THE TIMES OF INDIA

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TODAY'S FDITION while Delhi is battling severe air pollution, experts tell you how to combat it with beverages

PAGE 2



➤ An educationist narrates how the pandemic has prepared us for the future

DACE



> France, Belgium qualify for football World Cup



Snoopy is an anthropomorphic beagle

in the comic strip Peanuts by Charles M Schulz, and has contributed to the

excitement for NASA human space-

flight missions for more than 50 years,

since Apollo missions, and continues under Artemis with new educational

activities. Artemis I is an uncrewed

(SLS) rocket and Orion spacecraft

around the Moon launching in early

2022 before missions with astronauts

flight test of the Space Launch System

STUDENT EDITION

MONDAY, NOVEMBER 15, 2021



Another win for women Army officers



he Army has said it will grant permanent commission (PC) to 11 women officers who had approached the Supreme Court over the matter within 10 days. This came after the apex court in a ruling on Friday directed the Centre to do so within three weeks to all those short service commission (SSC) officers who are yet to approach the court but meet the eligibility criteria.

■ A little over 72 women officers had approached the court in August challenging the Army's decision finding them ineligible for permanent commission. The court indicated that it is going to hold the Army guilty of contempt of court In February last year, in a landmark verdict, the top court had directed that women officers in the Army be granted a permanent commission, rejecting the Centre's stand of their physiological limitations as being based on "sex stereotypes" and "gender discrimination against women"

CLICK HERE: PAGE 1 AND 2

Snoopy in SPACE



The US space agency NASA has announced that Snoopy will ride on the Artemis I mission, slated for 2022, as the zero gravity indicator. Without astronauts aboard Orion, Snoopy will help share the journey with the world as he rides along in the cabin with a manikin and two other "passengers", NASA said in a statement...

■ For the flight, Snoopy will be outfitted in a custom orange flight suit complete with gloves, boots, and a NASA patch

Snoopy was used to encourage NASA's space-flight safety initiative during the time of Apollo. Schulz created the comic strips of Snoopy on the Moon, capturing public excitement about America's achievements in space

For the Artemis I mission, Peanuts is releasing a new suite of curriculum and short videos with its partner, GoNoodle, to encourage kids to learn about gravity, teamwork, and space exploration while they follow Snoopy along on his Artemis I journey, NASA said

In addition to the doll and Sliver
Snoopy pins, a pen nib from Schulz's
Peanuts studio will make the trek on
Artemis I wrapped in a spacethemed comic strip as part of a
collection of mementos selected
by NASA to fly aboard the Orion
spacecraft A new season of
'Snoopy in Space' will also be
released on Apple TV+ that
explores the planets and what
conditions are necessary to find
life in the universe. NASA supported Peanuts with the series
through reviews of STEM con-

tent and NASA mission information

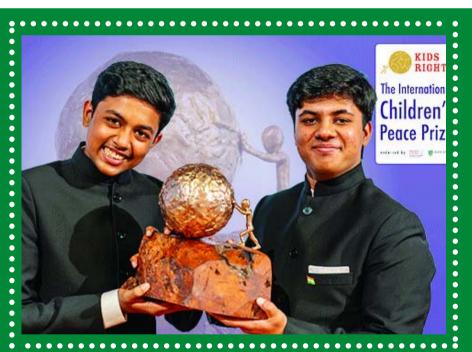
Under
Artemis,
NASA is
working to land
the first woman
and the first person of
colour on the Moon
and lead the next
steps of human exploration for future missions to Mars

Schools to remain shut, offices go back to WFH, as pollution hits emergency levels in Delhi



or a week from today, schools in Delhi will be physically closed "so that children don't have to breathe polluted air," the Delhi government announced. Classes will continue virtually. Delhi chief minister Arvind Kejriwal chaired an emergency meeting to tackle air pollution after Supreme Court asked authorities to take immediate measures. Government offices will also operate from home at 100% capacity for a week and private offices to be issued an advisory to go for WFH option as much as possible. Construction activities not to be allowed from November 14 to November 17, Kejriwal announced after the meeting.

