# THE TIMES OF INDIA

TODAY'S

**Check out some climate** lingo such as 'doomism', 'carbon capture' that are currently making headlines



An educator advices on how making new friends can brighten up your life



Afghanistan open T20 WC campaign against spirited **Scotland** 



MONDAY, OCTOBER 25, 2021



#### **CLICK HERE: PAGE 1 AND 2**

#### **MANN KI BAAT**

## **SUCCESS OF COVID** vaccination drive shows India's teamwork: PM



rime Minister Narendra Modi on Sunday said the success of India's Covid vacci-

nation drive shows its capability and

noted that the country is moving ahead with new energy after crossing the 100 crore vaccine doses milestone. In his monthly Mann Ki Baat broadcast, Modi hailed healthcare workers for the vaccine milestone and said he knew they would leave

no stone unturned to vaccinate the people. It shows India's capability and the strength of 'sabka prayas' (collective effort) mantra, he said.

On the occasion of the UN Day, Modi also said that India has always worked for world peace and this is seen in the country's contribution to the UN Peacekeeping forces

India is also working to make Yoga and traditional methods of wellness more popular, he said

Referring to the 'vocal for local' campaign, the Prime Minister urged people to buy local products in the festival season

The PM also paid tributes to legendary cartoonist RK LAXMAN ON HIS 100TH BIRTH ANNIVERSARY, and said that through his carns, he beautifully conve the socio-political realities of the times. Laxman, who was known for his cartoon creation The Common Man, chronicled Indian socialpolitical history and regaled millions of readers daily in publications

# WhatsApp doesn't have fundamental rights, can't challenge Indian law: Govt

The Centre has opposed WhatsApp's challenge to its IT Rules by arguing that the internet firm is a foreign entity and thus, cannot invoke the fundamental rights under Article 19 and 21 of the Constitution...



#### THE CASE

■ The Centre early this year enforced the new IT Rules (intermediary guidelines) that mandated social media firms to identify the "first originator" of "unlawful" con-

tent when asked, among other

■ WhatsApp, which is end-to-end encrypted — the messages can be read only by the sender and recipient, and not by the company - has challenged this traceability clause, saying it is violative of the right to privacy and Article 19

## WhatsApp has said earlier that it will not break its end-to-end

encryption as that would undermine the privacy of users. India is WhatsApp's largest market with over 400 million users

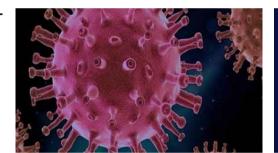
Traceability requires messaging services to store information that can be used to ascertain the content of people's messages, thereby breaking the very guarantees that end-toend encryption provides

In order to trace even one message, messaging services would have to trace every message, WhatsApp had said in a blog, explaining why it opposes traceability

**SHARE YOUR VIEWS AT** TOINIE175@GMAIL.COM

## **BIG NEW COVID-19 WAVE UNLIKELY BUT TOO EARLY TO SAY INDIA IN ENDEMIC STAGE: EXPERTS**

ndia is unlikely to see a Covid wave like the devastating second one unless there is a new immune escaping variant, but the lower number of cases does not necessarily mean the pandemic is now endemic, several experts have said. Giving hope and also injecting a note of caution as the festive season peaks with Diwali just days ahead, they said a dipping Covid graph is only part of the picture, and pointed to factors such as the mortality rate, the need for a larger vaccination cover and examples of countries, such as the UK where numbers are again rising.



A disease is when it continues to be present within a given geographical area but its impact is manageable

#### **CBSE allows class X, XII** students to change exam centres for term 1 exams



Term 1 exams will take place in November-December. For class X, exams will take place from November 30 to December 11 and for class XII, the exams will be held from December 1 to December 22

at an appropriate time, CBSE e Central Board of Secondary Education will inform them to make a Wednesday

allowed students of class X, XII to change their examination centres for the upcoming term 1 examination. CBSE in a statement, informed that "class X and XII students who are not in the city of their schools and are residing somewhere else,

their respective schools to change the city of examination centre. Schools will follow the instructions given by CBSE." CBSE has further instructed the students to remain in touch with the official website for further notifications.

request to

#### T20 WC21: Super 12 Ultimate Guide, What is the points system

he T20 World Cup 2021's Super 12 stage will see six teams. each featuring in two groups. For a win, a team will get two points, for tie, while for no result or abandoned, a team will get one point, and for loss or forfeit zero points. Top two teams in each group will qualify for the semi-finals.

