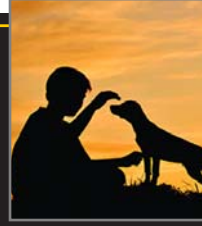




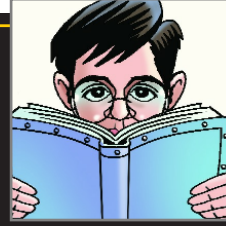
THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Did you know that walking your dog is as healthy as having a probiotic? Here's all about its health benefits and of other such hobbies...
PAGE 2



➤ An educator explains how both parents and teachers adopt new ways as children go back to school
PAGE 3



➤ Barca beat Villarreal for first La Liga away win
PAGE 4


STUDENT EDITION

MONDAY, NOVEMBER 29, 2021



The dystopic, fantastical show 'Squid Game' – a nine-episode thriller by South Korean director Hwang Dong-hyuk that has been lauded for its searing critique of capitalist society – continues to be a worldwide sensation. But it is worth taking another look at the numbered green tracksuits worn by the show's main characters, for they offer a specific, symbolic window into Korean culture

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

BLACK FRIDAY GONE, MARK CYBER MONDAY

HOW IT STARTED

Historians believe 'Black Friday' started in Philadelphia in the mid-1960s when bus drivers and police used the term to describe the heavy traffic that would clog city streets the day after Thanksgiving, as shoppers headed to the stores. Through the 1980s the day grew to become one of the most successful



days of the year for merchants, who would often refer to the day as Black Friday to denote good profits, as

they ended up using only black ink (used to show profit) and less red ink (used to show loss). AGENCIES

Shoppers' stop

■ In the early 2000s, retailers noticed a new trend among buyers who couldn't shop on the Black Friday weekend, to be looking for bargain deals online on Monday. The term 'Cyber Monday' was coined by Shop.org, the online arm of the National Retail Federation.



As brick-and-mortar stores do with Black Friday, online retailers usually offer special promotions, discounts, and sales on CYBER MONDAY

TRACKSUIT THAT EMBODIES KOREAN CULTURE



Trend In India Too

A matter of survival, no a matter of style. Since the South Korean survival drama 'Squid Game' has been released in September and viewed by more than 100 million people worldwide, dressing up like the show's contestants in green tracksuits has become a huge fashion hit. ET

GREEN TRACKSUITS: ITS SYMBOLISM

■ **NOTION OF BAEKSU, MEANING UNEMPLOYED:** Tracksuits have become a mark of social status in contemporary Korean culture, says Jooyoung Shin, a fashion design professor at Indiana University. "Baeksu is a common slang for someone who is out of work. It translates to 'white hands'," suggesting that idle days make for shamefully clean palms. This coded stigma is tied to the dress code of 456 contestants in Squid Game, who are united in their desperation for a Hail Mary escape from their debts.

■ **REPRESENTS THOSE NOT ACCEPTED:** Kyunghye Pyun, an art history professor in New York, says, "The low-end tracksuits are usually associated with people who have failed to be accepted by a community." The show's players are akin to this. NYT



OMICRON How WHO named it

Appointment Desk Quarantine COVID-test



Markets plunged this weekend, hope of taming the coronavirus dimmed and a new term entered the pandemic lexicon – Omicron. The Covid-19 variant that emerged in South Africa was named after the 15th letter of the Greek alphabet. The naming system, announced by the World Health Organization (WHO) in May, makes public communication about variants easier and less confusing, the agency and experts said.

For example, the variant that emerged in India is not popularly known as B.1.617.2. Rather, it is known as Delta, the fourth letter of the Greek alphabet. There are now seven "variants of interest" or "variants of concern," and they each have a Greek letter, according to a WHO tracking page. Some other variants with Greek letters do not reach those classification levels, and the WHO also skipped two letters just before omicron – 'nu' and 'xi.'

"NU IS TOO EASILY CONFOUNDED WITH NEW," TARIK JASAREVIC, A SPOKESPERSON, SAID ON SATURDAY. "AND 'XI' WAS NOT USED BECAUSE IT IS A COMMON LAST NAME."