- The overall air quality in Delhi on Saturday morning was recorded in the "severe" category with an Air Quality Index (AQI) of 499 at 7.35 am, according to the System of Air Quality Weather Forecasting Research (SAFAR)
- Of the world's top 10 cities with the worst air quality, three — Delhi, Kolkata and Mumbai— are in India, data from air quality and pollution city tracking service from IQAir, a Switzerland-based climate group showed



INDIAN KIDS WIN CHILDREN'S PEACE PRIZE FOR WASTE PROJECT

Two teenage brothers from India urged world leaders to act against climate change after winning a prestigious global children's award on Saturday for tackling pollution from household waste in New Delhi. Vihaan and Nav Agarwal, aged 17 and 14, received the 2021 KidsRights International Children's Peace Prize for developing an initiative to segregate recyclables and organise pickups for trash from thousands of homes. The award cited their "courage and commitment to tackling pollution in their home city Delhi", ranked recently as the worst in the world for air quality due to a toxic mix caused partly by the burning of rubbish

Marvel Studios to bring two new series, 'Agatha: House of Harkness', 'Echo', to Disney Plus



arvel Studios is bringing two new series to streaming service on Disney Plus – 'Agatha: House of Harkness' and 'Echo'. The studio unveiled these titles during the Disney Plus Day celebrations on Friday. 'Agatha: House of Harkness' is a spin-off show will hit series 'WandaVision' and will see actor Kathryn Hahn reprising her role of Agatha Harkness

'WandaVision', which debuted on Disney Plus in January this year to positive reviews, was the first show to come out of Disney-owned Marvel Studios' highly-successful superhero franchise Marvel Cinematic Universe (MCU)

13-year-old uses 'Make-A-Wish' to feed homeless every month for a year

13-year-old boy has won the hearts of thousands of people after he used his 'Make A Wish' grant to help the less fortunate people. Abraham Olagbegi was diagnosed with aplastic anaemia, a rare blood disorder, last year and needed a bone marrow transplant. A year later, he found out that his transplant was successful and he was eligible for a grant from Make A Wish, an organisation that grants wishes to children with serious illnesses. While most children would ask for a trip to Disneyland or a chance to meet their favourite celebrity, Abraham decided to use his Make A Wish grant to feed the homeless people. "I remember we were coming home from one of his doctor appointments and he said, 'Mom, I thought about it, and I really want to feed the homeless," Abraham's mom, Miriam Olaqbeqi, said. "I said, 'Are you sure Abraham? You could do a lot ... You sure you don't want a PlayStation?", she added.

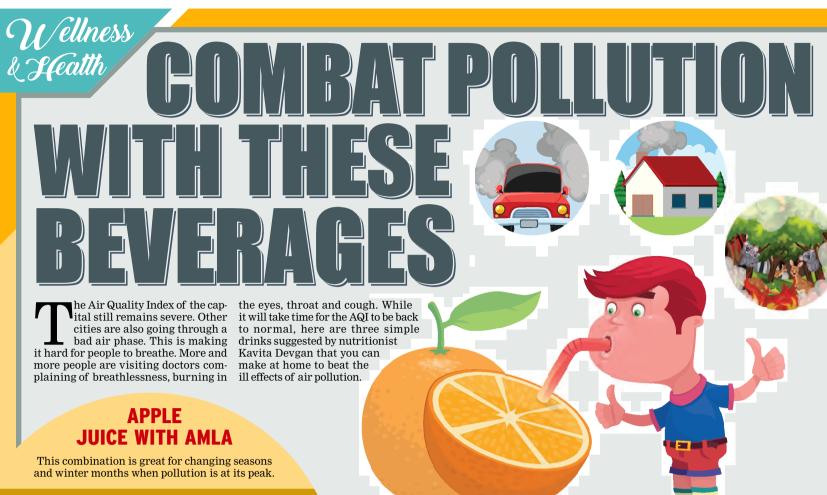


In September, Make A Wish helped Abraham organise a stall to give food to the homeless in Jackson, in the US State of Mississippi. Local businesses had donated food. At the end of the day, about 80 people were fed

