

TODAY'S EDITION From increasing attention span to promoting social skills, experts tell us the health benefits of playing outdoors

PAGE 2



A young reviewer tells us how Paulo Coelho's 'The Alchemist' inspires us to get what we dream of achieving

PAGE :



➤ Premier League: Ronaldo, Fernandes lift Manchester United into top four

PAGE A



STUDENT EDITION

THURSDAY, FEBRUARY 17, 2022



CLICK HERE: PAGE 1 AND 2

Students to get only 2 chances, not 4, to crack JEE-M this year



ngineering course aspirants will get two instead of four attempts to appear for the Joint Entrance Examination (JEE-Main) this year, as the National Testing Agency (NTA) has decided to conduct the entrance test only in April and May. Last year, the Agency conducted four sessions of JEE Main exam and the ministry of education had decided to increase the number of attempts to four from 2021 onwards.

Around 26 lakh engineering, medical and allied programme aspirants took these tests in 2021. The number of attempts allowed to a student was JEE (Main), the multi-session computer-based test, is taken by students for getting admission in top engineering institutions as well as securing eligibility to appear for the JEE (Advanced), the entrance test for the Indian Institutes of Technology

increased from one to two in 2019 and to four from 2021. Some of the results show how aspirants significantly benefited from taking multiple shots at a high-pressure exam. The best of the four attempts was considered the candidate's final score in 2021. TNN

WHY THIS MOVE BY NTA

According to officials, the primary reason for offering four attempts last year was due to Covid-19. "Situation was different due to the second wave. However, things have improved and based on the current situation, it has been decided that two attempts would be as beneficial," they added. The registration will start by the end of this month

Another reason, sources said, is that due to the delay in most exams, including the class XII Board exams, the window for entrance has shrunk, if admissions are to be conducted on time this year. The CBSE class XII exams are to commence from April 26, while the Council for the Indian School Certificate Examinations will conduct exams from the last week of April.

Pollution causing more deaths than Covid: UN

Pollution by states and companies is contributing to more deaths globally than Covid-19, a UN environmental report said, calling for "immediate and ambitious action" to ban some toxic chemicals. The report said pollution from pesticides, plastics and electronic waste is causing widespread human rights violations as well as at least nine million premature deaths a year, and that the issue is largely being overlooked.

The coronavirus pandemic has caused close to 5.9 million deaths, according to data aggregator Worldometer



■ The UN report urges a ban on polyfluoroalkyl and perfluoroalkyl, man-made substances used in household products, such as non-stick cookware that have been linked to cancer and dubbed "forever

chemicals" as they don't break down

■ It also recommends the **clean-up of polluted sites** and, in extreme cases, the
possible relocations of affected communities — many of them poor, marginalised and indigenous — from so-called
'sacrifice zones'

■ Sacrifice zones, originally used to describe nuclear test zones, was expanded in the report to include any heavily-contaminated site or place rendered uninhabitable by climate change

Ukraine marks 'Day of Unity' as Russia says end of military drills

krainians raised national flags and played the country's anthem on Wednesday to show unity against fears of a Russian invasion that Western powers have said could be imminent. The yellow and blue banner fluttered outside schools, hospitals and many shops to mark 'Unity Day,' a holiday President Volodymyr Zelenskiy created this week after Russia massed troops near borders.

Meanwhile, Russia announced an end of Crimea military drills, as troops were seen leaving Units of the southern military district. Troops are moving to their permanent deployment points, after completing their participation in tactical exercises, Moscow's defence ministry said in a statement

On Tuesday, there were hopes for a breakthrough as President Vladimir Putin met Germany's Chancellor Olaf Scholz to explore a route to a negotiated solution and Moscow said it had begun to pull back some forces

■But US President Joe Biden, who has ordered Washington's embassy in Kyiv closed and urged Americans to leave Ukraine, demanded that Russia prove its good intentions with a verifiable withdrawal

Hours after Moscow's announcement of a withdrawal, Ukraine said defence ministry online networks and two banks were



overwhelmed by a cyber attack

■Western leaders have accused Moscow of positioning the troops in advance of a possible invasion of pro-Western Ukraine, warning that any attack would be met with severe economic sanctions

ALVIDA Bappi Da...



