



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Did you know the Japanese language is one of the most fast-paced spoken languages in the world?

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➤ An educationist lauds the efforts of students on how they have adapted to the changes during the pandemic

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STUDENT EDITION

MONDAY, APRIL 4, 2022


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SRI LANKA BLOCKS SOCIAL MEDIA PLATFORMS AFTER IMPOSING EMERGENCY CURFEW

Opposition lawmakers in Sri Lanka on Sunday marched in the capital, Colombo, defying President Gotabaya Rajapaksa move to impose a nationwide curfew and state of emergency after protests blaming the government for an economic crisis swelled. Internet users were also unable to access Facebook, Twitter, YouTube, WhatsApp and other social media platforms...

X-PLAINED Why Sri Lanka is facing its worst economic crisis in decades

WHAT The Sri Lankan (SL) economy has been facing one of its worst-ever economic crises, resulting from mismanaged government finances and ill-timed tax cuts, besides the impact of the Covid-19 pandemic. Huge piles of foreign debt, series of lockdowns, soaring inflation, shortage in fuel supply, fall in foreign currency reserves and devaluation of currency has adversely impacted the country's economic growth.

WHAT LED TO THIS CRISIS: Sri Lanka's economy was in trouble even before Covid struck. The lockdowns further added to its woes and impacted the informal sector hard, which accounts for nearly 60 per cent of the country's workforce.

■ The country's foreign exchange reserves have fallen 70 per cent in the past two years to about \$2.31 billion, leaving it struggling to pay for essential imports, including food and fuel. The financial crisis also stemmed from a critical shortfall in foreign currency, leaving traders unable to finance imports.

Tourism, one of the key sources of foreign exchange for the country, was badly hit due to the Covid pandemic. Besides, remittances from Sri Lankans working overseas also declined sharply. Job losses have become a common phenomenon in almost every household. Besides, fall in earnings has led to rise in poverty rates.

Non-availability of fuel to generate hydroelectricity has led to a shortage of 750 megawatt of thermal power.



HOW IT HAS IMPACTED LIVES

1 Fight for fuel: The crisis is so bad that people are struggling for something as basic as fuel. In fact, Sri Lanka ordered troops to petrol stations last week, as sporadic protests erupted among thousands of people who had queued up for fuel

2 Soaring inflation: Many people in the country are opting for cheaper food items, in order to curtail on expenses. They are also reducing entertainment bills to zero. Even a cup of tea now costs ₹ 100, up from ₹ 25 as of October last year, according to a report by the country's local media website

3 Doctor's visit, medicines expensive: Medicines have also become increasingly

Shortages have scaled to such heights that examinations for millions of students in the country had to be postponed due to lack of paper and ink

expensive, with most people resorting to self-medication, a practice the World Health Organisation says can lead to higher morbidity. Many hospitals have stopped routine surgeries, and supermarkets have been forced to ration staple foods, including rice, sugar and milk powder

4 Devaluation of currency: Sri Lanka's central bank has devalued the rupee by up to 15 per cent

HOW IT CAN AFFECT INDIA

■ **Chinese influence may increase:** SL's dependence on China during this crisis could be a threat for India. Beijing has been trying to spread its influence over Colombo since a last few years, but owing to Indian diplomacy, things could not succeed the way dragon wanted. Since Colombo is a strategic location, India must be cautious of every Chinese attempt to influence SL, feel experts

■ **Economic aspects:**

Although New Delhi does not import large number of goods from Colombo, handling of Indian Trans-Shipments is a major challenge now due to absence of labour. The non-availability of vehicles to transport our shipment (SL is an important Trans-shipment hub, which handles nearly 48% of our International Cargo) is posing big problems

■ **Refugee crisis:** Millions of Sri Lankans are fleeing and taking shelter in India, which is an area of concern. Moreover, it could give rise to rebel groups

India sees warmest March in 122 years, lowest rainfall since 1908



India recorded its warmest March in 122 years with a severe heat wave scorching large swathes of the country in the month, the India Meteorological Department said on Saturday. The weather department attributed the unusual heat to the lack of rainfall due to the absence of active western disturbances over north India and any major system over south India.

■ In March 2010, the country had recorded a maximum temperature of 33.09 degrees Celsius

■ The Met department said the country's average mean temperature of 26.67 degrees Celsius in March was the second highest after 26.671 degrees Celsius recorded in March 2010

■ The countrywide average minimum temperature of 20.24 degrees Celsius in March was the third-highest in 122 years after 20.26 degrees Celsius in 1953 and 20.25 degrees Celsius in 2010


Environment

Insect borne viruses may trigger next pandemic: WHO

Insect-borne pathogens pose an 'increasing' risk and could lead to the next pandemic, according to the World Health Organisation. Arboviruses like Zika, yellow fever, Chikungunya and dengue are a group of pathogens, which are spread by arthropods, such as mosquitoes and ticks. They top the list for the next potential outbreak that could esca-



late into a pandemic, especially as almost four billion people live in tropical and sub-tropical areas where they thrive.