Abraham's wish wasn't a one-day thing.
Make A Wish will help Abraham feed homeless people every month for a year. The organisation will work with the teen to find local supporters to get food every third Saturday of the month

Abraham plans to continue feeding the homeless even after his wish is completed in August 2022. He wants to turn it into a nonprofit initiative called 'Abraham's Table'

MONDAY, NOVEMBER 15, 2021



HOW IT HELPS: It helps with better lung capacity and reduces wheezing due to quercetin and khellin (both flavonoids) present in it. This helps open up the stuffed air-

ways and amla helps deliver vitamins that help arrest the dam-

age to lung tissue caused by environmental toxins.



BANANA SMOOTHIE

To make the frothy smoothie, you need banana, ginger juice and coconut water. Now, churn the banana, some ginger juice, and coconut water and enjoy the delicious



breath, even more during polluted times. Banana and coconut water both are rich in potassium. Ginger helps stamp out air pollutants of the air passages before they have time to irritate the lungs.

HOW IT HELPS: Low potassium

levels are linked to shortness of

HOW IT HELPS: Pineapple has enzyme bromelain that helps clear out the toxic debris that accumulates in the lungs and so helps detox lungs naturally. Mint delivers antihistamines that work as antidotes for symptoms like nasal congestion, mucous formation, and sneezing. TNN

Skincare A-Z

Know the science behind your sunscreen

he adverse effect of UV radiation on our skin is significantly higher than one can fathom. The repercussions such as sunburn, pigmentation, loss of skin elasticity, early signs of ageing and skin cancer should compel everyone to consistently adapt the application of sunscreen in your skincare routine. Here is the information on why it's imperative to understand the science behind a product that is an integral part of your daily

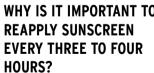


WHY IS IT IMPORTANT TO

is a common

practice for people

to reapply their



It is a common practice for people to reapply their sunscreen after three to four hours

due to numerous reasons. be it chemical or physical, all sunscreen breaks down on your skin when exposed to sunlight. Mineral sunscreen, as it sits on the top of

numerous the sun, is most reasons. likely to be wiped off the skin over time. So, one should reapply sunscreen every three-four hours broad-spectrum protection will for better protection and to avoid any further skin damage.

CHOOSING THE RIGHT STRENGTH (SPF) OF **SUNSCREEN**

The strength of sunscreen is measured by SPF (protection against UVB) & PA (protection against UVA). The high-

er the SPF and PA, the more protection it gives to the skin. Sunscreens often come with different sunscreen after three strengths so you can select to four hours due to according to your exposure to the sun. If you are planning to spend the day inside

your car, a lower SPF with do the job. But if you are spending a lot of time outdoors in di-

screen with higher SPF and PA. The strength (SPF) of the sunscreen depends on how much time one spends being directly exposed to the sun. The SPF number tells you how long the sun's UV radiation would take to burn the protected skin with sunscreen as compared to the amount required to burn the unprotected skin without sunscreen. So, if a person takes 10 minutes to sunburn with no protection; sunscreen with SPF 30 will protect them from burning for 300 minutes (30 times more protection). IANS

DID YOU **OUR NOS-TRILS WORK** ONE AT A TIME! hen we breathe

in and out of nostril does most of the work at a time, with the duties switching every few hours. They take breaks in the process of alternating congestion and decongestion called the nasal science. The autonomic nervous system, which takes care of the heart rate, digestion and other things that we don't consciously control, switches things up every few hours and our other nostril does all the heavy lifting for a while.