eteran singer-

music director Bappi Lahiri – who wielded the baton at the age of 17 - passed away in Mumbai in the early hours of Wednesday, an official said. He was 69. Born Alokesh Lahiri in Jalpaiguri, West Bengal in 1952 into a family of musicians, Lahiri's inclination towards music started when he was just three and started learning the tabla. Iconic singer Kishore Kumar, who sang popular songs for him like 'Pag Ghunghroo' and 'Chalte Chalte', was his maternal uncle. Lahiri is credited as a pioneer of synthesised disco music 90s with songs such as 'I am a disco dancer', 'Intehan ho gayi', and 'Laal dupatte wali'. He was also known for his love of gold chains, which he often wore around his neck for luck. President Ram Nath Kovind, PM Narendra Modi and several celebrities from the film industry mourned the death of the legendary music composer.

Instagram update lets users like Stories without sending DM

eta-owned photo-sharing platform Instagram has announced a new feature called 'Private Story Likes' that will change how users interact with other people's Stories. Users who receive the update will be able to like someone's Stories without sending a DM. The news was announced by Instagram head Adam Mosseri on Twitter, reports 9To5Mac.

HOW IT WILL WORK

- While currently any interactions through Instagram Stories are sent by direct messages to the user's inbox, the new likes system will work independently
- As demonstrated in a video shared by Mosseri, the new interface will show a heart icon when you are viewing Stories in the Instagram app, the report said
- Once you tap it, the other person will get a regular notification, not a private message, it added
- Instagram's head said the system is built to be "private" and will not provide counting of likes. This, of course, is expected to differentiate Stories from regular Instagram posts, which will continue to have public counts of likes.



- As for the feature, it will make it easier and more fun for users to show support and appreciation for content shared on Instagram Stories
- The report said that the idea here is make sure that people can express more support for each other, but also to clean up DMs a little bit

Amy Schumer, Wanda Sykes and Regina Hall ALL SET TO HOST OSCARS 2022



anda Sykes, Amy Schumer and Regina Hall will host the 94th edition of the Academy Awards. The Oscars are returning to an emcee format for the first time since 2018, reported Deadline. Last year's telecast ceremony was the lowest-rated ever, hampered by pandemic con-

straints and held with reduced capacity at Los Angeles' Union Station instead of its normal home at the Dolby Theatre. This time, the Oscars return to full capacity at the Dolby as the latest Omicron variant continues to subside. Last week, it was confirmed that the Academy will not be requiring shots, just a recent negative test, to attend.



tions, followed by Denis Villenueve's adaptation of 'Dune' with 10

Facebook renames its News Feed to Just 'Feed'

eta has renamed the Facebook
News Feed to just 'Feed'. The brand
is making the change because the
mention of 'news' in 'News Feed' was apparently confusing for some. The 'news' label has led
some to believe that there are only news stories in the mainstream. "Starting from Feb 16,
our News Feed will now be known as 'Feed',"
announced the company on Twitter. "Happy
scrolling!" it added.



The 'News Feed' name had been in place since the feature was first introduced more than 15 years ago

COVID "MAY NEVER GO AWAY", WILL LIKELY TRIGGER NEW WAVES: SCIENTISTS

s a virus-weary world limps through the third year of the outbreak, experts are sending out a warning signal: Don't expect omicron to be the last variant we have to contend with, and don't let your guard down yet. In the midst of a vast wave of milder infections, countries around the world are dialing back restrictions and softening their messaging. Many people are starting to assume they've had their runin with Covid-19 and that the pandemic is tailing off. That's not necessarily the case.

➤ Omicron may appear to cause less severe disease than previous strains, but it is wildly infectious, pushing new case counts to once unimaginable records ➤ There's also no guarantee that the next mutation, and there will be more, won't be an offshoot of a more dangerous variant such as delta **COLUMN**

POSITIVE PARENTING

BUILDING SELF-CONFIDENCE **ACTIVELY**

hat parents do in infancy and early childhood have a direct correlation to how much selfconfidence children grow up with and the self-confidence they have when they grow up to be adults. The more secure and loved a child feels, especially

in infancy and early childhood, the more confident they grow up to be. For infants, this translates into lot of hugs and cuddles from parents. The more warmly embraced, patted or cuddled a baby, the less stress levels they have and the more confident they grow up to be. The same is applicable in early childhood.

