



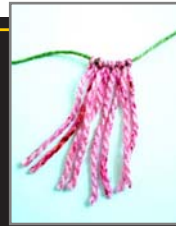
THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Do you know your skin gets tired too? Facing dark circles and strained eyes? They can be symptoms of screen fatigue, warn experts
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STUDENT EDITION

THURSDAY, JANUARY 20, 2022



Who's India's captain for the ODI series against South Africa?

CLUE 1: In 2016, he became the first Indian to score a century on ODI debut – 100 vs Zimbabwe in Harare.
CLUE 2: In the IPL, he's turned out for the Royal Challengers Bangalore, Sunrisers Hyderabad and Kings XI Punjab.
CLUE 13 The 29-year-old was born in Bangalore, Karnataka.

ANSWER: KL Rahul. The right-hand batsman is one of the three players, who have been picked up by the Lucknow IPL franchise. Australian all-rounder Marcus Stoinis and uncapped Indian leg spinner Ravi Bishnoi are the other two. Reportedly, Rahul will also captain the franchise. The other new IPL franchise, based in Ahmedabad, named their three players of choice on Monday, picking up Hardik Pandya, Rashid Khan and Shubman Gill.

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

ECONOMIC TRENDS OF 2022

From population decline to rising debt, and digital revolution, economists outline the trends that could define the fortunes of the world and India in 2022...

DECLINE IN BIRTH RATES LOWERING GROWTH

Declining birth rates have been lowering the global economic growth, and this has fallen at a faster pace during the pandemic. China's working age population started shrinking around 2015, and now its total population is on track to start shrinking this year or next—many years earlier than most forecasters expected. In India, even before the pandemic hit, the birth rate had fallen below the global average for the first time. Once seen as the epicentre of the global population explosion, India too is now seeing a baby bust. Experts say, countries with weak population growth cannot sustain GDP growth in the super-fast range of 8 to 9 per cent.



GLOBAL DEBT TRAP DEEPENS

Mounting for four decades now, global debt grew even faster during the pandemic, driven by government borrowing. 25 countries, including the US, China and Japan have total debt above 300 per cent of the GDP, up from zero in the mid-1990s.

DEBT

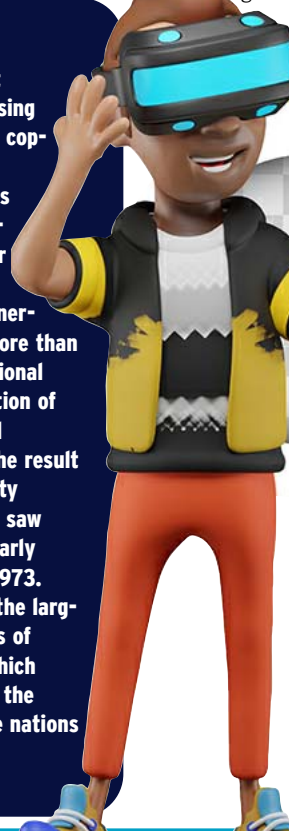
INFLATION WILL RISE BUT MAY NOT HIT DOUBLE-DIGITS

Population decline implies fewer workers and higher wages. Deglobalisation of trade, money and people flows implies less competition. Slow productivity growth raises costs, and the spread of populism cuts any appetite for spending restraint. All these forces are pushing inflation higher, but possibly not to the double-digit levels of the 1970s, as some forecasters fear.



GREENFLATION

It's well known that the fight against global warming is raising demand for green metals like copper and aluminum; less well understood that green politics is greatly reducing raw material supplies of all kinds. Over the past five to 10 years, investment in new oil and mineral production has fallen by more than 50 per cent, as local and national governments resist construction of new production facilities, and investors shun fossil fuels. The result is "greenflation" in commodity prices, which just saw their biggest yearly increase since 1973. India is among the larger net importers of commodities, which makes it one of the most-vulnerable nations to greenflation.



PHYSICAL WORLD MORE IMPORTANT THAN THE METAVERSE

In 2021, rising hype for the metaverse seemed to spell decline for the physical economy, but demand trends indicate otherwise. According to economists, digital natives need physical shelter too. Electric cars may be a lot smarter than older gas models, but they also consume far more copper. Behind every avatar is a human, and labour shortages are lifting wages even in jobs most threatened by automation, like truck driving.