**SPORTS** 

■ The first semi-final will be held in Abu Dhabi on November 10. The second semi-final will be hosted by Dubai on November 11. Both the semi-finals have reserve days

■ The tournament reaches its conclusion on November 14 at the Dubai International Stadium

#### TAMIL DRAMA 'KOOZHANGAL' IS INDIA'S **OFFICIAL ENTRY FOR OSCARS 2022**

amil drama 'Koozhangal' (Pebbles), directed by filmmaker Vinothraj PS, has been selected as India's official entry for the 94th Academy Awards. The movie follows an alcoholic abusive husband who, after his longsuffering wife runs off, sets out with his young son to find her and bring her back. It stars newcomers, Chellapandi and Karuththadaiyaan, and is produced by Vignesh Shivan and Nayanthara.

No Indian film has ever won an Oscar. The last Indian film that made it to the final five in the best international feature category was Ashutosh Gowariker's Aamir Khan-starrer 'Lagaan' in 2001

■The other two Indian movies to have made it to the top five are 'Mother India' (1958) and 'Salaam



Bombay' (1989)

■India's entry for the 2021 Oscars was Malayalam feature 'Jallikattu', directed by Lijo Jose Pellissery

## Facebook's Portal to update its Watch Together feature

acebook is delivering an update to Portal devices that will make it possible to turn off the Watch Together feature during calls in Household Mode. According to The Verge, the update comes shortly after a BuzzFeed News article criticised Facebook's blatant oversight of not including an "off" switch for the feature.

Watch Together lets you watch shows, music videos, or funny clips with distant friends or family members. Choose a video from Facebook's selection, and it will be simultaneously presented to you on your Portal and on your friend's device, whether that may be a phone, tablet or Portal When a Portal device is in Household Mode, everyone in the house has access to it and that includes kids. The Watch Together feature remains hidden in Household Mode, but it reappears during calls



### **CRITICS' TAKE**

■ Watch Together may sound like a great idea, but it obviously isn't ideal for parents, who want to keep their kids away from videos on the internet, the report said  $\blacksquare$  This can be a recipe for disaster, as BuzzFeed News noted, since kids can grab hold of the device, start up a call, and begin watching videos with others. Right now, there's no way to disable Watch Together during calls in Household Mode – likely leaving some parents feeling frustrated — but that's all about to change

### Quote unquote

The practices we have been imposing on our children in the name of love, education, care and beliefs

passing on from one generation to another have actually imprisoned our children in cages and they are losing their childhood. For the betterment of the children, there is a need to give them a good environment and not impose anything on them Manish Sisodia, Dy CM, Delhi, at the launch of the Children First - Journal on Children's Lives





**ECO AWARE** 

## Ready for your next

# CLIMATE CHANGE

A feeling of doom

has seeped into the

comes to the climate crisis.

channelling this feeling into

action, rather than

endangering one's

mental

f you are in the middle of a discussion about climate change, these phrases may help you understand it better While you may want to do your bit for

the climate, it is also important to know th current climate lingo, lest you are flum moxed hearing it for the first time. Here's a guide:

#### **SHADOW TIME**

An acute consciousness of the possibility that the near future will be drastically different than the present. It was created by the Bureau of Linguistic Reality, a California-based conceptual art project that works with the public to coin words for bizarre new experiences.

#### **BLISSONANCE**

When a blissful experience of, say a warm day in winter, or rains in summer may leave one wondering what disruption in nature may have led to such unusual (even if enjoyable) minds of youngsters when it phenomena.

#### **JESTOPE**

However, experts recommend hopeful attitude A that things will work out, yet looking at the difficult or extremely difficult circumstances or realities with humour. We are living with a jestopic view these days, aren't we?

#### **URBAN HEAT ISLANDS (UHI)**

n urban or metropolitan area that A has a couple of degrees higher temperature than the surrounding areas. In India, cities like Bengaluru, Hyderabad, Delhi NCR have experienced such heat islands in densely populated areas.

A mental state that

Solastalgia

combines melancholy. Grief and nostalgia for a place that is not the same due to extreme changes in climate or environment. Many millennials may relate to this feeling when they return to their hometowns, or hill stations that they visited during childhood

term coined by journalist Dan Bloom about films or books that bring the reality of climate change in a dramatic way through entertainment. Like 'Waterworld', 'The Day After Tomorrow', and, in some ways, 'Avengers: Infinity War and Avengers: Endgame' with Thanos seeking to 'restore' the balance.

#### **CARBON CAPTURE**

ature-based ways to reduce carbon dioxide from the atmosphere by planting trees, restoring wetlands, and adjusting farming practices.

