THE TIMES OF INDIA

TODAY'S

If a year of lockdown has left you with low moods, it's time to reboot.

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Have you postponed your travel plans, courtesy the rising cases of Covid? But how about hearing about your peers' favourite travel destinations?



Rishabh Pant power **Delhi Capitals to their** maiden IPL title?



STUDENT EDITIO

WEDNESDAY, APRIL 7, 2021



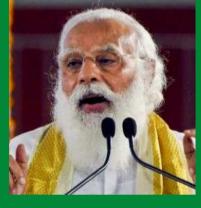
PM MODI'S 'PARIKSHA PE **CHARCHA' TO**



rime Minister Narendra Modi has announced that his annual interaction with students 'Pariksha Pe Charcha' will be held on April 7 in a new format. "A new format, several interesting questions on a wide range of subjects, and a memorable discussion with our brave #ExamWarriors, parents and teachers. Watch 'Pariksha Pe Charcha' at 7 PM on 7th April," the prime minis-

- 19 pandemic.
- ightharpoonup The first edition of the the Talkatora Stadium on

BE HELD TODAY



ter tweeted.

- ➤ In February, it was announced that Prime Minister Modi's annual interaction with students will be held online this year in view of the Covid-
- prime minister's interaction programme with school and college students "Pariksha Pe Charcha 1.0" was held at February 16, 2018.

CLICK HERE: PAGE 1 AND 2

61 LAKH Indians

among over 53 cr users **SUFFER FB DATA LEAK**

n a major breach of privacy, personal details of nearly 533 million Facebook users from more than a 100 countries, including India, were allegedly leaked online and posted for free on low level hacking forums, according to multiple sources. Over 61 lakh Indian users have also been affected. In January this year, reports first sur-

The leaked data includes Facebook ID numbers, profile names, email addresses, location information, gender details, job data, and other details

faced that the phone numbers of 533 million users were currently being sold

cybercriminals for email or SMS spam, robocalls, extortion attempts, threats and harassment, etc.

As Cambridge

via a bot on encrypted messaging plat-

patched by the social network in 2019.

With the data now entering the public

domain, there is a real danger that this

information can be widely used by

form Telegram, which came from a

Facebook vulnerability that was

SET UP SECURITY ANSWERS AND UPDATE YOUR PRIVACY SETTINGS. All social media platforms give you the option to limit your audience. But many people are unaware of its importance. It is necessary for every user to explore, try and overview those settings. You can also set up security questions on your accounts. instead of setting common questions like "what is your mother's name?" or "from where you are?", use questions that are difficult for everyone to think about

BE CAREFUL WHAT YOU SHARE.

Avoid sharing personal information online because your information, including your email address, phone number, and social security number, is worth a lot of money to hackers and data mining companies. Take a look at your social media profiles and try to keep them barren-the people who need to know your birth date, email address and phone number,

already have them

encrypted



old You Analytics still haunts nearly 87 million users, including over 5 lakh users from India, the FB leak has come as the biggest-ever leak of a social media platform that has billions of users

USE A VPN. If you want to keep your messages and calls secure; you can use an encryption tool, called VPN. It helps you to keep our communication and important data

ANTIVIRUS. Never operate an internetenabled computer without installing antimalware and antivirus software. There are many paid and unpaid antivirus software available. To secure mobile devices, use antivirus apps to secure your online activity **VERIFY FRIEND REQUESTS AND BLOCK FAKE ACCOUNTS Platforms** like Facebook and Instagram are full of fake profiles. Those fake accounts can be a hacker, a suspicious organisation or even a frenemy, who wants to monitor your activities. Don't accept any friend request without verification

USE YOUR SOCIAL **MEDIA ACCOUNTS**

HOW TO

According to cyber

experts, India does not have a

robust mechanism for user

data protection and penal

actions, if any, in cases of

ADD TWO-FACTOR AUTHEN-TICATION FOR EVERY SOCIAL ACCOUNT. It will add an extra layer of security to them. When someone logs into your account from a new loca-

numbers, words, upper and lower-

case letters, and special charac-

ters. The more strong password

you use, the harder for a hacker to

crack your password. Change your

password at least once a month

USE A STRONG PASSWORD AND USE A PASS-

WORD MANAGER. Your password must include

tion, device or browser; you will be sent a password that needs to be entered SAFELY for logging into your social account

