



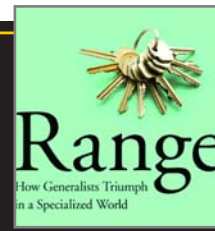
THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

➤ As schools reopen after a gap of two and half years, experts share tips on how to keep students safe

PAGE 2


➤ To get a better perspective of career and hobbies, read 'Range' by David Epstein, recommends a young NIE book reviewer

PAGE 3


➤ Liverpool win against Benfica in the first leg of Champions League quarterfinals

PAGE 4

STUDENT EDITION
THURSDAY, APRIL 7, 2022

CLICK HERE: PAGE 1 AND 2

IPCC REPORT 2022

Act fast or nothing will happen after 2030

The Intergovernmental Panel on Climate Change (IPCC) report has for the first time spoken about individuals' roles in limiting global warming to 1.5 degree Celsius and dedicated a brief reference on "what can every person do" through different actions, including putting political pressure on the system, to reach a common goal. In its latest report, it has warned that no amount of climate action after 2030 will be good enough to limit the rise in global temperatures within 1.5 degrees Celsius, if the emissions' pathway is not altered significantly in the next few years. Even the 2-degree Celsius target, in that case, would rely on "rapid acceleration" of climate actions after 2030, it added...

"CHILDREN CAN SOLVE CLIMATE CHANGE... SO DON'T IGNORE US"

FLOSSIE DONNELLY has been hailed as Ireland's answer to Greta Thunberg for her efforts to highlight the dangers of climate change. She shares her views on how to save this planet from climate change...

■ We may be young but from the looks of it we're the ones who are going to solve climate change. The IPCC hasn't given us any new ways to stop climate change, which is why we have to take a breath and remember that we have solutions

from years of research — from planting a tree to picking up plastic and so much more.

■ When people are feeling scared or upset, remember everyone can make a difference by doing simple things like recycling or using a keep cup or flying less and cycling and walking more.

■ You can always climate strike to get the word out, and by striking, you always can meet some like-minded people who are also worried about our beautiful planet.

"We have a vaccine for Covid but where is our vaccine for climate change? My answer is, we are the vaccine!"



MAJOR RECOMMENDATIONS

1 Emphasising on individuals' desired action, the report released in Geneva on Monday underlined that people can be educated through knowledge transfer, so that they can act in different roles, and in each role, everyone can contribute to limit global warming to 1.5 degree Celsius.

2 "Role models can set examples to others. Professionals (such as engineers, teachers and researchers) can change professional standards consistent with decarbonisation; and urban planners and architects can design physical infrastructures to facilitate low-carbon mobility and energy use by making walking and cycling safe for children," the report said. For rich individuals, the report said, consumers, especially if one belongs to the top 10% of the world population in terms of income, can limit consumption, especially in mobility, and explore a good life "consistent with sustainable consumption".

3 The report points out that reducing emissions from the energy sector required a major transition, including a substantial reduction in overall fossil fuel use, deployment of low-emission energy sources, switching to alternative energy carriers, and energy efficiency and conservation.

Mascot 'Prakriti' launched to spread environmental awareness

Union environment minister Bhupender Yadav on Tuesday launched 'Prakriti', a mascot to spread greater awareness among the masses about the small changes that can be sustainably adopted in our lifestyle for a better environment. The mascot will also inform people about various green initiatives taken by the ministry of environment, Forest and Climate Change and the Central Pollution Control Board (CPCB) to ensure effective plastic waste management (PWM) in the country



■ India generates about 3.5 million tons of plastic waste annually and the per capita plastic waste generation has almost doubled over the last five years. Plastic pollution adversely affects our ecosystems and is also linked to air pollution ■ Prime Minister Narendra Modi had announced India's pledge to phase out single use plastics by 2022

Twitter to start testing long-awaited 'edit' button

Twitter Inc said that it will begin testing a new edit feature in the coming months, surprising its users on the same day it said that Tesla boss Elon Musk would join the social media company's board. Jay Sullivan, Twitter's head of consumer products, said in a tweet that the company had been working since last year on building an edit option, "the most requested Twitter feature for many years".

