



# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

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**STUDENT EDITION**

MONDAY, NOVEMBER 8, 2021



## GLOBAL METHANE PLEDGE

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

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

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



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



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

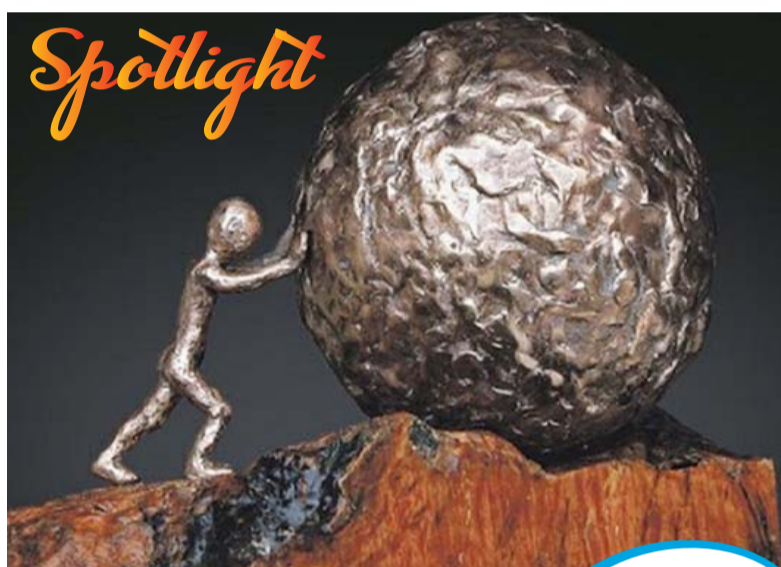


■ **Christina Adane,** a 18-year-old girl born in the Netherlands to Ethiopian parents, and now living in the UK, has made a name for herself fighting food injustice

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

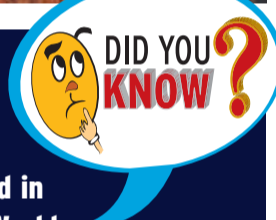
**2** Each year the prize has been awarded by a Nobel Peace Prize laureate. The 2021 winner will be declared by Kailash Satyarthi, the 2014 recipient

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



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

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



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

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

methane emissions by 30 per cent before a 2030 deadline.

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

ever, are the oil and gas industries.

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

### WILL IT HELP

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

### WHY INDIA IS NOT A PART OF METHANE PLEDGE

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

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

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

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



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

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

## Damon Galgut 'Books' his name on Booker prize

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

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

**BOOK**


## WhatsApp may extend 'delete for everyone' time limit window

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



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

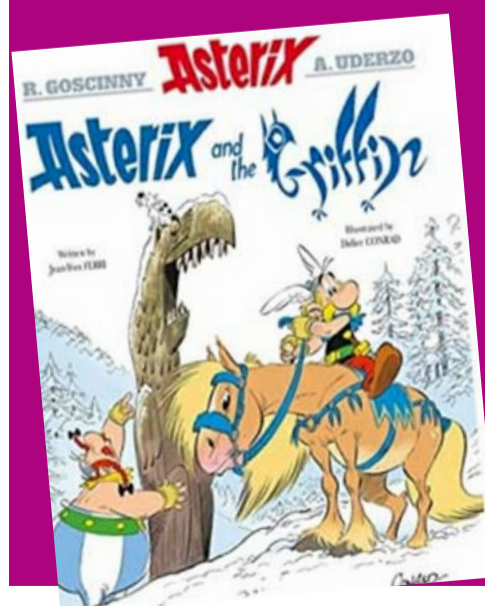
■ Recently, WhatsApp also started rolling out end-to-end encrypted chat backups for iOS and Android users globally


**TECHAWAY**

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

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

## Asterix is back with 39th adventure



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

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



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

# POST DIWALI POLLUTION: WAYS TO CLEAR THE LUNGS

1

## Steam therapy

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

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

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



more easily.

A small study involving 16 males with chronic obstructive

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

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

4

## Regular exercise

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

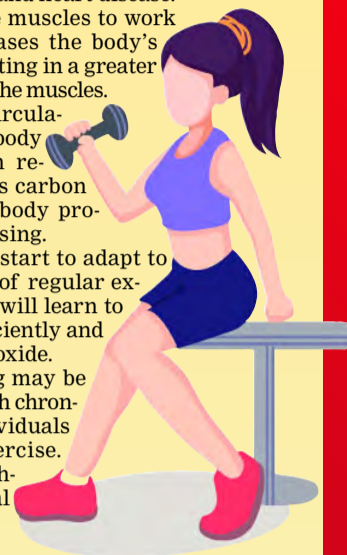
Exercise forces the muscles to work harder, which increases the body's breathing rate, resulting in a greater supply of oxygen to the muscles.

