMAZON ASTRO HOUSEHOLD ROBOT

In 2021, along with all the other innovations, we also saw new possibilities for robotic household help like the Amazon Astro household robot, which reminds us of the Disney Pixar character Wall-E. Its periscope camera extends to 42 inches off the floor, letting the user remotely inspect even hard-to-see areas. This might finally be the home robot that succeeds.

RESPIRA SMART AIR-PURIFYING GARDEN

The Respira smart air-purifying garden is a gadget that takes air purifying technology a notch higher. It helps in cleaning your home's air through biofiltration and adds humidity and evaporative cooling. Additionally, the self-watering garden also adds aesthetic beauty to your interiors.



WHO warns of 'very high' Omicron risk as Covid surges worldwide

Omicron still poses "very high" risk and could overwhelm healthcare systems, the WHO warned on Wednesday, as the highly-transmissible coronavirus variant fuelled record outbreaks in many countries. Case numbers have shot up 11 per cent globally in the last week, forcing governments from China to Germany and France to find a difficult balance between anti-virus restrictions and the need to keep economies and societies open. The WHO said, early data from



Britain, South Africa, and Denmark, which currently has the world's highest rate of infection per person, suggested there was a reduced risk of hospitalisation for Omicron compared with Delta. But it added that further data was needed to understand Omicron's severity.

'New Normal' most-used phrase in 2021, reveals Google

While the phrase 'now more than ever' was the one mostly-searched and used in 2020, it was the turn of 'new normal' amid the Covid-19 pandemic that was used as the most in 2021, according to Google. Google's 'Ngrams' tool (launched in 2009 by part of the Google Books team) has revealed how words and phrases have fallen and risen in popularity over time. Ngrams shows how books and other pieces of literature have used certain words or phrases over time, and we can chart their popularity throughout the years.



SHAMI BECOMES 5TH INDIAN FAST BOWLER TO CLAIM 200 TEST WICKETS

Mohammed Shami achieved the milestone of 200 Test wickets after removing Kagiso Rabada on Day 3 of the first Test against South Africa at the SuperSport Park in Centurion on Tuesday. The 31-year-old pacer is third-fastest among Indian pacers to reach the landmark, achieving it in his 55th Test match.

Shiba Inu was the most-viewed cryptocurrency in 2021

Bitcoin might be the most popular and sought after cryptocurrency in the world but it's Shiba Inu that ruled the past 12 months. According to cryptocurrency price-tracking website CoinMarketCap, Shiba Inu, a spin-off of an existing meme coin, Dogecoin, which had its own share of fame in 2021, is the most-viewed cryptocurrency.



1 According to CoinMarketCap, Shiba Inu recorded more than 188 million views during the last 12 months. In fact, Elon Musk has been very vocal about meme coins in the past year, including Shiba Inu. He literally adopted a Shiba Inu dog and his tweets also led to immediate surges in the price of Shiba Inu token

2 On October 18, Musk tweeted a picture of Shiba Inu meme going to the moon. At that time, the token was trading at \$0.000026 (₹ 0.0020). His tweet pushed the coin to nearly 50 per cent to reach a high of \$0.000044 (₹ 0.0033), according to CoinMarket cap

3 The crypto has become particularly popular among the young investors because of its exponential rise. A recent report by crypto exchange platform WazirX revealed that male investors in India preferred Shiba Inu over any other cryptocurrency while women trusted Bitcoin with their money

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**ONLINE TOI
STUDENT EDITION**

NEW YEAR, NEW DAWN

Welcome 2022 with a dollop of hope

WHAT TO EXPECT

- STUDENTS AND TEACHERS SHARE WHAT THEY ARE HOPEFUL FOR
- LESSONS OF 2021 FOR '22
- CALENDAR OF EVENTS
- MOST-ANTICIPATED MOVIES
- BOOKS BUZZ FOR 2022
- MUSIC NEWS
- THE BIG TRENDS IN HEALTH, LIFESTYLE, TRAVEL, ENVIRONMENT AND MORE
- TRIVIA

Happy New Year 2022

Don't miss the 'Exciting Festive Edition' on this special occasion

MARK YOUR DATE
JANUARY 1, 2022

COLLECTOR'S EDITION

Why you must think twice before shaming your kids

CHILD CARE

It is often said that children's minds are like wet cement, anything that falls on them leaves an impression. The way a child sees the world is very different from that of adults and children are much more sensitive to little changes and things as compared to adults. It is, therefore, imperative for us to remember that taking care of the way in which we behave with them in their formative years will shape their persona and can have much more far reaching consequences than we can imagine. Shaming is one of them and sometimes in an at-

tempt to discipline the young one may involve shaming it.