He added that the agency's best practices for naming diseases suggest avoiding "causing offense to any cultural, social, national, regional, professional or ethnic groups." NYT

■ In India, the Centre has asked states to conduct "RIGOROUS SCREENING AND TESTING" of all travellers coming from and transiting through Botswana, South Africa and Hong Kong



NFT BUZZ EARNS it 'Collins Word of Year' tag

The Collins Dictionary declared NFT its word of the year for 2021 in recognition of the convergence of the worlds of money, tech and art in what became known as 'non-fungible tokens.' NFTs have exploded in popularity this year with the help of collectors, speculators and celebrity endorsers stirring up hype – and funding – for them. Bloomberg

Collins defines them as "a unique digital certificate, registered in a blockchain, that is used to record ownership of an asset such as an artwork or a collectible." Some of this digital artwork has been selling for millions of dollars



Sanctuary Mandela, ex-president's home turned into hotel



Anti-apartheid legend Nelson Mandela liked hearty, simple meals, like oxtail stew. It was a favourite dish of South Africa's first black president and now fills ravioli served in his former home, which has been transformed into a boutique hotel. The residence, hidden on a quiet street in a wealthy suburb of Johannesburg, after a floor-to-ceiling remodelling, welcomes visitors to Sanctuary Mandela. Mandela lived here for eight years with his third wife Graca Machel. AFP

The hotel opened in September for guests seeking to bask in the ex-president's calm and positive energy. The presidential suite was once actually the president's bedroom. The window frames bear his nickname 'Madiba' and his Robben Island prison number '466/64' – scratched into the wood by his grandson.

Ferrari roars out DAYTONA SP3 for its ICONA FANS....

■ Ferrari NV unveiled a new limited-run retro model that the storied Italian manufacturer is billing as its most aerodynamically efficient car ever.

■ The Daytona SP3 that debuted at Mugello Circuit, a Formula One track near Florence, honours the brand's 1960s race cars. It represents the second leg of Ferrari's special-edition Icona series, the first being the Monza SP1 and SP2 cars introduced three years ago.

■ The Daytona SP3 carries a seven-figure price tag. It will cost 2 million euros (\$2.26 million) in Italy, according to a company spokesman. The deliveries are set to start in 2022 end.

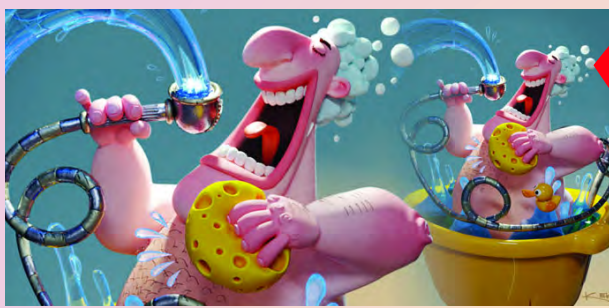
■ Its mid-rear mounted, 829-horsepower V12 is Ferrari's most powerful engine, enabling the car to go from zero to 100 kilometres per hour in 2.85 seconds! TNN





DO THIS FOR YOUR OWN GOOD!

LIFESTYLE

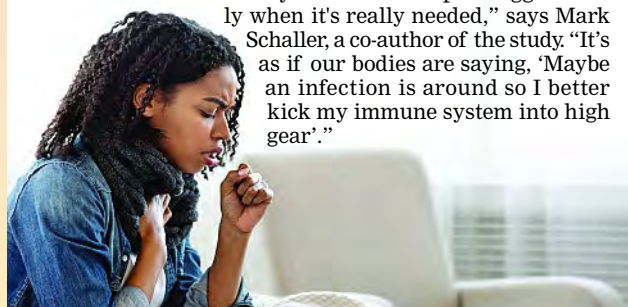


BELT ONE OUT

Singing badly in the shower might upset family members, but now you have a scientific reason to do so! Singing, along with listening to music, lowers cortisol levels that suppress your immune function. Half an hour should be your target time. It also spikes the antibody immunoglobulin A, which provides a defence against infections. Dr Ian Lewis, director of research and policy at Tenovus Cancer Care, says of the "exciting" findings, "We've heard anecdotal evidence that singing makes people feel good, but this is the first time it's been shown that the immune system can be affected by singing."

LOOK, BUT DON'T TOUCH

When we spot someone poorly, we try to avoid them. But it seems that looking at sick people has a beneficial effect on our immune system. Researchers at the University of British Columbia showed people images of sick individuals. They discovered this triggered an increase of the helpful protein interleukin-6 (IL-6), which helps regulate immune responses. "It makes evolutionary sense that the immune system would respond aggressively when it's really needed," says Mark Schaller, a co-author of the study. "It's as if our bodies are saying, 'Maybe an infection is around so I better kick my immune system into high gear'."



