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depressing. Check out ways to fight loneliness

TODAY'S



Students share their weekend diary **Reviewing your favourite** movie/book can be fun



Bio bubble can have an adverse effect on the cricketers, warn psychologists









ANDY JASSY

Andy Jassy, who joined Amazon in 1997 as a marketing manager and made its Cloud arm Amazon Web Services (AWS) a distinct leader, will take over as Amazon's CEO in about six months

In 2003, Jassy founded Amazon Web Services (AWS) with a team of 57 people and in April 2016, he was promoted from senior vice president to the CEO of AWS

Today, AWS has nearly a \$50 billion annual run rate and is growing exponentially

Born on January 13, 1968, Jassy graduated from Harvard College, where he was an advertising manager of The Harvard Crimson, before earning an MBA from the Harvard Business School



Mars' Gale crater was similar to Iceland over 3 billion years ago: Study **SPACE**



Elon Musk-run SpaceX has announced the world's first all-civilian mission to space at the end of 2021, in a charity-driven mission named Inspiration4, commanded by tech entrepreneur Jared Isaacman. The 37-year-old Isaacman is the founder and CEO of an integrated payment processing company Shift4 Payments and a trained pilot...

SpaceX will choose three people to ride alongside Isaacman to orbit the planet aboard SpaceX's Crew Dragon capsule every 90 minutes, along a customised flight path

Upon conclusion of the multiday journey, the Dragon will reenter the

Earth's atmosphere for a soft water landing, off the coast of Florida

Inspiration4 will fly to inspire support for St Jude Children's Research Hospital. Isaacman is donating the three-mission seats alongside him to crew members, who will be selected to represent the mission's pil-



spacecraft, including a specific focus on orbital mechanics, operating in microgravity, zero gravity, and other forms of stress testing

They will receive emergency preparedness training, spacesuit and spacecraft ingress and egress exercises, as well as partial- and full-mission simulations

The mission will launch from Launch Complex 39A at NASA's Kennedy Space Center in Florida and "will be carefully monitored at every step by SpaceX mission control"

Isaacman has given St Jude two seats on the Inspiration4 mission

to the International Space Station(ISS)

that Japanese billionaire Yusaku Maezawa will



The Inspiration4 mission In 2018, Musk announced

lars- leadership, hope, generos-





marks SpaceX's latest private astronaut mission The company's Ax-1

mission, also planned

ity and prosperity Isaacman and the

EAR

Elon Musk to send

1st all-civilian

for the end of 2021, hosts a crew of four private astronauts, paying \$55 million each for an eight-day trip opment

hitch a ride around the Moon on SpaceX's new rocket system Starship, which is under devel-



latest study has found that Mars Gale crater had seasons and terrain that were close to that of Iceland, more than three billion years ago, Using the data from NASA Curiosity rover, the scientists concluded that the crater, which was home to an ancient lake, had similar geologic formations that underwent weathering in different climates when compared to places on the Earth.

According to scientists, the Gale crater was home to a lake but there is an argument whether the conditions were warm and wet or cold and dry, which would make glaciers and snow more common and similar to Iceland

MINTING MONEY

152 crore and counting: MS Dhoni becomes first cricketer to earn ₹ 150 crore in IPL

S Dhoni has created history by becoming the first-ever cricketer to earn more than ₹ 150 crore in the Indian Premier League (IPL). The Chennai Super Kings (CSK) captain had an earning of over ₹137 crore before the IPL 2020 retention day. And the moment CSK extended Dhoni's contract, the India legend recorded his name in the history books.