➤ Arboviruses are increasing in prevalence, and currently present a public health threat in tropical and sub-tropical areas

➤ Since 2016 more than 89 countries have faced Zika outbreaks, while yellow fever risk has 'been on

the rise since the early 2000'

➤ Every year, dengue fever infects 390 million people in the 130 countries where it is endemic – it can cause haemorrhagic fever and death

➤ Yellow fever poses a high risk of outbreaks

in 40 countries and causes jaundice and severe haemorrhagic fever and death

➤ Chikungunya is less well-known, but it is present in 115 countries and cause severe and joint-disabling arthritis

(Source: Daily Mail)



FOR WHICH TAX WAS AMITABH BACHCHAN MADE BRAND AMBASSADOR?

CLUE 1: It's also known as the Constitution's 101st Amendment Act.

CLUE 2: The implementation of this Act took 17 years.

CLUE 3: Its launch was the 5th time since independence that the parliament convened at midnight.

ANSWER: GST. The Goods and Services Tax (GST) collection for the month of March 2022 hit an all time high, with a collection in excess of ₹ 1.42 lakh crore, beating the previous high of ₹ 1.4 lakh crore in January 2022. First mooted in 2000, it was finally implemented in 2017 with its launch done on the midnight of July 1, 2017 at a special convening of both the Rajya Sabha and the Lok Sabha

50%

The amount of single-use plastic, which contributes to marine litter, according to the National Centre for Coastal Research (NCCR). The maximum litter accumulation occurs in the back-shore rather than in the intertidal zone. Moreover, urban beaches have higher accumulation rates than the rural

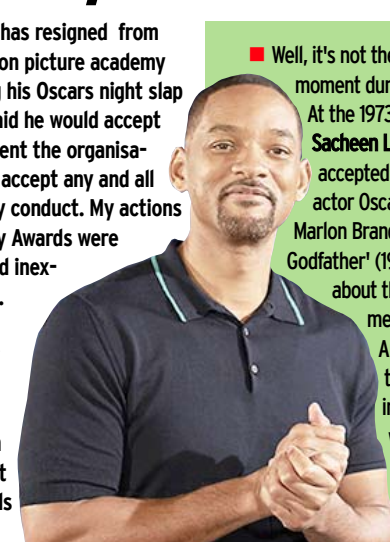


beaches, it said. Samples from coastal water, sediment, beach, and biota are analysed for micro/meso/macro plastics pollution. An increase in the abundance of micro-plastics is observed along the east coast of India during the monsoon. The stations nearer to the river mouth had higher numbers of micro-plastic concentrations

FACTOID

Will Smith resigns from film academy over Chris Rock slap

Will Smith has resigned from the motion picture academy following his Oscars night slap of Chris Rock, and said he would accept any further punishment the organisation imposed. "I will accept any and all consequences for my conduct. My actions at the 94th Academy Awards were shocking, painful, and inexcusable," Smith said. Smith's resignation came two days after the academy met to initiate disciplinary action against Smith for violations against the group's standards of conduct.



■ Well, it's not the only "crazy" moment during a telecast. At the 1973 ceremony, **Sacheen Littlefeather** accepted the best actor Oscar on behalf of Marlon Brando for 'The Godfather' (1972) to speak about the mistreatment of Native Americans in the Hollywood industry. This was on the heels of the standoff

between law enforcement officials and Native Americans at Wounded Knee (a massacre of nearly three hundred Lakota people by soldiers of the US Army). After receiving the award, Littlefeather claimed that John Wayne had to be restrained by security men to prevent him from forcibly removing her from the stage

■ **Roman Polanski** was convicted in 1978 of sexually assaulting a 13-year-old girl before fleeing to France, but won an Academy Award for directing 'The Pianist' in 2002. He was expelled in 2019.

READING HABIT



If you want to study a new language, why not try reading comics in the language? Many non-English speakers love English comics like "The Hulk" or "Spiderman", and some of them have used the medium to learn how to read and understand English. Students of Japanese have found Manga to be a very enjoyable way to practice the language. Whether you read comic strips or a graphic novel, there are many reasons why comics are a great way to get exposure to a language.

Learners of all levels can benefit from reading comics. They can introduce you to plenty of new vocabulary and phrases in context, which will help you better understand and remember the language. Since key words and phrases will also be repeated, you'll likely find yourself reaching for a dictionary less and less as you progress through the comic. Comics are full of common idioms, metaphors, and slang, and they often present language that is actually spoken by native speakers. Comics also provide great exposure to the culture of the language.

