



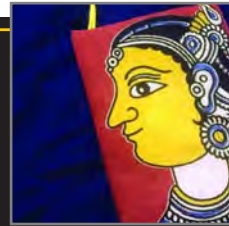
# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

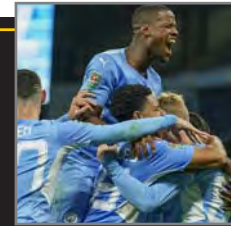
► You know your grandparents adore you, but when you feel overwhelmed, here are ways to seek space politely  
**PAGE 2**



► Try some easy DIY ornaments and gift them to your near and dear ones  
**PAGE 3**



► League Cup: While Manchester City, Liverpool ease through; Everton out  
**PAGE 4**


**STUDENT EDITION**

THURSDAY, SEPTEMBER 23, 2021


**LUNAR  
MISSION  
2023**

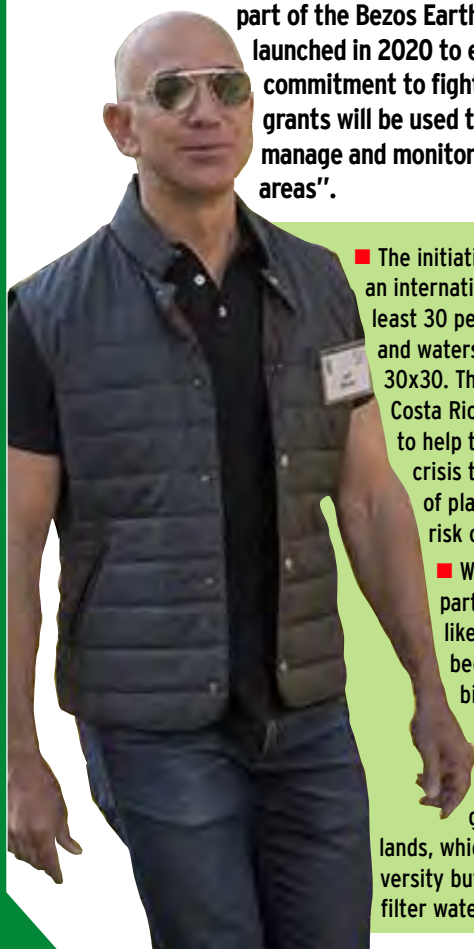
CLICK HERE: PAGE 1 AND 2

*Spotlight*

## JEFF BEZOS

### Pledges \$1 bn fund to boost conservation

**A**mazon founder Jeff Bezos has pledged \$1 billion towards improving conservation efforts with a target of protecting 30 per cent of the Earth's land and sea by 2030. The fund is part of the Bezos Earth Fund, which Bezos launched in 2020 to execute his \$10 billion commitment to fight climate change. The grants will be used to "create, expand, manage and monitor protected and conserved areas".



- The initiative is intended to support an international push to safeguard at least 30 per cent of the Earth's lands and waters by 2030, known as 30x30. The plan, led by Britain, Costa Rica and France, is intended to help tackle a global biodiversity crisis that puts a million species of plants and animals at the risk of extinction
- While climate change is part of the problem, activities like farming and fishing have been even bigger drivers of biodiversity loss. The 30x30 plan would try to slow that by protecting intact natural areas like the old-growth forests and wetlands, which not only nurture biodiversity but also store carbon and filter water

## VIRAT KOHLI

### First cricketer to play 200 IPL matches for a single franchise

**R**oyal Challengers Bangalore captain Virat Kohli has become the only player to feature in 200 IPL matches for a single franchise. He is the first RCB cricketer to get to the landmark. Notably, Kohli became the fifth cricketer to play 200 matches in the Indian Premier League when he came out for the toss in Match number 31 against Kolkata Knight Riders in Abu Dhabi.

Dhoni, the most-capped player, has represented two franchises - Chennai Super Kings and Rising Pune Supergiant. Rohit (Deccan Chargers & Mumbai Indians) and Raina (CSK & Gujarat Lions) have also played for 2 franchises, while Kolkata Knight Riders' Karthik has played for Delhi Capitals, Gujarat Lions, Punjab Kings, Mumbai Indians and Royal Challengers Bangalore in the past



## NASA selects a site for its Moon lander

**N**ASA's much-awaited Artemis Lunar Mission in 2023, will land near the western edge of the Nobile Crater at the Moon's South Pole.