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

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

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

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



Below,  
we look at  
breathing exercises and  
lifestyle changes that can  
help remove excess mucus  
from the lungs and  
improve

5

## Green tea

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

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



2

## Controlled coughing

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

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

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

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



3

## Drain mucus from the lungs

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

**Postural drainage techniques differ depending on the position:**

### ON YOUR BACK

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



6

## Anti-inflammatory foods



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

**FOODS THAT HELP FIGHT INFLAMMATION INCLUDE:**

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

7

## Chest percussion

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

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



## LOW PLATELET COUNT?

## FOODS TO INCREASE YOUR PLATELET COUNT AFTER DENGUE

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

### WHAT NOT TO HAVE

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

- Alcohol
- Cranberry juice
- Cow's milk

### VITAMIN B 12

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



### FOLATE

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

### VITAMIN C

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



### IRON

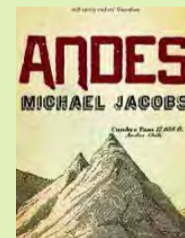
Deficiency of iron in the body often leads to anaemia, a condition in which red blood cells that carry adequate oxygen to your body's tissues decreases. Taking sufficient iron-rich foods can increase the level of red blood cells and also the platelet count. A healthy amount of blood components can boost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

## GREAT BOOKS ABOUT MOUNTAINS AND HILLS YOU MUST READ

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

### 'Andes' by Michael Jacobs

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



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

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



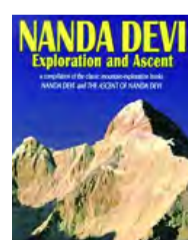
### 'Space Below My Feet' by Gwen Moffat

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



### 'Nanda Devi: Exploration and Ascent' by Eric Shipton

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



### 'Mountaineering in Scotland' by WH Murray

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



## MPS student bags bronze at 36th National Junior Athletics

Arjun, a class IXth student of Modern Public School, Shalimar Bagh, New Delhi, made headlines by bagging the bronze medal in Boys U-16 Javelin Throw event at the 36th National Junior Athletics Championship held at Indira Gandhi Athletics Stadium, Sarusajai, Assam.

The event is organised every year by the Athletics Federation of India (AFI) that seeks to promote, encourage, and control athletics in India and provide training facilities to the growing athletes so that they can polish their talent and represent the nation on an international level. The mega sporting event took place from February 6th to 10th, 2021 and witnessed the participation of India's budding athletes from all parts of the country.

While Arjun bagged bronze at the event, he managed to accrue several gold medals at different state-level meets. He is currently ranked among the top 8 Javelin throwers in



India in his age category i.e. U-16 Boys.

This isn't the first time either when a student of Modern Public School has been in the news for excelling in the sporting arena. Very recently, **Kashish Lakra**, another modernite earned the mantle of being the youngest athlete from India to qualify for the Tokyo Paralympics 2020 in the Women's Club Throw F51 category, which in itself is a great feat.

Talking about Arjun's success at the 36th National Junior Athletics Championship, Alka Kapur, Principal, Modern Public School, Shalimar Bagh, said, "I am extremely happy for Arjun, as it is no easy feat to compete on the national level and win a prize. It is not just the top-level competition that you have to deal with, but also the pressure that comes with performing at such a big stage. However, he showed the true MPS spirit and delivered his best. I am certain that he will keep improving even further and represent India in international events soon."

## Fairy-Tale Flip

Tell a familiar fairy tale but from a new perspective!

Putting a creative spin on a well-known story helps children explore their imagination and flexibility, as both are important facets of creative thinking. To match the endings with the real life, on October 26 2021, 'Flip the End' Activity was organised for class VIII to teach the students of Modern Public School, Shalimar Bagh the basics of useful concepts that help them to make decisions and face danger alone.

Fairy tales give form to deep thoughts and dreams about life



through fantasy. The activity hones the communication skills and critical thinking of the students.

The students rethink and re-explore the story in contemporary times. Students were overwhelmed and took great pride to flip the end of the fairy tales in their own way.

They allow specific ideas to grow to enhance self-confidence. Adorned with different attires and props, students participated whole heartedly.

## AI Enthusiast at AI Global Impact festival

To celebrate and enrich lives with AI Innovation, Intel had organised the first annual AI Global Impact Festival from October 15 - 30, 2021. Students from across the globe participated in this International festival and different sessions on diverse topics by Intel® and industry experts were organised. Participants witnessed showcase of AI ideas, impact projects and best practices by teachers and students from different countries.

Ridge Valley School, Gurugram has become the proud recipient,

as Ishaan Chamoli of Grade XI participated in AI Enthusiast challenge and submitted his brilliant idea about helping "Refugee Relocation through AI Mapping".