Dhoni, who has been leading the Yellow Army since IPL 2008, has a salary of ₹ 15 crore/season now. He has been earning the same amount since IPL 2018

> Dhoni was the biggest player in the IPL 2008 auction. Unsurprisingly, he emerged as the costliest pick, when CSK bought him for ₹6 rore. He earned the

> > amount for the next 3 vears

The three-time IPL-winning captain has earned ₹ 60 crore at CSK since their return to the league in 2018

ALEXEI NAVALNY, WHO, GRETA & DONALD TRUMP AMONG NOMINEES FOR NOBEL PEACE PRIZE

ussian dissident Alexei Navalny, the World Health Organisation and climate campaigner Greta Thunberg are among those nominated for this year's Nobel Peace Prize, all backed by Norwegian lawmakers, who have a track record of picking the winner. The Norwegian Nobel Committee, which decides who wins the award, does not comment on the nominations, keeping secret for 50 years the names of nominators and unsuccessful nominees. But the nominators can choose to reveal their picks.Thunberg was named as one of "the foremost spokespeople in the fight against the climate crisis", with the campaigning group she co-founded, Fridays for Future, also receiving a nod.



Other names are Belarusian activists Sviatlana Tsikhanouskaya, Maria Kolesnikova and Veronika Tsepkalo, for their "fight for a fair election and inspiration for peaceful resistance"

Also on the list is Aminatou Haidar, for her peaceful campaigning towards an independent Western Sahara, the International Space Station, and the International Scout Movement

The 2021 laureate will be announced in October

Up, Up and Away Food items that have been sent to **SPACE**

An Indian restaurant owner, Niraj Gadher, who runs a restaurant named Chai Walla in Bath, recently sent a samosa into space. While his first two attempts to launch the savoury snack into the great beyond ended in failure, he succeeded in his third attempt.

The story didn't end there. He lost track of the snack, when the GPS signal failed. However, after returning to the Earth the following day, the GPS tracker revealed that the package had made its way across southern England, crossed the Channel, and had crash-landed in Caix in northern France. Well, the samosa isn't the strangest thing to be sent into space. Check out the other strange items that has been sent out there...



PIZZA: While this order would not have taken 30 minutes or less, in 2001, Pizza Hut became the first company to deliver a pizza into space. The brand struck a deal with the Russian space agency Roscosmos to have a pizza delivered to Russian cosmonaut Yuri Usachov at the International Space Station (ISS). The delivery was reportedly worth \$1 million at the time



CHEESE: In 2010, SpaceX launched a wheel of Gruyère cheese into space. While CEO Elon Musk was secretive about the cargo at first, once the mission was accomplished, he revealed that it was a homage to a Monty Python skit, where John Cleese tries to order cheese from a cheeseless cheese shop

STEAK: In 2019, lab-grown meat made its debut aboard the ISS. Israel-based start-up Aleph Farms created the world's first steak grown inside a laboratory and decided to send it out into the atmosphere. They sent the necessary tools as well, and the astronaut had to make a piece of steak, using cow cells and a 3D printer





COLA: Coca-Cola and Pepsi took their rivalry into the great beyond. In 1985, modified cans carried both the companies' fizzy sugar drinks into the low Earth orbit on a space shuttle Challenger mission. However, the astronauts were banned from showing the cans on TV to avoid tainting NASA with advertising



02

"Life is short, but there is always time enough for courtesy." **RALPH WALDO EMERSON, POET**

READ. PLAY. LEARN

THURSDAY, FEBRUARY 4, 2021

If the pandemic kept you apart from near and dear ones, turn to these tips to fight the feeling of being alone

umans can survive three minutes without air, three days without water, three weeks without food and according to lore – three months without companionship. Whether true or not, it's clear that people need people. And pandemics, many of us are learning, can be lonely times. If you find yourself lacking social support, here are some helpful pointers:

IDENTIFY LONELINESS

Loneliness is a complicated emotion. You can feel lonely in a crowded room or content in solitude. people even vary widely in how much connection they need. Holt-Lunstad says a useful way to gauge loneliness is the difference between the connection a person needs and the amount they get. And although it's subjective, researchers have begun identifying signals in the brain that put the need for social interaction on par with the need to eat. And without that social connection, people often become depressed, which further feeds feelings of loneliness. Chronic loneliness is also linked to higher rates of heart disease, Alzheimer's, suicide and even death.