Shaming a child is one of the worst things that you can do to it and this leaves a lasting impression on the mind of the child. It can include telling embarrassing stories from the past in order to correct the child's behaviour, making it feel bad intentionally or making private conversations public. These instances are classic examples of shaming and can have adverse effects on the child's mental makeup and behaviour. Here are five reasons why you should think twice before shaming your child.

SELF ESTEEM

Shaming a child in public can lead to the development of feelings of inferiority, embarrassment and ultimately lowers your child's self-esteem. This is so because shaming leads to pointing out things that you do not admire about your child and that will change the idea that they have of themselves - all for the worse.

EMOTIONAL HEALTH

If you don't accept the behaviour of your child and want him/her to behave differently, shaming would not be the most constructive solution to deal with it. Shaming would only bring out the irritable, frustrated and sad side of the child which will mess with their confidence and emotional health.

TRUST ISSUES

A relationship is built largely on trust and to ensure that the relationship works well, the trust should be maintained. Only if trust is intact, will the child feel secure towards you and shaming it in public will only lead to destruction of the trust that exists between you as the child will start losing trust in you. As a result, the child may even start hiding things from you.

BULLYING

Children are mostly known for copying things for they learn from what they see. When your child sees you behave in a certain way with somebody, it might take up that before subconsciously and then manifest it in the future. This can lead to the development of bullying tendencies in your child.

STUBBORNNESS

Shaming a child might make them feel like their behaviour is beyond repair and can lead to the development of feelings of stubbornness in your child. This has long-term adverse effects.



WHY BAD IS SEEN AS GOOD TO A TEEN

In a parents' vocabulary, if 'good' is seen as a compliant child conforming to parental and societal expectations, then 'bad' is seen as a rebellious child. When your child hits their 'teen' or 'teen' years, and slamming doors or sulking at tables increases, good vs bad feels more exaggerated, and they seem to only listen to their friends.

Why do teens want to spend more time with friends? As teenhood sets in, adolescents spend increasingly more unsupervised time with friends who share similar behaviour and attitudes. In their quest for autonomy, relationships with their peers critically contribute to answering their question 'Who am I?' which is the main task in their identity formation at this stage.

Why are peer relationships crucial? Individual teens define themselves by the crowd they see themselves belonging or aspiring to belong to. A teen's life is about excitement, discovery and risk taking simply because there is fast-paced development happening in a teenage brain especially in the limbic area of the brain that affects emotions. All emotions seem exaggerated. So a significant peer ignoring them would be read as 'hate'; not getting invited to a party would be read as 'not cool'. Attachment to peers is seen more as a survival need at this stage.

When does peer influence turn to pressure? Peer influence shows up when Ruhi, a compliant 'good girl' to her parents in 'The Midnight Years', wears a short black dress for a party where all her classmates are, both activities taboo in her conservative family. Or when a teen who gets made fun

The Pull of Peer Relationships

of for being 'boring' goes into a binge drinking session in an attempt to be seen as 'cool'.

Along with the natural fast-paced neurological changes that are happening, the need for instant gratification is high and reasoning is low. The need to fit in and fear of missing out blur the lines between good and bad.

How can parents support? Parents need to be available unconditionally. Firstly, accept that your teen will be influenced. Help children recognise that influence will happen from various channels. Ask them open-ended questions. Help them think through consequences. Help them develop strategies like saying No and draw boundaries to avoid susceptibility. Having open conversations while keeping judgment out is an important step in helping your teen make decisions.



Jane De Souza and Sangita Unni are co-authors of 'The Midnight Years', published by Hachette India

WELLNESS

Keep your skin happy in winter



Cold weather is tough on skin thanks to dry cold air that leads to dehydrated skin and rough zones. Here are some tips to retain skin's health and glow

THE OIL ROUTE

Oil massage or liberal application of moisturiser soon after bath is the best gift to the skin in cold and dry months. At home, try pastes of turmeric, besan and fresh cream. Apply moisturisers that have a long stay life and are enriched with products like squalene, hyaluronic acid, essential fatty acids, etc. During the day, sunscreen with inbuilt moisturizers of SPF more than 25 is a must.