The Artemis rover, Volatiles Investigating Polar Exploration Rover (VIPER), during its 100-day journey will explore the region's surface and subsurface for water and other resources, the US space agency has confirmed

### WHY NOBILE CRATER

**1** The mountainous area west of Nobile Crater was chosen as VIPER's landing site due to its rover-accessible terrain and array of nearby sites of scientific interest, including permanently shadowed areas

almost permanently-covered in shadows, allowing ice to exist there. The area of study covers an approximate surface area of 93 square kilometres, of which the VIPER is expected to traverse 16 to 24 km

**3** Smaller, more accessible craters surrounding Nobile's perimeter, will also provide VIPER with ideal locations to investigate in its search for ice and other resources

**2** Nobile Crater is an impact crater that was formed through a collision with another smaller celestial body, and is

The Moon's South Pole is one of the coldest areas in our solar system. No prior missions to the Moon's surface have explored it. Scientists have thus far only studied the region using remote sensing instruments, including those on NASA's Lunar Reconnaissance Orbiter and the Lunar Crater Observation and Sensing Satellite



## Not just a band-aid, a gateway to stop food waste

**S**cientists at the Nanyang Technological University (NTU) in Singapore are tackling food waste by turning discarded durian husks into anti-bacterial gel bandages. The researchers say, using waste materials and yeast for the anti-microbial bandages are more cost effective than the production of conventional bandages, whose anti-microbial properties come from more expensive metallic compounds like silver or copper ions.



### THE PROCESS

- The process extracts cellulose powder from the fruit's husks after they are sliced and freeze-dried, then mixes it with glycerol. This mixture becomes soft hydrogel, which is then cut into bandage strips
- Compared to conventional bandages, the organo-hydrogel bandages are



also able to keep wound areas cooler and moist, which can help accelerate healing

 SHARE YOUR VIEWS AT [TOINIE175@GMAIL.COM](mailto:TOINIE175@GMAIL.COM)

## Can a phone detect if you are depressed?



**Y**es, believe iPhone makers. If reports are to go by, Apple is working on a new technology that could be used to help diagnose mental health conditions, such as depression and cognitive decline. By collaborating with the University of California and biotech firm Biogen, Apple is hoping to get more out of the health-related sensors in its devices. According to sources, researchers will use data from iPhone sensors to look for digital signals linked to certain mental health conditions, including depression and anxiety, and feed them into an algorithm. This should be able to reliably predict depression and other conditions and form the basis of new features in a future version of Apple's iOS operating system.

The firm already has a wide health-related technology offerings, including heart, sleep and activity monitoring through the Apple Watch and iPhone

### FOR THE RECORD

To effectively diagnose a mental health condition, a patient requires close monitoring by the experts to look for changes in behaviour from the norm

## Ashton Sanders to play the role of Bobby Brown in Whitney Houston biopic

**A**ctor Ashton Sanders is set to play singer Bobby Brown, husband of Whitney Houston, in the biopic on the music icon. According to Deadline, Naomi Ackie has been cast in the role of Houston in the film titled 'I Wanna Dance With Somebody'.

Houston is one of the most-successful and awarded female music artistes of all time. She is also one of the best-selling recording artistes of all time, selling more than 200 million records worldwide

**MOVIES**


**THE TIMES OF INDIA**

**ONLINE TOI STUDENT EDITION**

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**Happy Gandhi Jayanti 2 OCTOBER**

**OMG! Oh My Gandhi! Gandhism for the present world**

**WHAT WOULD GANDHI DO...**

It's time to celebrate the Father of our Nation. Join us as we wish him a very Happy Birthday and celebrate OG - the Original with an OMG!

We have known him as the Mahatma, a sadhu, a revolutionary, a lawyer, a Satyagrahi, a catalyst, and NOW...we get to know him as the New-Age Problem Solver.

From Wellness, Environment, Education, Global Politics, Fashion, Business, Management, Nutrition, Handlooms, and MORE - Gandhi can tackle it all.

**TERRIFIC TRIVIA**

**GANDHI AND HIS AVATARS**

**MY VERSION OF GANDHI**

**BOOKS, MOVIES, MUSIC**

**ACTIVITIES, CRAFT & DIYS**

**ARTISTIC EXPRESSIONS**

**YOUR VIDEOS**

**RECOMMENDATIONS**

**EVERYDAY GANDHISM**

**INSPIRING WORDS**

**GANDHI AS INFLUENCER**

**STUDENTS SPEAK AND TEACHER TALK**

**ON THE WEBSITE**

Online Debate Session on Gandhi's relevance now where students can send us their videos: #OmGandhiChallenge as students send us daily tasks of Gandhi and report back. Reimagine Gandhi as Supreme as we invite them to send us their art, poem, essays on all things Gandhi.