INNOVATION

During pandemic-related shutdowns, service businesses were forced to innovate digitally. This has spurred not only investment but an explosion in start-ups, as well as historic levels of public and private market activity—from fintech and cryptocurrencies to autonomous vehicles and AI, which is likely to continue this year as well.

(BASED ON INPUTS BY RUCHIR SHARMA, GLOBAL INVESTOR, AND MORGAN STANLEY'S REPORT)

DEGLOBALEISATION

Businesses were already contemplating supply-chain localisation amid the US-China trade tensions before the pandemic. Today's inflation, driving supply imbalances and inventory shortages—not to mention increasing sensitivity around cybersecurity, public health, geopolitics and shifting regulatory frameworks in China—have all added momentum to deglobalisation towards domestic sourcing, feel experts.

Postponed Grammys will now be held in Las Vegas on April 3

The Grammy music awards will be held in Las Vegas for the first time this April after being postponed because of the surge of Omicron-variant Covid-19 cases across the United States. The 64th annual Grammys, featuring nominees, including Justin Bieber, Billie Eilish and Olivia Rodrigo, had been due to take place in Los Angeles on January 31. Jon Batiste, the jazz and R&B artiste and bandleader, with 11 nominations, garnered the most for this year's Grammys.



PLACE IN NEWS

NUSANTARA

WHAT Indonesia is all set to shift its capital from Jakarta to East Kalimantan, situated to the east of Borneo island. The new capital city of the country will be called Nusantara (archipelago), as it reflected Indonesia's geography, was easy to remember and familiar for the Indonesians.

WHY

SUCH A MOVE: The major reasons, according to Indonesia's President Joko Widodo, are the increasing pollution and population in Jakarta. More importantly, Jakarta has also been sinking, and it has been said that if nothing was done, many parts of the city would submerge underwater by 2050. Indonesia is prone to floods, and Jakarta is surrounded by multiple rivers. By relocating the capital, the government also hopes to redistribute wealth. Java is home to 60 per cent of the country's population and more than half of its economic activity—even though Kalimantan is almost four times bigger.



WHERE IS EAST KALIMANTAN?

East Kalimantan is 2,300 kilometres from Jakarta on the eastern side of Borneo island, shared by Indonesia, Malaysia and Brunei. The new capital will be located in the North Penajam Paser and Kutai Kartanegara regions. East Kalimantan is an area with immense water resources and habitable terrain.

OTHER COUNTRIES THAT HAVE CHANGED CAPITALS

- Indonesia is not the first country to change its capital city. There has been a long list of countries that have changed their capitals for various reasons
- Brazil changed its capital city from Rio De Janerio to Brasilia, a more centrally-located city, in 1960
- In 1991, Nigeria changed the country's capital from Lagos to Abuja
- Kazakhstan moved its capital city from Almaty, which is still its commercial centre, to Nur-Sultan in 1997
- Myanmar changed its capital from Rangoon to Naypyidaw in 2005

R- Day rehearsals in full swing

Ahead of the upcoming Republic Day, preparations are in full swing, with covid protocols in place. Despite severe cold, the marching contingents are leaving no stone unturned to give their best, while keeping the 'new normal' in mind. The Republic Day parade will begin half an hour later than usual this year. With foggy days predicted around January 26, the parade will start at 10.30 am instead of 10 am for better visibility, the defence ministry has decided.



World tourism won't return to pre-pandemic levels until 2024: UN

Tourism arrivals around the world are not expected to return to their pre-pandemic levels until 2024 at the earliest, the World Tourism Organisation said. The highly-contagious Omicron variant, though mild, will "disrupt the recovery" in early 2022 after last year saw four per cent growth over 2020, according to the Madrid-based UN agency's World Tourism Barometer.

Tourism revenue in 2020 was 72 per cent down on the previous year, which closed with the onset of the coronavirus pandemic.



