



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Are you a binge watcher? We tell you how to get rid of this habit before it becomes an addiction

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➤ Did you know that Udaipur, the city of lakes, is also famous for its rich history and architecture?

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➤ India stays alive in the ICC Women's WC with win over Bangladesh

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STUDENT EDITION

WEDNESDAY, MARCH 23, 2022



External affairs minister S Jaishankar had rejected putting Ukraine on the QUAD agenda last month, telling reporters after the QUAD meeting in Melbourne that "this meeting is focused on the Indo-Pacific, so I think you should figure out the geography there"

CLICK HERE: PAGE 1 AND 2

Your marks in class XII boards won't impress colleges anymore

Yes, you read it right. From the academic session 2022-23, no weightage will be given to board exam performances in undergraduate admissions in all the central universities and their affiliated colleges, according to a decision by the University Grants Commission(UGC)...

SO, HOW WILL ADMISSION HAPPEN?

1 While the universities will be allowed to set a minimum eligibility on board exams marks, entrance to undergraduate courses will be through a Common University Entrance Test (CUET) score, which will be the basis for admission

the CUET scores for admissions to their programmes. There are 45 central universities funded by the UGC. The UGC has also made the test broad-based by doing away with central university from the nomenclature so that state, deemed and private universities, too, can join

2 The National Testing Agency will conduct the CUET for the undergraduate and postgraduate programmes. According to the UGC, all the central universities will have to consider

3 For admissions to programmes in audio-visual or performing arts, and extra-curricular and sports category, universities or colleges can give weightage to practical or trials, it added

THE PATTERN

- The computer-based test, to be conducted in the first week of July, will be scheduled in two shifts
- The syllabus of the CUET will be mirrored with the class XII model syllabus of the NCERT
- The CUET will have section 1A, section 1B, general test and domain-specific sub-

jects. Section 1A, which will be compulsory, will be in 13 Indian languages, and candidates can choose the language of their choice

■ If a university has a certain percentage of seats reserved for local students, it can retain that. But these students will also have to take admission through CUET, the UGC said



■ Not really, according to M Jagadeesh Kumar, chairperson, UGC, who pointed out that "all the IIT admissions use JEE scores primarily because of the diversity of the boards and the different kinds of evaluation systems." The same is true with the university admissions, which is why we are giving one standard NCERT syllabus so that everybody can prepare and have a common reference ground, he added ■ The CUET will also be applicable to all the minority institutions, such as the St Stephen's College, Delhi; Aligarh Muslim University, and Jamia Millia Islamia, where aspirants for seats reserved for minority communities will also have to clear the CUET

 Share your views at TOINIE175@GMAIL.COM
**IS IT A
NEW
SYSTEM?**


'Best way to get a seat at the table is to pull up a chair'

Former PepsiCo CEO Indra Nooyi has a valuable advice for all, which can be applied at work, home and in life, in general. She believes the best way to get a seat at the table is to "pull up a chair", which means actively seek out opportunities instead of waiting for them. In a short video on social media, the business leader said, "I believe the best way to get a seat at the table is to pull up a chair. Don't wait to be invited because the invitation may never come."



Actively seek out opportunities to participate and take every opportunity you can to share your talent and unique perspective

Indra Nooyi, one of the most-powerful business leaders in the world, has often spoken about her personal and professional journey, and about the challenges of rising up the corporate ladder as an immigrant in the United States

**Celeb
talk**

FLYING DUTCHMAN NUIS BREAKS 100 KPH BARRIER ON NATURAL ICE

Three-time Winter Olympic champion speed skater Kjetil Nuis has become the first person to break the 100 kph barrier, shattering his own record set four years ago. Nuis, who won gold medals at the Pyeongchang and Beijing Games in the 1,000m and 1,500m races, clocked 103 kph in Tynset, Norway – 10 kph faster than his previous record set four years ago in Sweden.