KNIT A BAD IDEA

Olympian Tom Daley says he knits to calm his mind, but it can do wonders for keeping the sniffles at bay, too. It's believed that the repetitive movements encourage the 'relaxation response' – the body's way of counterbalancing stress that otherwise impairs the immune system. As heart rate and blood pressure falls and breathing slows, levels of stress hormones decrease. Nutritional therapist Camilla Gray adds, "Knitting is linked with lowered stress levels and a sense of well-being. Because it occupies the mind, it also stops people reaching for alcohol and cigarettes, both of which depress immune function."



GO WITH THE FLOW

Swap the treadmill for Tai Chi to stay healthy this winter. The gentle form of exercise, based on an ancient Chinese martial art, not only helps you maintain strength, but is a confirmed immune-system booster, according to UCLA students. In total, 112 adults aged 59 and up took part in a study that found the activity significantly boosted their immune systems against the shingles virus.

Michael Irwin, a professor of psychiatry at UCLA, praised the 'exciting' findings because of the "implications for other infectious diseases, like influenza and pneumonia".

FREEZE THERAPY

Cryotherapy might sound like a Red Dwarf character, but it's actually a medical technique that uses sub-zero temperatures for health benefits. A whole-body treatment involves being encased in a full-length capsule – up to your neck – while liquid nitrogen is pumped into the air, cooling the entire chamber to a very chilly -200°C.

The good news is you're only in there for minutes. "Traditionally it was used by sports people to alleviate muscle pain, sprains and swelling," explains Alla Pashynska, founder of Ice health Cryotherapy. "We then discovered it also increased blood circulation, regulates metabolism, reduces blood pressure and boosts the immune system." Alla's celeb clients include Gemma Collins, Olly Murs and Carol Vorderman.



IT'S OH-FISH-IAL

Did you know a plate of sushi can help fight off germs? Fish is rich in omega-3 fatty acids that reduce inflammation, with salmon in particular packing a punch thanks to the carotenoids it contains. The addition of ginger is a bonus given its anti-inflammatory properties, but Ella Davar hails wasabi as the best virus-busting champ. She says, "Research has shown that wasabi, the unique flavorant used to spice up and disinfect raw fish in sushi, has significant health benefits and helps strengthen the immune system." Elle adds that wasabi is also rich in beta-carotene, which the body converts into vitamin A, a known infection fighter, along with compounds called glucosinolates and isothiocyanates "which have antibacterial properties".



TRUST ME, I'M A DOG-TOR

Dogs are more than just a faithful companion – they act rather like a probiotic, according to research in the States. "We think dogs work as probiotics to enhance the health of the bacteria that live in our guts," says Dr Charles Raison, principal investigator for the study. "These bacteria are increasingly recognised as playing an essential role in our mental and physical health, especially as we age." It applies to other pets, too – stroking a cat for just 18 minutes raises levels of immunoglobulin A, an antibody that protects against infection. Purrfect!



YOU BETTER BEE-LIEVE IT

Just a spoonful of honey helps your morning cuppa go down. It also boosts your immune system, with manuka honey noted for its antibacterial, anti-inflammatory, and potential anti-viral qualities. Its the high levels of a natural compound called methylglyoxal (MGO) within the honey that make it more potent as a weapon against flus and colds than other varieties. A research team at the University of Oxford declared that honey is 'superior' for improving symptoms of coughs, sore throats and sneezes.

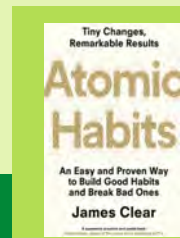


DAILY MIRROR

7 IDEAS TO TRY THIS WEEK

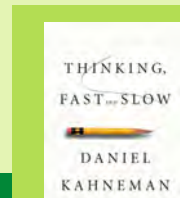
'ATOMIC HABITS' BY JAMES CLEAR

Associating your desired new behaviour with something you enjoy is a good way to start. For example, if you want to exercise every day, don't eat dinner until you've completed your workout.



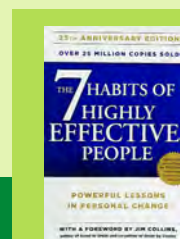
'THINKING FAST AND SLOW' BY DANIEL KAHNEMAN

Sometimes it's best to react right away, while other times it's better to think about it. When something is essential and the solution or hazards are unknown, I attempt, though not always effectively, to sleep on it and revisit it the next day with fresh eyes.



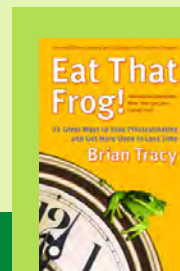
'THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE' BY STEPHEN COVEY

Create a personal mission statement and devote as much effort as possible to fulfilling it. Excessive planning should be avoided when working on projects. In most cases, it's better to respond quickly and adjust as needed.