FASHION FUNDAS



to bright-hued denim, the fall season has brought about an array of new trends to get excited about. While we are still in the early stages of the season, these street style trends have already gained prominence after hav-

rom oversized blazers ing trickled down from the runways to the streets for us to make a statement. There's everything from super bright hues like hot pink and bottle green to quirky prints and buoyant accessories, as well as anti-fit coats that will pull together any fall ensemble. Have a look at some of the most significant street style trends.

OVERSIZED BLAZERS

he mantra to donning our favourite fall staple, a blazer this season is to go big or go home. Boxy shoulders and an anti-fit silhouette are all that you need to look out for while splurging on blazers this fall. Throw them on top of any fall ensemble of your liking and you will not have to think twice about getting

your layering game correct. Bonus tip: Dig into your brother's or father's wardrobe and steal this fall favourite from their collection instead of investing in a new piece altogether.

BRIGHT COLOURED JEANS

or the longest time we have been identifying the fall season with neutral colours but that is about to change this year. From hot pinks to vibrant yellows - the fall sea son this year calls for the brightest of hues in denim. Pair it up with a piece in a contrasting colour to nail your fashion game.



MESH TOPS

dding a dynamic twist to the subversive-sexy trend concept, mesh tops are here to make up for a significant street style craze. Look out for the ones with ruched detailing and chic cutouts.

THREE-PIECE **SUITS**

f there's one thing that's pretty evident as we navigate adapting to the new normal-loungewear is here to stay. Relaxed fits accompanied by comfy knits are all that you need to get your fall wardrobe



to do the talking. In this regard, three-piece suits in delectable hues make up for a major fall street style trend. Add some minimal jewellery and your favourite pair of sneakers for just the right #ootd.

TENNIS SKIRTS

hile pleated skirts or tennis skirts might seem a bit too childish. they have revamped themselves to a lot more this fall. With a graphic tee and a pair of sneakers, it makes up for just the right sporty.

LEOPARD PRINT COATS

ove aside solidcoloured coats and make way for these dapper leopard-printed ones. A smart leopard print can add polish to even the most casual sneakers making up for a significant street style trend.



(CURRENT AFFAIRS)

Benzophenone-3

for the first time in India declared "Bandh" as illegal?

A. Allahabad High court

B. Gujarat High Court

KEY INGREDIENTS YOUR

SUNSCREEN SHOULD HAVE

The right way to identify a safe

and trustworthy sunscreen is

by looking for more advanced,

modern and photo-

stable fillers. The

photostability of the

filters will ensure ef- zone).

Q.1) Which high court C. Kerala High Court D. Rajasthan High Court

Q.2) Which country is an integral part of India's 'Look East, Link West' policy according to a statement by

fectiveness and how potent it

is even during long sun expo-

sure. Numerous studies have

raised concerns about the safe-

ty of few ingredients like OMC

(Octyl Methooxycinnamate/

Octinoxate/ Ethylhexyl Meth-

oxycinnamate), Homosalate,

(Oxyben-

Prime Minister Narendra Modi?

A. USA B. France C. Germany D. Canada

Q.3) The RTI Act is not applicable to which state? A. Sikkim B. Telangana

C. Chhattisgarh D. Jammu and Kashmir

Q.4) The first election to implement the system of

A. Mizoram B. Manipur C. Nagaland D. Assam

state?

VVPAT was held in which

ANSWERS

1. C) Kerala HC 2. A) USA 3. D) Jammu & Kashmir 4. C) Nagaland

GPSC holds annual convention 'Unexplored Realms'

Progressive Schools' Council (GPSC) cum Sahodaya, CCA School organised an inter school science convention titled 'Unexplored Realms' on October 29, in the school premises. The chief guest for the scientific convention Dr Sudha Yadav, former member of the parliament was greeted with a planter. The event started at 9 am with the ceremonial lighting of the lamp by the chief guest and other dignitaries. It was followed by Ganesh Vandana. Students from fifteen reputed schools of Gurugram including

CCA participated in this event with zeal and gusto. The learned judicature included Shweta Yadav, strategic programs and operations manager Accenture and Dr DP Bhatt, retired professor, Dronacharya College.