Mainstream cinema is not going anywhere: Abhishek Bachchan

DO WE HAVE PROTECTION?

data breaches. The Personal Data Protection Bill,

same has been pending in Lok Sabha since 2019

which is said to contain provisions dealing with the

facebook

he audience seems to prefer realistic content on OTT platforms lately, but according to actor Abhishek Bachchan, the importance that the mainstream cinema enjoys will never fade. "The kind of storytelling, songs, dance will not go. You will get a different aspect of it because of the various platforms available. You will see a variant of it but mainstream cinema is not going anywhere," he said. The actor said, there is a certain trend that thrives in the industry but it goes away in a few years. "In the '70s and the '80s. rebellious love was a big theme — non-acceptance from the girl's or boy's side. But that changed in the '90s, where, in 'Dilwale Dulhania Le Jayenge', Shah Rukh Khan said, I will not run away. I will win the family over. So, you cannot generalise. Storytelling will adapt as per the wishes of the audience," he added.

I think the audience's tastes change every seven to 10 years. That's because a new generation of cinema viewers comes in and with them they bring in their choices, likes and dislikes. You cannot compare the protagonist from 1940 to 2010. It's always changed. That's how organically cinema grows

DO YOU AGREE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

VIEWPOINT

Breaking traffic rules multiple times can now get your name public on government websites

n a bid to promote responsible driving, the state transport departments will be putting out a list of persons on their portals, who are repeat offenders for traffic violations, such as drunk driving, speeding, racing, dangerous driving, and even for not wearing helmets. According to the modified Central Motor vehicles rules, such names can be made public, if the offender doesn't go for an appeal within a month after disqualification, to hold a DL or the appellate authority dismisses his/ her appeal.

The transport departments will create a separate section in their portal named 'Revocation of Driving License under subsection (1A) of section 19 of the Act', which will be in a machinereadable electronic, printable and shareable pdf form, for access by the general public

THE NEW CHANGES

■ The government has also done away with the minimum educational qualification for obtaining DL for commercial vehicles and this has been replaced with the mandatory requirement of "minimum training and language compre-

■ The new changes in the rules will also make it convenient for people to avail transport- related services as the system will be online; starting from filing application and issuance of learner's license to submission of medical certificate and surrender and renewal of DL



Will naming and shaming the traffic offenders promote responsible driving? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

Godzilla vs Kong highest-grossing foreign film in India post-pandemic



odzilla vs Kong, which become the highest-grossing foreign film post the pandemic in India. in a week. The film has collected a total of \$25.2 million in regional revenues in Southeast Asia, on its opening weekend, with \$4.9 million (₹35.97 crore) in India alone. This makes it the second-biggest film in India in a week, in the Covid era.

The film also opened on more screens nationwide (1,770) than any other film since the start of the pandemic last year, and its day one net collections were ₹

In China, where the film opened on March 26, it did \$70.3 million business from 42,000 screens, with an 82 per cent share of the box office. In the US, 'Godzilla vs Kong' opened in cinemas and debuted on HBO Max on March 31

WEDNESDAY, APRIL 7, 2021

FEEL GOOD FACTOR

Spring clean

If a year of lockdown has left you with low mood, it's time now to reboot

mental health

GET YOUR SLEEP BACK ON TRACK

ollow our essential guide on how to rescue your psychological well-being so you can move on and free your mind from the worst effects of lockdown.

P oor sleep is known to make it harder to cope with stress and worry. Yet nearly two-thirds of people have experienced a decline in their sleeping patterns since the first national lockdown was

announced almost a year ago, according to research carried out at King's College London. Half those polled said their sleep was

more disturbed due to

financial worries and fears about catching the virus.

"Firstly, get exposure to daylight as this tells your internal body clock that you should be awake rather than dozing," says independent sleep expert Dr Neil Stanley.

"And avoid sources of light before bed as darkness is the signal for sleep. "Also, go to bed when you feel sleepy, whatever time it is, and don't sleep in at the weekend as this could negatively affect your sleep during the week."



t's common knowledge that regular exercise is good for the mind as well as the body. It stimulates the release of natural feel good chemicals in the brain like endorphins that enhances your

> sense of well-being. It's impossible to overstate the importance of physical activity as people emerge from the shadows of the pandemic. And the good news is that it doesn't have to be exhausting. Research by experts at Massachusetts General Hospital in Boston, US, showed that just 35 minutes a day of low-intensity exercise, such as yoga or walking is effective.