Here are some iconic foreign-language comics from around the world that can get you started:

FRENCH – Les Aventures de Tintin by Hergé

"The Adventures of Tintin" is not only one of the most-translated comics in the world, but also one of the most-translated books of all times, existing in an estimated 115 languages right now. The

Franco-Belgian series ran between 1929 and 1976, telling the story of the reporter Tintin and his dog Snowy as they travel the world. Some of the materi-

al admittedly hasn't aged well — particularly the representation of Africans — but Tintin is still a massively influential work that helped define Europe in the 20th century.

GERMAN – Käpt'n Blaubärs Seemannsgarn by Walter Moers

"Captain Bluebear" creator Walter Moers is a true master of diversity. His best-known work is this family-friendly comic about the sea-faring dark blue bear, who has become popular all over the world through books and TV. The bear is an old, apparently retired

SWEDISH – Rocky by Martin Kellerman

This autobiographical comic strip features the author, Martin Kellerman, as an anthropomorphic, hilariously self-deprecating dog. It's not hard to see why it has been translated into several languages. Available as a daily strip or graphic novel, Rocky is an addictive yet easy way to learn Swedish. Thanks to its hip-hop references and a certain self-aware irony, this comic oozes cool. The use of borrowed language and shared cultural references make this a laid-back way for intermediate learners to broaden their vocabulary.

ty at the end of each one.

SPANISH – Mafalda by Quino

"Mafalda" is one of the most popular Spanish comics in Latin America. It was created by Joaquín Salvador Lavado Tejón (better known as Quino) in Argentina in 1964. This comic follows the adventures of Mafalda a little girl who is concerned about mankind and world peace. She likes to defy her elders and question them and their legacy. The little girl pictures herself as an interpreter when she grows up working for the UN helping build a better world and achieving world peace. Mafalda has been often compared to Peanuts, but Quino was inspired explicitly by the socio-political situation of Argentina, and South America more generally, making the comic tied to the place and time it was written in.

ITALIAN – Lupo Alberto by Guido Silvestri

"Lupo Alberto" is a famous Italian comic book series created by Guido Silvestri in 1974. It details the adventures of Lupo Alberto, a blue wolf. The protagonist of the comic book, Lupo Alberto, takes the shape of the common man who has a goal in life and a certain amount of bad luck. Alberto, a resident of the McKenzie farm, always tries to steal a hen named Martha, but Moses, a sheepdog, is the obstacle to his plans and does everything to stop him. The conflicts between Alberto and Moses were the subject of the first strips of the series. The premise is generally simple; the first comic book, for example, was about Alberto trying to steal a hen from a farm, but he's constantly foiled by Moses the sheepdog. The comic inspired an animated television show of the same name, and Lupo Alberto was also used in the 1990s in an anti-AIDS campaign.

captain who likes to tell his grandchildren stories about his life as a seafarer. They regard them as tall tales, even though there's usually proof of their veri-



CHAUCEER COINED TWITTER AND MORE

An author, philosopher, astronomer, courtier, bureaucrat and diplomat, Geoffrey Chaucer is widely acclaimed as the greatest English poet of Middle Ages. You may not have been aware, but a large number of words which you use today have been invented by authors. Geoffrey Chaucer is given credit for coining around 2000 words in English. It does not mean that he introduced these words, but for the first time, these words were found in his extensive writings between 1374 & 1386.

FEMININITY

Femininity appeared in "The Man of The Law's Tale." The meaning of the word is supposed to be womanhood.

GALAXY

The word has been derived from Latin galaxia, which Chaucer spelled 'Galaxye' in "The House of Fame." He seems to mean the Milky Way.

PLUMAGE

Plumage, which means 'the covering of feathers on a bird' is an extension of Latin 'pluma.'

It was first used by Chaucer in "The Squire's Tale" where he compares a falcon's plumage to that of a nobleman.

DISMEMBERING

This word appeared in "The Parson's Tale" where Chaucer actually means Christ's soul separating from his body due to sin. Today this word means one's body torn to pieces.

WOMANHOOD

Chaucer invented 'womanhood' to fill language gap. For nearly two centuries in medieval Britain, the word manhood existed but womanhood did not. Women could be categorised linguistically and socially by their marital or sexual status as maidens, wives, and widows, but there was no collective term in Middle English to denote their experience outside of or beyond these social roles and sexual identities.

TWITTER

Extremely popular in contemporary time, Twitter was first used by Chaucer in "The Canterbury Tales" to describe the sound of birds chirping. Think, how might Chaucer feel about people tweeting if he were alive today?