ON RECORD BOOK



dragged by a Dakar Rally car to reduce wind resistance

On a 3-km-long natural ice rink on Savalen Lake, Nuis skated behind a shield called a 'wind catcher'

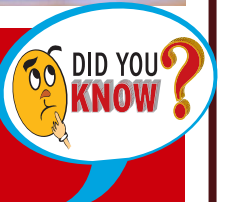
US President Biden calls India 'shaky' in Russia confrontation

US President Joe Biden said on Monday that India was an exception among Washington's allies with its "shaky" response to the Russian invasion of Ukraine. Speaking at the business round table's CEO quarterly meeting at the White House, Biden said that while some members of the Quadrilateral Security Dialogue (QUAD), like Japan and Australia, have responded to Russia's aggression strongly, India has been "somewhat shaky" on some of the issues. Biden said, the North Atlantic Treaty Organisation (NATO) and the QUAD have presented a united front against Russian President Vladimir Putin's aggression and lauded the US-led alliance, including NATO, the European Union and key Asian partners, for its united front against Russia.



Since the beginning of the war, India has expressed deep concern over the deteriorating humanitarian situation in Ukraine. India has repeatedly asked all the stakeholders to resolve differences through dialogue but has abstained from condemning Russia's invasion of Ukraine in the United Nations Security Council

The QUAD – comprising Japan, India, Australia and the United States – is not an alliance but a grouping of countries driven by shared interests and values, and interested in strengthening a rules-based order in the strategically-important Indo-Pacific region



New Delhi world's most-polluted capital city for 2nd consecutive year



New Delhi has been ranked the world's most-polluted capital city for the second consecutive year, followed by Dhaka (Bangladesh), N'Djamena (Chad), Dushanbe (Tajikistan) and Muscat (Oman). Of the 15 most-polluted cities in Central and South Asia in 2021, 12 were in India. New Delhi saw a 14.6 per cent increase in PM2.5 concentration in 2021, 96.4 lg/m3, up from 84 lg/m3 in 2020. Only the territories of New Caledonia, US Virgin Islands and Puerto Rico met the updated WHO PM2.5 air quality guidelines. IQAir's 2021 World Air Quality Report is the first major global air quality report based on an updated annual WHO air quality guidelines for PM2.5. The new guidelines were released in September 2021 and cut existing annual PM2.5 guideline values from 10 Aug/m3 to 5 Aug/m3.

The annual PM2.5 concentration averages in 48 per cent of India's cities, exceeded 50 lg/m3 or more than 10 times the World Health Organisation's (WHO) air quality guidelines. Fine particle pollution, known as PM2.5, is commonly-accepted to be the most harmful, widely-monitored air pollutant, and has been found to be a major contributing factor to health effects, such as asthma, stroke, heart and lung diseases. PM2.5 leads to millions of premature deaths every year



6-year-old boy heads to police station to complain about traffic



A video of a six-year-old boy questioning a policeman and talking about the traffic issues near his school in Andhra Pradesh, has gone viral. The boy named Karthik, who studies in UKG, reached the local police station in Palamaner of Chittoor district on Thursday, and complained about the traffic near his school to the Palamaner circle inspector N Bhaskar about tractors blocking traffic and the dug-up roads. He even requested the policeman to visit the area and solve the issue. The policeman was impressed by the little boy and offered him sweets. He even assured the boy that his complaint will be taken care of, and gave his phone number to the boy, asking him to give a call whenever he faced such a problem while going to school.

THE OTT TRAP: ARE YOU A BINGEWATCHER?

How to know if your TV habits are a problem – and what to do about it

The term "binge-watch" was a contender for the Oxford English Dictionary's 2013 word of the year. Although it didn't win ("selfie" ultimately took the crown), this pointed to the rise of what was becoming a popular activity of watching multiple episodes of a TV show in a single sitting.

Today, millions of us regularly consume our favourite series in this way. The proliferation of streaming services over recent years has made it very easy to do. Unsurprisingly, during Covid lockdowns, research shows many of us spent more time binge-watching than usual.

Can binge-watching become problematic or addictive?