CUT BACK ON SNACKS

ore than a third of people in Britain. M snacked more during the first Covid lockdown, according to the Oral Health Foundation, as cooped-up families struggled to cope with the boredom and worry of enforced seclusion.

And it's not just their teeth that are at risk, according to scientists, as studies show a clear link between mental well-being and eating habits. In 2019, experts at Cardiff University found that those gorging on crisps and chocolate saw 47 per cent increase in feelings of depression, fatigue and emotional distress, while those snacking on fruits became 32 per cent less anxious.

BE KIND TO OTHERS

or many, one of the few upsides of the lockdown was the increase in community spirit - with people trying to help those less fortunate than themselves. But such altruism does much more than just benefit the worse-off, says Dr Runcie. It boosts the self-esteem of the person doing the kind act. "During the pandemic, many people learned that they get more pleasure from

giving than taking, as it made them feel better about themselves," adds Runcie.

PLANT SOME SEEDS

G ardens came to people's rescue during the lockdown.

And the simple act of watching new plant growth emerge can once again be a saving grace this year for many people who suffer fragile mental health, says Dr Runcie.

"I encourage my patients to plan something simple that they can look forward to - even just buying some seeds to plant in the garden. Having something small to look forward to, such as new plants, is

really important as it gives you a sense of completion," he adds.

TAKE A BREAK FROM SOCIAL MEDIA

U se of social media platforms such as Instagram, Twitter and Facebook soared during lockdown. Many found it the perfect way to stay in touch with loved ones and what was happening in the

> world. But overuse is known to have a harmful effect on mental health. A recent

study in the US found that young adults who spent five hours a day on social media were nearly three times as likely to develop depression within six months as those spending two hours a day

Researcher Dr Cesar Escobar-Viera, assistant professor of psychiatry at the University of Pittsburgh, says: "Social media takes up a lot of time. It may displace forming more important in-person relations, achieving personal/professional goals, or having moments of reflection."

GET BACK IN TOUCH WITH NATURE W ith more freedom of movement likely in the coming weeks and months, getting back in touch with nature is a great way to lift your spirits. Countless studies show that being in green spaces can improve mood. And being near water may be even more effective, according to a research. For example, people living within a mile or two of the coast are 20 per cent less likely to suffer depression or anxiety than those

living 30

miles or

more

Home remedies to protect your skin from tanning

While a good sunscreen protects your skin from the harmful UV rays of the sun, you might also want to try these easy home remedies to get rid of those unwanted tan lines and sunburn. Tanning usually happens when your body attempts to protect itself from the damaging UV rays emitted by the sun. These home remedies will save the day



RED LENTILS PASTE

It is a great skin rejuvenator. Soak a whole tablespoon of this dal and use a mixer to make a rough paste. Mix it with equal quantities of tomato paste and aloe extract. Let the paste remain on your skin for at least 30 minutes before you wash it off. Your tanning will be significantly reduced after doing this for two weeks. TNN





USE ALOE VERA

This is known to suppress melanin, reduce pigmentation and has anti-inflammatory properties. Apply it regularly in summer to soothe your skin.



APPLY BOTTLE GOURD OR LAUKI JUICE

Bottle gourd juice can also help in getting rid of tanning. Apply the juice to the tanned or sunburnt area 3 to 4 times a day and you will see good results.



APPLY CURD

When you apply curd on your skin it helps in fading away from the tan. Apply this for 15 to 20 minutes around the affected area and see the result



USE CABBAGE

Green veggies will come to your rescue here. Place a few cold cabbage leaves on the affected area for 15 minutes. Repeat this process twice or thrice a week for best results.



QUIZ TIME (NOBEL PRIZE)

Q.1) The first **Nobel Prize was** awarded in...