'EAT THAT FROG!' BY BRIAN TRACY

21 Great Ways to Stop Procrastinating and Get More Done in Less Time by Brian Tracy. The title is a reference to Mark Twain's adage that if you eat a live frog first thing in the morning, the rest of your day would undoubtedly improve. Tracy's message: Take on your 'frog' first thing in the morning: your biggest, most critical assignment, the one you're most likely to put off.



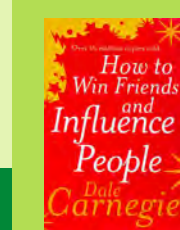
'GETTING THINGS DONE' BY DAVID ALLEN

What irritates, distracts, or fascinates you the most? 2. How would you go about properly resolving it? 3. What is your next step in achieving your goal? 4. Compare how you feel after the activity to how you felt before.



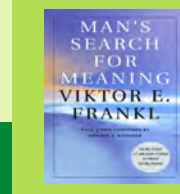
'HOW TO WIN FRIENDS AND INFLUENCE PEOPLE' BY DALE CARNEGIE

Really listen and ask questions to understand the other person. Help people get what they want if you expect them to help you get what you want.



'MAN'S SEARCH FOR MEANING' BY VIKTOR FRANKL

Choose an exciting life purpose, imagine achieving it, and continually take baby steps toward getting there.



Love pizza?

Here's how to make gluten-free vegan



The demand for gluten-free food is on the rise in India and it is all thanks to the intolerance towards gluten, which is a kind of protein that acts as a glue to hold food together. It is found in grains like wheat, rye, and barley, and is used to make popular foods like cake, pizza, cereals, cookies, crackers and of course pizza!

One of the reasons why people are opting for gluten-free foods is because of the growing cases of celiac disease. According to Mordor Intelligence, "The Indian Gluten-Free Foods & Beverages Market is projected to value at 189 million USD in 2024 registering a CAGR of 8.7 per cent." This shows how people are opting for gluten-free products such as bakery products and cereals. The report also says that "India is the second-fastest-growing market for gluten-free foods & beverages in Asia-Pacific, following China."

Now that the trend for gluten-free foods is on the rise, it's a good idea to try a pizza whose crust is completely gluten-free. The best part about this pizza is that the dough need not rise. It is going to be really amazing in taste with your favourite vegan cheese. Here's how you can make this pizza at home.

INGREDIENTS For the Dough

- 3 cups gluten-free all-purpose flour
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 2 tbsp unrefined cane sugar
- 1 cup warm water
- 1 teaspoon sea salt
- 1/2 teaspoon baking powder

For Pizza

- 300 ml home-made pizza sauce
- 1 cup dairy-free cheese
- Assorted veggies, for topping

GLUTEN-FREE VEGAN PIZZA RECIPE

METHOD

1 First, let the yeast rise for making the dough. For the same, take a bowl and mix together yeast, warm water and sugar. Let it sit for 5 minutes.

2 Now, sift gluten-free flour, sea salt and baking powder in a large bowl. Once done, add olive oil to it along with the yeast mixture and mix well. Add a little water and knead until you achieve a soft dough.

3 Next, make a ball of the dough using your hands. Take a baking sheet, dust it with some gluten-free flour. Place the dough in the middle and press it with your hands until it rolls out completely.

4 Place this flattened dough in the oven and bake for 8-10 minutes or until a crack appears.

5 Once done, take it out and spread the pizza sauce on the crust. Make sure you leave a 1/2 inch margin from the edges.

6 Finally, grate or shred the dairy-free cheese on the pizza crust generously. Afterwards, add veggies of your choice as topping and shred more cheese on it. (Tip: If you like dark crust, you can brush the pizza

crust with a little olive oil before baking.)

7 Now, place this crust in the oven again and bake for about 20-30 minutes. Make sure you check after 20 minutes to prevent it from burning.

8 If the pizza is done, take it down and let it cool a little. Season it with oregano and pepper. Serve hot with ketchup and chilli flakes.

GO DESI WITH MILLETS

For Indian palates, who cannot find gluten-free all-purpose flour easily, there is something super easy that can be done. Natasha Gandhi, who rose to fame with MasterChef Season 6, and is the founder of House of Millets says, "All you need to do is make a thick millet roti and use your favourite cheese for that cheesy touch to your pizza. Add the toppings of your choice and voila, you have the Indian way of making gluten-free pizza ready in a few minutes." This desi recipe is something we can make when we want to eat a healthy pizza as millet is a gluten-free grain and is very rich in nutrients.