TAKE CARE OF HANDS AND FEET

Again, there are certain parts of the body like hands and feet that require special care during the winter months. Feet tend to crack and they are the most neglected areas, constantly exposed to dirt and dryness. Apply thick petroleum-based cream on these zones and wear soft cotton socks.

KEEP YOUR SCALP SAFE

Your scalp, too, needs special mention as many of us suffer from dandruff that can have a long term effect on hair fall. Use ketoconazole containing shampoo once a week.

HAVE A BALANCED DIET

Application of various products only on the outer surface is not enough. What one needs is a healthy diet and a peaceful mind. The meals should have an ample amount of juicy fruits and vegetables along with at least 12 to 14 glasses of water a day. Intake of liquids help your skin to retain the essential oils automatically and acts as a natural protection against dryness. **nmw**

Create parent-child bond through play



Essential for their social, emotional, creative and cognitive well-being, play helps teach children self-regulation, boundary-setting and decision-making.

Get on their level:

Establish a separate 'special play time' with your kids. This time is special because the parent is engaging with the child in a very different way than other interactions throughout the day.

Allow the child to lead:

Let your child direct the play.



POSITIVE PARENTING

If asked what to play, try responding with, "You get to decide what we play today."

Play that is child-led does not mean children can hurt themselves or others. Be sure to validate the feeling the child is exhibiting and provide another option for that behaviour.

Be consistent: Children thrive on stability and consistency. Try to implement the 'special play time' each week. **AP**

RECIPES

Apple Cinnamon Shake

Craving for a creamy, thick shake? Try this recipe by following these easy steps

INGREDIENTS

- ◆ 2 apples chopped into cubes
- ◆ 1/2 cinnamon
- ◆ 1/2 ice cubes
- ◆ 1 1/2 sugar
- ◆ 2 1/2 cold milk
- ◆ 1 vanilla ice cream

HOW TO MAKE

STEP 1: Wash and chop apples

To begin, wash, peel and chop apples into cubes.

STEP 2: Blend the apples and milk
Next, take a blender and add in chopped apples, cold milk and sugar. Blend all of them together.

STEP 3: Serve chilled
To the blend, add in the vanilla ice cream, ice cubes and cinnamon, blend it into a thick creamy shake. Serve chilled and sprinkle some cinnamon and enjoy.



TIPS

- ◆ To make the shake healthy, you can skip adding ice cream and sugar.
- ◆ You can add honey or pitted dates in place of sugar and enjoy a healthy creamy shake.

CUCUMBER Pepper Sandwich

This no-cook recipe is super easy to make for everyone, including kids. Sandwiches are ideal for small get togethers, birthday parties and for quick bites on a busy day. You can cut the sandwich in innovative shapes to add that extra zing to your recipe

INGREDIENTS

- ◆ 1 cucumber
- ◆ 4 slices of brown bread
- ◆ 1 teaspoon powdered black pepper
- ◆ 3 teaspoon butter
- ◆ 1 piece green chilli
- ◆ Salt to taste

HOW TO MAKE

STEP 1: Butter the bread slices
Take the bread slices and butter them on both the sides. Remove the edges before you butter up the bread.

STEP 2: Slice the cucumber
Finely slice the cucumber and place them on half of the bread slices. Now sprinkle salt and pepper.

STEP 3: Make a sandwich
Add finely chopped green chillies for those who like their sandwich to be spicy. Cover with another bread slice. Your tasty sandwich is ready.

STEP 4: Slice and serve
Slice the sandwich into 2 or 4 pieces. Serve with ketchup or a chutney of your choice.



TIPS

- ◆ You can add a slice of cheese in your sandwich.
- ◆ You can also add some finely chopped mint or coriander leaves.

CHRISTMAS CELEBRATION

Ryan International School, Kandivali

Christmas is a time of reflection and celebration. It's time to celebrate God's love for the world through the birth of the Christ child: Jesus.