VALENTINE'S DAY

Valentine's Day only became associated with romantic love during the late 14th century, when Geoffrey Chaucer (c. 1343-1400), author of "The Canterbury Tales", made the association in his poem "The Parlement of Foules", written sometime in the 1380s, possibly in 1382.

— Indiatimes.com

BRAIN AND LANGUAGE



AT A LOSS FOR WORDS

MORE ABOUT THE LANGUAGE DISORDER BRUCE WILLIS HAS...

Actor Bruce Willis is stepping away from acting after being diagnosed with aphasia, his family has announced. Aphasia is a communication disorder that affects the ability to understand and express language, according to the Aphasia Institute. Aphasia is usually the result of a stroke, affecting about 30 per cent of stroke survivors. But it can also be caused by a brain tumour, brain injury, and is sometimes an early symptom of dementia.

Aphasia can impair all four modalities of language-based communication: speaking, writing, understanding spoken language, and reading. The left hemisphere of the brain typically controls language, so aphasia can result when a stroke or injury occurs in that region. There are many types of aphasia, March of Dimes Canada explains — such as Broca's aphasia (the inability to fluently express language, with poor speech), apraxia of speech (the loss of ability to execute the movements required for speech production), and Wernicke's

aphasia (severely disorganised language that can sound like babbling) — and the exact location of damage in the left hemisphere will determine the type. But people with aphasia are typically still cognitively intact.

The irony here is that it is language that can also keep your brain healthy. There is enough recent evidence to prove that there is a positive impact of language on brain health or rather cognition — with a later onset of dementia. Learning more than one language can keep you young for longer. Your brain starts to decline around the age of around 25. Over the years, things like your efficiency, working memory, processing speed, and concentration declines at an accelerating rate. Speaking more than one language makes that decline less steep. Learning a new language is a great activity to keep your brain active. It's highly challenging, and there's the bonus of being able to communicate better with more people. Meaning, becoming bi- or multi-lingual opens horizons you may not even know existed.

BUILD YOUR VOCAB

10 WORDS A MUSICOPHILE MUST KNOW

A CAPELLA

Group or solo singing without instrumental accompaniment. Some groups use their voices to emulate instruments, while others are more traditional and focus on harmonising.

AD LIBITUM

Probably more recognisable as "ad lib", it means "at the discretion of the performer." It gives the performer control over the passage, for example, changing the tempo of a particular passage, or a part that may be omitted if desired.

CADENCE

A cadence is a sequence of chords used

to signify the end of a phrase.

BPM

The acronym BPM stands for "Beats per Minute" and refers to the number of beats that will occur within sixty seconds.

CRESCENDO

A crescendo is a gradual increase in dynamic volume during a section of music.

MOTIF

A motif in music refers to a specific melody or series of notes is used in different ways throughout a piece of music or song.

RHAPSODY

A rhapsody is a one-movement piece of music that explores multiple free-flowing sections that don't necessarily relate to one another.

DYNAMICS

In music, the term dynamics refers to the intensity and volume with which a note should be played. The most basic dynamic is piano (soft), forte (hard), and mezzo (medium).

SOPRANO

A soprano is a range of pitches in the highest register of tones, this range is higher than the alto range of pitches.

TEMPO

Tempo is the pace or speed at which a piece of music is played. Usually, the tempo will define the length and duration of a quarter note.



TRIVIA TIME

FUN FACTS ABOUT JAPANESE LANGUAGE

Japan is the only country to have the Japanese language as their official language.

But, this does not mean Japan is the only place where the language is spoken. For example, in the Republic of Palau, Japanese is considered a minority language is spoken there. As of 2010, 1% of Californians and 15% of Hawaiian residents speak Japanese!

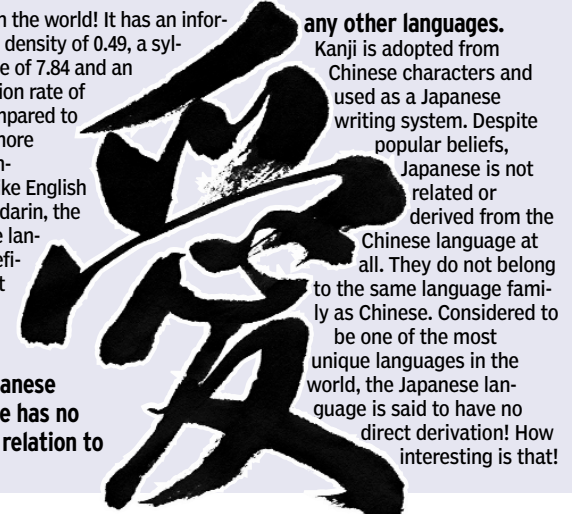
The Japanese language is one of the most fast-paced spoken languages in the world. Research has been done and shown that Japanese is confirmed as one of the most-fast paced spoken lan-

guages in the world! It has an informational density of 0.49, a syllabus rate of 7.84 and an information rate of 0.74. Compared to 6 other major languages like English and Mandarin, the Japanese language definitely out beat them.