A. 1876 B. 1778 C. 1923 D. 1901 woman to win a Nobel Prize was... A. Shirin Ebadi B. Marie Curie

C. Mother Teresa

Q.2) The first

D. Elizabeth H Blackburn Q.3) Albert Einstein won the **Nobel Prize for** Physics in 1921 especially for his discovery of... A. Quantum mechanics

effect

C. The general theory of relativity D. The special theory of B. The photoelectric relativity

1. D) 1901 2. B) Marie Curie 3. B) The photoelectric

HEALTH NEWS

Frequent eating out can cause heart disease:

Study

ime to ditch the takeaways? A new study has found that frequently eating out is significantly associated with an increased risk of cardiovascular disease and cancer. The

findings of the study appeared in the 'Journal of the Academy of Nutrition and Dietetics', published by Dining out is a popular activity worldwide, but there has been little research into its association with health outcomes. Investigators

looked at the association between eating out and risk of death and concluded that eating out very frequently is significantly associated with an increased risk of all-cause death, which warrants further investigation. Although some restau- outside.

rants provide highquality foods, the dietary quality for meals away from home, especially fast-food chains, is usually lower compared with cooked at meals The Analysis

Evidence has shown that meals away from home tend to be higher in energy density, fat, and sodium, but lower in fruits, vegetables, grains, and protective nutrients such as dietary fibre and antioxidants. So have more home-made delicacies and reduce the number of times you eat

KNOWLEDGE BANK (NATURE)

Lithop Lithop can be

stones, a plant looking exactly like stones or pebbles. Its unique shape is caused by the merging of two leaves



lithop plant grow in the rainy season. This extremely strange plant species is found mainly in South Africa. The thick pebble-like leaves are the main visible parts of lithops. They can be found in various colours like white, grey, pink and purple, and can live for more than 50 years.

: A person who is very eable and enthusiastic about an activity, subject or pastime.

enthusiast, pundit, devotee, appreciator, fan, fanatic, addict.

■ He became an afici of French cinema after spending three years in Paris, studying literary

eur of art, she liked picking up paintings whenever she visited exhibitions or art displays.



t is a fact that Covid pandemic is the defining global crisis of our time and the greatest challenge we have faced since World War II. India reported the first confirmed case of coronavirus infection on January 30, 2020 in Kerala and second case was detected in Hyderabad in March. Immediately we instructed all the teachers to create awareness among children on what is Covid-19 and the need to follow safety norms.

During GK and craft period, we asked students to prepare stickers with caption, social distancing quotes, corona awareness quotes in order to make them understand the seriousness of the is to inspire and enhance a



T PRASANNA, Principal, Sri Vijaya Bharathi High School, Gachibowli

we allotted 10 minutes to yoga and

breathing exercises. Also, we exhorted the parents to spare at least 30 minutes to practice yoga, meditation, pranayama to improve mental, emotional and physical

a teacher is very important. Children in their growing up years spend more time with their teachers than parents. I believe that the teacher's job

pandemic. student as a human being. Due to the pandemic, parents have to take up the role of being both parent and teacher. We are happy that parents are actively supporting us in making the teaching learn-

ing process fruitful.

We ensured digital access to all the children to attend classes and are happy that all the students attended the on-In our culture, the role of line classes with punctuality. We encouraged group activities through videos during the online classes to improve the communication skills of children.

In order to clear doubts,

we have Whatsapp groups

their confidence level. We encourage students from primary classes to read story books, poems and articles on hygiene, awareness about Covid-19, prevention against diseases

based on the grasping abili-

ty of the students. Also, we

send model question papers

for students to practice and

prepare in order to boost

All the children are encouraged to stay safe by following the three W's which are wash hands, wear mask and watch your distance. The threat of corona is not going to end soon. Children are the backbone of the nation, so they must be good human beings and help everyone.

State tennis champ felicitated

Delhi Public School Nacharam

elhi Public School, Nacharam hosted a felicitation ceremony for Telangana's popular tennis player Shrivalli Rashmikaa B, an alumnus of the school, on the campus.

Shrivalli won Women Hard Court National Championship held at the Tennis Project Gurugram recently. She is the only player to win both junior National Championship and Women (Senior) National Championship. She is one of the youngest players from Telangana to win Women National Tennis Championship. Presently she holds WTA Ranking Singles 1100, WTA Ranking Doubles 1456, All India Women Ranking Six in under 18 Category (Juniors) and Highest ITF Juniors World Ranking is 245. Shrivalli Rashmikaa started playing tennis from in 2011. She won Gold Medal in CBSE Inter School Sports & Games competition in under 14 category in 2014-15. At present she holds 245 ITF Juniors World ranking. She is in top two from Telangana state. Her AITA All India ranking under 18 ranking is 11. Her strengths are strong



forehand, ground strokes and strong powerful service.