Endeavour to develop scientific temperament

Hermann Gmeiner School Faridabad extended a warm accord to the president of SOS Children's Villages International, Dr Dereje Wordofa on November 23.

The event began on an auspicious note with welcoming of president of SOS Children's Villages International along with Rakesh Jinsi, president of SOS Children's Villages of India and Sumanta Kar, secretary general of SOS Children's Villages by Debaroti Bose, SOS head Education and Child Development, Subrata Kundu, principal of Hermann Gmeiner School, Faridabad and headmistress of junior and senior wing. It was followed by



a soulful rendition of the welcome song by the school choir.

In an endeavour to inculcate and develop scientific temperament in the young learners of today, Hermann Gmeiner School, Faridabad proudly set its steps into the noble mission of

knowledge enhancement. It was indeed a moment worth cherishing as the school got its STEM Lab. The dignitaries were led to the venue of STEM Lab where Dr Dereje Wordofa inaugurated the lab by cutting the ribbon amidst the chanting of shlokas, while other dignitaries blessed the lab. The dignitaries and others then went round the lab where the students explained to them a few innovative models they created. Wordofa interacted with Science Club students and motivated them to make the best use of every hands-on experience in the lab.

The students illuminated the guests by presenting the best practices as well as the new initiatives taken by the school including the school's nutrition garden, project based curriculum, Science Club, vocational training centre, Book Bank, Budding poets, and editorial board.

The mega visit culminated with words of encouragement by the guest appreciating the confidence, poise and indomitable spirit of the young learners of Hermann Gmeiner School, Faridabad.

VNS organises English extempore competition

To imbibe a true spirit of enhancing the oratory skills, a 'One Minute English Extempore Competition' was conducted for the students of classes VIII and IX, recently in the premises of Vidya Niketan School, Faridabad. The topics in the competition were varied. Every participant was asked to pick a topic. The participants delivered their speeches with great confidence. The parameter for the judgement was content, fluency, presentation and confidence. The first position was bagged by Viman Roy of class VIII D, Aksha Saiyad of VIII B grabbed second position and Jiya from class VIII F secured third position.

Divya Bhardwaj of class IX C



bagged first position, Khushi of class IX F secured second position and Surbhi Thakur of IX B attained third position. The objective of this competition was to enhance the students' confidence and oratory skills. The competition was successfully culminated with a few words of encouragement and appreciation by the Principal of Vidya Niketan School.

JMIS SHINES IN SKATING AND ATHLETICS

JMIS, Dwarka has always stimulated its students to excel in all fields be it scholastic or co-scholastic. Sports has been one such domain where JMIS's students have always been capped with extraordinary feats.

Lately many medals of our students have outshined in many notable occurrences of sports organised by D O E and the 48th Delhi State Roller Skate Championship 2021.

Kalash Suhag of grade X participated in



three events wherein the first event she bagged a gold medal in 1000 metre track and 1 lap road held on October 22 and 23. In



the second event she secured a silver medal in road elimination (15km) and track elimination (10km) held on November

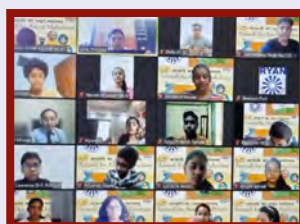
13 and 14. She has also been selected for the 59th National Roller Skating Championship.

In the third event, Zonal Athletic Meet, Kalash Suhag won a bronze medal in 100 metre and 400 metre races held on November 8 and 9.

Meanwhile Piyush Sangwan of grade VII won a bronze medal in the 1000 metre track competition on November 13 and 14 in the 48th Delhi State Roller Skate Championship 2021.

ESSAY WRITING COMPETITION RYAN

The students of Ryan International School, Vasant Kunj, classes IX and XI participated in an online essay competition organised by CBSE as part of 'Azadi Ka Amrit Mahotsav', an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and



achievements.

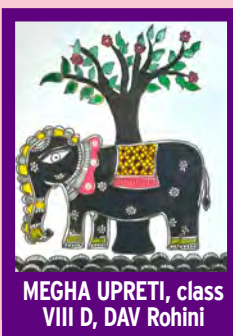
The topic for the essay competition was 'Vision India @100'. Students had to write

about their vision for India in 2047. Guided by their mentors chairman Dr A F Pinto and director Dr Grace Pinto's vision for the nation the students participated in the competition with great zeal and enthusiasm as they penned their vision for their motherland in the year 2047. The winners of the competition were awarded with certificates.