Problematic binge-watching isn't defined by the number of episodes watched (although most researchers agree it's at least two in a row), or a specific number of hours spent in front of the TV or computer screen. **AS WITH OTHER ADDICTIVE BEHAVIOURS, MORE IMPORTANT IS WHETHER BINGE-WATCHING IS HAVING A NEGATIVE IMPACT ON OTHER ASPECTS OF THE PERSON'S LIFE.**

A Look At The Evidence

In the latest study on this topic, a research team in Poland surveyed 645 young adults, all of whom reported that they had watched at least two episodes of one show in a single sitting. The researchers wanted to understand some of the factors underlying problematic binge-watching.

The authors (who based their definition of problematic binge-watching partly on my components model of addiction) used a questionnaire they developed in an earlier study to assess problematic binge-watching among participants. Questions included: "How often do you neglect your duties in favour of watching series?" "How often do you feel sad or irritated when you can't watch the TV series?" and "How often do you neglect your sleep to binge-watch series?"

Participants had to give answers on a six-point scale from one (never) to six (always). A score above a certain threshold was deemed indicative of problematic binge-watching.

Using a range of other scales, the researchers found that **impulse control difficulties, lack of pre-meditation (difficulties in planning and evaluating the consequences of a given behaviour), watching to escape and forget about problems, and watching to avoid feeling lonely** were among the most significant predictors of problematic binge-watching.

Using the same data, the researchers reported in an earlier study that problematic binge-watching had a **significant association with anxiety-depressive syndrome**. The greater the symptoms of anxiety and depression, the more problematic a person's binge-watching was.

An American study found the behaviour was associated with depression and attachment anxiety. Most related studies – like this one from Portugal – have also shown **escapism to be a key motivation of problematic binge-watching**.

In terms of personality traits, research has shown that problematic binge-watching appears to be associated with **low conscientiousness** (characterised by being impulsive, careless and disorganised) and **high neuroticism** (characterised by being anxious and prone to negative emotions). We see these types of associations in addictive behaviours more generally. ^{PH}



SIGNS THAT SHOW YOU ARE A BINGE WATCHER

6

▲ Binge-watching is the most important thing in the person's life (salience)

▲ The person engages in binge-watching as a way of reliably changing their mood: to feel better in the short-term or to temporarily escape from something negative in their life (mood modification)

▲ Binge-watching compromises key aspects of the person's life like relationships and education or work (conflict)

▲ The number of hours the person spends binge-watching each day has increased significantly over time (tolerance)

▲ The person experiences psychological and/or physiological withdrawal symptoms if they're unable to binge-watch (withdrawal)

▲ If the person manages to temporarily stop binge-watching, when they engage in the activity again, they go straight back into the cycle they were in previously (relapse)

BREAKING THE HABIT

If you want to cut down on watching in one sitting, a golden rule is to stop watching mid-way through an episode

Start watching as a reward to yourself after you've done everything you need to in terms of work and social obligations

If you can't control at all, talk to a clinical psychologist. Most addictions are symptomatic of other underlying problems

GADGETS & Gizmos

Stop making these storage mistakes on your Android phone right now



In days when 64GB storage has become almost standard across Android phones, storage is usually not a big issue. However, it may become a problem if you are not using your Android phone right. There are basic steps/tips that you need to follow to keep storage space free on your Android phone. Here are 'mistakes' that you need to stop making on your Android phone right now to make sure there are no storage woes for you.



Not saving photos and videos online

Photos and videos are one of the biggest space consuming items on your phone. So, remember to save your photos and videos online to a cloud storage service like Google Photos. Every Google account comes with 15GB free storage that includes Google Photos. Once done, make sure you delete them on your phone. You can see the backed-up copies in the app using Wi-Fi or mobile data.



Not removing downloaded movies, music and other media regularly

Make sure you delete the movies, music and other media that you have downloaded regularly. To delete content from Google Play: Open the Google Play app with the content, like Play Music or Play Movies & TV. Tap the Menu and then Settings and then Manage downloads. Tap Downloaded and then Remove.



Not uninstalling apps that you don't use

Uninstall the apps you don't use much. For, you can download the app later again when you need it. If you paid for the app, you won't have to buy it again.