His project has been selected as global Top 10 and India's number 1 idea (Under 13-18 Years age category) at the global level AI Global Impact festival organised by Intel along with prize money of \$1,500. His idea was rated by the audience and top 10 ideas were finally evaluated by the Intel Panel during the virtual interview session.



## Celebrating world peace

International Day of Peace or World Peace Day is annually observed on September 21 to celebrate the world peace and especially the absence of outright war and violence. This year, more so than any other time in recent history, has shown us that discord among humans as a race can lead to disastrous consequences.

This day is celebrated to highlight the fact that we are not each other's enemies and that in order to successfully get through these troubling times, we need to be able to rely on one another. Students of class VIII of St. Marks Girls Meera Bagh school also celebrated the Peace Day by making



videos on the importance of peace among people from different countries. It was a nice learning experience for our children to understand that "Peace lies above all".

## Shining Sreshtha of DAV

DAV Public School Sreshtha Vihar's stu-

dent, Om Dehlan topped in East Delhi and secured All India Rank (AIR) 73

in JEE-Advanced Exam 2021. School Principal Suhasini K.Nath congratulated him on his success.



## Series of programmes mark Dussehra at KDB

Online Dussehra Celebration took place on October 12, 2021 at KDB Public School, Ghaziabad. Primary children from classes I to V participated in it. A series of interesting programmes were a part of Dussehra celebration that commenced with PPT in which valuable information about this festival was shared with the children. To test the knowledge of the students about our rich culture, a quiz was played. They participated in it with full energy and

zeal. Then the whole Ramayana was presented in an eye catching manner. Children wearing colourful costumes were the centre of attraction. Dialogue delivery was quite attractive. The whole episode was played so beautifully that it appeared to be real and lively.

Students also enjoyed doing activity of Mask Making exhibiting the various characters of Ramayana. Altogether the programme was enjoyed by both teachers and children.

## student Corner



MANVIK JUNEJA, class IV, Manav Sthali School Rajendra Nagar

### A child's plight in corona

Life was at EASE, Until came the corona virus DISEASE. Schools were forced to shut DOWN, And then online classes took the CROWN. We stayed at home, nowhere to GO, Watching Netflix movies in a ROW. I and my friend missed each OTHER, But meeting her was a big denial from my MOTHER. Our new accessories became sanitizer, mask and PP KIT. And prepare yourself for an anti-covid HIT.



Mum's slogan in lockdown - eat healthy to increase your IMMUNITY, And say adieu to the junk food COMMUNITY. We are yearning to go back to SCHOOL, as for us school was really COOL. Covid is a horrible NIGHTMARE, And I wish to kick it out from the world's ATMOSPHERE.

AVYA SAWHNEY, III, Inspire, Paschim Vihar

## THE EDUCATIONIST

### The Culture of Competition

NIRMAL WADDAN, PRINCIPAL, THE KALYANI SCHOOL, PUNE

Competitive instincts rule every form of life on the earth. Human beings conform to it more closely than any other species. They are inveterate and biological. While animals, birds and even plants compete with their types, specifically for survival purposes, in the human world competitions are even conducted deliberately, and also for fun. The more the population increases, the more developed we become, competitions become all the more intense and cut-throat.

If the competitions are healthy they can help improve one's self-esteem and hone natural abilities to the levels of expertise. One tends to give our best in such circumstances, where there is a possibility of an award in the end. They highlight the skills in one and build resilience and determination.

Competitions are not meant to just announce winners or narrate success stories, but make one aware of our strengths and recognise areas of lacunae. These are important to identify



leaders in various fields of life.

However, the unavoidable stress that comes with competitions often is too much for one to handle, especially in the case of very young children. The anxiety to win, robs the enjoyment and learning that are naturally associated with every activity.

Sports and games, when played for

fun, bring out the best in one - understanding, camaraderie, sharing, problem-solving and so on. But, when the same are played on a competitive level, for higher stakes, they can cause hostility, disappointment and even emotional break-down. This can put a dent on perfectly healthy relationships. A person who cannot handle failure, might lose confidence in his abilities, even if s/he has considerable flair in a certain field.

Having said all this, it should be remembered that human beings are social animals. And despite all the flip sides, competitions are natural in social circumstances.

To make competitions productive, rather than ruinous, the competitors have to be educated about the positive objectives of the contention. They need to understand that the outcome of any contest cannot be the be all and end all of life, and should not be the only factor that defines one's self worth. At the end of the day, it is the values that we grow up with that make what we are, and not how many medals and awards we have won.

## National Ayurveda day observed at Mamta Modern

Ayurveda is the most sacred science of life, beneficial to humans both in this world and the world beyond. The great thing about Ayurveda is that its treatments always yield side

benefits, not side effects. On the occasion of National Ayurveda Day, Mamta Modern Senior Secondary School, Vikasuri celebrated the National Ayurveda Day to make everyone aware



of Ayurveda and its benefits. A special assembly was conducted by the students of class IX on November 2 to make everyone aware of the efficacious side of Ayurveda. Students planted herbs in their homes

and explained the benefits of the same. Besides, special kitchen remedies were prepared by students using herbs. It was really an enlightening assembly.