FIND A FRIEND

If the loneliness is interfering with your ability to function, or if you are thinking about self-harm, seek professional help. For milder forms of loneliness, the best strategy is to seek support from friends. People with stronger social relationships have a higher likelihood of living longer. Just knowing that people are there for them, Holt-Lunstad says, leads to a reduction in stress. If you are called upon to offer support, this might involve calling, texting to check in, dropping off a gift, or even just waving from a distance. In fact, research

suggests you don't even need to know the people you are helping. Just donating money to a

good cause might help, says Bert Uchino, professor of psychology at the University of

Utah. It was also revealed in an experiment that people who gave money to others were happier than if they spent it on themselves. If social interactions bother you, given that we are in a pandemic, try hobbies like cooking, gardening, writing or listening to music. Creative arts can reduce loneliness.

REACH OUT

Although group calls and social media conversations have compensated for the lack of in-person interactions during the pandemic, we still don't know how effective virtual communication is when it comes to loneliness. A 2012 study had found that phone or in-person conversations reduced stress, while text messages did not. In fact, heavy social media use has even been linked with higher rates of loneliness. - The New York Times

Trap Yourself in How deep is the ocean? Time (Again)

'SOURCE CODE

In this rocket-paced science-fiction mystery, the time loop encompasses a frantic eight minutes aboard a commuter train about to explode. Jake Gyllenhaal plays an Army pilot whose consciousness keeps getting projected back to the moments before the bombing, where he has been assigned by his shadowy superiors to figure out who's responsible.



'Groundhog Day' meets 'Scream' in this raucous horror-comedy, featuring Jessica Rothe as the drunken college kid Tree, who keeps getting murdered by a masked maniac. Every time she reawakens, she edges closer to discovering the killer's identity. But as often happens in these movies, to stop the slaughter Tree first must figure out why her life is a mess.



GROUNDHOG D

The movie 'Groundhog Day' came out in 1993, but it feels as if we've been watching it over and over ever since. This story of a smug weatherman (Bill Murray) who is stuck endlessly repeating the same day has remained popular and inspired countless movies and shows. 'Groundhog Day' wasn't the first of its kind, but it was an especially clever twist on the time-loop plot.



One of the most recent 'Groundhog Day' riffs is also one of the funniest, sweetest and smartest. The story starts in the middle, dropping in on a low-ambition slacker named Nyles (Andy Samberg) after he has lived through the same wedding hundreds of times. When Nyles pulls the bride's restless sister Sarah into the loop, he shows her how to enjoy living without consequences - until she realises this kind of life is meaningless.

'EDGE OF TOMORROW

Also known as 'Live Die Repeat,' this techno-thriller stars Tom Cruise as William Cage, a military bureaucrat, forced to join the fight against beastly alien invaders. Like a newbie playing a video game, Cage keeps dying, often in stupid ways. But each death transports him back in time to train with a hard-boiled soldier (Emily Blunt) before restarting the battle.

'THE FINAL GIRLS

The loop in 'The Final Girls' is a 1980s slasher movie called 'Camp Bloodbath,' which starred the late mother of a woman named Max (Taissa Farmiga). When Max and her friends find themselves stuck in 'Camp Bloodbath' - where scenes restart whenever they try to escape - they use their knowledge of the plot to try to make it to the credits. Unlike most time-loop films, the heroes here don't endure a slew of resets. Instead, their awareness of horror clichés helps them hold on.

xplorers started making navigation charts showing how wide the ocean was more than 500 years ago. But it's much harder to calculate actually how deep it is.