M Kommariah, chairman, Sunitha S Rao, principal, Murali Krishna, director Operational Excellence and Strategic Initiatives, Nandita Sunkara, senior vice principal congratulated on her win.

Delhi Public School is a firm believer of the proverb "Healthy mind in a healthy body." The importance of sports and physical education is imperative for children to empower them and promote their self-esteem. It motivates students and enables them to do better at studies as well.

COVID-19

Wow another pandemic Just like the 1918 epidemic People are dying Families are crying Doctors are assuring That the vaccine is coming Waiting for it, people are suffering

This is the COVID-19

Against whom doctors are fighting Then comes the lockdown And it is a verb, not a noun Where people are locked in their homes Inside feelings, outside gnomes **Education** is online

And there is hope that everything will be fine

Minecraft, among us, Fortnite Is what everyone's playing at night After 1 year, vaccines comes And that's what everyone hums People who don't take it are dumb

And are just waiting for their bodies to become numb

VIJAYA KUMAR ARJUN, class IX D, Bharatiya Vidya Bhavans Public School, Jubilee Hills, Hyderabad

MY AIM

Life gets too much for me, Noises I can't bear, Peace is a craving, Quietness is a considerable blessing, In this loud world, There is no stop of sounds, I can't hear myself anymore, Only trying to calm myself, Maybe its sensory overload. Or myself having enough, It's no panic attack, Just a plea for peace, In a deafening world,

I find myself wanting something I can't achieve, Is it so wrong,

To want to stop noise pollution, Even if it's a selfish wish, It's something that drives me forward, So, I'm awake to sounds and noises alike, Not to back down from another tiring fight, Just to be head strong once again, And find the peace which I aim!

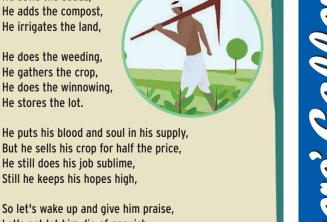
RUQAYA ABDUL RAHMAN, class X B, Madina Public School, Hyderabad

THE TILLER

He ploughs the land, He sows the seeds, He adds the compost, He irrigates the land,

He does the weeding, He gathers the crop, He does the winnowing, He stores the lot.

He still does his job sublime, Still he keeps his hopes high,



Let's worship him like a saint.

Let's not let him die of anguish, We will be the reason for his demise,

RITHESH YADAV, class X C, Pallavi Model School, Boduppal, Hyderabad

10 MALDIVES, n the em in the Indian Ocean with a cluster of 1200 islands. Maldives has beautiful beaches, clean sea water, coral reefs and many more. We stayed in Male, which is the capital of Maldives, and visited many islands and resorts like Paradise Island Resort, Maafushi Island, Oblu Select Resort and Hudhuranfushi Resort. I went snorkelling and was awestruck by the beauty of the underwater world with its abundant fishes and turtles. I also saw sharks and dolphins during a speed boat ride in the ocean. During my stay in Male, I met with our Prime **AVIRAJ** Minister Narendra Modi on June 9, 2019. He spoke to CHAURASIYA, me and even took a photograph with me which is class III A, why this will remain my most memorable **Jubilee Hills** moment of my travel journey.

REALISING OUR DREAMS AND GOALS

eaving my mother's lap and her caring hand to board the bus to enter into a new campus with many strange faces and places was not all fun. I am talking about my feelings when I first joined kindergarten school

Thanks to my teachers, I soon made a lot of friends and that's when I realised that my school was an abode of merriment. As I moved to higher classes, the bonding with my fellow mates grew stronger. We had many fun-filled engaging tasks and challenges. I never wanted to miss out a single day at school. With the onset of online class-

the void to a great length. We had tremendous opportunities to prove our mettle in presentation skills. I had never realised the power of technology until then. I could present, conduct quizzes, record my recitations, think differently and creatively and above all stay connected with my classmates. Like Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams." At school, we begin to dream and pave a path to realise them.