The aim of the competition was to infuse the spirit of discovery in school children, increase their interest in science and technology and build a robust scientific temper. The three topics given for the conclave were 'Medical research: Not just for life span but for health span', 'Intelligence: A blend of nature and nurture',



'Human intelligence and artificial intelligence: A story of co-existence'. The expertise with which students presented their views was commendable. They skillfully answered the questions asked. The questions put forth were intriguing, exciting, challenging and made the audience spellbound. The other events were 'Strokes and splashes' and 'Through the lens'. The theme for the painting contest was 'There is no planet B'. Children learnt to explore the extent of their imagination and expressed themselves creatively on how science can save moth-

to contest' was 'Nature at its best'. The participants captured exquisite landscape, flora and fauna among other visual treats.

The judges appreciated the participants for their confidence and clarity of thought. In 'Speak your mind', Riddhima from The Maurya School was the ecstatic winner, second position was bagged by Ananya from Salwan Public School and third position was shared by Shrey from Suncity School and Ria from GD Goenka Public School. In 'Strokes and Splashes' event, the first position was captured by Lakshay Raj Yadav from The Maurya School, Mahi Bansal from GD Goenka Public School stood second and third position was bagged by Heeral Verma from Suncity School. Anushka Thapliyal from Gyan Devi Senior Secondary

School walked away with the first prize, Aryaman Gudwani from Manav Rachna International School earned second position and Khushi Singh from Bal Bharti Public School was placed third in 'Through the Lens' event. The winners were

conferred with mementoes and certificates. The motivational words of the school director principal Nirmal Yadav marked the culmination of the event. She also congratulated the winners and participating teams for their praiseworthy performance. Overall it was a knowledgeable and enthralling experience.

AVians become youngest developers

he young tech enthusiasts from SRDAV Public School, Dayanand Vihar, Delhi have become one of the youngest language developers to receive worldwide acclaim for developing high

level programming language, the 'Yellow Submarine'. Aaryamitra Pateriya and Pranat Sharma from class XII have developed a programming language that offers quick setup for complex algorithms and

processes in machine learning and artificial intelligence. This is first ever madein-India computer language to meet the demands of the modern age. One of the unique features of the language is that it offers a dynamic typography with optional Sanskrit and Hindi configurations, English being default typography

The 'Yellow Submarine' will give a vantage to IT project leaders who usually spend a lot of time writing codes for programming. Powered by Python,

> the programming that may take up to ten days can now be done in one day. The 'Yellow Submarine' is expected to be a precursor to major revolution in the world of programming. **Aaryamitra**

Pateriya is also writing a book titled 'Machine Learning and Python: Elucidating the Connection between Calculus and Programming to Facilitate Artificial Intelligence'.

Vinita Kapoor, principal of SRDAV Public School, commended the achievements of these young technocrats.

Ryan marks World Science Day

yan International School, ⊾ness about the role of sci-

ence, and scientific experiments as it promotes development of scientific thinking in students. Rather than making the kids memorise facts, they are made to think and understand things and the world around them. Science experiments promote discovery and learning. The

students of class IV presented science exhibition on 'World Science Day'. To mark the significance of the day. They highlighted the importance of role that science has in society.

The students spoke about that aim Sec-40 Gurugram has always of World Science Day is to ensure that believed in spreading aware- citizens are well informed of developments in science. It also underscores

the role scientists play in broadening our understanding of the planet we call home and in making our societies more sustainable. The objective of this day is to strengthen public awareness on the role of science for developing peaceful and sustainable societies.