Not clearing the app's cache and data

You can usually clear an app's cache and data through your phone's Settings app. This deletes temporary data. These settings vary from phone to phone, depending on the model. ^{Gadgets Now}

IT'S CRICKET AGAIN: IPL PIPS CoWIN IN TRENDS



2021



Neeraj Chopra arched to the apex of the personality list with his history-making performance at the Tokyo Olympics – Independent India's first ever medal in athletics

Nothing can come between India's love for cricket and it was proved yet again as the Indian Premier League (IPL) and ICC T20 World Cup fills the top spots for the trending query overall in the year, beating even the likes of Covid vaccine or CoWin portal, according to Google India's 'Year In Search 2021' announced recently.

IPL, which was also the most searched sporting event, was followed by CoWIN, ICC T20 World Cup, Euro Cup, Tokyo Olympics and Covid Vaccine in the top trending query list on search engine giant Google.

Notably, the IPL had topped the trending query list last year as well. Tokyo Olympics, Black Fungus, Afghanistan, West Ben-

gal elections, Tropical cyclone Tauktae and Lockdown made it to the top 10 among the most searched news events by Indians, according to the list.

Euro Cup, Copa America, Wimbledon, Paralympics and French Open were among the most searched sporting events this year.

Neeraj Chopra arched to the apex of the personality list with his history-making performance at the Tokyo Olympics – Independent India's first ever medal in athletics. He was followed by superstar Shahrukh Khan's son Aryan Khan, who got embroiled in a major controversy after being booked by the NCB in an alleged drug case in October 2021.

Tesla founder Elon Musk and page three celebrities such as Vicky Kaushal, Shehnaaz Gill, and Raj Kundra were among the names that piqued interest of the nation. The list also included two more 2020 Tokyo Olympic medalists PV Sindhu and Bajrang Punia. ^{Agencies}

WAR IMPACTS QUALITY OF EDUCATION

War leads to deterioration of health, lives, and property and the most important, education system.

War is such disastrous action, the consequences of which, leave worst circumstances. We, normally misunderstand that wars are amongst countries. But, the fact is that the wars or conflicts can be within the country, on the grounds of community, politics or religion.

Whatever might be the cause of the war, it has the worst impact

on the education system.

The educational institutions, which are considered the best place to ensure educating the future citizens, are destroyed due to the wars. The infrastructure is left unsafe for the students to learn there.

The young and talented children are aimed at to become the soldiers leaving the education behind.

In such fearful cir-

cumstances, the schools are forced to keep the tools and weapons in their premises in order to ensure the safety of the students. But the major drawback of that is it leads to provocation of the students



SUDHA CHAUHAN,
Principal, Euro
International School,
Sector 37D, Gurugram

towards the teachers, or vice-versa.

If the learning environment remains so fearful and violent, the quality of education starts to decline. The agitation and insecurity that is present in the air during war time, compels the students to stay at home which reduces their attendance in schools. The most affected factor amongst all, are the girls, who are vulnerable to sexual violence. Hence, they are preferred to stay at home only.

Students bid farewell to their alma mater

The Graduation Ceremony for the class of 2022 of **Tagore International School**, Vasant Vihar was held on March 12 in the school. The day commenced with the lighting of the ceremonial lamp by the chief guest, Dr Bani Yadav, rally driver and car racer, National Champion, Asia Pacific Rally Cup Winner (Ladies), school principal Shefalee Gupta and the senior education advisor Madhulika Sen. The programme proceeded with reading out the citations by teachers, followed with the speeches by

main cabinet was carried out on the beats of the drum as the Assistant Main Cabinet members received the sash and badge from their seniors. This year the Rabindra Ratna Award was given to Malvika Chawla of class XII.

Dr Bani Yadav, Shefalee Gupta and Madhu-



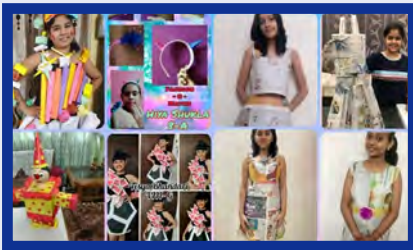
speech by the president of the Students' Council, Vaishnavi Pandey was reminiscent of the time spent at school.