As children grow up, a secure household builds self-confidence. This also means parents who are in harmony and treat each other with respect. A child who grows up in a house full of strife is less likely to be self-confident than in a house where

their differences.

The respect parents show children for their individuality is another factor for building self-confidence. front of them.

boundless

potential

Do not expect them to be replicas of yourself. Encourage them when they have a different opinion from yours by listening to their point

> fronted with failure, discuss the lack of effort or preparedness instead of making them feel

> > You need to repeatedly tell children that you love them unconditionally, even when they make mistakes or when they come short in any field. In fact, this should be reinforced by your actions by being kind, and encouraging instead of judging and punishing when confronted with mistakes or shortfalls. Make sure you never make them feel you are disappointed in them, even if you are disappointed with

their actions. Never label your child as parents respect each other and even respect lazy, useless, stupid, ugly, skinny, fat, shy, weak or any other such negative label. Either by telling or implying this to them or by saying this to others in

> RamG Vallath is an IITian, international life coacn, motivationai speaker and the best[.] selling author of 'Active Parenting: How to Raise Children with Boundless Potential'

view and understanding their rationale. Do not criticise children for their shortcomings. Instead, praise their achievements and praise the effort that went

into the achievement. When conthat inherently they are

> ith these tentative answers, you may have distracted the child's mind from the real question for a moment, but in reality you did not realise what impression this interaction has created on the child's mind.

You might have felt good that instead of saying no directly you succeeded in evading the request by putting another they want.

A straight 'yes' or a straight 'no' as an answer will make

adamant the child is about the request and the nature of

the request, give an affirmation but with a less stringent

condition. The condition should not tire out the child, and

If you have constraints in fulfilling the demand of the

you about his or her problems without any hesitation.

more sense than any explanation. Depending on how

it should not make the child do rigorous work.

Why you should avoid giving

'MAYBE'

answers to kids

WITH TENTATIVE ANSWERS, YOU DISTRACT THE CHILD'S MIND FROM THE REAL **QUESTION JUST FOR A MOMENT**



"Can I go outside and play with friends"

"Maybe. If you complete memorising the multiplication table of 2, then you can go"

(after completing the multiplication table)

"Can I go now"

"It's too late, you can't go now"



condition which is unattainable. While you heave a sigh of relief with the win, you should contemplate on what wrong you have done with this approximate answer.

Most parents resort to tentative 'maybe' answers when the child insists on knowing about certain things or makes repeated requests for something



Kids consider their parents and elders as role models. For even an iota of doubt they look up to the elders for an answer. A mind as inquisitive as a child's always needs the exact answer. Nothing works in approximation or tentative for a kid.

At times this could trigger an emotional breakdown. When the child comes to you and tells you that the multiplication table has been memorised he or she should be allowed to play. It is wrong to dodge the child with another seemingly unattainable condition.

WHY IS IT BAD TO GIVE YOUR CHILD **UNCERTAIN ANSWERS?**

This is because how you deal with the child largely shapes the personality of the child. If he/she is used to living with uncertain conditions, it is likely that he or she will stop having faith in people all around or may develop an anticipation of the outcomes.

Kids who are always given tentative answers are left with uncertainty. The curious mind of the child tries to engage itself with whatever condition is put forward by

the parents without having their own will power. A 2019 research study published in the journal 'Frontiers in Psychology', suggests that when presented with uncertain situations people build mental simulations anticipating the outcome. "Most of the time, these imagined

outcomes are biased towards negativity," the study says. When parents try to conveniently evade the requests of a child with 'maybe', the child may stop trust-



ASK THE EXPERT

My daughter is a people pleaser

QUERY: Mv daughter takes a lot of time to open up. And even when she opens up, she is always trying to please people. Even in her friend's group, she always agrees with what others say even if she doesn't feel that way. How can I help her be her own person?



Response by psychologist: It is understandable that as a parent you would want your daughter to grow up to become a person with her own mind, who can judge situations and make her own choices without any outside influence.

However, children go through phases where they find themselves closer to their friends and peers rather than their parents. They also believe their friends to understand them more and hence trust their decisions and choices. In other cases, children feel pressured to accept and go with their friends' choices in order to fit in.