Ryan International School, Kandivali celebrated Christmas on 23rd December 2021. Christmas Special Assembly was organised in school to celebrate Christmas. The school ambience adorned with the Christmas tree at the entrance with beautiful stars and decorations around. The physical presence of the children reverberated the whole atmosphere with joy of Christmas.

The assembly was an amalgamation of various programmes like music, dance and drama. The Christmas celebration commenced from 20th December with various activities and competitions like Carol Singing competition, Holly decoration, Star making, Christmas tree decoration and so on.

The melodious carols were enchanting; the singers captivated the audience with their fine rhythmic songs.

A meaningful message by chairman Dr A. F. Pinto and managing director Dr Grace Pinto was shared with the students, stating that, "As part of Ryan family, let us 'Smile' because God loves us all and spread this 'Smile' to everyone around during this Christmas season and throughout the year ahead," and bless every student and parent a Merry Christmas with health, happiness, peace and prosperity. Chairman's



and MD's Christmas message was also presented through the AV for students.

Online Christmas Assembly was organised for the students of Montessori, primary and secondary section. Students dressed in Christmas colours and flaunted with interesting headgears and Santa caps. Students participated in various activities and competitions. The programme concluded with the singing of school song followed by Na-

tional Anthem.

The students of Ryan International School, Kandivali enthusiastically celebrated Christmas with high enthusiasm and fervour. The energetic performances of students proved that Ryanites are truly on the path of becoming "the Kings and the Queens," under the guidance and vision of the mentors.

St John's The Evangelist High School, Andheri East

Christmas celebrations began with the year's most anticipated event, Tidings of Joy, presented by St. John the Evangelist High School in collaboration with WWH (We Will Help) Charitable Foundation.

For its first season, they brought 12 teams from all over Mumbai together for a joyous Carol Singing Contest, powered by well-wishers and sponsors. With a preparation time of one month, the programme was broadcasted live on YouTube.

The fundamental idea of spreading the Tidings of Joy was to get people acquainted with the social causes championed by WWH within the heart and core of Aarey villages. These tribal folks have long suffered the indifference as they kept straying away from mainstream society in the heart of Mumbai City.

With performances by the 12 participating teams, the event also marked the debut performance of a Warli tribe, who graced the stage with a traditional tribal folk 'Tarpa dance'. They also had the teams patronizing a food stall set up by an underprivileged woman, who received loads of love and good will for her cooking skills.

Lastly, they had yet another collab-



Immaculate Conception Church Choir from Borivali, Mumbai. And, in First place, receiving a cash prize of Rs. 10,000, individual trophies, and the Tidings of Joy rolling trophy, they had Tinsel Troupe - St. Vincent Pallotti Church Choir from Marol, Mumbai.

Having such an introduction to Christmas was a truly refreshing premise and enthralling experience for all, and it truly ushered in a feeling of Christmas. The



oration between the teachers and volunteers, which resulted in a lovely medley of popular Carols and songs!

The contest concluded with the announcements of the prizes. In third place and receiving a cash prize of Rs. 5000 and individual trophies, we had "Mistletoe" - Swarnjali Group from Marol, Andheri.

In Second place and receiving a cash prize of Rs. 7000 and individual trophies, they had the Symphonies -

Joy of Giving continues as WWH Charitable Foundation, along with St. John the Evangelist High School, put these funds to good use.

The next step of providing meals, grocery kits, and hygiene kits to the underprivileged and highly dilapidated villages of Aarey and adjoining slum dwelling will continue this Christmas and prove to be truly a spreading of the magical Tidings of Joy!

Greenlawns High School, Warden Road

The children of pre primary had a fun filled Christmas party in school. The pandemic has been a testing time for each, especially the young ones. Meeting their friends, teachers and also seeing their school for the first time was a thrilling experience for each child. They were overjoyed.

The children were greeted by mascots, their favorite peppa pig and Mickey mouse. Children met santa and clicked candid pictures. They captured some amazing memories at the photobooth, played with the toys and grooved to the Christmas jingles. Children made colourful tattoos at the tattoo artist booth. The children made cherishing memories and were brimming with joy. The teachers had a gala time as well meeting the children. The silent classrooms and corridors were once again lively and filled with laughter and chatter all around. The joyful spirit of Christmas pervaded the whole atmosphere.