#### **DOOMISM**

feeling that Earth is bound to be A destroyed by climate change, and that there is no hope of stopping the destruction. While this feeling is hard to rid, experts recommend channelling this into action, rather than endangering and affecting one's mental health.

#### Last **Chance Tourism**

Taking a trip to places that may not exist due to climate change. One of these places is Maldives, predicted to be submerged in approx 60 years, because of rising ocean lev-

#### REVELATION

## 44% millennials skipped breakfast amid pandemic

recent study has shown that 44 per cent of urban millennials skipped breakfast during the pandemic and delayed meals due to increased household chores and late start to the day. The study also stated that 64 per cent of urban millennial respondents were driven towards a healthy immune system.

This was conducted involving 1,000 respondents in the age group of 18-50 years, focusing on urban millennials in Delhi, Mumbai, Bengaluru and Kolkata. The study further pointed out that increased consumption of fruits, vegetables and whole grains, including oats, emerged as the key trend during the pandemic. Additionally, it was found that 71 per cent of urban millennials leaned towards fad diets, including keto, intermittent porting this behaviour of skipping fasting, and weekly detox plan, breakfast too." IANS

among oth-

ers to maintain weight. Vidhi Sharma, consultant at a market research company said, "While millennials acknowledge the importance of breakfast, they often tend to skip breakfast due to their work schedules or tend to just grab a quick snack in the morning. Popular fad diets are sup-



# Butter Bowl

ooking for a quick and comforting meal to kick start the day? Here's a delightful smoothie bowl made with the goodness of proteins-rich peanut butter, apples, banana, honey and milk. To make it more satiating, add some instant oats and granola and enjoy

#### **INGREDIENTS**

- 2 cup milk
- 1/2 cup oats granola as
- required 4 tablespoon peanut butter
- 2 banana 2 tablespoon honey 1 handful mixed

dry fruits

#### **HOW TO MAKE**

**STEP 1: BLEND IT TOGETHER** 

 $extbf{ extbf{ a}}$ ake a 1 1/2 banana, 1 1/2apple, honey, oats, milk and peanut butter to a blender. Blend it smoothly and make a thick mixture. Save 1/2 apple and 1/2 banana for garnishing.

#### **STEP 2: GARNISH AND EAT**

Pour it into the serving bowls. Garnish the breakfast bowl with apple and banana slices. Add in a handful of granola and dry fruits. Refrigerate for 30 minutes and it's ready to be eaten.

**NUTRITION ALERT** 

# 10 black superfoods for GREAT HEALTH

**TIPPING POINT** 

**FLIGHT SHAMING** 

lacksquare n irreversible change in climate. Imagine leaning back on a

chair on its rear legs. When pushed beyond a point, the chair

etting schooled for generating a carbon footprint by

spread to other countries among climate warriors.

Uflying long distances frequently. Flight shaming

became a legit movement that began in Sweden and

will crash into the floor and if broken, it cannot be restored to the

original shape. And well, as they say - we don't have a planet B!

It's time to paint your diet black, because these black foods are super healthy. **Know these black** beauties and their health benefits

### What are **Black Foods?**

■oods with pigments called anthocyanins are known as black foods. Anthocyanins are found in black, blue and purple coloured foods and have hidden nutrients and benefits galore. These pigments have rich antioxidant properties, which promote health and have the potential to reduce the risk of cancer, heart disease and stroke.

ich in omega-3 alpha-linolenic acid, black walnuts are known for improving heart health. It has also been proven that walnuts are rich in ellagic acid, which is said to have a cardio-protective effect. They

are also rich in unsaturated fats that are effective in controlling hunger and increasing fullness, and hence aid weight loss. They are rich in antioxidants like melatonin, which helps improve the duration and quality of sleep as well.

#### **BLACK RICE**

Tative to Southeast Asian belt, black rice has a nutty flavour loaded with lutein and zeaxanthin and promotes good eye health. They have cancer-fighting properties due to their high antioxidant and fibre content. They can be used in puddings, stir fries, risotto, porridge, noodles, bread and even makes a great idea for a good kheer!

#### **BLACK DAL**

closer to home surprise, Indians have used hlack dal since ages. They are used as gravies and in mixed dal preparations. Black dal is rich in fibre, iron, folate and protein, and tastes delicious.

#### **BLACK OLIVES**

hey are rich in monounsaturated fats, vitamin E, polyphenols and oleocanthal. Olives can be added to salads, pastas, stirfries and some pickles and drinks too. Also, they help protect the arteries from clogging, maintain eye health, prevent DNA damage, promote good skin health and hair health.