If you wanted to measure the depth of a pool or lake, you could tie a weight to a string, lower it to the bottom, then pull it up and measure the wet part of the string. In the ocean, you would need a rope thousands of feet

In 1872, the HMS Challenger, a British Navy ship, set

Hello, curious kids! Do you have a question you'd like an expert to answer? Send your question to curiouskidsus@theconversation.com. Please tell us

your name, age and

sail to learn about the ocean, including its depth. It carried 181 miles (291 kilometers) of rope. During their four-year voyage, the Challenger crew collected samples of rocks, mud and animals from many different areas of the ocean. They also found one of the deepest

zones, in the western Pacific, the Mariana Trench which stretches for 1,580 miles (2,540 kilometers). Today scientists know

the city that on average the ocean is 2.3 miles (3.7 kilometers) deep, but many parts are much shallower or deeper. To measure depth they use sonar, which stands for Sound Navigation And Ranging. A ship sends out pulses of sound energy and measures depth based on how quickly the sound travels back. The deepest parts of the ocean are trenches-long, narrow depressions, like a trench in the ground, but much bigger.

QUIZ TIME (NATURAL SCIENCE) **Q.1)** Which tree in the **Q.3)** The Nilgiri Hills by Ananda M world has maximum are so named because Chakravorty, is A. Insect pest which cannot water storing capacity, of destroy crops A. High mountain ranges B. as much as 30.000 B. Virus attacking HIV Endemic species of 'neelgai' gallons? C. Strobilanthes Kunthiana C. Insect attacking virus A. Seguoia dendron D. A bacteria for bioremediawhich flowers once after 12 B. Eucalyptus vears making the hills blue C. Calvaria D. All of the above D. Adansonia Q.4) The 'Super bug', **Q.2)** The fastest genetically engineered spreading bioluminiscent fungus is

A. Polysporous B. Rhizopus C. Agaricus D. Armillaria

1. D) Adansonia 2. D) Armillaria 3. C) Strobilanthes Kunthiana

which flowers once after 12 years making the hills blue 4. D) A bacteria for bioremediation

CLICK HERE: FOR PAGE 3 AND 4

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eekends begin on a relaxed note as I play

for nearly two hours with my little cousin

Rayansh. We play games like ludo, foot-

ball, basketball and caroms. In the evening, it's

family time as we all have dinner

and watch a movie together. I like

watching comedy movies while hav-

ing dinner. On Sunday mornings, my

breakfast. I then help my mother in

dad and I try our hand at making

different kinds of continental

Time to chill with cousin & family

SCHOOL IS COOL

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

THURSDAY, FEBRUARY 4, 2021

BOOK: THE ENCHANTED WOOD BY ENID BLYTON

he Enchanted Wood, an adventure book written by Enid Blyton, one of the most popular children's authors in the world, is simply awesome. Joe, Beth and Franny move right next door to an enchanted wood and discover the faraway tree with its many different lands, such as the land of roundabout,

the snowy land, the sauce pan land, the rocking land, the land of take



land of red goblins etc. They make new friends, slide down the slippery slip and go to a fancy-dress feast at the land of birthdays. Isn't it a wonderful adventure!

I would really love to visit those lands and make new friends. If you are an adventure lover, do read this book and visit "The Enchanted Woods" in your dream.

SHRUTHIKA BHATTACHARYA, class IV A, The Global Edge School, Kokapet





dusting and cleaning the house. After lunch and a short nap, my dad wakes me up for cricket practice. We then go to our grandmother's place and spend some time there. I later learn new things

on Byjus app. We have dinner and go to bed. This makes a perfect weekend for me, with my little cousin and my whole family.

SAANVI SRIVASTAV, class V C, Bharatiya Vidya Bhavan's Public School, Jubilee Hills

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03

Sunrise, sunset, sky, and water, Marvels of the earth are served on a platter. A beach is a wonder gifted by nature, The vast ocean calls for real adventure. The waves and sand that touch my feet, It creates a thrill that's hard to beat; Sun-tan and swim, make merry and dream Of a carefree world with a colorful scheme Seashell and glasses on the sea shore, Enjoy the magic and look for more.