Phoenix International & The Lilliputs, Airoli

For the past two years all of us were in complete isolation, as the pandemic had scared each and everyone. So, at Phoenix International & The Lilliputs, Airoli, they revived the tradition of celebrating the festivity on this, 24th day of December.

They started the beautiful morning in a unique way where students dressed in red and white - To make it more glorious they sung Christmas Carols. This atmosphere made everyone swing and wave along with



it on the floor. This followed by a wonderful skit which gave each one information about the birth of Jesus Christ, and thereby spread the message of peace, happiness and forgiveness.

One could easily notice the excitement of Christmas in the students. A student dressed as Santa Claus paraded through

the hall cheering and singing songs of Christmas, handing out small gifts and handshakes.

The event was made more exciting by activities like Christmas Cap making, Wreath making, Goodies Decoration, Christmas Tree Decoration, etc. These activities brought out the creative

and innovative ideas along with the excitement of the reopening of schools after a span of two years.

All the activities were conducted by following Covid19 protocol. The event was addressed by principal Sayli Wadawalkar with her admiring words which made the students more enthusiastic.



The Nalanda Learning Facilitation Programme

The Nalanda Learning Facilitation Programme (NLFP) has evolved into an effective Facilitation Program for children with development and learning variations since 1998 in Mumbai.

NLFP also has strong support programmes of remediation, counseling and socio-emotional development of students.

NLFP reopened in mid-November after a gap of nearly a year and a half and the first offline festival that we celebrated was Christmas - complying with all the Covid norms.

The introduction of this festival was done with an emphasis on not only receiving gifts from Santa Claus as commonly perceived, but also giving.

A short skit was presented by the students of 6Th, 7th and 8th standard students with power-packed performances and Christmas Carols. Games like Ring the Reindeer and aiming a ball through the ring shaped Snowman's stomach were played by the seniors and Christmas Tree where the tree was made of paper cups filled

with chocolates and buntings which the students had to tear open and win - was played by the juniors.

Christmas carols were sung by the students and teachers. There was fun and music all over. Lastly, the most awaited Santa Claus ar-

rived with bells jingling and distributing gifts in the true Christmas spirit!

Students and teachers exchanged greetings of the festive season and departed for the winter break in a joyful and elevated mood.



N L Dalmia High School, Mira Road

"Christmas is all about tenderness of the past, courage for the present and hope for the future."

The festival of Christmas is most awaited by children. Grade VII celebrated this much awaited festival online with lots of joy and exuberance. It was visually pleasing to see the kids all decked up in red and white attire with the Santa caps on their heads displaying Christmas theme on their virtual backgrounds. An informative video on the birth of Jesus Christ was showed to our children. Melifluous carols by our school choir lifted the spirit of the celebration. Some brain games made the program all the more enthusiastic. Kids exhibited their talents by playing the musical instruments which resonated the sprightly spirit. Enthralling dance performances by the kids heightened the vigor of the celebration. In deed Christmas is said to be the most wonderful time of the year and our children enjoyed every bit of it.

To cherish peace and goodwill, to be plenteous in mercy, is the real spirit of Christmas. And let this spirit be a never-ending one.



Christmas Day Celebration at Holy Angels' School, Dombivli



Oxford Public School, Kandivali

On 23rd December, Oxford Public School celebrated Christmas in all its joy and happiness. Christmas brings cheer and love and we celebrated it with the same fervour, spreading the message of love and joy among our children. The teachers and students danced to joyful tunes.

Special assembly was conducted by the students of Std X where they presented a skit on the Birth of Christ.

Different competition was organised by each standard. Students happily decorated the Christmas tree in the class. Also, teachers with all enthusiasm had put forth a Christ-

mas programme for children. The children were most excited for this festivity as Christmas is celebrated and it marks the beginning of the New Year celebration.



LIVERPOOL LOSES AS SALAH MISSES

Second loss in EPL this season a big blow to title hopes

Losses for Liverpool are about as rare as penalty misses by Mohamed Salah. Both happened on Tuesday and, even at the halfway stage of the season, it could cost Jürgen Klopp's team the Premier League title.

Liverpool was beaten 1-0 by a patched-up Leicester team and could find itself nine points behind Manchester City heading into the new year. It's a cushion that might prove to be insurmountable given City is on a nine-match winning streak in the league and is looking unstoppable, scoring 17 goals in its last three victories.