The economic contribution of tourism in 2021 (measured in tourism direct gross domestic product) is estimated at \$1.9 trillion, above the \$1.6 trillion in 2020, but still well below the pre-pandemic value of \$3.5 trillion

HEALTH BYTES

WATCH OUT FOR THESE SIGNS OF SCREEN FATIGUE

Modern life barely allowed us to step away from digital services and then came the pandemic. Be it working from home or binge watching shows, switching from one screen to another has now become the norm, often leading to 'screen fatigue'. So, what is screen fatigue exactly? It is the tiredness and dullness that you experience as a result of spending too much time in front of digital screens. From weakening your eyesight to ageing your skin, it can cause some real damage if left unchecked. Here are a few symptoms of screen fatigue, as well as measures you can take to reduce them.

SKIN AGEING

The blue light also known as HEV (High Energy Visible) light is the kind of light that all screens emit. This light penetrates deeper than UV light into the skin. The deeper it goes, the more damage it causes. It can break down the collagen in the skin and speed up the process of ageing.

THE SOLUTION: The obvious solution is to spend less time on your screens. In addition to that, you can start wearing glasses that block blue light and start using night mode as often as you can. Night mode reduces the amount of blue light emitted and hence, reduces the damage too.

DARK CIRCLES

Dark circles are a result of ageing as well as strained eyes. When your eyes are strained, it's obvious that dark circles will start holding a permanent spot on your face.

THE SOLUTION: Under eye creams and gels are great for reducing dark circles, fine lines and wrinkles. Start using an eye cream every day before bed and you will start to see visible improvement within weeks. It goes without saying that these results will only last if you also reduce your screen time.

STRAINED EYES

Eye strain is one of the most common symptoms of screen fatigue. Redness, itchiness and drowsiness is something we all have experienced after a long day. But too much screen time can also weaken your eyesight.

THE SOLUTION: Wearing protective glasses is essential if you want to protect your eyes against the blue light. You can also use home remedies to soothe your eyes. Make sure to go for ingredients that are rich in antioxidants.

POOR SLEEP QUALITY

Lastly, but most importantly, poor sleep quality is one of the most common symptoms of screen fatigue. Be it scrolling aimlessly at night or just overthinking in bed, being up all night is far from healthy.

THE SOLUTION: Stay away from your phone before bed. If that also doesn't help, you can try melatonin supplements and relaxing teas to help you sleep. They are natural and help your body get the much needed rest.

MERRY GO ROUND

TRAVEL TRENDS EXPECTED IN 2022



MICRO VACATIONS

This replaces annual trips with scattered micro-vacations that are easier on the pocket and the mind too.



CARAVAN CAMPS

The development of caravan parks and camping sites is expected to happen in the coming years. Many Indian states are also adopting caravan-friendly policies.

WANDERLUST AS SELF CARE

Self-care and wellness are in focus, and travelling has become an integral part of the process. Experts say that 2022 will be the year where travellers fall back on trips to balance the pressures from WFH.

Mimicking superhero behaviour can lead to healthier lifestyle!

AFTER ANALYSING BEHAVIOUR OF POPULAR SUPERHERO CHARACTERS, A RECENT STUDY LED BY RESEARCHERS FROM AUSTRALIA DISCOVERED THAT MIMICKING THEM CAN LEAD TO POSITIVE OUTCOMES

For the study, which was published in British Medical Journal (BMJ), researchers included a review of 24 Marvel movies released between 2008 and 2021, with concentrated periods of study during the lockdown in 2020 and 2021. They assumed that (with the exception of "Thor", who has lived for several millennia), superheroes will age and that their individual ageing trajectories will be modifiable by personal traits in much the same way as anyone else's.

What the study found...

The researchers first examined the superheroes' positive behaviours and health assets, and found that they regularly engage in physical activity and exercise, both associated with healthy ageing. The superheroes also exhibited a high degree of social cohesion

and connectedness, both associated with a reduced risk of dementia.

What do Spiderman and Hulk have in common?

The researchers also examined personal traits and health behaviours of five superheroes namely Iron Man, Hulk, Black widow, Black Panther and Spiderman. They noted that both Black Panther and Iron man are extremely wealthy and intelligent, which puts them at reduced risk of dementia. Black Panther is also vegetarian,

which is known to support healthy ageing. In contrast, Hulk's high body mass index and almost constant anger put him at risk of several chronic diseases, while Black widow's traumatic childhood experiences increase her risk of physical and mental illnesses.