School head Shivali Sharma appreciated the efforts of Ryanites to create awareness about World Science Day and linking science more close-

TIS plays host for Delhi Table Tennis State Games

School, Vasant Vihar was host to the Delhi Table Tennis State Games, 2021 of the Special Bharat Olympics, on October 29, which gave an opportunity to bring together sportspersons and athletes with intellectual disabilities to train and compete in the game. The event opened a new innings for the school, whose association with Special Bharat Olympics

goes back to 2016. Organised under the stewardship of Uma Chopra (TGT Hindi) who heads Team Saksham, the school's social project that ad-

agore International vocates inclusion, and Parveen Kumar, HOD Sports department, the opening ceremony as well as the table tennis events were held in the school's premises, which was witnessed by twenty- two teams from Delhi schools. N Saroj, dean of school, academics felicitated the athletes in the prize distribution ceremony.

What made the event special was that it bespoke of the school's commitment to inclusion and unity, and its effort to enable and empower individuals, with outstanding ability not intellectual disability, and ensure them equality, respect and dignity.

Vidya Niketan School organises funfair

'idya Niketan School, Faridabad organised a funfair on its premises on October 30 with the theme of exemplifying Rajasthani culture and tradition. The little cherubs had great fun relishing different fun activities. During the event, parents were also engaged

in it one way or the other. The invitees were welcomed with 'Tilak' to give it a great opening. There were different activities to evolve a child's creativity, boost imagination and imbibe self-confidence like 'Doll up your mother', impresated the efforts put in by the teachers.

sion art with vegetables, clay modelling, and paper folding. Children got a real sense of happiness while doing all these activities. On the other corner,

dance and song performances were further portraying Rajasthani culture. The main spotlight of the event was a puppet show which was successful in acquiring the attention of

the audience. The president of school management committee Indira Lohia and the principal Alok Varshney congratulated and appreci-

AARJAV JAIN, class II E, Rukmini Devi **Public School Pitampura** YASHASWINI GUPTA. class V B, Rukmini **Devi Public School Pitampura** CHILDREN'S

Every child is Special & Unique **DIKSHYA**, class IX, Sherwood Convent Give Wings to them School, Gurugram

The pandemic made us future ready

n the rapidly changing chameleonic environment, it is pertinent to ask ourselves how well prepared we are. Are we future ready? Are the students future ready. According to Thomas Frey, a futurist: (https://youtu.be/q2N7mwTixTM) the job scenario will change rapidly by 2040. Technology has permeated in almost every sphere, and by 2040, we will be living in a world driven solely by technology. As educators, we need to run awareness programmes about Artificial Intelligence (AI), how it is taking over jobs which were considered leading professions not a decade ago. From bionics and other AI technology taking over security, weaponry, engineering and medical sectors, it is imperative that we guide students through this dynamic world. After all, who would have thought ten years ago that asteroid mining and cryptocurrency servers and

data would be the new gold? Some of the new terminologies we need to familiarise with are cloud scrawl, vulnerability disclosure, Disaster Recovery as Service (D Raas), Artificial Intelligence for IT Operation (AIO ps), edge computing, tiered storage among others, the

list is long and the time is short. The pandemic has made the world

contactless. To avoid the repercussions of individuals living in isolation, we need to instill positivity and ways of keeping ourselves happy and occupied. With the reopening of schools, the onus is on us to maintain the emotional quotient of students as well as our own. The task ahead is immense and imperative for the growth of society, as a whole. When the pandemic struck, we rose to the situation and switched to online classes overnight. It is time for us to switch back to physical schooling to maintain the well-being of the student community and to not only look into their academics but to arm them with sound mental health to tackle the new and interesting phase we have entered.

Sunita Arora, principal, Delhi Public School, Howrah, West Bengal

Tribute to Mahavir Col Bikumulla Santosh Babu

Colonel Bikkumalla Santosh Babu motivates me to be brave, for our beloved India, the supreme sacrifice he boldly gave.