While this is not uncommon, it is important to make sure your daughter is able to speak for herself, and this can only happen when you talk to her, not as a parent but as a friend.

Making her understand that she as an individ-

ual is unique, valued and loved and that her choices matter will make her more confident in going after what she wants, even if it is against her friends' wishes.

People often tend to care about others' happiness over their own, when they do not feel confident in themselves. While confidence comes with time, make sure you groom your daughter in ways that helps her shine and feel stronger. This can happen by helping her pursue hobbies and tasks she is

passionate about. People often tend to be most confident when they enjoy what they are doing and are good at it.

Dr Rachna Khanna Singh is HOD - Holistic Medicine, Artemis Hospital, Gurgaon, Relationship, Lifestyle & Stress Management Expert

FITNESS FUNDAS

WHAT SHOULD YOU DO?

child, explain it to the child properly and in a minimal way. Bring in the child to your dis-

will develop a friendly bond with your child and will also encourage the child to talk to

These days children have few open spaces to play. However, even your building compound as an outdoor play area may suffice since there are quite a few scientific benefits to playing outside. Read on...



Improves Vision

A study has found that children who spend time outside have better distance vision than those who primarily play indoors.

Increases Attention Span

Studies have shown that green outdoor settings can reduce ADHD (attention deficit hyperactivity disorder) symptoms in children. Exposure to natural settings through after-school and weekend activities may be widely effective in reducing attention deficit symptoms in children. Also, the fact that kids want to investigate things helps them in being more self directed.

Reduces Stress

Spending time outside playing is a huge outlet for stress. It is relaxing and healing. There is even research showing that seeing green spaces can help reduce kids' stress levels.

Promotes Social Skills

Experts believe that getting kids outside promotes a wide range of skills. On a playground not everyone gets to go down the slide first. The fact that kids negotiate among themselves promotes social skills, executive functions and behavioural learning.



Provides Vitamin D

Many kids suffer from vitamin D deficiency. This vitamin has several health benefits, including preventing kids from future bone problems, diabetes and even heart disease. The sun is a great source of the essential vitamin. So, have your kids play outside for a few minutes without sunscreen around 20 minutes - and then you can apply a sunblock. TNN

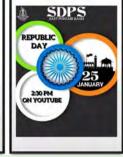
It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

The integration of art with knowledge

mirror reflects the image and humanity learns the fact. A newsletter is a true reflection of an institution and a detailed narration in itself. It is a perfect blend of expression and influence. It helps in refurbishing the skills of the children and it is a true medium to convey the message that the children

are more than a number. The children painted and decorated the walls digitally using the vibrant hues and colours and brought alive their





knowledge of Delhi through an art integrated exhibition.

It was January 25, when the newsletter and confluence - the art integrated exhibition of SDPS, East Punjabi Bagh was

launched. The day was all the more precious as the school celebrated the republic day online. The members of the management, Suresh Garg, chairman; Bharat Gupta, manager and Dr Umesh Kumar Chhikara, principal graced the occasion with their presence.

It was a moment of skylark when the children sang and danced and expressed their happiness. There was a short skit to convey the message of togetherness, to spread the ambience of belongingness. It was a confluence of knowledge, art, culture and tradition. Poetry is yet another medium to convey your feelings and

emotions. Such auspicious moments need to be captured and reflected back in the mirror of life.

SDPS, East Punjabi Bagh

scintillating show at Ahlcon

hlcon Public School celebrated 3rd annual prize distribution and cultural fiesta on January 28 with great zeal and zest. The theme for the event was harmony. The gala event kick started with the lamp lighting and a prayer to invoke the blessings of the divine. The panel of dignitaries consisted of the esteemed chief guest, Alakanan-

da Dasgupta, a renowned Kathak exponent, Vikaas Ahluwalia, chairman; Dr Ashok Kumar Pandey, director of Ahlcon schools, the school principal, Deepak Raj Singh Bisht along with invited guests of considerable repute.

The prize distribution ceremony was conducted to felicitate and recognise the earnest endeavours of the

students in scholastic and co-scholas tic arenas

Finally, the vote of thanks was delivered by the head girl, who acknowledged the efforts of the students, teachers and supporting staff and thanked the esteemed guests for their benign presence that made the event a great success. The programme culminated with the school song.