Twitter will start testing the feature within its Twitter Blue Labs premium subscription service in the coming months to "learn what works, what doesn't, and what's possible," it added. Twitter Blue members get exclusive access to premium features and app customisations for a monthly subscription.



The news, first teased by Twitter on April Fools' Day last week, comes as the company faces a broader change in direction, with Musk becoming its largest shareholder and joining the board after questioning the social media platform's commitment to free speech



UN needs to act immediately, Russian military must be brought to justice: Zelenskyy at UNSC

Ukrainian President Volodymyr Zelenskyy on Tuesday appealed to the United Nations and the world community to interfere in the ongoing conflict and stop the atrocities against civilians. Zelenskyy made the remarks while speaking at a United Nations Security Council meeting where he also called for fair representation of all the regions in the most powerful organ of the United Nations. "UN needs to act immediately, its system must be reformed immediately... There must be a fair representation of all regions in the Security Council. The Russian military must be brought to justice," Zelenskyy said.



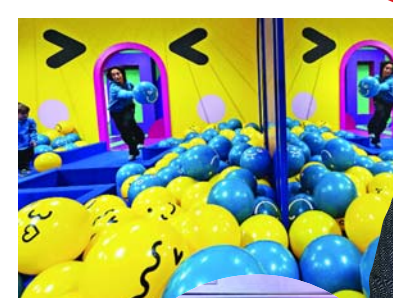
UN secretary-general Antonio Guterres also spoke at the UNSC meeting and talked about the damage to the global economy while also recalling the Bucha massacre. "I'll never forget the horrifying images of civilians killed in Bucha. I immediately called for an independent investigation to guarantee effective accountability. I was shocked by the personal testimony of physical violence emerging now," Guterres said

So cute! A new selfie 'museum' in Sweden lets visitors be the artist and also the exhibit

A new selfie "museum" in Sweden is flipping the script by making visitors both the artist and the exhibit. The 'Youseum' in Stockholm has no works of art on its walls. Instead its brightly-decorated rooms are meant to serve as fun backgrounds for visitors' selfies or videos. Other rooms let you bury yourself in candy-coloured foam sticks, strike a pose under neon lights, or sit on a giant pink swing for your next profile picture.



The Youseum concept began in the Netherlands, where there are already two existing. With social media ever more ubiquitous, concerns have grown about its dangers, especially its impact on the mental health of young people



Robert Downey, Jr advocates climate-smart food in upcoming book

Best known for playing Iron-Man and Sherlock Holmes on the big screen, Robert Downey, Jr has now turned to advocating climate smart food choices. The Hollywood star has teamed up with bestselling author Thomas Kostigen to write 'Cool Food: Erasing Your Carbon Footprint One Bite at a Time'. The deal marks the first major non-fiction book from

Downey, Jr, who leaned into nutrition since early in his Marvel run as Iron-Man to prepare for the rigours of that role. Talking about the book, Kostigen pointed out that 'Cool Food' "shows how we can change our outlook for the better by making a few different choices at the grocery store, trying something new on the restaurant menu, and by looking out for foods that store more carbon in the ground rather than polluting the air."



EXPERT SPEAK

8 dietary habits adolescents must adopt

Eating healthy is essential for a healthy and fit body and mind, especially for adolescents. As during teenage years, your body grows to take shape for the rest of adulthood, it is vital that you eat enough good quality food in the right way and portion to meet your energy and nutrition needs. Here are some tips that will help you in staying healthy and energetic as you make your transition from childhood to adulthood

The column is by **Dr SIDHARTH BHARGAVA**, fitness and nutritional scientist and co-Founder of Food Darzee - a food and nutrition company that offers healthy meals at the doorstep of the fitness conscious

EAT A WHOLESOME DIET AND DON'T SKIP MEALS

1 Start with whole-grains, bread and cereals that are a good source of carbohydrates and provides energy for your brain and muscles. These are also an excellent source of fibre and B vitamins. So, try to include some carbs like grains and fruits such as banana in your meals.