NIHITHA NAMBURI, class VII B, Vista School, Hyderabad

A MUSICAL AFFAIR

usic is more than just a common pleasure. Music training not only helps children develop fine motor skills but aids emotional and behavioural development. Delhi Public School, Mahendra Hills (feeder School of DPS Nacharam) organised Musical Evening to welcome new year on a musical note. Students and teachers of the music department showcased their talents.

Chief guest Pandit Vamshi graced the occasion and shared his journey of mastering all the seven classical dance forms. Principal Sunitha Rao

Delhi Public School Mahendra Hills

mentioned that children who study music improve their emotional development, are better at being empathetic, and show improved cognitive skills and executive function. Headmistress Neetu Gupta Puri added that there is something about music that seems to bring us closer to each other and help us come together as a com munity.



On R-Day, spirit of patriotism pervades



Pallavi International School tional leaders

Vasavi Public School Himayatnagar

epublic Day is one of the special events that people love and feel proud to celebrate with skits, dances and speeches. This year due to the pandemic, Vasavi Public School, Himayatnagar, ensured that the fervour of patriotism lives on, and shifted their Republic Day celebrations online.

The live event began with the unfurling of the tricolour by Professor T V Subba Rao, vice president of Vasavi Educational Academy. Addressing the audience, he spoke about the efforts put in by the great leaders in drafting the Constitution. He appreciated the strength and courage of Indians in coping up with prevailing pandemic. Rest of the content was pre-recorded. A speech in English, poem in Hindi and a song in Telugu spread the patriotic spirit. Principal Subhashini Govindan in her message highlighted the struggle of the freedom fighters which helped India achieve independence, and spoke about the sacred values enshrined in the Constitution which makes Republic Day the "Day of National Pride' and recited a befitting poem. The synchronized display of student's dance, despite being in their homes, was impressive



Little Scholar Schoo medley of patriotic songs

epublic Day was cele brated virtually in all its solemnity and grandeur at Pallavi International School, Gandipet.

The event was hosted by Sparsh and Mujtaba of class IX. The event began with a virtual screening of the hoisting of the national flag by chief guest Ashok Muttavarapu, enforcement officer in Enforcement Directorate, Ministry of Finance, Govt. of India, and principal Meetali Archit followed by the rendition of the national anthem. The students saluted the national flag and pledged to uphold the honour, integrity and diversity of India.

The school echoed with patriotic fervour as the children

elhi Public School,

Khanna,

Gandipet

songs, enacted skits, sang songs, gave speeches on the importance of the day, about our Constitution and preamble and even wore tri-coloured clothes to mark the occasion.

The highlight of the event was an informative tableau presentation of some of the most efficient administrative bodies like ICAR, NCERT, NTO, NCRD, NMDC, CSIR and Ministry of Women And Children Development. Children displayed their

skills in the form of art and craft and poster work on the theme, participated in fancy dress and addressed the students and chanted the slogans of Jai Hind danced to the tunes of patriotic as they took on the role of na-

The pride of Incredible India was showcased by highlighting the glory of its culture and rich heritage. In accordance with Fit India Movement, a drill practice video compilation was also screened which was conceptualised by the sports facili-

tator. The chief guest in his address highlighted the significance of the day and made children aware that the future of our country lies in their hands. Hence, they need to study well now and inculcate good values in life, which will help them to be good citizens of the country. The chief guest and principal urged them to do their best and feel proud to be Indians.

he 72nd Republic Day of India was celebrated in all its solemnity and grandeur at Little Scholar School.

Secretary and correspondent P Purushotham Rao graced the occasion as the chief guest. Principal S G Sunitha was also present.

The chief guest re-

tudents

Constitution.

Constitution.