**COLLECTOR'S EDITION**

MARK YOUR DATE **OCTOBER 2, 2021**

The celebration starts early on our website from Monday, September 27, 2021

**AND MUCH, MUCH MORE**



## POSITIVE PARENTING

# 5 WAYS TO PROTECT CHILDREN FROM ONLINE RISKS



Kids are vulnerable to cyberbullying. Check these tips to empower them and help them stay safe

## Set healthy technology boundaries

**1** Place appropriate restrictions on technology use as soon as children are able to access internet. Setting reasonable limits early can prevent kids from becoming too attached to their gadgets later on. It in fact, helps to develop healthy communication with their peers and parents.

## Communicate openly

**2** Encourage your kids to come to you with curious questions about the online world - its risks and advantages. Also ask them to talk about their online activity and relationships with friends.

## Take extra care of kids with mental health issues

**3** Children with depression, anxiety and other psychological conditions or even shyness are easy targets for bullies. Help de-stigmatise these conditions in your own home by educating yourself and your kids about them.

## React compassionately

**4** If your child brings up an instance of cyberbullying, thank them for sharing their concerns with you. Make sure you help them open up about their experience, then decide together how to move forward.

## Help them become aware

**5** Discuss news stories about cyberbullying (that you may have read in newspaper or seen on TV) with kids. Use these events to explain them what is and isn't okay online.



# How to set healthy parenting boundaries with grandparents

## Challenges you may have to deal with

Having grandparents around kids is one of the greatest blessings. The love, support and life lessons that kids get from them are invaluable. Grandparents are treasure troves of life experiences and a perfect companion for fun and creative activities. But when they start interfering way too much with your style of parenting, then the situation can become pretty much tricky to deal with.

## The right way to set the boundaries

Every parent has their style of raising kids, which they adopt over time. It can be frustrating when grandparents start to interfere in it, pointing out your mistakes often. As parents you might not be fully convinced with their ideology and you have every right to raise the issue. **What is needed is to set healthy boundaries without hurting anyone or straining the relationship.** Here are ways grandparents can interfere with your parenting



style. Check ways to deal with them in healthy ways.

## Excess interference

Sometimes, grandparents can be overinterfering. They may expect you to ask and take permission from them before taking any decision. Like they would want you to ask them about the school your kids should go

to or the kind of foods you choose for them.

It is not necessary that you may agree with your kid's grandparents' decision every single time. That is completely normal and understandable. So, next time your child's grandparents give advice, do listen to them carefully. Do not interrupt and calmly tell them that you understand their concern and will surely consider their opinion.

## Breaking rules

Grandparents love to pamper kids. But there is a difference between pampering and spoiling kids. Flouting the rules set by you once in a while is alright, but repeating them sends a bad message to kids. If you have set the screen timing or no chocolate rule for your kids, it is important for them to follow the rules too.

Instead of losing your calm in front of kids, talk to them about it privately. Ex-

plain why have you set the rules, etc.

## Constant criticism

This is another common challenge most couples face when they are constantly criticised for every single task they do. Whether it is about food habits, clothing, sleeping pattern or behaviour.

Instead of reacting to it, talk to them privately. Sometimes grandparents just want to feel valued. Listen to their concerns and appreciating their effort.

## Playing favourites

You might be trying hard to instill a sense of gender equality among kids.

However, if grandparents choose to play favourites, it is obvious for you to feel annoyed. It can affect your kids' development too. Raise this issue calmly and explain your point of view with examples.

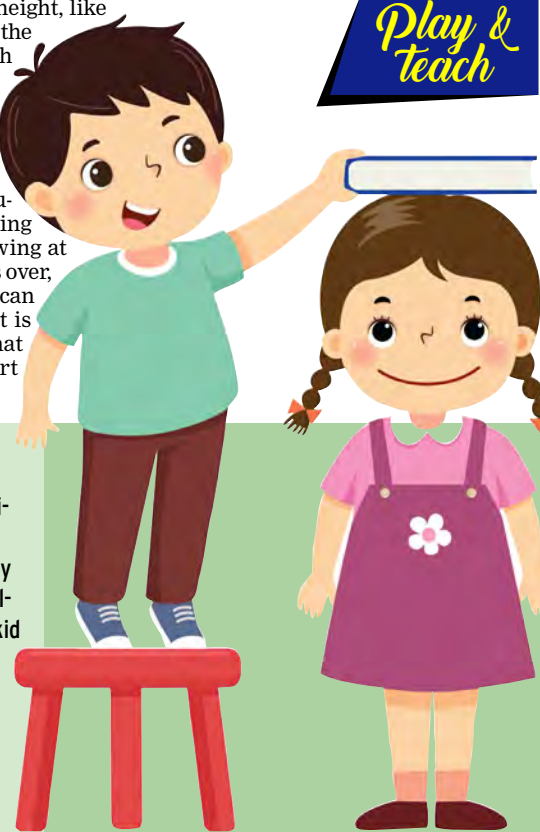
# 5 healthy habits that can help to increase your kid's height

**S**everal factors influence your child's height, like environment, diet and exercise. Of all the main contributors is your gene, which accounts for 60 to 80 per cent of your kid's final height. While you cannot do anything about the gene, giving the right nutrition and diet from an early age can still help to increase your kid's height by a few inches.