And while Spiderman's strength, flexibility and agility should reduce his risk of falls in old age, his nightly crime-fighting means he is unlikely to get the recommended 8-10 hours of sleep for teenagers his age, which can lead to lower mental health and higher rate of unintentional injuries. ANI



WELLNESS

EAT THESE 12 THINGS IN 2022 FOR HEALTHY SKIN

We all desire healthy skin - even-toned skin that is free of pimples, scars, breakouts and other imperfections, because good skin makes us feel confident. Here is a list of 12 food items by food tech scientist Pavitra K you can include in your diet to achieve beautiful skin all year round

CASHEWS

Full of vitamin E, selenium and zinc, cashews can be a good way to achieve healthier and happier skin. Selenium and Vitamin E help in reducing inflammation and zinc helps in replenishing the damaged skin areas.



ALMONDS

Need protection from dark spots? Add almonds to your diet as they are rich in Vitamin E that provides the required hydration to skin and allows it to breathe freely.



EGGS

Eggs contain proteins, multivitamins, and lutein. While multivitamins and lutein help the skin to remain hydrated, protein helps with repairing skin tissues. You can eat eggs in many ways - egg salad, omelet, boiled, scrambled, etc. Also, don't forget to use the egg yolks in the diet as they contain fatty acids that can provide moisture to the skin and provide the glow that we all desire.



AVOCADO

The fruit is a rich source of Vitamin C and Vitamin E that helps in achieving the goal of healthy skin. The vitamins and the fats present in avocado help with skin repair and treat conditions like acne and eczema. It can also help in reducing wrinkles and making the skin look more even.



GREEN TEA

Green tea consists of anti-inflammatory and antioxidant-rich properties that can provide much-needed protection to the skin. Green tea helps the skin by controlling pimples and acne. Drinking green tea can help in reducing wrinkles and thin lines and provide a smooth texture to the skin.



DARK CHOCOLATE

A tasty treat with amazing skin benefits. Dark chocolate contains minerals like copper, zinc, and iron that helps in removing dead skin cells. Consuming dark chocolate helps in reducing sun damage and can provide a smooth texture to the skin.



CHICKPEAS

Chickpeas are rich in magnesium and this property helps in achieving the smooth texture of the skin by reducing wrinkles. The zinc present in chickpeas also helps in removing acne scars.



CHIA SEEDS

Lack of Chia seeds in a diet can lead to dry skin. Chia seeds contain Omega-3 which can help in providing the required nourishment to the skin. You can add chia seeds to your smoothies and shakes.



TOMATOES

Tomatoes contain an antioxidant called lycopene that can reduce the ageing process of the skin and provide protection from sun damage. Tomatoes can be added to recipes: salad, sauce, curries, sandwiches, etc.



KIWI

Kiwi induces the circulation of oxygen and helps in reducing dark circles. It has potassium that protects the skin from dryness and makes it healthier.



PISTACHIOS

The antioxidants in pistachios help in reducing acne. They control the oily texture of the skin and makes the skin smooth.



WALNUTS

Walnuts are full of Vitamin B that can help in reducing wrinkles and giving the skin an even tone.



Sustainable pathway for waste management

Pope John Paul II wisely said, "The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations."

As the human population and over consumption is growing, nature's assets are declining at unprecedented rates. The way the mankind is living is not sustainable. With growing needs and wants of humans, the amount of waste generated is also growing rapidly. Statistics indicate that there is a gigantic zone of waste disposal everywhere which is further an environmental hazard. In such a scenario, waste management involving all the stakeholders of this planet may be the answer.

Schools have the potential to transform the school environment into a learning laboratory to learn about the ways to reduce waste generation, manage waste in proper environment friendly manner and inculcate sustainable mindsets and practices for waste generation and its management.

ASN Senior Secondary School, Mayur Vihar-I, has a robust eco-policy in place for its learners to practice four-pronged approach, 'ACCT' which stands for Aware, Connect, Commit and Transform.



To engage the learners from the primary years itself, the school started working under the International Eco school program in collaboration with Foundation for Environ-

ment Education (FEE) and Centre for Environment Education (CEE) in 2019. The school also joined hands with 'Safai Bank of India', Sustainability Centre Mumbai for eco-friendly disposal of Multi Layered Plastic (MLP). Our prime focus was collection of MLPs, inform students about the proper way to segregate waste at source and dispose wet waste in green bins and dry waste in blue bins at all times.