School,

Sanathnagar ceived the guard of honour and delivered an inspiring speech on the Constitution of

Balamma Memorial Gold Medal, instituted in the memory of the mother of chairman Jupally Rameswar Rao India. The principal adwas awarded to Syed Ziad dressed the gathering and Ahmed and Kollipara Sai urged the students to love and Madhuri, AISSE toppers (2019 care for our motherland. A 20) and CCA Best House (Ruby) winner prizes were tribute was paid to the freedom fighters in the form of a distributed

All-round achiever, cent

percent attendance, Jupally





epublic Day is one of **Unicent School** the occasions for Indians to feel proud of Nagole their history and commemorate the date on which the Indian Constitution came into force. Unicent

School, Nagole celebrated the 72nd Republic Day on the school campus.

The students of class X hosted the event. Principal Rachna Bhattacharjee unfurled the national flag followed by singing of the national anthem. The speech by the head boy

of the school detailed the significance of the day. There were patriotic songs and dance performances on this occasion by students of classes VIII and X.

Later, principal Rachna Bhattacharjee addressed the gathering about the importance of Republic Day and shared information on the opening of the school campus shortly

The event was streamed live on the school's official YouTube channel.

celebrations were aired live from the school campus on YouTube for parents and students to join in from their homes. The staff and a few students along with their parents gathered in the school to unfurl the tricolour and pledge to abide by the Constitution that is the frontrunner to many democracies across the world.

unfurling of the national flag and the rendition of the national anthem. Sameena Zeba, a student of class X, delivered a speech about the essence of Republic Day.

The songs sung by Amena Sid-

Fathima Afroze, Academic Coordinator, Springfields International School

diqua of class IX and teacher Kshyama Patnaik evoked the feeling of patriotism in everyone watching the show. The history of the independence struggle, talks on the contribution of many heroes, some well-known and some unsung, followed. The students from pre-primary wing role played a few heroes of India's struggle for freedom. The event

Music evokes emotions.

Bandlaguda

The event began with the

he 72nd Republic Day

concluded with a speech by principal Caroline Ross.

Nadergul **Delhi Public School** IES OF STATUT

along with parents, teachers and students. The programme began with a prayer song by the Walkathon. choir followed by the school song and a welcome dance performance by Drithi of class I. The occasion was graced virtually by Colonel Vishal Ahlawat, multiple Guinness World Record holder and sports enthusiast, school chairman M Komaraiah, principal Padma

Nadergul celebrated the school flag hoisting ceremony 72nd Republic Day of Inby the admin and PT departdia with great vigour and joy. It ment was majestic. The school was graced by the dignitaries has wisely used the social platform in continuing with the legacy of heritage walk titled The overall champions of

The live streaming of the

Walkathon were presented certificates. Chief guest Colonel Vishal Ahlawat inspired and motivated the students to strive towards achieving mental and physical fitness. Principal Padma Jyoti Turaga encouraged the students to imbibe 'Never Jyothi Turaga accompanied say Never' attitude and work toby vice principal Kiran wards perfection.

head-The programme concluded mistress Anuwith a grand finale dance perradha Vinay and formance on the rhythmic par-PRO Robin. ody of all the golden patriotic hits.



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"You find that you have peace of mind and can enjoy yourself, get more sleep, and rest when you know that it was a one hundred percent effort that you gave-win or lose." Gordie Howe, former hockey player

SIMPLY SPORTS

THURSDAY, FEBRUARY 4, 2021

BIO-BUBBLE STRAIN

Psychologists have called for better support for cricketers' mental wellbeing as they head into a second year confined to biosecure "bubbles' around the world

IT HAS REACHED 'ALMOST EPIDEMIC PROPORTIONS'

Cricket's long tours away from homes and family have often caused problems in the past but the restrictions of quarantine and bubble life are posing extra difficulties, experts say. England's Jonny Bairstow said he spent just six nights at home in the second half of last year. while Pakistan bowling coach Waqar Younis saw his family for the first in seven months in January. India fast bowler Mohammed Siraj missed his father's funeral after deciding to stay in Australia in quarantine with his teammates in November.

► Sports psychologists and psychiatrists have warned of the toll being taken on players and said there is a "stigma" over coming forward, particularly in Asian nations. Amit Anand, a consultant psychiatrist and a panel member for golf's European tour, quoted one former Australian national captain as saying that mental health problems had reached "almost epidemic proportions" among players.