From the time kids turn one till they hit puberty, they gain about 2 inches each year. During puberty (12-14 years), their height starts growing at the rate of 4 inches per year. Once this phase is over, height stops increasing. So, the only time you can take measures to increase your child's height is between 1 to 14 years. Here are five things that can help increase your kid's height if you start following them from the right time

## NUTRITIOUS DIET

Be it adults or kids, a well-balanced and nutritious diet is the basic requirement for everyone. Three square meals and two snacks a day loaded with all the nutrients help in the development of your brain and body. Even if your kid is a fussy eater, try to introduce different foods in their diet to provide them with the right kind of nutrition. Add more fresh fruits, whole grains, dairy and sources of protein to their diet. Avoid sugar and processed food.



## AVOID SUPPLEMENTS

To ensure that the kids are getting a sufficient amount of nutrients, some parents even give them supplements, which is not required. Supplements should only be given to kids when they have a deficiency of some nutrient or are suffering from growth-related issues and that too after consulting with the doctor. The priority should be to provide the nutrients from the food.

## REGULAR EXERCISING

Teaching your kids to exercise daily from an early age is one of the best things you can do. Staying physically-active has many health benefits, which includes increasing your height. Stretching, yoga and meditation are good ways to stay physically and mentally fit. Exercising helps to stretch the spine and also improves your child's posture.

## HANGING FROM BARS

Hanging has always been considered as the best way to increase the height of kids.

Hanging from the bar elongates the spine, which can help in increasing their height.

Dementia is a chronic mental health condition that is diagnosed in millions of elderly people across the globe every year. The umbrella term used to describe a group of symptoms affecting memory, thinking and social abilities can severely affect a person's day to day life. To cut down the risk of getting dementia, follow these simple tips from an early age

# Performing these 5 household chores can reduce the risk of dementia

## HOW HOUSEHOLD CHORES ARE REALLY BENEFICIAL

As per a study, general mundane activities like cleaning and gardening can lower the risk of dementia and even make it manageable if performed regularly. Engaging in certain household chores helps to create greater brain volume. Surprisingly, those who performed household chores had greater brain volume



as compared to those who performed any kind of strenuous physical exercise. The study published in the journal 'Neurology' mentioned five household chores that can be helpful for those suffering from dementia.

## COOKING

Cooking is not a random household task. It is a brain-stimulating activity, which helps to keep your brain

healthy. This activity strengthens the frontal lobes of the brain and improves all sorts of functions related to it. Getting to know herbs and spices can improve sensory nerves and memory. Most importantly, paying attention to the recipe helps to improve attention and optimises brain functioning.

## DECLUTTERING

Studies suggest that keeping your space messed up can make the symptoms of depression worse. Besides, it leads to decreased focus, confusion, and tension. Keeping your home organised can provide a sense of self-control over the



environment. For people suffering from dementia, decluttering can help in reducing the episodes of mood swings.

## CLEANING

Cleaning and your mental health have a strong link. It is meditative, which helps to release endorphins in the brain, altering the



perception of pain and triggering a positive feeling. It also helps to improve concentration and lift your mood, a common area of concern in the case of dementia.

## GARDENING

Spending time in nature rejuvenates mind, body and soul. Gardening boosts mental well-being and helps to develop healthy relationships with others. Spending some time in the sun can also lift your mood and make you feel calm.

## HEAVY HOUSEWORK

Heavy household chores like mopping, doing dishes and laundry have a positive impact on mental health. It helps to ease symptoms of depression and anxiety.



## KPS celebrates 'Shikshak Parv 2021'

**K**alka Public School, Alaknanda in compliance with Department of School Education and Literacy and CBSE organised a ten days series of webinar on 'Shikshak Parv' from September 7 to 17 on the theme 'Quality and sustainable schools-learnings from schools in India'. For encompassing all facets, the theme has been further segregated into ten sub-themes. Beginning September 7, it proposed to hold webinars of 60 minutes duration on each of the sub-themes. The policy makers, administrators, academicians, experts, School principals, head-teachers and teachers were invited to share their experience, learnings and provide a way forward to realise the aspirations of NEP 2020.