To ensure that the learning continued even during pandemic, the school seamlessly switched to online platform and collaborated with parents and they too became a part of our litter less campaign. With the help of our eco-committee, we organised various webinars for the parents to help students with segregation of waste at source, collection of MLPs etc. Their assistance in online mode as partners in education is praiseworthy.

Under the guidance of principal, Swarnima Luthra, the highlight of 2022 has involved our drive to collect MLPs at school for safe disposal, and the school spearheaded a mega litter less drive by joining hands with 32 schools of Delhi, NCR in collaboration with Safai Bank of India, Mumbai Sustainability Centre to create a sustainable pathway for waste management. An online training session was conducted for the representatives of the schools to take up the project in their respective schools. The students actively participated in multi-farious activities like the MLP collection, podcasts creation, engaging themselves in plogging, conducting surveys and audits, presenting creative ideas in the form of videos, tracking waste, educating about 5Rs and creating a new useful product from the waste collected at home.

Ryan celebrates power of youth

Ryan International School, Sector 40, Gurugram celebrated 'National Youth Day' with great enthusiasm. This is aligned to the chairman's vision of education and leadership.

National Youth Day is celebrated on January 12, every year in India to honour the birth anniversary of Swami Vivekananda, one of India's greatest leaders and believers of youth power and was an ardent dis-



ciple of Sri Ramakrishna Paramahansa. Little multitaskers of grade V presented small and informative videos wherein they highlighted the significance of the day.

School head Shivali Sharma appreciated the students' endeavour and motivated them to put in their best efforts to achieve their aim and empower the country and youth as the future of our country is duly vested with the youth of the country.

Inauguration of Atal Tinkering Lab

In the presence of Vijay Krishna Prabhuji, spiritual leader and engineer, Dr. Neeraj Sharma, president ImaginXP Kartik Sharma, co-founder DCode AI, Dr. Rochak Bajpayee, assistant professor - KIET and school principal Monika Mehan, the Atal Tinkering Lab was inaugurated at M L Khanna DAV Public School, Dwarka.

The lab has been created to provide suitable workspace for young minds to instill and enhance creativity, innovation, critical thinking, design thinking, problem solving, ethical leadership and social and cross-cultural collaboration amongst students. The lab will help students find innovative solutions for India's unique problems, thereby supporting the nation's efforts to grow and prosper.

At the inaugural ceremony, the guests applauded the creative and technical skills of the students as they showcased software-based projects



such as face mask detection, 3D designing, Circuit Simulation. The working IoT models created by students such as mini weather station, Bluetooth controlled smart home, smart dustbin, smart irrigation system, RFID attendance system, smart chemistry lab which senses gas and smoke were appreciated by all. The learners also showcased their be-spoke electronic and robotic projects like e-dice, water level indicator, robotic crane, obstacle avoider etc.

St Mark's organises 4 day fest for a better world

St Mark's School, Meera Bagh organised a four day international fest 'For a Better & Beautiful World' recently. The main aim of the fest was to promote the United Nations Sustainable Development Goals. The fest had more than 120 students from 22 schools belonging to 18 countries all across the world.

The students showcased their creativity through art, music, poetry and dance in front of an international audience consisting of educa-

tors from across continents, students and their parents. Distinguished educators, professor Maria Antonietta Sessa and professor Ernesto d'Aacunto from Italy as well as Sinikka Whybrow Laakio from Finland graced the fest.

The event was conceptualised and executed by a group of students from class VI to IX. The school's collaborative magazine, 'iMagz: Mak-



ing Myself Heard' that has contributions from nine international schools was also launched.

The final day was dedicated to dance wherein the students mesmerised the audience with some

amazing dance performances. Indonesian, Pakistani, Greece, Malaysian, Moldovan were some of the traditional dances performed. The finale was the launch of the school's musical production - 'Time to Rise'.

The international fest was an endeavour by St Mark's School, Meera Bagh to bring a positive change in the world. A Aggarwal, principal, applauded the commitment and dedication of the entire organising committee and appreciated the overwhelming participation by the school's international partner schools.