SALAH MISSES

Liverpool also will soon be without its two star forwards, Salah and Sadio Mane, who are heading to the African Cup of Nations next week. They were granted permission to delay joining up with their national teams ahead of the tournament so they could play for Liverpool over the festive period but they couldn't make the difference at King Power Stadium. Salah won a penalty but saw his weak effort saved by Kasper Schmeichel in the 16th minute, thereby failing to convert a spot kick for the first time in 16 attempts. His last penalty miss was against Huddersfield in October 2017.

Liverpool ultimately slumped to only its second loss in all competitions this season when substitute Ademola Lookman found space between Joel Matip and Virgil van Dijk and shot inside the near post in the 59th minute. "There were too many performances below normal level," Klopp said. "So often these boys give me the opportunity to say, Wow, what a game! Tonight it's, Wow!" but in completely the other way.

Liverpool is tied on 41 points with Chelsea, and both are six points behind City. All three teams have played 19 games.

KLOPP FRUSTRATED AT 3-SUB RULE

Liverpool manager Jürgen Klopp became the latest Premier League manager to express his frustration at being allowed to make only three substitutions in a match at a busy time when many squads are being hit hard by coronavirus cases.

England's top division is one of the few leagues to decide against using five substitutions for matches. That measure was introduced in May 2020 to enable teams to cope better with the congested schedule when soccer resumed following a suspension due to the coronavirus, and has been retained on a permanent basis by most countries.

Clubs in England voted to revert back to three subs for last season and this season. The



Ademola Lookman

issue has been reignited, though, because of COVID-19 outbreaks in many squads over the past month in the wake of an increase in cases as the omicron variant spreads.

"This wonderful game is so wonderful because usually the player on the pitch is in good shape, is well trained, is well recovered and can go for it. That's why we love the game," Klopp said. "But now the situation is clear ... The best league in the world and the most intense league in the world is the only league in Europe with still three subs. It's not right."

England is the only one of the major leagues in Europe to be playing matches over the festive period, with some teams in the middle of a run of three games in seven days. Many games have been postponed, though, because of COVID-19 outbreaks in squads.

The Premier League has now called off 15 matches in just 2½ weeks as a result of coronavirus issues. Klopp has had four players - Virgil van Dijk, Fabinho, Thiago Alcantara and Curtis Jones - sidelined after they contracted the virus over the past two weeks. "Especially in this moment, you bring players back after a COVID infection or after an injury and because of the games you have to play, they have to play immediately," Klopp said.

Klopp accepted things are not going to change in the Premier League, with smaller clubs feeling they are at a disadvantage compared to the likes of Manchester City and Liverpool in terms of squad depth.

Chelsea manager Thomas Tuchel also acknowledged there is "zero chance" of a return to five substitutions, but it didn't stop him complaining as he wrestles with injury and illness problems in his squad. "We are not protecting the players," Tuchel said, "because we are the only league who doesn't have five changes." AP



Photo: AP

Leicester's goalkeeper Kasper Schmeichel makes a save penalty in front of Liverpool's Mohamed Salah



Photo: AP

Mohamed Salah jumps to header the ball after it rebounded from his penalty shot, saved by Leicester City's Danish goalkeeper Kasper Schmeichel (unseen), but failed to score

SHAMI COMPLETES 200 WICKETS

India was able to exploit conditions, lack of practice weighing heavily for South Africa, says Bavuma

South Africa batter Temba Bavuma has said that Mohammed Shami is a world-class bowler, and India was able to exploit the conditions really well on Day 3 of the ongoing first Test at the SuperSport Park, Centurion. India might have lost Mayank Agarwal at the cusp of the stumps but the visitors still ended Day Three of the first Test against South Africa in the driver's seat.

"Shami is a world-class bowler, we have seen him do it around the world so I do not think it is something we did not expect. As batters we have to front up and back our defence as much as we

can. If he bowls a good ball, credit to him. Indian bowlers were able to exploit the conditions, especially led by Shami. We want to cut out the soft dismissals," Bavuma said during a virtual press conference.

India had bundled out South Africa for 197 in the third session before the hosts lost Mayank's wicket minutes before the end of the play. Shardul Thakur, KL Rahul then took India to 16/1 at stumps with a lead of 146 runs.