#### BLACK SESAME SEEDS

ommonly known as Til, they come with a huge bunch of benefits, loaded with fibre, protein, magnesium, potassium, iron, calcium, zinc, copper, selenium and Vitamin E. They also contain sesamin,

which helps reduce inflammation and plays a vital role in joint pain. Sesame seeds can be used in salads as garnish, in traditional ladoos, breads, smoothies, soups, hummus, dips, etc.

#### **BLACK GRAPES**

weet in taste, black grapes contain compounds like lutein and zeaxanthin, which prevents retinal damage and macular degeneration. Resveratrol in grapes are known to

and have a huge protective effect on cardiac health by lowering LDL lev els too. Proanthocyanidins present in this fruit have great benefits for skin health too. It is suggested to use black grapes in salads, smoothies, jams,

#### **BLACK GARLIC**

and even good old curd rice.

hey are not naturally black, rather the cloves are fermented for weeks and that turns them black and are used widely in Asian cuisine. They possess a caramelised, savoury richness that adds flavour to stir -fries, meat bakes, rice and noodles preparations and soups too. Black garlic helps in preventing inflammation and can help in boosting memory. They also have properties that prevent cell damage and hence protect from cancer. As per studies, they are better than raw garlic because of antioxidants and anti-cancer properties.

#### **BLACK FIGS**

rigs are sweet and delicious and are commonly grown in the United States. They

#### **BLACKBERRIES** hey are known to promote heart health

as they reduce inflammation and boost the immune system. According to experts, blackberries are good for dealing with irregular occurrences of the menstrual cycle. Blackberries are also one of the foods that are high in antioxidants and you can add them to your smoothies, desserts, salads, cakes or pancakes.

are a rich source of potas sium and have a very high fibre content which boosts good digestion. They are also effective in weight loss, help fight cancer cells and can also keep the blood pressure under control.

#### BLACK DATES

They are rich in carbohy drates, protein, vitamins and dietary fibre. Dates also contain a chemical element called fluorine, which is useful in protecting teeth against decay. The high amount of selenium boosts immune function and also helps prevent risk of cancer.





# Students present mind boggling performance in Ramayana

the greatest lessons for future lie in the past, whether it is the life you have lived in, history or mythology. Manav Rachna International School, Noida began the auspicious festival season of the silver jubilee year of the Manav Rachna Educational Institutions 2021 by delivering a dramatic performance of the epic Ramayana depicting Lord Rama's life struggles, accomplishments and ordeal.

The magnificence of the event was unveiled in the form of episodes, encompassing the true significance of the spirit of 'Ramayana'.

The even began with the lamp lighting ceremony, under the guidance of principal, Nindiya Saket, and the mentorship of headmistress, Priyanka Singh, followed by the dedicated team of the academic coordinators.



School activities play a pivotal role in the holistic development of children. Keeping this thought in mind, our pre-primary to primary wing students, emulated the teachings of 'Ramayana', by throwing some light upon the qualities to be imbibed from the life of Lord Rama. Equanimity, forgiveness, and being virtumighty young learners enacted and displayed with full conviction. Ramayana is just not a text but a medium to live and lead a simple yet gratifying life.

Our children dressed as the main characters, well versed with their words of wisdom, and dancing to the astonishment of story unfolding, presented a spellbound show, for everyone to praise for.

The students fabricated and reflected the true shades of our rich Indian culture and heritage. The onstage saga was narrated with a serious urge to practice good over evil.

The aptness of roles assigned, the confidence sprinkled by the teachers, the seasoning added by the performing arts team and the aura curated by the aesthetic department, turned it into a spectacular show

### Rashtriya Poshan Maah Abhiyan

programme improve the nutritional status of children, various interactive activities were held in the primary wing of **Ham**dard Public School under the guidance of principal Saher M A Sayed and H M Ranu Mazumdar in the last week of September, to discuss and understand the importance of nutrition and bal-

anced diet. On September 29, at 2 pm the students of class III connected on the Zoom platform for an enlightening and in-

s a part of the teractive session with Dr Madeeha Khan, MBBS from Jamia Hamdard. The students of

class IV and V par-

ticipated in poem recitation and speech on 'Nutritious Food'. The activities were conducted in virtual mode and the students enthusiastically made videos while reciting their poems and delivering the speech.

On September 29, 3 pm, Dr Anushree Dixit pediatrics was invited to speaker explained the and its importance for effects of not having

4 pm dietitian Zubia Nasir interacted with class V students and provided advice on nutrition related matters.

Students were happy to ask and answer questions on healthy from the department of and nutritious food. The speak on nutritious food diet chart and harmful the class IV students. At good and nutritious diet.