Student Corner



NAZALIA KHAN, class VIII C, Hamdard Public School, Sangam Vihar



MEGHA UPRETI, class VIII D, DAV Rohini

A rainbow of hope

God will paint rainbow in the sky
Once again for the world and I
Signs that will tell us all is well
Freedom from this grim living hell

I know one day the sun will shine
Dark clouds above will disappear with time
Some won't make the journey home
Some will sadly die

all alone
But just like time all things will pass
For nothing's ever made to last
Then once again we'll be on our way
When dawn awakes to a bright new day
The streets will come

alive again
Shops will open buzzing again
But the best moments will be when
Family and friends meet again.

Riddhi, class VIII D, DAV, Rohini

Express YOURSELF Tranquility

Mother: A beautiful creation of god

It is a common saying that God could not be present everywhere so he made a mother. Yes, The saying is also true as the status of the mother is equivalent to God. She is the one who gave us life and made us stand on our own feet. Mother is one of the greatest gifts of God. When I was born my mom was on cloud nine. When there is a child, there is a mother and from that moment she sacrifices everything for their me. Maa when I call her is indeed an adorable person. From the time immemorial, the selfless love of mother is known all over the world and is a universal truth. But have we ever thought about the unique gift of god? In this world of race, we are losing our values and are only worried about our goals. Yes we are, because nowadays some of us are hardly respecting this unique and pure relationship. Let us learn to revere our parents and of course our mother, who 'Mother' - Wonderful



creation of god has given us this beautiful life by undergoing pains. My mother is like the sun that chases out all darkness and gives the light of happiness and love upon me. Nowadays we hear many instances about mothers abandoning their children for the sake of money or for their personal benefits and there are some children who leave their parents in old age homes.

Let us not be one among them. Let us learn to revere our parents and of course our mother, who has given us this beautiful life by undergoing pains. Mother's love is a feeling, something which requires unlimited words to explain because it is as deep as an ocean. Mother is like the sun that chases out all darkness and gives the light of happiness and love upon me. So love your mother and spend time with to succeed in life. "I am so proud to be your son"

V. PRAVEEN, Class XI, Bethel Matriculation Hr. Sec. School

In a place birthed from chaos,
In a life supposedly ruled by equality,
Tranquility is a scarce peace,
The minds of those unheeded,
they seek what is unattainable.
To those who remain placid, their tears only dripping in the view of the shadows.
The night of coldness, the blanket of stars which look coldly upon us
Their depths unexplored,
My life remaining
unidimensional throughout,
The universe may grant us tranquility, or storm us with the waves of punishment,
Boons are always followed by curses,
And we are the reason for those
If only we could capture tranquility in its essence,
Maybe life would have been more benevolent.

LAKSHYA BALARAMAN, class VII, CPS Global School, Chennai

Cambridge celebrates Hindi Diwas

Cambridge School Srinivaspuri celebrated Hindi Week with great enthusiasm to commemorate Hindi Diwas from September 13 to 17. Children from classes III to VII participated in this event. Class III gave a fascinating performance of poetry, speech, dance and arts on the topic 'I am the precious star of my family'.

Class IV children exhibited various advertisements on the topic, 'My Favourite Hindi Advertisement'. Students of class V recited the couplets of Rahim and Kabir. Class VI

introduced the folk culture of India from different states and class VII provided information about blood donation, importance of food and nutritious diet through 'Theatre of Education'. Classes VIII-XII observed the day with special assemblies.



Paarth shines at India@75 Youth Ideathon

Paarth Bathla, class IX student of St Mark's School, Meera Bagh won the Best Finance Idea award in India@75 Youth Ideathon.

The award included a trophy and cash prize of Rs.25000 for his project idea that aims to tackle the lack of financial literacy and practical investment tools in India by providing an authentic learning platform, especially, for middle class group in the country. Paarth has built a market ready native mobile app where they can practice their investment skills.

India@75 Youth Ideathon was a three-stage festive competition of innovative entrepreneurship ideas by school students organised by



ThinkStartup in association Management Entrepreneurship Professional Skills Council (MEPSC), under the Ministry of Skill Development and Entrepreneurship (MSDE) and Bajaj Allianz Life. More than 62,000 students across 5000 schools pan India registered for the Youth Ideathon.

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BARÇA BAG FIRST LA LIGA AWAY WIN

Leave it late to beat Villarreal 3-1, end goalless run



Memphis Depay

Barcelona notched their first away win in La Liga this season in Xavi Hernandez's first away game in charge as late goals from Memphis Depay and Philippe Coutinho secured a 3-1 victory over Villarreal.