NIKHIL BHUSHAN,
class XII A, Air Force Golden Jubilee Institute, Subroto Park

student Corner

SHREE, class VI-E, DAV Public School, Sec14, Faridabad

NIKHIL BHUSHAN, class XII A, Air Force Golden Jubilee Institute, Subroto Park

Konnect: The Grandparents' Day

Grandparents are just grand, the most loving people on this earth. The connection between the grandparents and the grand children is decidedly non-commercial. They are the ones who have all the time in the world for the grand children and they deserve to be thanked, to be looked after and cared for. One needs to honour and appreciate them for their devotion.

It was a wise decision taken by the virtuous members



of SD Public, Punjabi Bagh management - Suresh Garg - the chairman, Bharat Gupta - the manager and Dr Umesh Kumar Chhikara - the principal to pay their tribute to the grandparents in the form of a celebration.

All the SDpians joined their hands together to reveal their love and admiration for the grandparents. It was a lively gesture and the kids of classes III - VIII participated in the cultural event. Though it was an online event, it did not dampen their spirit.

Staff cricket match organised at Salwan

To bring in a spirit of camaraderie, collaboration, and excellent teamwork not only in the virtual classes but also on the field, the Physical Education department of the **Salwan Public School, Rajindra Nagar** organised a cricket match between teaching and non-teaching staff members on December 24, 2021.

Jyotsna Grover, vice principal and Rashi Oberoi, headmistress were present at the inauguration and felicitation ceremony. They also enthusiastically



played the first knock-out of the match. The 12 over match was played in the true spirit of sportsmanship. The teaching staff emerged victorious and the Man of the Match was Rohit Kamal, art teacher who scored 71 runs and took one wicket in

the match. The award for the Best Bowler was awarded to Pramod Shukla, maths teacher for taking two continuous wickets in one over. Mahesh Bhatt, sanskrit teacher was awarded the Best Performer award for scoring 63 runs.

Simple yarn garlands

This modern take on a vintage yarn look is totally versatile for use around the house, not to mention as gifts or party decor. It couldn't be easier to make these pretty strands: Just cut a bunch of yarn in pieces approximately the same size, and then tie each piece around a length of twine. Yes, you can do this mindlessly while binge watching Netflix.

MATERIALS NEEDED:

- Bulky variegated yarn (one skein makes a long garland)
- Cardboard
- Jute twine
- Scissors

HOW TO MAKE IT:

Step 1 - Cut a 10inch x 2inch piece of cardboard and wrap the yarn around it 10 times. Use scissors to cut the yarn at the top and bottom of the cardboard to create 20 strips of equal length

Step 2 - If you're using variegated yarn to create an ombre effect, lay the strips out in a row to maintain a colour pattern in the variegated yarn.

Step 3 - Cut a length of twine



as long as you want the garland to be and then start tying on the yarn one piece at a time. To do so, pinch the piece of yarn in half and then fold over the top of the twine bringing the ends through.

Step 4: Add more yarn strands until you've filled garland. Continue this process with each of the strands. It is an easy, mindless process but it can take a little time. Expect around two hours to make a garland.

Ritisha Bajaj, class IX, Lakshmipt Singhania Academy



BOOK: ROCKING IT IN THE VIRTUAL WORLD



Eliza Mirk is a high school student living in Indiana. She is shy and is considered weird by her schoolmates because of her baggy appearance. She can always be seen around with her sketch book. She is friendless and therefore devotes her time to drawing. She finds herself out of place in the school. She is just seven months away from graduating and then she can permanently escape to the place where she can show her true self.

Online, Eliza Mirk or LadyConstellation is an Internet sensation. She is the creator of one of the most popular webcomics on the internet - 'Monstrous Sea'. She anonymously writes under the name of LadyConstellation and is the proud her fandom.

Through LadyConstellation, a part of Eliza is revealed which she is otherwise forced to conceal. She is fearless, mysterious and aloof.

Wallace Warland, the biggest fan fiction writer of 'Monstrous Sea' transfers to her school. He somehow manages to pull Eliza into a social offline she had never imagined. When Eliza's identity is revealed in a local newspaper, her whole life begins to fall apart. This book shows the multi facet attributes of relationships in real lives. Although this book is long and slow paced, it was necessary for the story to branch out beautifully. The slow burn and tension was splendidly planned out by the author and was definitely an ardent ride.