Dr Anju Mehrotra, principal of Kalka Public School always shares the vision for providing the best facilities and training to our teachers, to promote core human values and practice inclusivity and service through academic and socially relevant programmes engaging all stakeholders.

During the event, Kalka Public School con-



ducted ten webinars which were held on various sub themes of NEP. The eminent speakers from various educational organisations were invited like Prof C B Sharma (School of Education, NIOS), Dr Nahar Singh (Joint director, SCERT), Dr Jyoti Sharma (professor, Cluster Innovation Centre, University of Delhi), Prof Anup Kumar Rajput (Department of Elementary Education, NCERT), Prof Saroj Sharma (chair-

person, NIOS) were among the few to name.

The distinguished speakers put forward their opinions and ideas to provide a comprehensive understanding of NEP 2020 and its sub themes in the webinars to the audience. It provided a great opportunity of learning for participants beginning with innovative practices, adequate literacy and numeracy skills, fostering creative thinking processing us to integrate vocational education to the main stream, with inclusivity as a prime to the teachers learning through experiential exposure of adopting a whole school approach. In addition it showcased an adaptive radiation of three-sixty degree report card culminating into one big treasure trove of Indian learning, wisdom, art, knowledge and literature. The speakers showed a lot of confidence in the NEP 2020 proposed by the government. A lot of questions were asked by the participants were also addressed very well. The participants commended the efforts of the principal of Kalka Public School Dr Anju Mehrotra for organising the series of webinar on Shikshak Parv 2021 and for valuable insights from the speakers.

## Proud moment for DAV

**T**wo teachers from DAV Sreshtha Vihar, Poonam Gera, supervisor (secondary) and Sangita Biswas, supervisor (sr sec), have been conferred with the prestigious State Teacher's Award 2021 from Deputy Chief Minister of Delhi, Manish Sisodia for their invaluable contribution towards uplifting the standards of teaching.



School principal Suhasini K Nath congratulated both the teachers for their achievement.

## Cambridge School celebrates annual day with zeal

**H**onouring and appreciating the achievers with accolades, Cambridge School, Noida organised annual day along with prize distribution ceremony for session 2020-21 with great zeal on September 4. The occasion was graced by the presence of the chief guest, Sanjay Upadhyay-advocate, Supreme Court of India and managing partner of India's first environmental law firm. In addition, many dignitaries and the distinguished members of the management committee also graced the event.

The programme commenced with the lighting of the ceremony



amidst a prayer to invoke the blessings of the Almighty, followed by the students of Cambridge School, Noida, chronicling the institution's achievements during the academic session 2021-22. It was followed by the prize distribution ceremony to felicitate the meritorious results of the students of class X and XII in board examination.

## The world of emerging careers

**A** webinar on 'The world of emerging careers' was organised by Delhi Public School, Ghaziabad, Meerut Road in collaboration with Pratham Institute and school alumni. The prodigies, Adhikansh Sharma, geospatial data analyst, Aprajita Dutta, Visual Merchandiser, Preya Bhagat, print maker and Deepansh Bathia, risk analyst shared information about the innovative careers that are emerging in the current times

and their unconventional career choices.

Welcoming the participants, principal Sangeeta Mukherjee Roy stated that modern school-to-work



transitions have become increasingly complex for the 21st century learners,

there is a need for adequate career guidance for their growth.

The session focussed on the diverse aspects of the careers in various innovative fields like data science, Financial Technology, actuarial science, econometrics, cyber security, industrial robotics, corporate social responsibility and many more. It was an enriching session for all the students which provided them with an opportunity to make informed career choices.

## FIT INDIA RUN

**S**t Angel's School Gurugram organised 'Fit India Freedom Run 2.0' under Fit India movement following CBSE guidelines on August 28 for the students and parents. The event started with 'Om' chanting followed by a prayer and few motivational words by the head of the Institution Sonia McPherson. A short route

around the school was chalked out. The key officials, faculty members, students and parents were actively involved in the two



km 'Run and walk'. The motive of the event was to encourage everyone around to focus on physical fitness while being mindful of the social distancing norms and move towards a more physically active lifestyle.

## Student Corner



AARNA KUMARI, class XII, Sumermal Jain Public School, Janakpuri



## DO IT YOURSELF CHIC CHAIN

HERE'S HOW YOU CAN MAKE THE NECKLACE...