Barca had gone five away matches in the league without a win but Xavi had the magic touch, with the 41-year-old overseeing his second victory out of two in La Liga, either side of a midweek goalless draw at home to Benfica in the Champions League.

The score at La Ceramica flattered Barca, who could easily have lost a frantic game in which Villarreal spurned a number of excellent chances, only to commit a dreadful mistake at the back that allowed Depay to score in the 88th minute. Coutinho added a third from the penalty spot in injury-time after Samuel Chukwueze had earlier cancelled out Frenkie de Jong's opener early in the second half. "It was the game we dominated the

least, but we won," said Xavi. "On Tuesday we deserved to win and we drew, today it could have been a draw, and we got the win. It's a tremendous victory for us."

One blot on the evening was an injury to Jordi Alba, who had to be replaced in the second half, with his fitness now a concern less than two weeks before Barca's pivotal final Champions League group game at Bayern Munich.

Barcelona cut the gap to Atletico Madrid in fourth to three points. They are still seven points behind leaders Real Madrid.

FRANTIC START

In a frantic opening nine minutes, Barcelona hit the post twice while Villarreal were gifted a golden opportunity as Abde Ezzalzouli's header was tipped onto the crossbar by Geronimo Rulli before Gavi's drive brushed the outside of the far post. In between, Eric Garcia's backpass was intercepted by Arnaut Danjuma but his shot was blocked by the sliding Gerard Pique, who was lucky not to concede a penalty after making the stop with his right hand.

The chances kept coming for both

teams as Depay scuffed wide after being slid through by De Jong before Jeremy Pino and Pau Torres both headed over when left free in the box, Torres from five yards out.

VILLA DOMINATE FIRST HALF

Villarreal were rampant down Barcelona's right-hand side and finished the first half the stronger. But Barca survived and took the lead three minutes after the restart, Alba volleying Abde's cross back in for De Jong to tap home after Depay's initial finish was saved. Alba went off injured, replaced by Oscar Mingueza, and Villarreal continued to stretch Barcelona, who never looked in control of their lead.

They could not even keep hold of a throw-in, Villarreal regaining possession and hooking the ball towards the penalty area, where Chukwueze nipped in ahead of Mingueza and poked into the corner.

BARÇA CAPITALISE ON MIX-UP

Villarreal fancied a winner as Manu Trigueros twice went close and then Danjuma shot just wide of the post after a weaving run in from the left. Instead, it was Barcelona who struck after capitalising on a Villarreal mix-up at the back. Pervis Estupinan flicked Barca goalkeeper Marc-Andre ter Stegen's punt towards his own goal and Raul Albiol slipped as Depay darted through, rounded the goalkeeper and finished through the legs of Estupinan on the line.

Disheartened, Villarreal conceded a third in added time as Juan Foyth hacked down Coutinho, who planted the penalty into the bottom corner. AGENCIES



Philippe Coutinho

Photos: AP

LEWANDOWSKI TIPPED FOR BALLON D'OR

Robert Lewandowski threatens to deny Lionel Messi a record-extending seventh Ballon d'Or title as the prestigious awards ceremony returns Monday after it was cancelled last year because of the pandemic. The Bayern Munich and Poland striker pilfered a Bundesliga record 41 goals in just 29 games last season to eclipse the long-standing mark set by the late Gerd Mueller. Lewandowski, 33, scooped FIFA's prize for best male play-

er of 2020 and has the backing of coach Julian Nagelsmann and Bayern team-mate Thomas Mueller. He has 25 goals in 20 appearances this season. "Lewy has to win when you see the way he is playing at the moment," Mueller said. Messi and Cristiano Ronaldo have combined to win 11 of the 12 editions of the Ballon d'Or, the lone exception in 2018 when Luka Modric helped Real Madrid to another Champions League triumph and inspired Croatia to the World Cup final.



DJOKOVIC'S SERBIA STUNNED BY GERMANY

Could progress if they emerge one of the two best runners-up; Medvedev leads Russians to winning start

Novak Djokovic and Nikola Cacic lost a dramatic deciding tie-break in their doubles rubber as Serbia suffered a shock defeat by Germany in the Davis Cup Finals, while Daniil Medvedev helped the Russian team to an opening win.

World number one Djokovic had drawn Serbia level in their second group-stage tie by beating Jan-Lennard Struff after Filip Krajinovic's loss to Dominik Koepfer. But the 20-time Grand Slam singles champion and Cacic slipped to a 7-6 (7/5), 3-6, 7-6 (7/5) de-

feat by Kevin Krawietz and Tim Puetz, who got over the line on their third match point in Innsbruck.