World Cancer day observed at Ryan

yan International School sector 40, Gurugram always believes in sensitising students about the dreaded diseases, their prevention, detection and treatment. Following the vision of chairman of healthy living, students of class V gave informative presentation to mark World Cancer Day.



Ryanites spoke on the topic 'Causes and preventions of cancer'. To spread awareness about this harmful and dangerous disease, children highlighted the differ-

> ent measures of prevention of cancer. The presentation was informative and the speakers achieved their aim of bringing awareness of this deadly disease.

School head Shivali Sharma appreciated the efforts of the hardworking students. She also motivated them to be active and to lead a healthy lifestyle.

Vaccination drive in Mount Columbus School

n a step towards betterment of the society, Mount Columbus School, New Delhi organised a free of cost Covid 19 vaccination camp in the school premises on February 10 for the children of 15-18 years of age



Staff of Integrated District Health Society, South District, Directorate of Health Services, Government of NCT of Delhi were present to vaccinate the children. All protective measures related to Covid 19 were adopted during the camp.

To connect, correlate and collaborate

ansraj Model School, Punjabi Bagh had an opportunity to undertake a journey with its alumnus Trisha Gulati of batch 2014 now working as a Bioinformatician in US. She apprised the students of the future scope of this unexplored arena and answered their concerns related to future career prospects in this field. Principal Heemal Handoo Bhat appreciated Trisha for her commendable interaction with the students and also encouraged the enthusiastic aspirants to dive into the world of self-

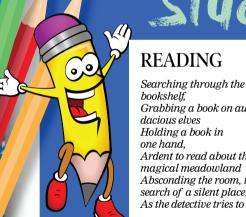


dents also 'connected' with her instantly by wanting to know how they could chart a career for themselves both in India as well

Sharing her passion for reflection and exploration. genomics and precision med-

periences in this field and how she explored her interest in being a bioinformatician.

The session gave immense exposure as well as the confidence to the students pursuing biology at



READING

Searching through the bookshelf, Grabbing a book on audacious elves Holding a book in one hand, Ardent to read about the magical meadowland Absconding the room, in search of a silent place,

Flipping through the crisp, white pages, Reading a story written for all ages. Enhancing your vocabulary Fulfiling wishes by a magical fairy, Let's discover the joy of reading, So, turn the page and relish the story's proceedings!

solve a mysterious case.

Be it Harry or Matilda, Hermione or Thumbelina-All possess a certain charisma. Books are fun to read, In life, they will help you lead.

> Nandini Sharma, XI, Mata Jai Kaur Public School. Ashok Vihar

fact that we have been able to

mould young minds to think

ahead of the curve.

Create wonders with discarded bottles

t gives me immense joy to convert waste into something beautiful. I am interested in bottle craft and I try to turn all the discarded bottles at home into decorative pieces. I look at the shape and size of the bottle before



I explore my imagination and creativity to make aesthetic pieces. The craft work helps you relax as it is therapeutic.

Let's try out a bottle craft. You need a long bottle, acrylic paint (blue and orange), pompoms, satin ribbon, sequins, white lace, TOO IT YOURSELF broken wheat, jute and glue. Paint the top half of the bottle blue and the bottom half orange. Glue the satin

ribbon around the middle portion bordering the blue and orange colours. Glue the jute thread below the opening as shown in the picture. Apply some glue on the lower part of the bottle and sprinkle the broken wheat. After the broken wheat is dry and sticks to the bottle, stick the lace with glue in the area where the broken wheat border merges with orange colour. Now you can embellish the bottle with seguins and pompoms. Your bottle craft is ready, you can place any indoor creeper plant in it and do your bit for the environment.

> Raima Tony, class IX, Assisi Vidyaniketan Public School, Kakkanad, Ernakulam



A hub for super thinkers

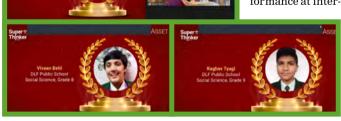
ubbed 'Super Thinkers', three students of **DLF** Public School, Ghaziabad, were awarded cash prize of ₹50,000 for their brilliant performance in ASSET-2021. Vivaan Behl of class VIII and Raghav Tyagi of class IX were declared winners in Social Science, while Dhruv Gupta of class VII was declared the winner in Science.