- Take a sturdy piece of cardboard, cut a square piece of size 50mm x 50mm, to make the locket of the necklace. You can make it in any shape you like as well.
- Meanwhile, cut a piece of fabric. Whatever cloth you cut, make sure to leave 1 cm extra at the edges.
- Stick the fabric on the cardboard with glue and let it dry. Make sure you apply a very thin layer of glue.
- Cut a string of wool to make the

cord, as per the length you desire.

- Take the locket and stick the cord at its two top corners.
- Once the cord is glued, cut another fabric piece to cover the back of the locket and stick it with glue.
- Let it dry and keep it away from water.
- I cut out a piece from the design on my old kalamkari kurta. You can use any fabric available.

## MATERIALS REQUIRED

- Cardboard
- Any fabric piece
- Glue
- Yarn
- Scissor



RS MONIKA, class XII, Chaitanya Public School, Visakhapatnam



## Most progressive school of the year 2021

**S**am International School, Delhi once again turned out to be a proud winner of the 'Most Progressive School Award of the year 2021' by fulfilling the excellent criterion. Here at Sam, we consider about the future of our students and students are the future of the country. Most Progressive

Award for the School 2021 is an honour for the school chairman Parveen, the principal Karuna Verma and the staff for their services and continuous breathtaking contribution they are putting each day, every month and every year in elevating the educational standards of the school. Karuna Verma's steadfast approach to-



wards the progress of the school along with her team's consistent efforts to work at par with the vision of the school, wholeheartedly and providing with the much needed motivation to instill the best teaching-learning experience to the 21st century learners, were certainly the distinctive factors which catch the jury's eye.

## Students showcase talent at commerce fest

**T**he Bizcom Club of Air Force Golden Jubilee Institute (AFGJI), Subroto Park, New Delhi hosted its annual Commerce Fest 2021 in the month of August, which witnessed participation of over 250 students from 35 plus schools from all over India. The Commerce Fest was organised in collaboration with Pearl Academy. It featured two events named 'Corporate Roadies' and the 'Sustainable Catch'. These events established qualities of leadership



and sustainability in budding leaders and entrepreneurs.

The judges for the event were Dr Jaspreet Kaur, Anushri Dutt and Tina Mehra.

ther Agnel School; the second position was bagged by Mata Jai Kaur Public School and the third position was bagged by Air Force Golden Jubilee Institute.

## MOVIE REVIEW: SHERSHAHH

## The saga of valour

**T**he biopic 'Shershaah' is about Captain Vikram Batra, who was in the Indian Army and was posthumously awarded with the Param Vir Chakra, India's highest and most prestigious award for valour, for his actions during the 1999 Kargil War. This movie will evoke the feeling of patriotism and nationalism and will make you feel proud to be an Indian.

It shows why our Army is one of the best militaries globally and the sacrifices the soldiers make to protect the nation from enemies. This movie gives us the perfect definition of 'fauji'. Many scenes will give you

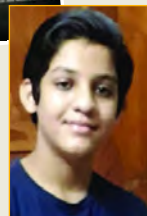


goosebumps and will surely leave you teary-eyed after watching the outstanding 135 minutes. It casts Siddharth

Malhotra, who plays the role of Batra while Kiara Advani charms with her role of Dimple, and the ensemble, a fine group of actors who totally fit the role of key characters in the movie.

If I were given a chance to rate this movie, I will give it five out of five stars, as it is an incredible movie that will awaken your feelings for the country and make you do something great for it.

Our film industry should make more such movies because 'yeh dil maange more!'



KRISHNA PERIWAL, class X, Balaji Highfield School, Visakhapatnam



IPL 2.0

# MI EYE IMPROVED BATTLING EFFORT AGAINST REJUVENATED KKR

Defending champions MI would look for inspiration from skipper Rohit Sharma, who is set to return to action

Mumbai were without the services of Rohit and star all-rounder Hardik Pandya in their 20-run defeat to Chennai Super Kings on Sunday as both were rested as a precautionary measure due to having niggles. However, head coach Mahela Jayawardene has said Rohit should be fit and available for selection for the match against KKR. KKR, on the other hand, have registered a dominating nine-wicket win over Royal Challengers Bangalore in their opening game of the second leg of the league. Mumbai, who are currently placed fourth in the table with eight points, began their second leg campaign in a typical slow manner but with only half the tournament left to play, the defending champions need to win to stay in the top half of the league table. Rohit, who has been in fine touch of late, will be expected to continue in the same vein and help his side make amends of the inept batting performance against CSK. Apart from Saurabh Tewary, who hit an unbeaten half-century, none of the other batsmen were able to capitalize on



Rohit was batting and doing his running as well, but after coming back from the UK, we felt that he probably needed an extra few days, so should be fine to play today's game.