LISTEN TO YOUR PARENTS WHO ALWAYS ASK YOU TO EAT LOTS OF FRUITS AND VEGETABLES

2 Rich in vitamins and minerals, fruits and veggies strengthen your immune system and saves you from many illnesses. It also keeps your skin and eyes healthy skin and helps a lot in growing up years. A common yet effective dietary recommendation would be to eat two servings of fruits and five serves of vegetables on a daily basis.

When the body is undergoing changes during adolescence, foster a good relationship with food to eat a diet rich in macronutrients and micronutrients

CONSUME DAIRY FOODS (MILK, CHEESE, YOGHURT) TO HELP BUILD BONES AND TEETH

5 Dairy foods keep your heart, muscles and nerves functions in check. An adolescent need three and a half serves of dairy food a day to meet all the required health requirements.

BE MINDFUL WHILE EATING

6 Do not eat too much fat and oil as it can lead to weight gain. Use refined oils that adhere to the set guidelines in small amounts while cooking or salad dressings. High-fat foods like chocolate, chips, and fried foods can increase your weight too. Water is vital for health and should be an important part of your diet. Always stay hydrated.

ADD PROBIOTICS TO YOUR DIET

7 Teenagers develop their microbiome in the womb and need probiotics from the very early phase of their lives. It helps in the growth of beneficial bacteria and in the absorption and assimilation of vital nutrients in the body. Probiotics also have a major impact on almost every aspect of the brain and can be a factor in many issues teens and teens face, from mood to behaviour problems.



TUNE IN TO HUNGER CUES

8 Recognising when you are hungry and when not goes a long way towards improving overall health. While babies and small children do a good job eating when they're hungry and stopping when they're full, teenagers tend to eat more or skip for many external reasons like study, stress, excess screen time, etc.



INCLUDE IRON AND PROTEIN IN DAILY DIET

3 Include meat, fish, chicken, eggs, nuts and legumes in your diet as these are an excellent source of iron and protein. Iron is important to make red blood cells that carry oxygen around your body. If you don't get enough iron, you can develop anaemia, a condition that can make you feel tired, light-headed and short of breath. On the other hand, consuming an inadequate amount of protein while you are going through puberty can lead to delayed or stunted height and weight. Have fish too, regularly, as it is loaded with omega-3 fatty acids and vitamins such as D and B2 and also has calcium and phosphorus.

EAT A PLANT-BASED DIET TO INCREASE YOUR FIBRE INTAKE

4 Fibre helps in promoting a healthy weight, lowers cholesterol, prevents constipation, and maintains blood sugar within normal levels. Replace processed cereal in the breakfast with a bowl of nuts and berries. For lunch, make a sandwich using a whole-grain tortilla and add lettuce, tomato, and other vegetables to it along with some fruit for additional fibre benefits. Make your evening snack and dinner fibre-rich too.



Foods that can turn your child into

PICKY EATERS:

KNOW EVERYTHING

Children take their own sweet time to develop a taste for various foods and eat in a healthy way. It is not surprising to find that most children tend to like unhealthy snacks such as chips, chocolates, ice creams and juices whereas it takes a considerable amount of time for them to develop a liking for vegetable preparations, curries and other healthy food items. Snack time is an important part of a child's everyday routine, which they keenly look forward to. Recent trends have seen an increase in the variety of healthy snacks, all of which are claimed to be extremely nutritious. It is, however, not the case. In most cases, the products that are advertised to be extremely nutritious are only fillers. It is the use of disguised labels that make them look healthy and nutritious to consumers.

fruit extracts. In case of juices, terms such as 'agave syrup' and 'evaporated cane juice' are used to disguise the addition of added sugars and sweeteners in drinks.