In a special ceremony held on February 6, these national toppers were felicitated by the highly acclaimed author Ruskin Bond and by the co-founder and chief learning officer of Educational Initiatives, Sridhar Rajagopalan. Principal Seema Jerath too

said, "It is befitting that the national, national & regional levcongratulated the winners and

skill-based test that measures students' conceptual understanding and benchmarks the school's performance at inter-

Ei ASSET is a



school has been proclaimed a hub for super thinkers by Ei. It more than 900 schools particiis an acknowledgement of the

els. Close to 400,000 students from pated last year in Ei ASSET-2021.

Changing course, transforming education

n informative and thought-provoking session on the theme 'Changing course, transforming education' was organised by UNESCO on the occasion of

Education. The eminent speakers of the day were Dr Sridhar Srivastava, director NCERT; Jerry Durnnian, chief education, UNICEF; Eric Falt, director UNESCO,

International Day of

Delhi; Joyce Poan, principal, ASN Schools; Diya Biswas, student, ASN. cipal (ASN Sr Sec School)

way of inclusive and equi-UNESCO; Swarnima Luthra, table education system. Swarnima Luthra, prin-

evolve and metamorphose. She also said that we

The panel of eminent speakers reflected upon their futuristic vision of a sustainable society by

endorsed quality education in a favourable and receptive environment where the learning can

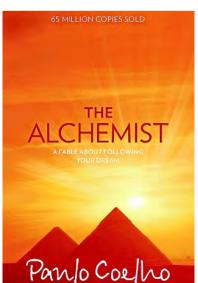
must understand that the role of education is to build more sustainable, inclusive and peaceful futures.

THE ALCHEMIST BY PAULO COELHO

t's a fable about a shepherd boy Santiago, who followed his dream in search of a treasure. 'The Alchemist' by Paulo Coelho was translated into 72 languages. As he wrote 'The Alchemist' the writer said, when we want something the whole universe conspires to help us. His life is an inspiration for millions

of people. The book depicts the contrast between people who realise their dreams such as Santiago and those who don't.

After Santiago sets out, he meets an old king Melchizedek, or the king of Salem, who tells him to sell his sheep and travel to Egypt and realise his 'Personal Legend'. After arriving in Africa, a man tells Santiago that he would take him to



the Pyramids, but robs him of his money. But he does no lose hope and moves on. Santiago then works for a crystal merchant to earn money to go to the Pyramids. On the way, he meets an Englishman

who is in search of an alchemist and both of them continue their travel. When they reach an oasis, Santiago meets and falls in love with an Arabian girl, Fatima, to whom he proposes marriage. She promises to marry him only after he completes his journey.

The boy then encounters a wise alchemist, who teaches him to realise his true self. The alchemist teaches him to listen to his heart. The best way to keep anyone from fooling you is to listen to your gut instinct intently. As your read the pages, you realise that the simple things in life are extraordinary. The only hurdle in realising your dream is the fear of failure. In life you must get up whenever you fall. And that one can find the treasures that we seek outside at our doorstep. This meaningful book teaches you all about life.

> Hana Sha, class VI, Nirmala Public School, Muvattupuzha, Ernakulam

LDO ENDS BARRE

MAN UTD CLIMB BACK INTO EPL TOP FOUR WITH 2-0 WIN OVER BRIGHTON

ristiano Ronaldo ended his six-game goal drought by lashing in a 51st-minute goal to set United on its way to a 2-0 win over Brighton that moved the team into fourth place in the Premier League on Tuesday. Bruno Fernandes added a second goal in the seventh minute of stoppage time, with virtually the last kick of the game, following a rapid break as Brighton committed men forward.

UNITED BREAK JINX

United had failed to win any of its last three games despite taking the lead each time _ twice in the league, against Burnley and Southampton, and in getting eliminated from the FA Cup by second-tier Middlesbrough. "First half was Mr. Hyde, second half Dr. Jekyll," United manager Ralf Rangnick said, "and for a change it (the result) was different.