To uphold the pride of our great he fought with courage and determination.

Fierce as a 'Snow Leopard' was he, He was awarded the 'Mahavir Roaring and powerful against the enemy.

For Col Santosh Babu, all Indians were his kin, he has inspired in me, the unwavering spirit to win.

Abhigna and Anirudh, his dearest children, he shall now watch over them

lovingly from heaven.

He stayed true to the spirit of 'Service before self', while embodying the emotion of patriotism itself.

His nobility and sacrifice will not be in vain, in India's heart, his inspiring memory shall always remain.



Chakra' posthumously, India remains indebted to him and his courageous family.

A true 'Gallant of Galwan' was he, his heroic valour was a sight

For righteousness, he taught us to stand tall, And uphold the true meaning of 'All for one and one for all'.

Quick to answer the call of duty, An immortal hero he shall forever be.

Such brave hearts are made of the strongest metal, They deserve utmost glory and the highest medal.

Jai Hind, Jai Jawan! In gratitude, we bow to the brave heroes of Galwan!

VEDANTH KUMAR, class IV B, GD Goenka Public School, Dwarka

ress OURSELF

hen I was young, my parents used to take us to the village they came from every summer vacation. Over there, I used to notice how a small horde of 'dadis' would surround my father while he handed them wads of money. Back then, I never understood the reasons behind his act. However, now as a grown up, I can tell that these women were all widows. Clad in yellowish white saris, forced to work tirelessly in the fields and such an old age, I was saddened by the reality of wid- the hands of their family and are subject ows in India.

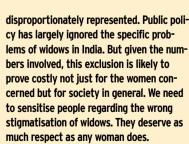
It is estimated that at least 55 million widows are present in India, probably more. Then imagine how many ill fated women are subjected to the toils of poverty simply because of social stereotypes and ostracism?

It is well known that in India widows tend to face many negative social attitudes and stigma. They suffer abuse at



to patriarchal customs, religious laws and discrimination in inheritance rights. Many suffer abuse and exploitation at the hands of family members, often in the context of property disputes.

Many widows are also abandoned or forced to reside in ashrams and similar refuges, as testified by the well-known presence of widows in Benaras. Among the extremely destitute in India, widows are



Instead of stigmatising that a woman failed to safeguard her husband's life, it is high time, India changes its stance on feminism and patriarchy. As I now think of the plight of those 'dadis', many deprived of the rights to seek love besides their first marriage or begging for food, I am compelled to stand up for all women's rights regardless of their marital status.

Madiha Khan, IBDP Year 2 The Heritage School





'Hope my journey inspires young girls'

Mithali Raj become first woman cricketer to win Khel Ratna

he first woman cricketer to be conferred with the prestigious Major Dhyan Chand Khel Ratna Award, Mithali Raj hoped her achievements would inspire the country's young girls to pursue their dreams and be the catalysts for change.

The 38-year-old stalwart of Indian women's cricket was one of the 12 sportspersons to receive the Khel Ratna, the country's highest sporting honour, from President Ram Nath Kovind at the Rashtrapati Bhavan. The President also presented Arjuna Awards to 35 sportspersons on the occasion.

"Women in sport are powerful catalysts of change and when they get the appreciation they deserve, it inspires change in several other women wanting to achieve their dreams," Raj said in a statement on her Twitter handle. "I sincerely hope that my journey inspires young girls all across the country to pursue their dreams and know that only when you dream can you

She said representing the country was

DOUBLE DELIGHT FOR CHOPRA

t was a double delight for Olympic gold medallist javelin thrower Neeraj Chopra as he received the Khel Ratna. What made the day extra special for Chopra was that he received the award in the presence of his grandfather.

"An honour to be presented the Major Dhyan Chand Khel Ratna by Hon'ble President Shri Ram Nath Kovind at the Rashtrapati Bhavan with my Dadaji (grandfather) in attendance," Chopra tweeted later in the day.