• "England, Australia and New Zealand have structured mental health support; their respective players' associations are strong on supporting players' mental health and wellbeing," Hassan Mahmood, a British psychiatrist who works with elite English cricketers, told AFP. "It would be ideal to have this in place for all Test-playing nations. There are a significant number of Test nations in South Asia, where there might be stigma related to mental health issues.

 Anand said players can suffer problems ranging from lack of sleep and anxiety to depression, while their families also suffer, especially those with young children. He said better "mental health literacy' is needed among players to "address the issues related to stigma and provide approximate interventions".

BIO-BUBBLE IS TOUGH ON PLAYERS: BAIRSTOW

England batsman Bairstow told how players had become "addicted" to the Call of Duty war game as he highlighted the pressures while in Sri Lanka. "I am not going to lie about it, it is something that does take a toll because you are going from the hotel to the cricket ground, back to the hotel," said Bairstow. "Unfortunately the guys are unable to see their families, their kids, wives over a long period of time, which is tricky. The Skype chats, the people who have been with you through thick and thin back home are the ones that you call up and chat to and keep you going," he added.

Cricket Australia took the lead in hiring a mental health expert last year and many top nations followed, including England who brought a psychologist on their current tour to Sri Lanka and India.

Shree Advani, India's leading sports psychologist who has advised stars including top badminton player PV Sindhu and cricketer Robin Uthappa, said more players are coming forward because of the pandemic. "So many cricketers come to me for advice," he said, adding that players are struggling "to get back with that same level of confidence. With the insecurity about selection, the extra pressure to perform".

England skipper Joe Root urged his teammates to "not hide away if they are feeling (the) blues" before they left for Sri Lanka and India, the start of a long year for the team who will play 17 Tests in 2021. Mahmood said any psychological fallout from bubble life will come in for intense scrutiny once the crisis has passed. "Hopefully, once the COVID-19 pandemic is over, there will be a period of reflection to ascertain the full impact of the bio-secure bubbles on the mental health of cricketers," he said.

I looked at the schedule today and realised that it is going to be a very long year. Few series coming up. Managing the body will be important if you have to play a lot. Anyone that's criticising (player rotation) has never stayed in a bubble. At the end of the day, humans are social people, especially when you're not having a great game. There's no escape, nowhere to go.

Jofra Archer, England pacer

GETTY IMAGES

CAN ENGLAND CHALLENGE THE MIGHTY INDIAN TEAM?



India will hope to maintain their formidable home record against England who have boldly placed players' well-being above team prospects in the four-match Tests series beginning on Friday

WE'LL HAVE OUR PLANS IN **PLACE: BHARAT ARUN**

An injury-ravaged India conjured one of the greatest comebacks in the history of the game in Australia after being humiliated in the Adelaide opener and playing the rest of the series under a stand-in captain. Their gladiatorial 2-1 triumph, however, was not without scars and pacers Mohammed Shami and Umesh Yadav and all-rounder Ravindra Jadeja continue to nurse injuries which will keep them out of the first half of the England series.

India will welcome back regular skipper Virat Kohli, who missed the last three tests in Australia to attend the birth of his daughter. "We have done an excellent job in Australia ...but we need to forget this and look forward to the England series," bowling coach Bharat Arun said. "We'll have our plans in place."

Shubman Gill's assured display on

solved India's opening woes as they prepare to stretch their awe-inspiring home record against Joe Root's men. India have won a record 12 successive test series at home, losing only one of the last 35 matches they have hosted. It includes a 4-0 series victory in England's previous tour in 2016-17.

England are also the last team to have triumphed in India in 2012-13 when Root, who will be playing his 100th test on Friday in Chennai, made his debut.