Forward Anthony Elanga and midfielder Fred came into United's starting line-up for Marcus Rashford and Paul Pogba, with defender Raphael Varane also missing out due to illness. Jadon Sancho was denied early on but the hosts created precious little as mid-table Brighton controlled the game, onioning pearly 60 percent of page controlled the game, enjoying nearly 60 percent of possession in the first half. David de Gea was forced to make a spectacular save to keep out a Jakub Moder header and the half-time whistle drew boos from a frustrated home crowd, with United fortunate to be level at 0-0.

Helping United's cause against Brighton at Old Trafford was visiting defender Lewis Dunk getting sent off three minutes after Ronaldo's goal for a professional foul, bringing down Anthony Elanga as the winger was through on goal. Dunk was initially shown a yellow card but it turned to a red after a video review.

END TO GOAL DROUGHT

The home side took the lead in the 51st minute when Scott McTominay found Ronaldo, who darted forwards, cutting past Adam Webster and firing beyond goal-keeper Robert Sanchez from the edge of the box. United wrapped up the victory in the 97th minute when substitute Pogba took a quick free-kick and Fernandes collected the ball inside his own half and raced forward before firing home. ward before firing home.

ward before firing home.

Ronaldo had been on his worst scoring run in 13 years at club level but ended that with a curling shot. The Portugal forward headed wide from Fernandes' cross later in the half, kicking the post in frustration, but his display was praised by Rangnick.

"Very important not only that he scored but it was an outstanding goal," Rangnick said. "It was important for all of us, but his overall performance was one of the best since I arrived here." It was the Portugal forward's 15th goal since he returned to United from

ward's 15th goal since he returned to United from Juventus in August.

The three points lift United into the fourth Champions League qualification spot, two points ahead of West Ham and four behind third-placed Chelsea, who have a game in hand. Arsenal, Wolves and Tottenham are also within striking distance of the top four and all have games in hand. AGENCIES

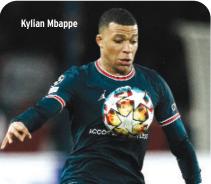


celebrates after scoring

their team's first goal

MBAPPE LATE WINNER LIFTS PSG

Kylian Mbappe produced a moment of brilliance deep into added time to give Paris Saint-Germain FC a slender 1-0 lead against Real Madrid. After teammate Lionel Messi missed a penalty, Kylian Mbappe saved the team scoring a brilliant solo goal deep into stoppage time. After



taking a back-heeled pass from substitute Neymar in the fourth and final minute of stoppage time of the first leg, Mbappe cut inside two players down the left and shot the ball between the legs of goalkeeper Thibaut Courtois. "I got free and then it's a one on one. The forward is always the master of the penalty area when the defenders start backing off," Mbappe said. "I decided where I wanted to go."

CITY BEAT SPORTING

Manchester City scored five for the third time in this season's UEFA Champions League to beat Sporting CP in their last 16 tie. Goals from Riyad Mahrez, Bernardo Silva (2), Phil Foden, and Raheem Sterling helped Manchester City to a convincing first-leg win. Riyad Mahrez grabbed the opener, an effort which was initially ruled out for offside before being overturned by VAR, before Bernardo Silva crashed a shot in off the crossbar. Phil Foden prodded in a third and Silva struck again before the break as City took a strangehold on the tie with less than a quarter of it played. Raheem Sterling curled in the fifth - the pick of the goals - just before the hour to give his side a big advantage ahead of next month's second leg.

MURRAY MAKES WINNING START

Beats Daniel in first round of Qatar Open to ease into round two



ndy Murray on Tuesday defeated Taro Daniel in the first round of the ongoing Qatar Open on Tuesday. Playing in Doha, the 34-year-old produced a strong first-round performance to brush past Daniel 6-2, 6-2. The last time the players faced each other, Daniel defeated the former world number one in the second round of the Australian Open. Murray is a two-time champion and four-time finalist in Doha, and he looked happy to be back as he hit 11 winners and broke Daniel twice to ease to

Murray now faces second seed Roberto Bautista Agut in the second round. The Brit will seek to increase his 3-1 ATP head-to-head lead over the World No. 16 Spaniard.