The Japanese language has no genetic relation to

any other languages.

Kanji is adopted from Chinese characters and used as a Japanese writing system. Despite popular beliefs, Japanese is not related or derived from the Chinese language at all. They do not belong to the same language family as Chinese. Considered to be one of the most unique languages in the world, the Japanese language is said to have no direct derivation! How interesting is that!



Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on toinie175@gmail.com



A Predicament for the Future

THE EDUCATIONIST

India is the second most populous country in the world behind China. The population of India is estimated to be around 1.38 billion or 138 crore in 2020, up from 136.6 crore in 2019. By 2027, India will most likely overtake China to become the most populous country in the world with 1.47 billion people. India's population will peak in 2059 with 1.65 billion people, according to the Ministry of Statistics and Programme Implementation (UN world population Prospects 2019 dated May 17, 2020).

According to a United Nations study, "The share of population worldwide over the age of 60 is projected to increase from 8 per cent to nearly 20 per cent in 2050." Ageing of population is a direct consequence of the downward trends in fertility and mortality rates coupled with long life expectancies. Even though India is among the youngest populated countries in the world, it will also encounter the effects of such demographic shifts (i.e. an ageing population) over time.

For a developing country like In-



Dr. SUDHA TURAGA,
Director
Academics, Pallavi
Group of Schools,
Hyderabad

dia, the size of the elderly population, i.e., persons above the age of 65yrs is likely to pose mounting pressures on various socio-economic fronts. This includes pension outlays, health care expenditures, fiscal discipline, etc.

We should learn from the experience of other countries, and focus on utilising our ageing population as a resource to resolve several societal issues. This has been proposed earlier by "encore.org". Currently, India is experiencing a labour shortage - not enough qualified replacements are available to fill positions in manufacturing, utilities, transportation, government and agriculture, hospitality and gentle care, spirituality, culture and tradition etc.



Several surveys of HR professionals and hiring managers have found that workers over 50 or nearing age of retirement are viewed as having a number of positive qualities, including: loyalty, reliability and dedication, high levels of engagement, strong work ethic, job-related skills, including good communication skills, existing networks of professional and client contacts, broad work and life experiences.

Research also shows that age is essentially unrelated to core task performance and that mature workers outperform younger workers in many areas. Seasoned employees understand the organization's clients, internal workflows and processes, and lessons from past successes and failures. This knowledge can provide them with a competitive advantage.

Having recognized this, some organizations actively recruit and hire experienced workers, including those who have retired from one of their competitors.

Ikigai, the Japanese way of leading a purposeful and happy engaged life, principles can be adapted to Indian cultural norms, and used to enrich the lives of our aging population. The Covid 19 pandemic has impacted the lives of all of us, even more so the aging population and has adversely affected their socio, emotional, psychological and physical wellbeing.

There is an emerging need to pay greater attention to ageing-related issues and to promote holistic policies and programmes for dealing with an ageing society. Finding an engaging happy win-win solution for a spiritual philosophy-based country like India may set an example for other countries.



SHARING IDEAS & BONDING WITH KIDS OF ORPHANAGE

Students of Delhi Public School, Nacharam visited Don Bosco Navjivan orphanage, Nampally. Teachers accompanied the students and the experience reflected that learning always doesn't take place inside the four walls of a building.

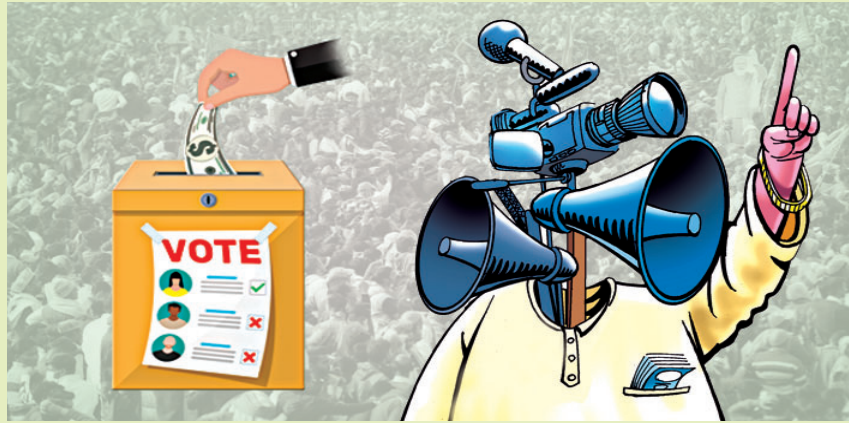
The students actively engaged themselves with the children of the orphanage and shared their experiences. They helped create awareness about balanced diet and healthy food, emphasized on the necessity for personal health and hygiene and spoke about the need for physical exercises on a daily basis and how it helps to keep the body and mind fit. They volunteered to speak to each child in the orphanage and tried to create a special bond.