Chopra became the first Indian athlete to win an Olympic gold medal in 70 years when he won the men's javelin throw competition at the Tokyo Olympic Games in August this year. IANS

her dream and receiving the award was a validation of the hard work she had put in over her two decade long illustrious career starting from 1999.

"When I was growing up and learning to play this amazing game, representing my country was my dream. I always wanted to wear the blue jersey, which represents the absolute pride we feel for our nation. One strives for mastery but there are so many variables and infinite parameters that when success comes by, it often is a result of hours of grind every day," wrote Raj who has played in 12 Tests, 220 ODIs and 89 T20Is.

"This award is a validation of those hours, of all the sacrifices a player makes her entire life. I just wanted to give cricket everything I had and I think I am happy that I've pushed myself harder and harder to get to this momentous day."

The Test captain said that any recognition from the government was special and a reminder that the game was an important constituent of national pride.

"We must continue to give it our best," said Raj. PTI

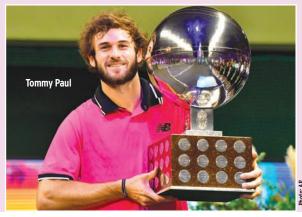
PAUL WINS FIRST ATP

first ATP Tour title of his career, beating Denis Shapovalov 6-4, 2-6, 6-4 to capture the Stockholm Open on Saturday.

The American player which he beat Andy Murray and Frances Tiafoe _ by clos-

ommy Paul won the of a big first serve and hitting a winner on his third championship point. Paul _ wearing his cap

back to front _ only won two of his 12 break points against the defending champion, the concluded the week of his life big one coming at 4-4 in the as a professional _ during third set when, at 0-40, he stretched to send a backhand and compatriots Taylor Fritz down the line that Shapovalov of Canada couldn't return ing into the net on the back at the net. AP



QUIZ TIME!

1 • Thomas Cup and Uber Cup are prestigious trophies in which sport?

- a. Badminton
- b. Lawn Tennis
- c. Table Tennis d. Golf

2. "Queen's berry rules" is the name given to the rules in which sport?

- b. Tennis
- c. Hockey d. Boxing

- Which Indian swimmer • holds the record for shortest time in 50m freestyle in 2018 Asian Games?
- a. Virdhawal Khade
- b. Sajan Prakash
- c. Srihari Natraj d. Sandeep Sejwal

• Which player has scored highest number of sixes in his career in ODIs?

- a. Sachin Tendulkar
- b. Shahid Afridi
- c. Chris Gayle d. Sanath Jayasurya

Q5. Jürgen Klopp's Liverpool were prevented from going

- a club-record 26th match unbeaten in Premier League by which side?
- a. West Ham

Photo: AFP

- b. Manchester United
- c. Manchester City



Q6. Which of the following terms are used to describe parts of a cricket bat?

- a. Shoulders and Toe
- b. Leg and Hand c. Eye and Toe
- d. Neck and Shoulders

7. Which of these clubs is top of • their domestic league, top of their Champions League group, and yet to lose a match this season?

- a. Liverpool
- b. Bayern Munich
- c. RB Salzburg d. Real Sociedad
- 8. Which player has set up more goals in the Premier

League than anyone else?

- a. Ryan Giggs
- b. Frank Lampard
- c. James Milner d. Cesc Fàbregas

Q9. Which of the following teams was not a part of the Big Four of the 2000 decade?

- a. Arsenal b. Liverpool
- c. Everton
- d. Chelsea
 - NSWERS: 1. a. Badminton 2. d. Boxing
- 3. a. Virdhawal Khade 4. b. Shahid Afridi
- 5. a. West Ham 6. a. Shoulders and Toe
- 7. c. RB Salzburg 8. a. Ryan Giggs
- 9. c. Everton