Montepellier champion and seventh seed Alexander Bublik beat Slovakian qualifier, Jozef Kovalik, 6-2, 6-4 with a powerful performance earlier on Tuesday. The World No. 31

MUGURUZA, SABALENKA ADVANCE, **BADOSA UPSET**

- Defending Dubai Tennis Championships champion Garbine Muguruza needed three sets to get past Katerina Siniakova and kick off her title defense on Tuesday with a tricky 7-6(5), 2-6, 6-2 first-round win. Top-seed Aryna Sabalenka joined her in the second round with a straight-sets win over Marta Kostyuk.
- Kudermetova dispatched former World No.1 and 2010 Dubai finalist Victoria Azarenka in straight sets earlier on Tuesday.
- No.1 seed Aryna Sabalenka of Belarus was the last player to claim her spot in the second round, winning the late-night match over 19-year-old Marta Kostyuk of Ukraine 6-4, 6-1.

Kazakh hit 25 winners including seven aces, breaking his opponent four times to reach the second round in Doha for the third consecutive year. He now faces Frenchman Arthur Rinderknech, who defeated Jiri

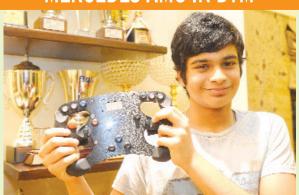
Photo: GETTY IMAGES

Vesely 3-6, 7-6(4), 6-4. Pune runner-up Emil Ruusuvuori continued his strong start to 2022 with a 4-6, 6-4, 6-1 win over David Goffin. The 22-year-old now faces sixth seed Karen Khachanov in the second round

Marton Fucsovics knocked eighth seed Lloyd Harris out in Doha for the second year in a row with a 6-4, 7-6(4) victory. The World No. 36 Fucsovics will now face South Korean Soonwoo Kwon in the second round. ANI

SANIA MIRZA advances to doubles quarter-finals of Dubai Tennis Championship lick here to read the full repo

ARJUN MAINI TO RACE WITH **MERCEDES AMG IN DTM**



fter a successful rookie season in Germany's premier racing series, Arjun Maini will look to build on his solid foundation as he joins the team that brought 2021 champion, Maximillian Gotz, to the title. The Indian racer joins reigning drivers' title holders HRT for a second season of Germany-based DTM Championships.

The 2021 season marked a

backed racing driver became the first Indian to compete in the German Championship. Maini demonstrated incredible one-lap speed, finishing in the top five in several practices and qualifying sessions, and his perseverance was ultimately rewarded with a fine second place in the season-ending race at the Norisring.

"I'm thrilled to be joining HRT. My goal is to become the new chapter in Maini's life, as first Indian race winner in the Omega Seiki Mobility- DTM," said Maini. PTI

QUIZ TIME!

Which country hosted the • Winter Olympics in 1988?

a. USA b. Japan

c. Canada

d. India

• Which athlete has the ✓ ∠ . most World Championship medals in track and field?

a. Kenta Bell

b. Allyson Felix

c. Bryan Clay d. Chris Benard

USA topped the medal **.** table at the 1984 Olympics with 83 golds. Which country came second with 20?

a. Canada

b. USA

c. Romania

d. Germany

4. Who won the gold medal for the women's javelin at the athletics World Championships in 1987?

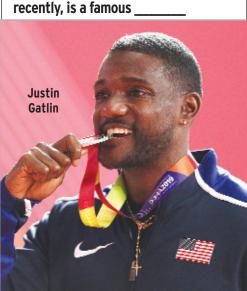
a. Fatima Whitbread's

b. Mervyn Richard Luckwell

c. Nick Nieland

d. Peter Sydney Cullen

_ Justin Gatlin, who announced his retirement



a) Swimmer b) Sprinter c) Cricketer d) Footballer

Q6. How many cricketers did

Australia play in the 1989 Ashes series in England?

a. 17 b. 19 c. 12 d. 10

7. How many times did Joe • Davis win the World **Snooker Championship?**

a. 20 b. 15 c. 17 d. 05

By how many seconds did.

Greg LeMond win the Tour de France in 1989?

a. 6 seconds

b. 7 seconds

c. 8 seconds

d. 9 seconds

Who won the Formula One world title by half a point in 1984?

a. Niki Lauda

b. Nelson Piquet

c. Alain Prost

d. Ayrton Senna

WERS: 1. c Canada 2. b Allyson Felix 3. c Romania 4. a Fatima Whitbread's

5. b Sprint 6. c 12 7. b 15

8. c 8 seconds 9. a Niki Lauda