The 'handing over of the charge' by the main cabinet to the assistant

lika Sen, in their inspiring address, told the students that they must not settle for mediocrity in their lives and that each of them must strive for excellence whatever the challenges.

What is the use of maths activity?

In order to gain the most, you have to know how to convert negatives to positive! With this approach in mind, **ASN Senior Secondary School**, Mayur Vihar School gives the opportunities to apply various mathematical concepts in our day to day life. We are given some very interesting activities using commonly seen stuff at home in order to have a very clear understanding of the concept. All these activities help us have an edge over the various mathematical concepts and most importantly how to apply them in common parlance which generates interest in the subject.



Boscon aces interstate yoga competition

School Games Federation of India (SGFI) hosted a Delhi State Yoga Competition, which was organised by the Department of Education - Sports Branch and held at Chhatrasal Stadium on February 19.

Palak Gupta, a student of class X of **Bosco Public School**, Paschim Vihar did the school proud by bagging the first position in the Under-17 Individual Category. She displayed her skills by being focused and coordinated while performing various asanas and relished the power of being still and stout. She also secured the third position in the artistic competition and gave a tough competition to other participants.

The incredibly agile Boscon proved that 'abhyasa', a steady effort



in the direction you want to go, is at the heart of yoga practice. Under her mentors' guidance Palak made sure to upsurge the prestige of the school and was congratulated on her incredible feat by our perseverant principal, Rajeev Duggal, distinguished chairman, Dr G S Tuteja and dynamic vice principal, Priya Handa. Palak's achievement is a testimony to her grit, determination, and sportsmanship spirit.

Science Day celebration at Ryan

Ryan International School, Sohna road celebrated National Science Day to commemorate the discovery of Raman Effect by CV Raman, the great physicist and Noble Prize winner.

The students of primary and middle wing presented variety of science experiments and demonstrations in a special assembly with apt props and working models depicting solar system, air has weight, density of water, mechanism of breathing, solar and lunar eclipse, electrical circuit and oxygen

supports combustion. Rishav Ambawat from class VI did a role play on C V Raman and Eshtha gave information about National Science Day.

The school principal Peeya Sharma appreciated the efforts of the students and awarded winners with certificates.

The primary wing winners: 1. Yatharth Gulwanshi, 2. Samridhi, 3. Naitik and Anay Kumar Singh, Daksh.

Middle wing winners: 1. Samridhi Pandey, Eshtha Gathwal, 2. Anshika Dagar, Saksham Raghav.



Student Corner



VANSHIKA UPRETI,
class V-D,
Rukmini Devi Public School



KASHIKA NAGPAL, class V-E,
Rukmini Devi Public School



AANSHI GUPTA, class V-D,
Rukmini Devi Public School

Celebrating Basant Panchami

Shaheed Bishan Singh Memorial Sr Sec School, Mansarovar Garden celebrated Basant Panchami with great fervour to commemorate the birth anniversary of Satguru Ram Singh. Besides other dignitaries, the school chairman H S Hanspal also graced the occasion. The program started with a speech on importance of 'Satguru's teachings like 'Jap Prayog' or 'Sodh Maryada' in this pandemic stage.

Followed by a choir who recited a beautiful 'shabad' in praise of Satguru Ram Singh which



mesmerised the audience. The shabad was followed by the prize distribution ceremony in which meritorious students of class X

and XII were awarded with various prestigious awards. Apart from academics, Khushboo Rana (class IX) was awarded for bringing laurels in sports as well as for getting top positions in National Pencak Silat (Taekwondo) Championship and for her selection in Asian Games.

Manager, Satwant Kaur was honoured for her astonishing 40 years of working profile and showing the righteous path for growing immensely. The programme was culminated by expressing the heartiest gratitude to the management as well as the school principal Puja Singhal.

Annual school exhibition, 'Abhivyakti'

Sun Valley International School, Ghaziabad organised Science Exhibition 'Abhivyakti' in the school on February 23 to mark National Science Day. The participation was open for students from classes VI to VIII. The students were required to demonstrate models based on topics which they have studied during their curriculum.