The matches in Austria are being played behind closed doors due to new coronavirus restrictions in the country. Germany will qualify for the quarter-finals from Group F if they beat Austria, which would leave Serbia waiting to see if they progress as one of the two best runners-up.

Djokovic is hoping to cap a brilliant season, by helping his country win the Davis Cup for the first time since 2010. He missed out on a calendar Grand Slam with a defeat by Medvedev in the US Open final.

Russians make winning start The Russians, among the title favourites, made a perfect start to their cam-

paign with a 3-0 victory over Ecuador. World number five Andrey Rublev overcame a second-set blip against 291st-ranked Roberto Quiroz to win 6-3, 4-6, 6-1 in the opening rubber in Madrid.

Medvedev then ensured his team would win the tie by thrashing Emilio Gomez 6-0, 6-2 in under an hour. Gomez was given a huge cheer by the crowd when he finally got on the board in the eighth game. "I was ready for it," said the world number two. "I wanted to keep it clean from the first to the last point of the match. "I'm really happy to bring a point to the team."

Rublev and Australian Open semi-finalist Aslan Karatsev completed the whitewash by taking the doubles rubber against Gonzalo Escobar and Diego Hidalgo. AFP



Nikola Cacic (L) and Novak Djokovic speak during their match against Germany

Photo: AFP

INDIA'S CAMPAIGN ENDS AS SATWIK-CHIRAG, SINDHU DROP OUT

Ace Indian shuttler P V Sindhu's impressive campaign at the Indonesia Open came to an end after she lost her hard-fought semifinal to former world champion Ratchanok Intanon, at Bali.

Third seed Sindhu, a two-time Olympic medallist, lost 21-15 9-21 14-21 to world number eight and second seeded Ratchanok in 54 minutes for her third semifinal finish on the trot. The 26-year-old Sindhu had made it to the last four in Indonesia Masters last week and also at the French Open in October.

World number 11 men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty, seeded sixth, exited the Super 1000 tournament after a 16-21 18-21 defeat to top seeded Indonesian combination of Marcus Fernaldi



Gideon and Kevin Sanjaya Sukamuljo in the semifinals. It was the 10th straight defeat for the Indian pair against the world number one pair, a two-time former All England Open champions and reigning Asian Games gold medallist.

It was thus curtains for India at the USD 850,000 tournament. ■

QUIZ TIME!

Q1: Who among the following was the first Indian to win an Olympic medal?

- a. K D Jadhav
- b. P T Usha
- c. Leander Paes
- d. Dhyan Chand

Q2: Which female Indian cricketer recently scored her first test century against Australia?

- a. Harmanpreet Kaur
- b. Smriti Mandhana
- c. Mithali Raj
- d. Punam Raut

Q3: In which year did Cheteshwar Pujara debut in test cricket?

- a. 2011
- b. 2014
- c. 2010
- d. 2012

Q4: Which player has scored the fastest double centuries in ODIs?

- a. Virender Sehwag
- b. Sachin Tendulkar
- c. Chris Gayle
- d. Fakhar Zaman

Q5: In which country was the Hockey World Cup trophy designed?

- a. India
- b. Pakistan
- c. Australia
- d. Belgium

Q6: Mithali Raj became the second female cricketer to achieve this milestone recently. What is the milestone?



Mithali Raj

Photo: GETTYIMAGES

- a. 4000 runs
- b. 5000 runs
- c. 400 wickets
- d. 10000 runs

Q7: Who is the founder of the Davis Cup?

- a. Dwight F Davis
- b. Bill Tilden
- c. Vincent Richards
- d. Bill Johnston

Q8: Who was the first male player to complete the Career Grand Slam on three different surfaces?

- a. Andre Agassi
- b. Roy Emerson
- c. Jim Courier
- d. Rafael Nadal

Q9: Who is the first Indian woman to win an Olympic silver medal?

- a. Saina Nehwal
- b. P V Sindhu
- c. Rituparna Das
- d. Tanvi Lad

Q10: In which year did the first Davis Cup take place?

- a. 1914
- b. 1938
- c. 1900
- d. 1966

ANSWERS: 1. a. K D Jadhav
2. b. Smriti Mandhana 3. c. 2010
4. c. Chris Gayle 5. b. Pakistan
6. d. 10000 runs 7. a. Dwight F Davis
8. a. Andre Agassi 9. b. P V Sindhu
10. c. 1900