"I do not want to be accused of making excuses for our play but not playing Test cricket for a while does have an impact. If you look at the way we played on the first day, I do not believe

that is the standard and the intensity that we can play at. And one of the factors is the lack of match practice. You can have as many nets as you want, but nothing simulates going out in the middle," said Bavuma.

"There is not much we can do as players, but there is that disparity in the number of games. We have to find a way mentally to meet the challenge," he added.

Shami took a five-wicket haul in the ongoing first Test against South Africa at the SuperSport Park, Centurion. Along the way, the pacer also completed 200 wickets in the longest format of the game. ANI

WARNER EYES 2023 ASHES, WIN IN INDIA BEFORE QUITTING

An Ashes series win in England in 2023 and defeating India in their own backyard are the two important milestones Australia opener David Warner is eyeing before calling it quits from Test cricket.

After retaining the Ashes with an unassailable 3-0 lead inside 12 days, Warner, who turned 35 in October, admitted that there are still a few goals he'd like to achieve before quitting the longest format of the game.

"We still haven't beaten India in India. That would be nice to do. And obviously, England away, we had a drawn series (in 2019), but if I get that chance and opportunity, I might think about going back," Warner said.

Warner has played 13 and



eight Tests across three series in England and two in India. But has a poor record in both the countries, averaging 26 and 24 respectively without a century. Warner would turn 37 by the next Ashes trip to England, but for the left-handed opener age is just a number. m



REGIONAL TITLES, A RECORD OF SORTS AND HARD PREPARATION: INDIAN FOOTBALL HAS ITS GOAL IN FOCUS

Indian football hardly made any noises in a year marked by many a stalemate, a few losses and fewer wins, and a talisman dribbling past a record held by arguably the sport's greatest.

Heading into 2022, the sport continues to yearn for that big success story which will transform it forever.

Struggle to deliver on big stage

The Indian senior men's team won a record-extending eighth SAFF Championship title but for a nation seeking to relieve its glory days of the 1950s-60s and re-establish itself on the big stage, a triumph in a regional tournament is not something it would like to contend with.

But that's where the problem lies. The moment the Indian men ran into bigger teams, they struggled to deliver the goods, even though the Blue Tigers did play well in patches. When-



Sunil Chhetri

ever a win against a biggie seemed around the corner, all the team could achieve was a draw. India, though, have a chance to earn a qualification to the 2023 AFC Asian Cup.

Chhetri's record goals

Veteran Sunil Chhetri went past the legendary Pele and equalled Lionel Messi with his 80th goal, against Nepal in the SAFF Championships summit clash in October. Draws against Bangladesh and Sri Lanka in the first two games attracted criticism, but the men got their act together to maintain their dominance. Head coach Igor Stimac was under immense pressure but keeps his job for another year.

Women eye Asia Cup

For the women footballers, it was a year to brace for the litmus tests ahead. 2021 was all about preparation, invitational tournaments, expo-

sure trips and friendlies, so that they are up for it when we host the AFC Asian Cup in January-February and the U-17 FIFA World Cup later. The results have been poor though the teams showed some fight during the South American sojourn when they ran into, among others, world heavyweights Brazil.

With six 2023 World Cup spots up for grabs in the AFC Women's Asian Cup, India will be looking to give their best shot at making it to the world stage. The players are aware of the opportunity and the onus will be on them to grab it with both hands. "This is the right time to give our best, we will not regret it later. For us, each and



Dangmei Grace

every game we will play will be a do-or-die situation," winger Dangmei Grace said.

Of the 27 players in the Kochi camp, 13 were under the age of 25. "There are plenty of youngsters in the squad, and they are all working really hard to make the cut for the Asian Cup. We even have a number of really young players, who are also in the U-17s - Shilky (Devi), Astam (Oraon), Martina (Thokchom), and a few others, who have brought in a lot of energy," said Grace.

FC Goa shine

Another highlight of the year was Indian Super League (ISL) team FC Goa playing in the AFC Champions League, creating history in the process as no other club from the country had gone that far.

Meanwhile, Chhetri, perhaps for the first time ever in more than a decade, found himself benched as his team Bengaluru FC struggled to get going in the first phase of the ISL. At 37, he is not getting any younger and it remains to be seen how long he will carry on as the face of Indian football.

The coming year might give a clearer picture. m