EBAYAN SAHA, class VI N, Delhi Public



Splashing in the colours of happiness



tudents of Gitanjali in an art competition aptly Devashray celebrated the festival of colours, Holi, and rather gave them a differ- plates designed for this occaent perspective to life.

Public Schoo

Rampally,

Hyderabad

The PP2 students started their new academic year by celebrating the festival. 'Dipped in hues of love and trust has come the festival of Holi' was the first activity of the year.The children were taught to do free hand drawing of a 'pichkari' step by step and then filled it with their favourite colours.

VI were invited to participate ers Jagadamba and Komal.

named, 'ART SPALSH'. The contest was conducted at two with full gusto and enthusi- levels. The young artists of asm. The pandemic failed to classes I and II displayed their dampen the spirit of children ingenuity by colouring temsion, while the children from classes III to VI went on to draw and colour their own Holi themed masterpieces.

The students from classes VII to X enthusiastically took pictures and framed them for eternity.

This was a wonderful opportunity for all the students to unleash their self-expression and artistic abilities. The Students from classes I to event was judged by art teach-

Stand against cyberbullying

Gitanjali Devakul

onsidering the accessibility to gadgets and internet among the youth, it is the need of the hour to inform them about the negative side of internet which is cyber bullying and equip students to become advocates against cyber bullying.

Keeping this objective in view, Gitanjali Devakul hosted a webinar on "No to Cyber Bullying" for the students from classes VI to X and their parents in collaboration with the Department of Mental Health and Behavioural Sciences, Fortis Health Care. in the webinar.

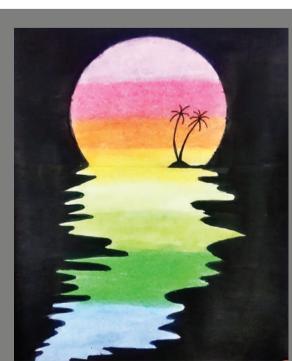


Information about the 360 degree impacts of cyber bullying, empowering the youth using the ABCDE approach and role of individuals, from digital detoxing to being a positive role model were discussed





MANUSREE, class X, Jain Heritage A Cambridge School, Kondapur



JAIVEEN KAUR, class VIII C, Gitanjali Devashray, Hyderabad



L: PALLAVI CHOLLETI, class VII C, Gitanjali Devashray, Hyderabad

WEDNESDAY, APRIL 7, 2021



- weak points.
- It was precisely the reason they were not able to rest Kagiso Rabada and Anrich Nortje. Even in terms of wicket-keeping, in case Pant had a niggle they didn't have a replacement. This year they have Vishnu Vinod of Kerala but he is a green horn.
- With Chris Woakes also in the mix this
 The Indian fast bowling is pretty weak as their two premier fast bowlers Ishant and

Umesh don't play much white ball cricket for the national team now.

OPPORTUNITIES

- Although a big challenge, it will be a huge opportunity for young skipper Pant to step out of the shadows of the legendary MS Dhoni by guiding his team to its maiden title.
- The league also provides Pant the opportunity to prepare for the T20 World Cup, where he will be a vital cog in India's batting line-up. Dhawan too will look to seal the opening slot, while it is also a chance for R Ashwin and Axar Patel to prepare for the ICC event.

THREAT

- Pant has displayed resilience and understanding in his short career thus far but he will have to ensure that the added leadership responsibility doesn't affect his natural attacking instinct as a batsman.
- Also DC's pace unit is too dependent on Rabada and Nortje with back-up pacers Ishant and Umesh not boasting of a great T20 record.
- Last year, Delhi suffered four successive losses after seven wins in the first nine games, jeopardising their play-off chances. They need to be wary of such a slump and avoid collapses like last year.

TOP 5 OVERSEAS PLAYERS TO WATCH OUT FOR

Stoinis and Billings will have to ensure

On the bowling front, South African pace

duo of Kagiso Rabada (2020 purple cap win-

ner) and Anrich Nortje has proved to be a

dream pair, having scalped 52 wickets to-

time and Ishant Sharma and Umesh Ya-

that DC finish with a flourish.

gether in 2020.