MAHELA JAYAWARDENE

their starts against CSK, failing to chase down 156. On the other hand, the comprehensive win would have boosted KKR's confidence.

## KKR are the favourites

Having struggled in the first leg, KKR looked a completely different unit, in the manner in which they defeated RCB. The Eoin Morgan-led side, placed sixth in the points table, fired on all cylinders with mystery spinner Varun Chakravarthy and star all-rounder Andre Russell wreaking havoc with the ball before openers Shubman Gill and debutant Venkatesh Iyer chased down the 93-run target with 10 overs to spare. Skipper Morgan had said that KKR would be dangerous opponents with nothing to lose in the second leg and the team certainly looked menacing against RCB. They will hope to continue playing in a similar aggressive fashion and win the title just like 2014 edition when they notched nine victories in a row. They will also hold the edge over their rivals having already experienced the conditions at the Sheikh Zayed Stadium against RCB. PH

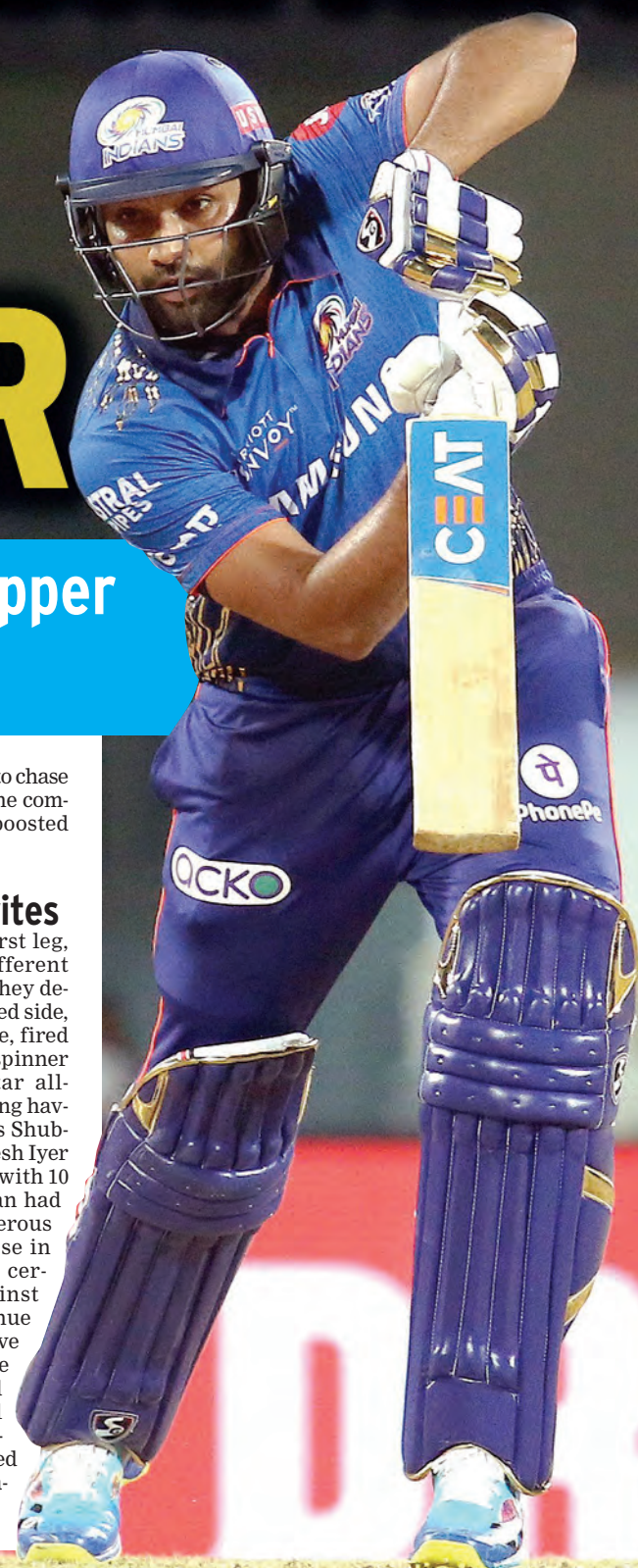


Photo: ANI

## LUIS SUAREZ double hands Atletico Madrid comeback victory

The Uruguayan struck two late goals to give the LaLiga champions a 2-1 win

The victory took Atletico top of the standings on 14 points from six games, a point ahead of Real Madrid who have a game in hand, while Getafe are bottom with no points. The home side went in front on the stroke of halftime with a header from Stefan Mitrovic after Atletico keeper Jan Oblak had uncharacteristically spilled a cross. It was the first time Getafe had scored against Atletico in 1,583 minutes of LaLiga football, ending Diego Simeone's remarkable run of never conceding against his side's neighbours in the league since taking charge of the club in December 2011. Getafe played the final phase of the match with 10 men after Carles Alena was shown a straight red card in the 74th minute for raking his studs down the back of the leg of Atletico substitute Matheus Cunha. The sending off galvanised the visi-

tors and it took a superb double save from David Soria to prevent Angel Correa and then Suarez from equalising. But the 10 men could only hold on for so long and Atletico levelled when Suarez controlled a cross from substitute Mario Hermoso with his right foot before blasting the ball into the net with his left in the 78th minute.