### **Boscons shine at table tennis tournament**

School, Paschim Vihar was the proud host of Stag Delhi State Ranking Table Tennis Tournament that was held from September 25, to 29. It was organised by Delhi State Table Tennis Association.

Zealous Boscons Bhaskar Sugra and Archa Jain proved their mettle by bagging the first position

in U – 13 boys category and U – 15 girls category respectively. Rishikesh Jagtap lived up to everybody's expectations by bagging third position in U-13category. Archa Jain brought glory to the alma mater by bag- represent Delhi state at the Naging third position in both U-17 tional Table Tennis Tournament.



and U -19 category.

Approximately 450 players from Delhi region participated in the event. All the participants displayed good sportsman spirit. These winners will further

The committee comprised of MP Singh – advisor for Table Tennis Federation of India and general secretary Haryana Table Tennis Association, general secretary - Manjit Singh Dua, Arjuna Awardee, India's No 1 from 1967 to 1983, national champion, silver medalist in US along with other esteemed com-

mittee members. The closing ceremony was held on September 29, 2021 and was graced by school chairman, Dr Gurpreet Singh Tuteja, principal Rajiv Duggal and vice principal – Priya Handa. Dr Tuteja showered the words of encouragement on the participants.

## **Bringing smiles**

iving a helping hand to a needy one is not only a responsibility, but it's also an act of humanity that we show towards others. We can make a difference in their lives even with a little – it doesn't demand that much, just a little of what we have and a little of our time.

DAV Public School RK Puram in collaboration with Khushiyaan Foundation, an NGO, is delivering happiness to underprivileged humans of the society and environment by distributing food, toothpaste, toothbrush, ration and stationery to needy people and kids. School also dis-



tributed sanitary napkins to females of nearby area to help and empower underprivileged women and to promote hygiene. We can change their lives and give them a good will & happiness, by showing them hospitality and love.

#### EARTH WILL LIVE, WE MAY NOT. ACT NOW!

Countdown from 1, 2, 3 one by one, we are chopping all trees, we forget about our old friends, who gave us so many things,

we have become greedy, and are making big buildings.

The fresh air has been polluted, due to the smoke we have createdfrom the cars, bikes, bus-

because we all are pollu-

es and burning crackers, don't pass the blame,

In oceans and seas, jumping dolphins, ee are glad to see, but what about the turtle at the beach, who daily eats plastic,

and will die in a

A miracle could save us, this miracle could be you and me, save all nature's beauty. Act now!

This is our duty. NYRA ALI SAIF, class VI G, Seth Anandram Jaipuria School, Vasundhara, Ghaziabad

## Clean and green is our perfect dream

it's not clean. Earth is dying because it's not green...

er; Don't pollute it. She gives us food and

green tomorrow...

day it will sink. think.

Water is a treasure,

Grow more trees; make mother Earth green. Reduce pollution and

Arnav Rana, class IV, Shanti Gyan Vidyapeeth School

Lives are crying because a strong ranger...

Earth is our dear mothshelter; just salute it...

With global warming, it's Let's save it by becoming

#### reserve it...

With dying trees and animals, it's in sorrow. Make green today and

> With melting snow, one How can we save it? Just Trees are precious, preserve them.

make her a queen...

Or humans will be

As we are not under-

creatures.

another name of awful

standing the pain of get-

ting cut or burn into ash.

#### A painful cry!

Today I had a dream, which was a scream, of some sadists, who were saying "Please Be Conservarist!" As without us earth will be bony land, without any glory and will be unmanned, I think you have already understood who these are...

Yes, these are the down-

hearted trees! Their problems are increasing day by day, still we are so selfobsessedour ancestors left 4,128

cent of it! Not only trees are in danger, But we and our future generation are also in a risk!

million trees but now we So now onwards let's are only left with 31 per

We must save the world,

HEAL THE WORLD. Make it a beautiful

heaven as she deserves.

Niyati Mittal, class VI-E, Seth Anandram Jaipuria School, Vasundhara,

Ghaziabad

## THE EDUCATIONIST

## Decoding art of making friend

new friends when we are at school, but many do struggle to talk due to shyness. If someone is shy and an introvert, then it is hard to make new friends. However, if we make a little effort then we can meet people around school and have fun. Here are a few ways how you can make friends when you are at school on your own.

#### **SMILE WHENEVER YOU CAN**

Smiling is the most important thing you can do to look friendly and aptalking to someone, make eye contact and smile. Let the person know that you are happy to interact with them, even when you don't have anything to discuss. Howev-



N Y M Yasmini, English Department,

OTHER KIDS

Chitturi High School, Vijayawada

proachable to others. While all the time because that would look very unnatural. Try to keep it real and polite.