MEHULI ROY, class XII, St Augustine's Day School, Barrackpore, West Bengal



NOT SCARED TO TRY THINGS: RAHUL

Focus will be on getting the best XI on the field with eye on ODI WC

Stand-in skipper K L Rahul on Tuesday said that the Indian team won't be scared of trying different things in 50-over cricket and the focus will be on getting the best XI on the park while keeping an eye on the 2023 ODI World Cup.

India are playing an ODI series after a long time and they are in search of a strong playing XI and correct team balance. The opener, who is now part of the leadership group, feels the multiple ODI series this year will give the team a chance to experiment.

"This year we will be playing a few one-day series, which will give us a chance to try out new things. We've all sat down as a team and had an honest talk about the things we need to improve and the things that we need to get better at. Everyone is committed to it. We have some ideas, some plans," said Rahul in a virtual press conference.

"We want to try out those things in the coming series. That

will give us an indication if we're doing it right, whether our strategies and tactics are right. We aren't a team that's scared to try. Our focus will be on the World Cup and getting the best XI on the park," he added.

FLEXIBLE WITH POSITIONS

Rahul himself has been very flexible in playing at different positions in ODI cricket. He left his natural opening slot and had seamlessly fit in over the last two years. Since 2018, he has averaged 56.08, at a strike rate of 101.81 in 16 innings in the tricky No 4-5 spots. However, in absence of Rohit Sharma, Rahul is now set to open the innings alongside Shikhar Dhawan in the three-match ODI series against South Africa. Once Rohit returns, he's expected to return to the middle order, where not many have staked a claim.

Talking about the short-term

move as an opener, Rahul said the Indian team doesn't want to be a very predictable side and everyone will have to be flexible in their roles. "We have to be flexible. One of the talks that we've had is that we don't want to be a team that is very predictable. There might be games where I'll need to bat in the middle-order if that's what the team needs. I might have to open the batting, which I'm okay with. There are team plans and strategies," he said. "According to that, everyone will have their roles clear but everyone also understands that they will have to be ready for certain things that the team wants them to do," he added.

The 29-year old also highlighted his role as a leader, saying that he will support the players in developing a positive mindset. "For me as a leader, it will just be about supporting the guys and keeping the guys in a mindset where they are excited and want to go out there and do special things for the team, for the country," he said. **IANIS**

VIRAT MADE US BELIEVE WE CAN DO SPECIAL THINGS

KL Rahul has said Virat Kohli had an amazing quality as a leader and he was able to get the best out of everybody and keep them motivated.

"I think under Virat, Team India has done phenomenal things. We have won series outside India which hadn't been done before. He has done a lot of things right and he has set a standard for all of us and Team India. It would be important for us to build on that as a group. We obviously know what it takes to be a champion team," said Rahul.

"Virat had this amazing ability to get the best out of everybody, he pushed everybody and made us believe that we can do special



Virat Kohli with KL Rahul during a practice session

things. That is something I have learnt from him and hopefully, I can do that with the team as well," he added.



K L Rahul during a training session ahead of the first ODI against South Africa in Paarl

NADAL, ASH BARTY ADVANCE

Spaniard reaches round three comfortably, Barty happy to be part of First Nation Day celebrations

Rafael Nadal needed five match points before putting away tenacious German qualifier Yannick Hanfmann at the Australian Open on Wednesday and continue his march towards a record 21st Grand Slam title. Ashleigh Barty beat 142nd-ranked qualifier Lucia Bronzetti 6-1, 6-1 in 52 minutes.

The Spanish world number five was always in command in a 6-2, 6-3, 6-4 win in 2hr 42 min in hot conditions on Rod Laver Arena to stride into round three. "He is a player with big shots, good serve and he has very high potential," Nadal said of the 126th-ranked Hanfmann, who put up more of a fight than the score suggested.

Nadal, with two service breaks, took the opening set after 48 minutes with a backhand winner to the top corner. The meticulous Spaniard kept moving Hanfmann around the court and claimed another service break with a forehand winner for 5-3 and served it out for a two-sets lead. Another early service break had Nadal on the way in the third set but he needed five match points to close it out.