The purpose of exhibition was to develop creativity, scientific temperament & designing skills in students.



The exhibition was inaugurated by management of the school. The visitors to the exhibition included students and their parents. The students pre-

sented both still & working models depicting various themes during the exhibition.

The major attraction of the exhibition were lunar landing, 3D solar system and biodiversity point. The lunar landing was exhibited using pulley system. The 3D solar system was a visual depiction of entire solar system in 3D using balls and scrap. The biodiversity point captured the theme of diversity by showing various types of rice, animal specimens, life processes etc.

CITY OF UDAIPUR ROYAL AND PRISTINE!

Travel is something my whole family enjoys and this trip to Udaipur after a long gap was refreshing. When we reached there, we checked in at a beautiful resort. After relaxing, we went to Chittorgarh which is 150 kms away from Udaipur. Chittorgarh is famous for its fort with seven gates known as 'Pol'. To enter that fort, we need to cross all the seven gates. We also visited Meera Bai and Shree Krishna Temple, which are very few in India. Our next halt was where Rani Padmavati had performed "Johar" with other 16000 Ranis. It is the place where Rani became Sati.

While exploring the fort, I came across the Vijaya Stambha- the imposing victory monument constructed by the Hindu Rajput king Rana Kumbha of Mewar.

After returning to Udaipur, the

next day we visited Fatehsagar Lake, Pichola Lake and City Palace. The Palace is huge and I was informed



that this is the only palace, where Mughals never ruled. The gates were



so small that the Mughals were not able to enter it easily.

It was an amazing trip. I was so happy to know about the history of kings like Maharana Pratap, Maharana Kumbha and many others. I was also amazed by their architect and all the things they had done to protect the kingdom from Mughals.

AARUSH AGRAWAL, class III, St Kabir High School, Ahmedabad

POLITICIANS WHO MARKET THEMSELVES ON SOCIAL MEDIA ARE PRAISED MORE THAN THOSE DOING REAL ACTION...

The only constraint in the contemporary era is time and social media has emerged as a major platform for politicians to capture the attention of their target audience. Many leaders use it to sell their political messages and ideas to the voters. And nothing wrong with it as everyone has a right to promote self.

Politics is like a war and those who have resources, will use all means to win it and this includes glorifying themselves on social media. It is a bitter truth that people have lost touch with reality and the virtual world is real for them. Majority of people

refuse to see beyond and hence leaders who know how to use social media for their benefit are praised, while leaders who believe in ground action have a limited audience.

NIMISHA SONI, class IX, Zebar School for Children Ahmedabad



DEBATE

Social media has come to play an important role in democratic societies. It not only allows people to express their views, but also helps them to form an opinion. But that does not mean that awareness among them is a miss and they are impressed by good words put by politicians on social media. Some politicians do use social media to woo their voters, but citizens are equally aware and now they don't easily believe in politicians' words.

Awakened citizens do not just go by social media and in some cases, leaders have got trolled for spreading wrong. We

cannot assume that the leaders active on social media are always praised more as people are aware of the kind deeds of Sonu Sood, even though he did not use social media.

PAVNI SHAH, class IX, Zebar School, Ahmedabad



BHATIA, RANA POWER INDIA

Beat Bangladesh by 110-runs to keep semis hopes alive

Yastika Bhatia's gritty half-century and Sneha Rana's all-round performance powered India to a dominating 110-run win over Bangladesh and kept them in the hunt for a semifinal spot at the ICC Women's World Cup, on Tuesday. Opting to bat, India recovered from a mid-inning collapse to post a modest 229 for seven, riding on a responsible 80-ball 50 by Bhatia and a late flourish from Rana (27) and Pooja Vastrakar (30).

SPINNERS SHINE

Defending the total, the spinners, led by Rana (4/30), controlled the proceedings as they struck at regular intervals. India bowled out Bangladesh for 119 in 40.3 overs to register their third win of the tournament. The big win helped India improve their Net-Run-Rate (0.768) further:



Shafali Verma (L) and Smriti Mandhana

The Mithali Raj-led side will take on South Africa in the final league match Sunday. If second-placed Proteas beat West Indies on Thursday, India's semifinal chances get better.