INTERACT WITH

er, it doesn't mean that you Make it a point to talk to kids will walk around with a grin around you and start to have

who are extremely shy but that you really enjoy doing always remember to seize the opportunity you have miss out on that friendship. It is time to step out of your shell and start talking to others.

#### **INITIATE A CONVERSATION**

You don't have to worry as **OTHER** your class who will be as someone who is on his or help yourself to make a new friend but also you will help talk. others who might be in a

**FIND SOME COMMON** 

We tend to share a great rapport with your friend.

INTEREST

similar situation as you.

a normal conversation. I bonding with people who understand this can be have a similar taste to us. tricky and hard for kids Find out the list of things

at school. See if there are other because you don't want to kids who share similar interests as yours. If you notice someone doing something that you enjoy, talk to them about what they are doing.

#### **COMPLIMENT EACH**

there will be other kids in We all feel good about ourselves if someone complishy as you are. Take the ments us. Saying someinitiative and speak to thing nice while starting a conversation is always nice her own. You will not only and it will actually help

one to break any awkward If you don't know what to compliment, start complimenting their bag, pen, pencil box, handwriting or their drawing, etc. This will surely create a good

## MUN 2021 enthralls all

rugram hosted the Model United Nations 2021 on the virtual platform providing a collaborative space to the young leaders of tomorrow by inculcating a comprehensive understanding of international relations with the theme 'For a more inclusive world.'

In her opening address, the school principal, Srividya Sridhar reiterated how imperative it was to create a society which overrides the differences of race, gender, class, and geographies to create equal opportunities for all. Aman Mohunta, an illustrious alumnus, presided as the keynote speaker and urged participants to embrace plurality and discern between facts and opinions.

The agendas of the seven committees, namely United Nations General Assembly, United Nations Women, United Nations Security Council, United Nations Human Rights Council, All India Political Parties Meet, Citizen's of the opening and the closing the winners!



Dialogue, and Money Heist were carefully laid out to discuss the

sensitive issues Over the two-day event 245 delegates from schools in and around the NCR and countries like Nigeria, Singapore and Uganda deliberated and debated upon issues including the Afghanistan crisis, farmer's agitation and women empowerment, challenging notions and policies of the world community to find solutions

for a more equitable society. The cultural presentations Heartiest congratulations to all

ceremony highlighted the theme of universal brotherhood with the rendition of the song 'Maithreem Bhajata' and an interpretation of the iconic song 'Imagine'. The executive committee lauded the confidence and clarity of the young delegates and thereafter announced the winners. The DAV School, Sec-14 Gurugram was awarded with best school delegation award and Runners Up was bagged by the

New Horizon School, Bangalore.

# THERE IS NO CHARLES

## THERE IS NO SUBSTITUTE FOR HARD WORK

e need to work hard and value our time in order to make our good successful job, buy dreams come true. Success comes only to those who work hard for it. They are the kind of people who act accordingly to fulfil their life goals and make their dreams come true. Do not forget, failure is a part of success and we all should try to learn from it. It helps us to know about the mistakes and blunders we have caused throughout our journey. As we all are different people with a different mind-sets, the meaning of success is different for every one of us.

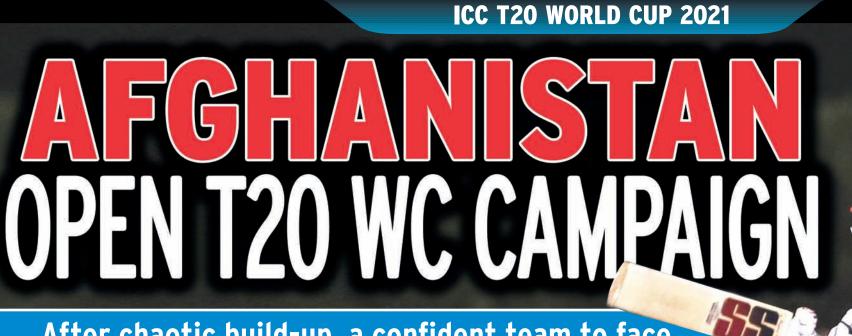
lots of property, have a lavish lifestyle, etc. However, according to me, real success is in doing what you love and want to do. Time management is one of the



most important factors, which is required to achieve success in life. We should understand the importance of time and act accordingly so that we can achieve our goals and be successful in

life. One should always remember that there is no substitute for hard work in the process of being successful. Some people are born with good luck but without hard work, even fate denies them the chance to shine.