Yet to face top-60

His 5-0 record in 2022 is a strong start after an injury-disrupted last year, but he is yet to face a top-60 player in the new year. Nadal, the only Australian Open champion in the men's draw after nine-time winner Novak Djokovic's deportation on the eve of the tournament, is vying with Djokovic and Roger Federer to reach a men's record 21st Slam crown.

BOPANNA, MIRZA LOSE DOUBLES

Veteran Indians Rohan Bopanna and Sania Mirza were knocked out of their respective doubles events of the Australian Open on Wednesday. Bopanna and his French partner Edouard Roger-Vasselin lost to Christopher Rungkat and Treat Huey. Mirza and Ukrainian partner Nadiia Kichenok lost to Slovenian team of Tamara Zidansek and Kaja Juvan. The two will now compete in mixed doubles: Bopanna with Croatia's Darija Jurak Schreiber, Mirza with American Rajeev Ram.

Nadal's 2021 season ended prematurely in August because of his left foot injury before he contracted Covid-19 in December. The Spaniard great has played just 13 tournaments in the past two seasons.

Barty's cultural connect

Ash Barty was front and center when the Australian Open celebrated its inaugural First Nations Day. Albeit not for very long. The top-ranked Barty has Indigenous heritage and her second-round match at Melbourne Park's main stadium on Wednesday was among the features of a program dedicated to the Aboriginal and Torres Strait Islander people of Australia. She was on and off the court quickly, beating 142nd-ranked qualifier Lucia Bronzetti 6-1, 6-1 in 52 minutes.

"Really cool. ... Nice for me to be a part of it in a way I feel most comfortable," Barty said. "On a day when we're bringing culture together ... it was really nice for me to go out and enjoy that. "I was really fortunate to be able to play today." **AGENCIES**



Rafael Nadal

Photo: AFP

MAJOR BLOW TO CHELSEA AGAIN AFTER DRAW TO BRIGHTON

Chelsea suffered another major blow in the European champions title race after a 1-1 draw at Brighton.

Thomas Tuchel's out-of-form side have managed just one win in their last seven Premier League games and are at third place, stuck 12 points behind leaders Manchester City, having played a game more.

Blues boss Tuchel saw his side take the lead through Hakim Ziyech in the first half, but Brighton's man of the match Adam Webster headed home an equaliser on the hour. It was no more than the Seagulls deserved and Chelsea were left hanging on at the end to snatch a draw. **AGENCIES**



Hakim Ziyech

Photo: AP

QUIZ TIME!

Q1: Which A-League player played alongside Wayne Rooney at Everton as a junior?

- a. David Carney
- b. Harry Kewell
- c. John Aloisi
- d. Aziz Behich

Q2: How many grand slam titles did Roger Federer win in 2005?

- a. One
- b. Two
- c. Three
- d. Four

Q3: Who was the first Indian women to win a medal in Olympic?

- a. Mary Kom
- b. Karnam Malleshwari
- c. Sakshi Malik
- d. Chanu Saikhom Mirabai

Q4: Which cricketer scored a century in each of his first three test matches?

- a. Kapil Dev
- b. Mohd. Azharuddin
- c. Rahul Dravid
- d. Ravi Shastri

Q5: How many Grand Slam titles has Andy Murray

won so far?

- a) 4 b) 6 c) 1 d) 3



Andy Murray

Photo: GETTY IMAGES

Q6: Which footballer won three FIFA World Cups in 1958, 1962 and 1970?

- a) Pele
- b) Cafu
- c) Bellini
- d) Castilho

Q7: Who designed the Hockey World Cup trophy?

- a) H.E. Masood
- b) Basheer Moojid
- c) Abdul Hafeez Kardar
- d) Nur Khan

Q8: Which country is the current champion of Uber Cup?

- a) Japan
- b) China
- c) Indonesia
- d) USA

Q9: Who was the first Indian to become the Junior Wimbledon Champion?

- a) Ramanathan Krishnan
- b) Premjit Lal
- c) Vijay Amritraj
- d) Leander Paes

ANSWERS: 1 a. David Carney 2 b. Two 3 b. Karnam Malleshwari 4 b. Mohd. Azharuddin 5 d. 3 6 a. Pele 7 b. Basheer Moojid 8 a. Japan 9 a. Ramanathan Krishnan