It was a unique and a humbling experience for the students of DPS as they carried loads of memories back home.

**Delhi Public School
Nacharam**

Express YOURSELF

Elections: Democracy's pillar



Democracy is the form of government in which people have the supreme right to choose their own leaders. This makes elections an integral feature of democracy, that makes this form of government stand out from the rest. It also explains why it is the most widely followed kind of governance. However, like every other element of the system of politics, elections too have their own polarising views. You can see it as two sides of the same coin.

Elections serve as an important forum for people to raise important issues that help them to pick leaders who will make the best decisions on behalf of them. However, it may be argued by some that this frequent change of position of power does not allow for the formulation of suitable long term plans.

From a broader perspective, it can be asserted that elections, as a mechanism, provide us a chance to change the leaders if necessary, thus allowing us to correct

our own mistakes if need be.

In addition to this, elections have increasingly become commonplace for the use of money power and other tactics to secure a majority. Various politicians have begun to make use of their affluence to win elections. This is a major loophole in democracy. Nevertheless, the regulating body, Chief Election Commission of India, is always there to place limitations on political parties and leaders with regards to fair-play, in our country.

In conclusion, it can be established that elections have a crucial part to play as it forms the foundation of democracy. Being a practical and systematic mechanism provided to the citizens of any nation to help them choose their own representatives, the voting process will continue to be the pillar of support to democracy for many more years to come.

SAMEEHA YASMIN, class IX-B, Delhi School of Excellence, Banjara Hills

Manage time to scale the ladder of success

"Until we can manage the time we can manage nothing else" - Peter F Drucker

It was a Sunday morning when I woke up late and my mom told me to complete my homework. The procrastination monkey in me told me to postpone it every 5 minutes, and those 5 minutes never came. Those 5 minutes turned into the next Monday morning. The teacher told us to submit our homework. I could not submit it as I had not done it and with that, I lost 5 marks which I could have scored easily. Then at that moment, I realized how important time management is in our daily life.

Time management is important in our every-

day life right from getting ready for school or work to preparing for exams or an interview. Time management helps us to organize our packed schedule for today and tomorrow. Although it may seem hard, every minute you spend organizing or managing time will be beneficial. Like the founding father of the United States said, "For every minute spent in organizing, an hour is earned." This quote explains how important time management is in our daily life.

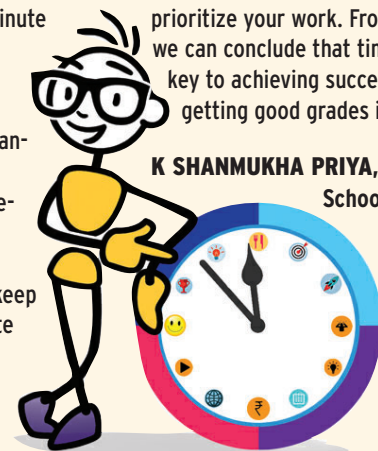
Time management is one of the keys to success. It further helps to keep ourselves free of stress and complete the task in the given time.

Mahatma Gandhi did not like to procrastinate and always kept a

pocket watch with him.

A few important points to remember while managing time is to learn to say no to avoidable tasks, set a timetable for yourself and stick to it, prioritize your work. From all that we have read, we can conclude that time management is the key to achieving success which also includes getting good grades in exams.

K SHANMUKHA PRIYA, class VII-A, Delhi Public School, Nacharam



MUSIC & THE SOUL

Music is in the soul, the sweet melody that carries you like a boat so you do not drown in the sea of your thoughts. You enjoy the ride and explore what lies in that sea at your ease. Music is like an entry point into another dimension, without hassles or troubles, where even a jarred note is a cause of happiness, marking where improvement is needed, for it gives you all the more reason to contin-

ue playing, to improve, and to navigate your mind further.

Away from worry, you realize your journey is being eased, the perilous waters have become smooth like the surface of a lake rippling in the wind. You are no longer afraid, for truly, feeling music is finding inner peace.