India's decision to bring in senior spinner Poonam Yadav (1/25) in place of pacer Meghna Singh paid dividends. With spinners operating from both the ends on a slow track, Bangladesh found the run-scoring difficult.

India restricted Bangladesh to 69/5 after 25 overs. Lata Mondal (24) and Salma Khatun (32) provided some resistance with a 40-run partnership, which was broken by

Jhulan Goswami when she dismissed the latter, while Vastrakar accounted for the former a few overs later. The pace duo of Goswami (2/19) and Vastrakar (2/26) shared four wickets between them.

BATTERS PUSHED

Earlier, Smriti Mandhana (30) and Shafali Verma (42) shared 74 runs for the opening wicket but Ritu Moni (3/37) and Nahida Akter (2/42) reduced India from 74 for no loss to 108 for 4. Mandhana ended up hitting straight to Fargana Hoque off Akter, while Moni struck twice in two balls in the next over to leave India at 74 for 3 in 15.4 overs.

Skipper Mithali Raj (0) was out for a first-ball duck as India lost three wickets in quick succession. Vice-captain Harmanpreet Kaur (14) then joined Bhatia as the two tried to resurrect the innings but duo scored only 34 runs in 70 balls.

Bhatia (50 off 80) and Richa Ghosh (26) then added 54 runs to take India past the 150-run score. However, Akter brought Bangladesh back into the game when she had Ghosh caught behind. After completing her fifty, Bhatia perished.

Vastrakar (30) and Rana (27) then came together at 180 for 6 at the end of 44th over to add 48 off 38 balls, taking India past the 200-run mark. With the two going strong, the last 10 overs yielded 64 runs.



Lata Mondal

Photo: AFP



Sneha Rana

Photo: AFP

AUSTRALIA STAY UNDEFEATED

Australia's relentless march through the Women's World Cup continued with captain Meg Lanning thrashing an unbeaten century as the tournament favourites dealt South Africa a humbling five-wicket defeat in Wellington on Tuesday.

Australia made light work of South Africa's 271 for five, ticking off the winning runs with nearly five overs to spare. Lanning smashed 135 off 130

balls as Australia won their sixth straight match, the star skipper scooping another player-of-the-match award. "We thought (270) was par and the track got better towards the end of South African innings," said Lanning. Unbeaten coming into the match, Sune Luus's South Africa were buoyed by 90 runs from opener Laura Wolvaardt but rued a dreadful day in the field. Australia have now won 18 successive matches when chasing in ODIs.



Meg Lanning

Photo: GETTY IMAGES

JHAJHARIA RECEIVES PADMA BHUSHAN

Becomes first para-athlete to win the award; Lekhara, Bhagat too win Padmas

Ace Indian javelin thrower Devendra Jhajharia on Monday became the first para athlete to receive the Padma Bhushan, the country's third highest civilian award. The 40-year-old Jhajharia received the prestigious award from President Ram Nath Kovind at Rashtrapati Bhavan.

Jhajharia is a multiple-time Paralympics medal winner, having won his maiden gold during the 2004 Paralympics in Athens, his second gold medal during the Rio Games in 2016, and a silver medal during the 2020 Tokyo edition last year. In 2012 he was the first Paralympian to be honoured with Padma Shri.

The javelin thrower competes in the F46 events in the Paralympics and was among the four Paralympic medallists to be conferred with the Padma awards this year.

This is the first time a para athlete has got the Padma Bhushan. Now I will have more responsibility towards the country, to win more medals for India. To the youth, I will say work hard. One minute of work will not get you anything. I have worked hard for the past 20 years, and 2002 was the first time I won a gold medal.

DEVENDRA JHAJHARIA

Padma Shri for Lekhara

Tokyo Paralympics double medallist shooter Avani Lekhara received the Padma Shri for her excellent showing last year. Lekhara won a gold medal in the 10m air rifle standing event and a bronze in

the 50m rifle 3 positions event.