BOLD ROTATION POLICY

England blanked Sri Lanka 2-0 last month but their decision to rotate multi-format players undermines their prospects in India. Under their policy, wicketkeeper Jos Buttler will return home after the opening test, while the trio of Jonathan Bairstow, Sam Curran and Mark Wood will be available only for the last two matches.

England may not necessarily be fieldhis Australia debut appears to have re- ing their strongest playing XI in every

match but coach Chris Silverwood stands by the move. "We're spending a lot of time locked in hotel rooms inside biosecure bubbles and it's not easy," he said. "It's good that we're being proactive and looking after people. I'm perfectly happy with the system."

They will be reinforced by the return of speedster Jofra Archer, allrounder Ben Stokes and opener Rory Burns, who all missed the Sri Lanka series. Burns is likely to open with Dom Sibley with Zak Crawley expected to drop down to number three.

Spin all-rounder Moeen Ali will fancy his chances on India's turning tracks, while England will also be tempted to play veteran seamers James Anderson and Stuart Broad together. India need to win the series by at least a 2-1 margin to reach the final of the inaugural World Test Championship against New Zealand.

England will have to win at least three tests to pip India to the July final, while a stalemate will benefit Australia.



QUIZ TIME!

Q1. Which of the following players have the highest career batting average in ICC Women's One Day Internationals? a) Bronwyn Calver 🖵 b) Rachael Heyhoe-Flint 🖵 c) Lindsay Reeler 🖵 d) Meg Lanning 🗖

2: In the year 2018 and 2019, which of the following players was awarded NBA **Defensive Player of Year award?** a) Giannis Antetokounmpo 🗅 b) Draymond Green 🖵 c) Rudy Gobert 🖵 d) Tyson Chandler 🖵

• Who is the oldest Olympic **J.** swimming medallist?

a) Amy Van Dyken 🖵 b) Natalie Coughlin 🖵 c) Jenny Thompson 🖵 d) Dara Torres 🖵

> Q4: Which of the following countries won most medals at a single Summer **Olympic Games?** a) China 🗅 b) United States of America 🖵 c) Canada 🔲 d) United Kingdom 🔲

Q5: After MS Dhoni, which of the following players have played most matches as captain in India Premier League? a) Gautam Gambhir 🖵 b) Adam Gilchrist 🖵 c) Rohit Sharma 🔲 d) Virat Kohli 🔲

Q6. Who was awarded NBA 2019 Coach of the Year?

a) Mike D Antoni 🖵 b) Mike Budenholzer 🖵 c) Dwane Casey 🖵 d) Nick Nurse 🖵

7. Sofia Kenin won which of • the following Grand Slam



title in 2020? a) Wimbledon 🖵 b) French Open 🖵 c) US Open 🔲 d) Australian Open 🖵

Q • As per WTA rankings, who **VO**. is the current number one Tennis player? a) Ashleigh Barty 🖵 b) Sofia Kenin 🖵 c) Naomi Osaka 🖵 d) Simona Halep 🖵

O • Which of the following Q9: countries have won most Asian Women's Handball Championship? a) China 🗅 b) United States 🖵 c) United Kingdom 🖵 d) South Korea 🖵

O. Who among the following became the first

cricketer to reach 9000 runs in career IPL T20 history? a) Virat Kohli 🗅 b) Dinesh Karthik 🖵 c) Rohit Sharma 🖵 d) Suresh Raina 🖵

Q11: The fastest badminton hit in competition by a male is 426 kph (264.70 mph), and was achieved by___ a) Kim Astrup 🖵 b) Mads Conrad-Petersen 🖵 c) Mads Pieler Kolding 🖵 d) Mathias Boe 🖵

ERS: 1 b) Rachael Heyhoe-Flint 2 c) Rudy Gobert 3 d) Dara Torres 4 b) United States of America 5 a) Gautam Gambhir 6 b) Mike Budenholzer 7 d) Australian Open 8 a) Ashleigh Barty 9 d) South Korea 10 c) Virat Kohli 11 c) Mads Pieler Kolding