HOW DOES THIS HARM YOUR CHILD?

Having synthesised or natural sugars can trigger something in kids' brain leading to an increased craving for more sweet items. As a result, you might find your child refusing everything that would add to nutritional value like proteins, carbohydrates and good fat in order to have something sweet. This would happen only when your child's palate is skewed too far for sweet items, like candies, chocolates, desserts and so on.

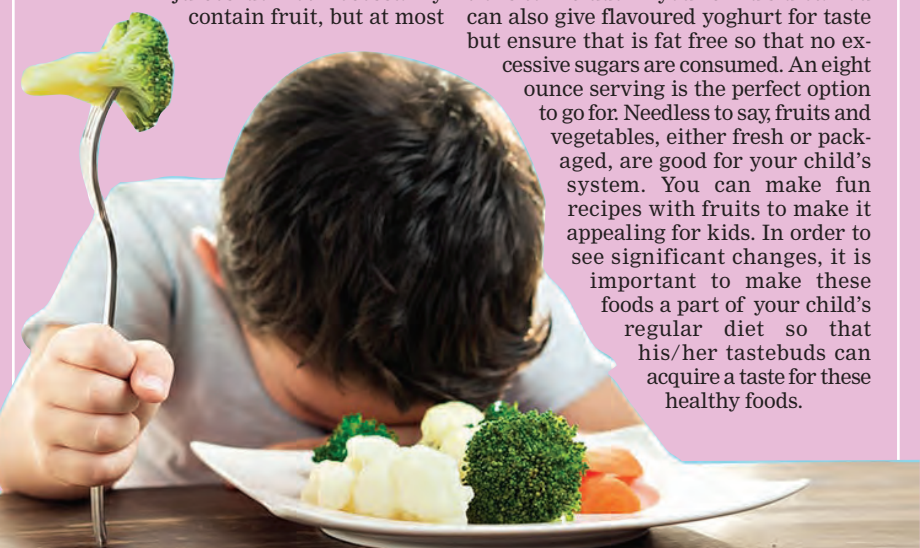
Read labels and look for 'hidden sugar' found in packaged foods like fruit juice, jam, sandwich spread, etc.

WHAT TRIGGERS MISCONCEPTIONS

Most smart consumers would check the ingredient list of everything that they buy, especially for their child's consumption. However, if the word 'Fruit' is mentioned anywhere, it is more likely to make parent buyers confident about the nutritional value of the product. These juices do not necessarily contain fruit, but at most

WHAT CAN BE DONE?

In order to counter the effects of these 'seemingly healthy' snacks, it is important to provide your child with foods that are actually healthy. Whole grains such as cereal, bread, low-salt whole grain cracker chips are very beneficial as a snack and alternative that can help your child's gut. Low fat milk products like soy-based beverages and lactose free milk are good options to include in your child's diet. You can also give flavoured yoghurt for taste but ensure that is fat free so that no excessive sugars are consumed. An eight ounce serving is the perfect option to go for. Needless to say, fruits and vegetables, either fresh or packaged, are good for your child's system. You can make fun recipes with fruits to make it appealing for kids. In order to see significant changes, it is important to make these foods a part of your child's regular diet so that his/her tastebuds can acquire a taste for these healthy foods.