Failures provide lessons on our path to success

## Undaunted By Failures

When we suffer a setback, even a minor one, we feel disappointed. Many of us feel this is the end of a journey and are unable to see the light at the end of the tunnel. Negative thinking haunts many of us when we face failures. Failure is often associated with not putting in efforts in the right direction. But we need to realise that failure is not the end but the beginning of better experiences. Failure is not always due to lack of effort - or because we were incompetent. Often failures pave the path for future success.

It is only our will power and determination that are instrumental in reversing negative thinking. Many great leaders such as Abraham Lincoln and Mahatma Gandhi faced failures time and again but they refused to give up and finally succeeded in achieving their aims.

Whenever a building is built, its foundation is laid out first. The strength of the foundation determines how long the building will last. The taller the building rises, it needs a stronger foundation. Similarly, if you would



wish to go higher, reflect and learn from your failures to build a strong foundation.

Just as the different floors of a building are connected by pillars, in the same way different levels of success are connected by pillars of failures. Failure causes you to grow and outgrow somethings in life. As we ponder over what went wrong or what needs to be changed - we learn and progress faster than otherwise.

Many successful entrepreneurs and businessmen today are school or college drop-outs. They faced numerous failures but did not give up on their pursuit. Failures and successes are the two sides of the same coin.

So, every time you fail remember that there is always a better opportunity waiting for you. When failures come your way, do not lose heart. Try to work on any shortcomings and overcome them with courage and patience.

Nirmit Shah, class X, Hutchings High School, Camp, Pune



## ICC T20 WORLD CUP 2021

# INDIA FACE NAMIBIA IN MUST-WIN ENCOUNTER

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

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

## BELOW PAR AGAINST PAKISTAN

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

Men's T20 World Cup against Pakistan.

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

## TOSS ADVANTAGE

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

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

## HOW NRR COULD COME INTO PLAY IN GROUP 2

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

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

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

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

overtaking India's NRR are perhaps not very high.

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

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

## REAL MADRID move top of LALIGA

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

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

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

splitting pass from defender David Alaba.

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

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

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

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

CARLO ANCELOTTI, Real Madrid

## NEYMAR strikes twice

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

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

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

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

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

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

The second goal was of superior quality as Neymar raced

### LILLE AT 12TH

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

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

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

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

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

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

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

## QUIZ TIME!

**Q1:** The term Chinaman is related to which sports?

- a. Football
- b. Hockey
- c. Golf
- d. Cricket

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

- a. Amrendra Singh
- b. Bula Chaudhury
- c. Junko Taibei
- d. Yuri Gagarin

**Q3:** Wellington Trophy is related to which game?

- a. Rowing
- b. Hockey
- c. Tennis
- d. Polo

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

- a. An umpire
- b. A spectator
- c. A referee
- d. A goalkeeper

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

- a. New Zealand
- b. Sri Lanka
- c. Pakistan
- d. South Africa

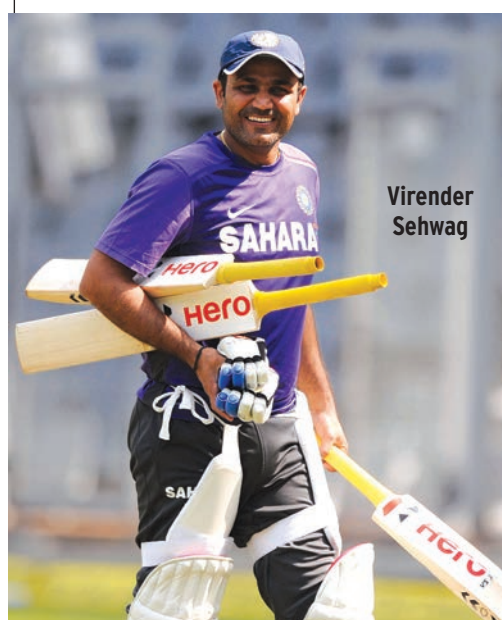


Photo: PTI

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

- a. Sachin Tendulkar
- b. Kapil Dev
- c. Rahul Dravid
- d. Anil Kumble

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

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

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

appearance at the Olympics?

- a. 1936
- b. 1948
- c. 1952
- d. 1956

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

- a. Rahul Dravid
- b. Sachin Tendulkar
- c. Virender Sehwag
- d. Saurav Ganguly

**ANSWERS:** 1. d. Cricket  
2. b. Bula Chaudhury 3. a. Rowing  
4. c. A referee 5. c. Pakistan  
6. b. Kapil Dev 7. b. Three 8. b. 1948  
9. a. Rahul Dravid