### Suarez winner

The Uruguayan Luis Suarez snatched the winner in added time, ghosting away from his marker Mitrovic to head home a cross from Sime Vrsaljko to score his second of the game after netting once in his previous six appearances in all competitions. REUTERS



Photo: AFP

Atletico Madrid's Luis Suarez

## Manchester City and Liverpool through but Everton out of League Cup

Manchester City's Riyad Mahrez scored twice as the holders moved into the League Cup fourth round with a 6-1 home win

Liverpool also progressed without trouble by winning 3-0 at Norwich City in their all-Premier League tie with Japanese forward Takumi Minamino on target twice and Divock Origi also scoring. But with most top flight teams making several changes from the first-choice line-ups, there were Premier League casualties with Everton and Watford knocked out by lower league opponents. Brandon Hanlan gave Wycombe a shock lead at Manchester City's Etihad Stadium in the 22nd minute but the hosts took a 3-1 lead by halftime with goals from Kevin De Bruyne, Mahrez and Phil Foden before running away with the game in the second half. City's rout was completed when 19-year-old

Cole Palmer scored their sixth, his first goal for the club on a night when manager Pep Guardiola gave debuts to five young products of the club's academy.

Top flight Brentford's Finnish forward Marcus Forss scored four as they crushed League Two (fourth tier) bottom side Oldham Athletic 7-0 in their third round tie. Burnley's Jay Rodriguez also claimed four goals in his Premier League team's 4-1 victory over League Two Rochdale at Turf Moor. Everton lost 8-7 in a penalty shootout at Queens Park Rangers after their game ended 2-2 following 90 minutes. Charlie Austin had scored twice for QPR to put them 2-1 up before Andros Townsend's 47th minute equaliser for Everton. In the shootout, QPR keeper Seny Dieng pushed a Tom Davies spotkick onto the post and Rangers' defender Jimmy Dunne converted the decisive penalty. REUTERS

Photo: AFP

Liverpool's Takumi Minamino

## QUIZ TIME!

**Q1:** Which footballer has scored the most goals in World Cup history?

- a. Philipp Lahm
- b. Miroslav Klose
- c. Lukas Podolski
- d. Sylwia Klose

**Q2:** In which year did Roger Federer win his first Wimbledon title?

- a. 2003
- b. 2004
- c. 2005
- d. 2006

**Q3:** Who is the highest run-scorer of all time in International cricket?

- a. Chris Gayle
- b. Sourav Ganguly
- c. Sachin Tendulkar
- d. Ricky Ponting

**Q4:** Which famous football manager once said: "I wouldn't say I was the best manager in the business. But I was in the top one"?

- a. Brian Clough
- b. Don Revie
- c. Dave Mackay
- d. Bob Paisley

**Q5:** Lewis Hamilton won the Formula One World Driver's title in 2020, but what is the name of his Mercedes teammate who came second?

- a. Max Verstappen
- b. Sebastian Vettel
- c. Sergio Pérez
- d. Valtteri Bottas



Photo: PTI

**Q6:** The Fosbury Flop is a technique used in which sport?

- a. Long Jump
- b. High Jump
- c. Pole Vault
- d. Javelin

**Q7:** Which English Football League team was given the nickname The Gas?

- a. Bristol Rovers
- b. Swindon Town
- c. Manchester City
- d. Cheltenham Town F.C.

**Q8:** Which England footballer was famously never given

a yellow card?

- a. Wayne Lineker
- b. Alan Shearer
- c. Gary Lineker
- d. George Lineker

**Q9:** Who among the following has written the book "Cricket My Style"?

- a. Sunil Gavaskar
- b. Anil Kumble
- c. Kapil Dev
- d. None of them

**ANSWERS:** 1. b. Miroslav Klose 2. a. 2003  
3. c. Sachin Tendulkar 4. a. Brian Clough  
5. d. Valtteri Bottas 6. b. High Jump  
7. a. Bristol Rovers 8. c. Gary Lineker  
9. c. Kapil Dev