SUMMER HEATWAVE:

As schools reopen, follow tips for kids' safety

After two years of online learning due to coronavirus induced pandemic, kids have finally started joining physical classes across the country. While joining back the school and meeting with friends is exciting for the students, the rising temperature is posing a new threat in the form of heatwave. As the temperature is soaring with each passing day, the rising heat is making it difficult to step outdoors for even a few minutes. The situation is believed to worsen between mid-April to mid-June when the temperature is at its peak in the plains of North-West, Central, East and North India. Kids are more likely to suffer from heat waves during this time, as summer vacations will begin in mid-May and schools would remain open till then. To protect children from the summer heat, here are a few things you can do:



KEEP THEM HYDRATED

The summer heat can leave your kids dehydrated, resulting in dizziness and heart stroke. Increasing the water intake during the summer season can keep the kids active and reduce the effect of the heatwave. Even if your kid is not feeling very thirsty, make sure they consume 2-3 litres of water daily. To encourage them to drink more fluids, you can offer them coconut water, lemon water, bel or khush sherbet.



LIMIT OUTDOOR ACTIVITIES

Your kids may insist on playing out or riding a bike outside, but you must try to limit their outdoor activities during the afternoon. Ask them to play at home or wait until it gets cooler outside. The sun rays are the harshest between 10 am to 5 pm during summers. After 5 pm it gets better, and the risk associated with heatwave is minimal. If your kids insist on stepping outdoors, allow them only in the evening.



APPLY SUNSCREEN

Sunscreen is not only for grown-ups, it is equally essential for the little ones. As compared to adults, the kid's skin is more delicate and prone to heat rashes, sunburn and acne. So, apply sunscreen on all the exposed parts properly every time your child goes outside the house in the afternoon. Hats and umbrellas can also help to protect from the harsh sun rays.



DRESS THEM LIGHTLY

Dress them in light coloured cotton clothes for this season. As compared to other fabrics, cotton can absorb sweat in a better way. Light coloured cotton clothes absorb less heat and helps them stay cool. Besides, cotton clothes will also prevent skin rashes and itching caused due to scorching heat.

ENSURE HEALTHY DIET

Keeping the season in mind, ensure that they eat fresh and light food daily. Fatty, stale and fried food can cause diarrhoea and vomiting. Add seasonal, fresh and green veggies and fruits to the diet. Seasonal produce like watermelon, mango, etc. can keep them hydrated and happy.

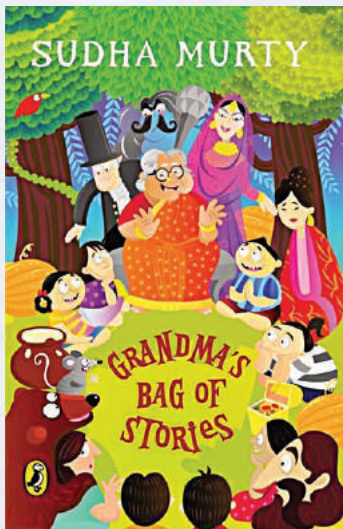
LOOK FOR SIGNS OF HEATSTROKE

Even with all the precautions, you can never rule out the possibility of a heatwave. It is essential to know the primary signs and symptoms of heat waves so you can take appropriate action at the right time to avoid any complications. Here are some common signs you must know:

- Excessive sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting



AJJI & HER WONDERFUL STORIES



GRANDMA'S BAG OF STORIES

Grandma's Bag of Stories is a beautiful collection of short stories by Sudha Murty. Who can resist a good story and especially when it's handpicked, sorted and being told by Grandma? Grandma has a flair to tell stories and it captures children's attention. She sits along with her grandchildren to tell stories over long summer days and nights to entertain and educate her pupils.

The story is about Ajji (Grandma) and her grandchildren. In the beginning of the story, the characters are introduced as the grandchildren arrive at their grandparents house to spend the summer vacation. Ajji loves being around the kids and narrates a story to the seven young grandchildren. In each chapter, Ajji tells a moral story in an articulated way which captures the children's attention.

Sudha Murty is an author who completed her M.tech in Computer Science and a prolific writer in English and Kannada. She has written travelogues, short-stories and non-fiction stories and has written over 24 books for students and kids.

"Grandma's Bag of Stories" is one of the best books by author Sudha Murty.