ERINA FARAZ FARISHTA, class IX-H, Nasr School, Hyderabad



GO FOR YOUR GOALS

Everyone has dreams, whether they are big or small, they have vast importance in our lives. To fulfill these dreams, we set small and big goals. Achieving these goals is related to our happiness and well-being. It is a way to increase our self-esteem. The process of striving for our goals can also help us develop into better people. So, whether your dream is to earn a million dollars, become an artist, or be a world-class athlete, don't wait. Start working towards your goal.

SET YOUR GOALS

DECIDE WHAT YOU WANT: Your first step is to determine what it is that you want to achieve. This can be big or small, but taking some time to think about what you hope to achieve is an important first step to success.

ASK WHY: It's important to take a little time to think about why you are setting the goals you've chosen. If you think about your motivations, you may find that you end up wanting to revise your goals.

DETERMINE IF IT'S POSSIBLE: Last but not the least; you need to decide if your goal is realistic. Sad as it may seem, not every dream can come true. If your goal seems beyond the realm of possibility, it might be time to make a different goal.



"Lao-Tze" - "A journey of a thousand miles begins with a single step."

CONSIDER USING THE SMART METHOD: One way to specify and evaluate your goals is to use this method. This is an approach to goal setting in which you refine your goals by assessing whether they are

- Specific
- Measurable
- Achievable
- Relevant and
- Time-bound

STAY MOTIVATED: One of the hardest parts of following your goal, especially in the long term, is staying motivated. Making achievable sub goals and tracking your progress both can help you. But, you may need to add some additional reinforcement.

IDENTIFY OBSTACLES: Lastly, think about what obstacles could stand in the way of achieving your goals. Thinking about this in advance gives you a chance to come up with some ideas about how you will overcome these obstacles.

DEDICATE YOUR TIME: There are many things you can do to make the process easier and keep yourself focused. At the end of the day think about how long you expect it to take to achieve your goal and when you want it to be completed. There's no way to get around putting in the time. If you are truly committed to your goal, it is what you must do.

TO CONCLUDE, I WOULD LIKE TO SAY:

- Be true to yourself. Your goal won't be nearly as sweet if you achieve it by doing things you're not proud of.
- Don't forget the words "Lao-Tze."
- You will never know your potential unless you try. It's okay to figure things out as you go!
- Set a life goal as your password so you are constantly reminded of it. Make sure it's cryptic!

ANUSHKA SINGH, class XI, Commerce, Silver Oaks International School, Might Oaks Campus, Bachupally



AUSTRALIA *ROUT* ENGLAND



HEALY FIRES OZ TO THUMPING WOMEN'S WORLD CUP WIN

Openers Alyssa Healy smashed a record 170 as Australia routed England by 71 runs to claim their seventh Women's World Cup win in Christchurch on Sunday.

Healy's belligerent 138-ball innings, the highest total in a World Cup final, helped Australia set a mammoth victory target of 357 at Hagley Oval which proved well beyond England despite a fighting century by Nat Sciver.

ENTERTAINMENT FOR CROWD

Sciver's unbeaten 148 entertained the crowd, but she lacked support from her top-order colleagues, and England were bowled out for 285 with six overs to spare.

"That was pretty special from our group," said Healy, who was car-

rying a back injury.

"It was something we've been working on for a very long time.

"Full credit to the bowlers, they held their nerve ... It was just a good game of cricket."

EARLY DAMAGE

Legspinner Alana King took 3-64 after pace bowler Megan Schutt (2-42) did the early damage by removing both England's openers.

Favourites Australia finished the tournament unbeaten in nine matches, erasing their 2017 World Cup disappointment when they were stunned in the semi-finals by India in England.

Four days after smashing 129 in the semi-final against West Indies, wicket-keeper-batter Healy blasted 26

fours as Australia posted 356 for five, sent into bat after England won the toss.

Healy anchored 100-run partnerships with fellow opener Rachael Haynes (68) and number three Beth Mooney (62).

YELPING IN DELIGHT

She cut seamer Anya Shrubsole for a single to bring up her fifth ODI century, yelping in delight as beaming husband Mitchell Starc, the Australian men's fast bowler, clapped in the crowd.

She was finally stumped by Amy Jones off Shrubsole and strolled off to a standing ovation at 316 for two, having again burnished her record as the ultimate big-game performer.

Two years ago, she hammered a 39-ball 75 to guide Australia to a big win in the T20 World Cup final against India at the Melbourne Cricket Ground.

POOR DAY IN FIELD

Barring a few testing overs from the seam-

ers at the start, it was a poor day in the field for Heather Knight's England. Seamer Kate Cross was let down twice in four balls by her teammates, with Haynes dropped for 47 and Healy for 41.

EMERGE VICTORIOUS

The peerless Australians have now won three of the last five 50-over World Cups and won both the major global trophies, having claimed the T20 World Cup on home soil in 2020

Healy was later dropped on 136 at short fine leg by a leaping Beaumont after trying to ramp Sciver.