Rashid Khan The Afghanistan ace will be a player to watch out for in IPL 2021. He was the highest wickettaker for Sunrisers Hy-

derabad in IPL 2020 with 20 wickets in 16 games. An indispensable figure in the SRH line-up, Rashid will have to be on top of his game for the one-time champions to go the distance this year. One of the best spinners in the shortest format, Rashid has been a proven performer in the IPL and will be looking to continue his impressive run this year.

David Warner

The Sunrisers Hyderabad captain has been one of the best performers with the bat in the history of IPL. Warner has bagged the Orange Cap thrice and had led SRH to their maiden IPL ti-

tle in 2016. Having mastered the Indian conditions already, Warner will once again prove difficult to stop for the opposition batsmen if he manages to find his groove with the willow. With 548 runs last season, Warner was the third-highest run-getter in IPL 2020 and is expected to be among the runs once again this year.

Kagiso Rabada

Delhi Capitals' pacer Kagiso Rabada will be another player to watch out for in IPL 2021. One of the most prolific wicket-takers in IPL, Rabada has been a top performer in the tournament over the last few years. He had won the Purple Cap last season with an impressive 30 wickets in 16 matches and will be gunning to finish on top once again this year.

Andre Russell

The explosive all-rounder didn't have the best of seasons last year in the UAE as he managed

to score 117 runs and pick up 9 wickets in ten matches. However, the Caribbean superstar's pedigree in IPL can't be questioned. The explosive all-rounder can prove to be a game-changer for Kolkata Knight Riders this season and can take the league by storm with his batting exploits.

Sam Curran

The England all-rounder was a revelation for Chennai Super Kings in his debut season with the franchise last year. While he fulfilled many roles with the bat, Curran was also efficient with the ball and bowled crucial spells in pressure situations. Curran is expected to grow into his role further this year and play a key part for the three-time champions. Curran scored 186 runs and picked up 13 wickets in 14 matches for CSK last season.



QUIZ TIME!

How many Olympic medals • has Michael Phelps won?

Q2. Who was the first Indian **L** • cricketer to score a century in all three formats of the game? a) Sunil Gavaskar 🔲 b) MS Dhoni 🖵 c) Sachin Tendulkar 🔲 d) Suresh Raina 🖵

Q3. When was the first T20 match played?

a) August 2006 D b) February 2005 D c) August 2004 🔲 d) December 2007 🖵

Who won the 2019-20 NBA Most Improved Player of the Year award?

a) James Harden \square b) Brandon Ingram \square c) Bam Adebayo 🔲 d) Luka Doncic 🖵

Q5. KL Rahul made his Test debut against which country?

a) England \Box b) Australia \Box c) South Africa \Box d) New Zealand \Box

Q6. Jarmila Kratochvilova has held the female world record in which athletics event since 1983?

a) 800 metres \Box b) Long Jump \Box c) 100 metres \Box d) High Jump \Box

7. When did Garbiñe • Muguruza win her 1st Wimbledon championship? a) 2016 b) 2017 c) 2018 d) 2019



8. Who beat Messi's record to become the youngest player ever to score 25 Champions League goals?

a) Erling Haaland \Box b) Kylian Mbappe \Box c) Karim Benzemee 🔲 d) Raul Gonzalez 🖵

Q9. Which is the only club, other than Real Madrid and Barcelona, never to have played outside the Spanish top division? a) Sevilla 🔲 b) Real Betis 🖵 c) Athletic Bilbao 🔲 d) Atletico Madrid 🖵

• Who won the Golden Ball in the 2018 World Cup?

a) Luka Modric 🔲 b) Lionel Messi 🖵 c) Kevin De Bruyne 🔲 d) Neymar 🖵

Which team won the • women's T20 World Cup 2020?

a) England 🔲 b) India 🖵 c) Australia 🔲 d) South Africa 🖵

2. In which year did
Babita Phogat win the gold medal at the Commonwealth Games?

a) 2006 b) 2010 c) 2014 d) 2018

WERS: 1 a) 28 2 d) Suresh Raina 3 c) August 2004 4 b) Brandon Ingram 5 b) Australia 6 a) 800 metres 7 c) 2017 8 b) Kylian Mbappe 9 c) Athletic Bilbao 10 a) Luka Modric 11 c) Australia 12 c) 2014