V NIKHILASREE, class XA3, Atkinson Senior Secondary School, Vijayawada



After chaotic build-up, a confident team to face spirited Scotland

he Afghanistan cricket team will hope to provide some joy to its people going through tumultuous times back home as it begins its T20 World Cup campaign against a spirited Scotland in Sharjah. Afghanistan finds itself in turmoil again after the Taliban takeover of the country in August. The cricketers could not get much practice due to the situation at home and there was also a controversy over team selection with star spinner Rashid Khan stepping down soon after the squad was announced. Few last minute changes were made and veteran all-rounder Mohammad Nabi is back to lead the team.

Notwithstanding their controversial build-up, Afghanistan have shown what they are capable of in the two-warm ups that they played in the lead up to the tournament. They lost to South Africa before wrapping up their preparations with a win over defending champions West Indies.

#### **OPENERS WILL SET TONE**

Afghanistan have built a reputa tion of a top bowling side over the years and if their batters are able to fire consistently in the tournament, they can beat any side on the day. A lot will depend on openers Hazratullah Zazai and Mohammad Shahzad in the batting department with Najibullah Zadran and skipper Nabi expected to get quick runs

SCOTLAND, AFGHANISTAN **ALREADY IN** 

> Bangladesh, Namibia, Scotland and Sri Lanka have confirmed their place at the ICC men's T20 World Cup 2022 to be held in Australia after the four teams progressed to the Super 12 stage of the T20 World Cup 2021 in Oman and the UAE. Afghanistan, England, India, New Zealand, Pakistan, South Africa, West Indies and hosts Australia, had already qualified for the 2022 showpiece, gaining direct entry to the Super 12 of the ICC Men's T20 World Cup 2021 by virtue of being inside the top eight on the ICC men's T20 International Rankings at the cut-off prior to the postponed 2020 event.

> > The four remaining spots will be filled via the ongoing qualification pathway taking place across the five regions, culminating in two global qualifying tournaments

> > > in early 2022.

in the middle and death overs.

The spin trio of Rashid, Nabi and Mujeeb Zadran can trouble the best of batters and considering the slow and low nature of the Sharjah pitch in the IPL, they should enjoy bowling on the surface laid out for the World Cup game.

#### **SCOTLAND ON** WINNING SPREE

Their opponents, Scotland, are high on confidence after winning all their matches in the first round, including a famous win over Bangladesh. Scotland showed their character against the sixth-ranked Bangladesh as they came from an almost hopeless situation to stun their seasoned opponents.

The new ball duo of Bradley Wheal and Josh Davey has been impressive while leftarm spinner Mark Watt has been effective in the middle overs. Watt made it amply clear post the win against Oman that Scotland are going into Super 12s with an aim to create a few upsets. "I think we are going to make a few upsets. I don't see why not. We've done it before. We've beaten the best ODI team (England) in the world, we've beaten Bangladesh just there. I think we're on a really good run of form. "Teams won't take us lightly. Yeah, they should be worried about Scotland. We're in a great run of form and we've got a lot of momentum going forward so yeah," he said.

After Sunday, Watt is also ready to take on the likes of Virat Kohli and Kane Williamson later in the competition. "I've got quite a few plans for Virat. I'm going to keep them hush-hush at the moment, but I



Slick MAN CITY blow away BRIGHTON

Move to second on points table while Brighton remain on fourth

like a "top-four" side despite being on the end of a 4-1 thrashing from his Manchester City side. The English champions had the points sealed by half-time as Ilkay Gundogan tapped into an empty net on 13 minutes before Phil Foden finished off two fine

Alexis Mac Allister's penalty pulled a goal back for Brighton, before Riyad Mahrez put the seal on a slick City display. Brighton remain in fourth after an impressive start to the season and Guardiola believes the Seagulls deserve to be in that exalted position in the table. "It's really good because I knew which team we face today," said Guardiola after City moved up to second in the table, two points behind leaders Chelsea. "They are aggressive and when they have the ball they know what they have to

nisms of a big team. They have courage. I admire them for that. They play like a top-four or five

Guardiola made just two changes to the side that smashed Club Brugge 5-1 in the Champions League in midweek as Gundogan and Gabriel Jesus replaced Kevin De Bruyne and Mahrez. Brighton were on the same end of a similar hiding.