Soon after, she smashed three consecutive fours off the hapless Ecclestone, the first lofted boundary over the covers bringing up her 150 in one of the great World Cup knocks. REUTERS



ATLETICO MADRID THRASH ALAVES

FELIX AND SUAREZ KEEP ATLETICO'S WINNING STREAK ALIVE

Joa Felix and substitute Luiz Suarez both scored twice as Atletico Madrid thrashed bottom placed Alaves 4-1 to extend their La Liga winning streak to six games.

Read Madrid on lead

Diego Simeone's team moved level on 57 points with second-placed Sevilla, who face fourth-placed Barcelona on Sunday. Real Madrid lead the standings with 69 points from 30 games.



Joao Felix

Felix opened the scoring in the 10th minute with a close-range header from a Sime Vrsaljko cross.

However, Atletico lost focus and allowed Alaves to score the equaliser with a Gonzalo Escalante header in the 63rd minute.

Emphatic win

After Brazilian striker Matheus Cunha

was fouled inside the area, Suarez scored from the spot to put Atletico back in front.

With Felix extending their lead in the 82nd minute, an on-fire Cunha, who was making his comeback after being out for several weeks with an injury, produced a brilliant through pass to Suarez. The Uruguayan finished the match in style to complete an emphatic win for Atletico.

Alaves remained on 22 points, five points from the safety zone. AGENCES

BRENTFORD STUN CHELSEA

Christian Eriksen's fairy-tale return continued as he inspired Brentford to a shock win at London rivals Chelsea. The Dane scored his first Premier League goal since making his comeback with the Bees after suffering a cardiac arrest at Euro 2020 in June.



Christian Eriksen

He also scored two for his country during last week's international break. It was Brentford's first win over their west London neighbours since 1939.

Bees boss Thomas Frank said: "The way Christian presents himself on and off the pitch is very impressive." "I said to him after he scored for Denmark that I hope he's saved some goals for Brentford, and he has. There is so much pain in football so it's important the fans enjoy this," Frank added.

LSG RELYING ON BATTING PROWESS

Sunrisers will have to punch above their weight to stay on course

Their campaign back on track after a poor start, new entrants Lucknow Super Giants will rely on their batting prowess to get past Sunrisers Hyderabad in their Indian Premier League match on Tuesday.

LSG did not have the best start to their debut season, losing by five wickets against fellow IPL debutants Gujarat Titans.

But they roared back in style by beating defending champions Chennai Super Kings by six wickets in a high-scoring affair in their second match.

DAUNTING OPENING PAIR

With skipper KL Rahul and Quinton de Kock, LSG boast a formidable opening pair, and they proved their worth against CSK by scoring 40 and 61 in a 99-run first-wicket stand.



Lucknow Super Giants KL Rahul and Quinton de Kock running between the wicket

West Indian Evin Lewis smashed unbeaten 55 off 23 balls in a steep chase of 211 against CSK while, in Deepak Hooda, LSG possessed a dependable middle-order batter.

Upcoming IPL Match



APRIL 4

7.30 PM

Dr DY Patil Sports Academy, Mumbai

Young Ayush Badoni, who has taken the ongoing IPL by storm with his six hitting prowess, is a treat to watch and would be looking to carry on his fine form.

Badoni struck a 41-ball 54 in his IPL debut against Titans and followed it up with yet another entertaining nine-ball unbeaten 19-run knock against CSK.

CAUSE FOR CONCERN

The form of Manish Pandey will be a cause for concern for LSG, who also boasts of hard-hitting all-rounders like Krunal Pandya and Jason Holder, among others. On the bowling front, Avesh Khan, Sri Lankan Dushmantha Chameera, Andrew Tye and Ravi Bishnoi were the main wicket-takers for LSG and they need to contain the runs.

Sunrisers, on the other hand, were blown away by the batting effort of Rajasthan Royals in a 61-run defeat in their opening match. Comprising a mediocre squad, Sunrisers players need to punch above their weight. While experienced Bhuvneshwar Kumar (1/29) produced an economical spell, the likes of Romario Shepherd (1/33), Umran Malik (2/39), T Natarajan (2/43) and Washington Sundar leaked runs against RR.

NEED PERFORMANCE BOOST

The Sunrisers team management will expect a much-improved performance from its bowling unit in the matches to come.

If bowling is a concern, Sunrisers batting department too looked cagey against RR and would be relying heavily on skipper Kane Williamson, Rahul Tripathy, Nicholas Pooran, Abdul Samad and Abhishek Sharma to deliver the goods.

Sunrisers would be looking for a complete, all-round performance to register their first win of the season. m



Nicholas Pooran