Alongside Jhajharia and Lekhara, gold medal-winning javelin thrower Sumit Anil, gold medallist in badminton Pramod Bhagat were the other Paralympic stars to be conferred with the honour.

That he has achieved a first was not lost on Jhajharia.

Lekhara tweeted, "Honoured and grateful to be awarded the Padma Shri. This award is a testament to not only my efforts, but the sacrifices of my family and the support of everyone involved in my career helping me achieve all I have."

"I look forward to representing the country with the same passion!"

The Padma awards are conferred in three categories - Padma Vibhushan, Padma Bhushan, and Padma Shri. These awards are given in various disciplines and fields. AGENCIES



President Ram Nath Kovind presents Padma Bhushan to Devendra Jhajharia for Sports, in New Delhi

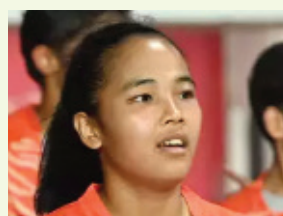
Photo: ANI

INDIA U-18 RIDE ON LYNDA KOM'S HAT-TRICK TO BEAT NEPAL

India churned out yet another stellar performance in the ongoing SAFF U-18 Women's Championship 2022 as they beat Nepal 5-1 in their third fixture of the football tournament. India take on Bangladesh in their final fixture on March 25.

A splendid hat-trick by Lynda Kom in the 23rd, 38th and 61st minutes, and a goal each by Shilky Devi in the 16th minute and Anita Kumari in the 55th minute led the Young Tigresses to a rather comfortable win in a show of dominance after Nepal had pulled one goal back in the second half.

Keeping their winning momentum alive after their last win against Bangladesh, the Indian girls heaped pressure on the opponents from the opening minute. In the 2nd minute itself, Lynda Kom



Lynda Kom

Photo: AFP

tried to put in a header but missed by a whisker.

India's first breakthrough came in the 16th minute when captain Shilky Devi delivered with an inch-perfect header from Nitu Linda's pass. A couple of minutes later, Lynda Kom, in the 23rd minute, doubled the lead with a glancing header.

Nepal looked to strike back but were struggling to create chances and keep possession in dangerous areas as the India stood firm. ANI

QUIZ TIME!

Q1: The World Youth Boxing Championships, where Indian women won 7 gold medals, were held in which country?

- Russia
- Poland
- Ukraine
- France

Q2: Who was the first cricket to score 6 sixes in an over in an ODI?

- Ravi Shastri
- Gary Sobers
- Herschelle Gibbs
- Kieron Pollard

Q3: Who has become India's second-highest wicket-taker in Test cricket?

- Jasprit Bumrah
- Mohammed Shami
- R Ashwin
- Ishant Sharma

Q4: Where was first Under 19 Cricket World Cup held?

- India
- Australia
- Berlin
- China

Q5: Who did Novak Djokovic defeat to win his 9th Australian Open and 18th Grand

Slam title in 2021?

- Roger Federer
- Rafael Nadal
- Daniil Medvedev
- Stefanos Tsitsipas



Novak Djokovic

Photo: AFP

Q6: Which current player has win streak in the Davis Cup with 32 singles rubbers?

- Andy Murray
- Rafael Nadal
- Stan Wawrinka
- Marcos Baghdatis

Q7: Triples is a new format of

- Squash
- Tennis
- Badminton
- Chess

Q8: The longest ever Davis Cup rubber was a titanic tussle between _____

- Tomas Berdych- Lukas Rosol vs Stan Wawrinka - Marco Chiudinelli
- Leonard Mayer vs Joao Souza
- Mats Wilander vs John McEnroe
- Maheesh Bhupathi-Leander Paes vs Jonas Bjorkman-Patrick Rafter

ANSWERS:

- 1 b. Poland
- 2 c. Herschelle Gibbs
- 3 c. R Ashwin
- 4 b Australia
- 5 c. Daniil Medvedev
- 6 d. Marcos Baghdatis
- 7 c. Badminton
- 8 a. Tomas Berdych- Lukas Rosol vs Stan Wawrinka - Marco Chiudinelli