Brighton made a far better contest of the second-half as City conserved their energy

added Guardiola. "For 30 minutes they were better than us. "We suffered a bit in the first half but the second half response was fantastic," said Graham Potter. "Of course it's disappointing to lose. We have to Manchester City were better but our performance was some-

thing to be proud of." City had the final say as Foden rounded off a superb performance to smash amid a run of seven games in the visitors' fourth high. AFP

#### IN OTHER MATCHES

 Leeds United's disappointing start to the season continued and they needed a stoppage-time goal from Spanish striker Rodrigo to scrape a 1-1 home draw with Wolverhampton Wanderers. Rodrigo's penalty cancelled out Hwang Hee-chan's early goal for the visitors.

Newcastle's first game since the

departure of manager Steve Bruce ended in a 1-1 draw after Callum Wilson's acrobatic strike cancelled out Christian Benteke's opener for

Ivory Coast winger Maxwel Cornet scored twice for winless Burnley in their 2-2 draw at Southampton.

Photo: GETTY IMAGES

**CHELSEA** run riot against **NORWICH** 

Premier League leaders hammer bottom place club 7-0 at Stamford Bridge

al Mason Mount struck a hat-trick for Chelsea who showed no lack of firepower despite the absence of forwards Romelu Lukaku and Timo Werner due to injury. Mount opened the scoring in the eighth minute and then winger Callum Hudson-Odoi earned his own reward 11

minutes later when he collected a fine pass from Mateo Kovacic and provided a cool finish. A third Chelsea Academy product got on the scoresheet three minutes before halftime with a delightful chip from wing-back Reece

James. Ben Chilwell made it four just before the hour mark against the winless Canaries, whose troubles were added to by an own goal from Max Aarons in the 62nd minute and a sending off for Ben card two minutes later.

Mount's penalty was saved by Tim Krul late in the game but VAR showed the keeper had moved off his line and when the kick was retaken Mount made no mistake. He capped a fine performance with a tap-in from Ruben Loftus-Cheek's pass in the 91st. Chelsea manager Thomas Tuchel, whose side lead the standings on 22 points after nine games, was delight-

ble for the club. "To have the hat-trick for Mason is huge because that's a massive moment for him. He's very proud, he put a lot of pressure on himself," the German coach said.

"I feel (he is) playing with a bit more freedom in the last few matches and this is what we need. There were a lot of games, and still are a lot of games, for him at a very young age." REUTERS

#### **EVERTON SLUMP TO 5-2 DEFEAT TO WATFORD**

Rafa Benitez's Everton were 2-1 up to promoted Watford but conceded four goals inside 13 minutes as they collapsed to a surprise loss. Josh King, the former Bournemouth forward, scored a hat-trick on his return to Goodison Park as new Watford boss Claudio Ranieri enioved a much-needed win for the Hornets. who are 14th on 10 points. "Of course today my philosophy was very clear. The players worked with me one week together and slowly, I'm sure we will get better together." he added. Benitez was puzzled by the defeat, which left his side in eighth place on 14 points. "I think it is difficult to explain when you are winning 2-1 and concede four goals in a few minutes. We need to understand how to manage the game, especially managing when you are winning," he said.

## QUIZ TIME!

National Sports Day is • celebrated on which date in India?

a) August 28 b) August 29 c) August 26 d) August 27

• The Electra Gold Cup is associated with which

a) Table Tennis b) Lawn Tennis c) Badminton d) Football

• Who among the following was the first Indian cricketer to bag 500 wickets in Test matches? a) Kapil Dev b) Javagal Srinath

c) Anil Kumble d) Harbhajan Singh

 Which team won the first U4. Hockey World Cup?

a) Spain b) France

c) UK d) Pakistan

Q5. Which football player's goal is described as 'The Hand of God'?

a) Péle

b) Diego Maradona

c) Lionel Messi

d) Christiano Ronaldo

Egyptian forward . Mohammad Salah has scored in nine straight games in all



so in the club's 129-year history. Which club did he score for?

a) Liverpool b) Chelsea

c) Manchecter United d) Arsenal

Who is the President of

a) Reinhard Grindel

b) Aleksander Ceferin c) Fernando Gomes

d) Michele Uva

8 When were the ICC women's rankings launched?

a) 2015 b) 1996

c) 2003 d) 2000

• In pole vaulting, what • material is the pole made up of?

a) Plastic b) Steel c) Carbon fibre or Fiberglass d) Wood

Q10. Who was the first Asian to win the World Light Heavyweight Championship in US? a) Dara Singh b) Jatindra Charan Goho

c) Gulam Mohammad d) KD Jadhav

ISWERS: 1. b. August 29

2. a. Table Tennis 3. c. Anil Kumble

4. d. Pakistan 5. b. Diego Maradona 6. a. Liverpool 7. b. Aleksander Ceferin

8. a. 2015 9. c. Carbon fibre or Fiberglass

10. b. Jatindra Charan Goho