SAMMETA TUSHAL SAI, class V, Venezuela, Silver Oaks International School, Mighty Oaks Campus, Hyderabad



SURVIVING AN APOCALYPSE

SAN ANDREAS



SOM MUKHERJEE, class VIII, Tulip, Sister Nivedita School, Hyderabad

San Andreas is a 2015 natural calamity based movie. The movie starts with a fire and rescue officer rescuing a woman from a scene of earthquake disaster, when she gets stuck in an open gap created by the earthquake on the road.

On that eventful day, his daughter had to go for a job interview with one of his wife's friends. All goes well until the meteorological department discovers that there is going to be an earthquake of a very high magnitude of about 9.2. Soon enough the earthquake hits and lots of people are affected. A series of earthquakes hit the place taking thousands of lives. At times it feels as if no one is going to survive. The officer, his wife and daughter are in different far flung places. Does he find them amid the chaos and do they survive the nature's apocalypse?

I suggest everyone to watch this movie so that people can understand that nature's retribution is very dangerous and can annihilate the entire species on earth.

WALKING ALONE ON THE ROAD



Night without light
The glowing moon in white
The following shadow of mine
Feeling that am all fine.
This beautiful view of flowers
Pulls my interest in their power
Those shining stars on sky
Where we can only spy but cannot buy.
This crisp feel of air
I wonder my hair is flying where
That charming couple in park
Having fun time after their work.
Wow! The magic formula of mud
Cannot get away from its aroma
The limpid trickling I respond
Was waves of water in pond.
Radically am between this pleasing nature
And having benefits of teenager
Bonny nature is only made by God
Which is used by us hominids.



G SAI SUHASINI, class X, Pallavi Model School, Bowenpally, Hyderabad

WHY SANTA?



Every year the day awaited by children,
Is nothing but Christmas!
On Christmas every citizen,
Lives happily in harmony.

Have you ever wondered why?
Children love Santa Claus.
It is because of his,
Kind and lovely nature.

Santa Claus gives everyone gifts,
Except who are on naughty list.
The curiosity to open gifts,
Is always in everyone's mind.



Santa Claus is just imaginary.
Still, he won everyone's heart.
So, if you want to be loved like him,
Always be kind.

HRIDAY AGARWAL, class VI-A, Delhi School of Excellence, Banjara Hills

Of lives imprisoned by CELLphones

A SMARTPHONE IS AN E-TOY DESIGNED FOR THE LONELY INNER CHILD HIDDEN IN EACH AND EVERY ONE OF US

Students of class IX F of Pallavi Model School, Alwal, conducted a school assembly on the theme 'Digital Detoxification' which proved to be timely and informative.

The assembly started with the prayer after which the word of the day was announced, Nomophobia. A wonderful thought of the day by the boys and girls was shared and the assembly then swiftly moved on to the theme, mobile addiction. Personal experiences was shared on how the pandemic had made the student fraternity to make their phones as their best friends.

The students also gave some tips for mobile detoxification such as limited usage hours, deleting unwanted apps, shifting focus

from indoors to the outdoors, making real friends, play group games and most importantly creating new interests.

A hilarious mime on mobile addiction was presented. The mime artistes acted out five different scenes, right from the start of the day with message notifications, selfies in temples, on roads and even capturing accidents, followed by what happens after death. The part when a doctor leaves a cellphone inside the body of a patient after

surgery due to negligence, and the dead patient's body vibrating once the cellphone rings made the students burst out laughing.

Principal Sunir Nagi spoke on how to overcome mobile addiction, and also sang a classic Bollywood number "Tere bina jiya jaaye na, Bin tere tere bin saajana, Saans mein saans aaye na," holding a mobile. It was truly an amazing performance and made the student aware about how each one of us have turned into prisoners of their phones, and hence the word being aptly termed CELLphones.

Artists: Kashvi, Gurnoor, Arya, Rama, Srimaan, Meenakshi, Shreed, Karunya, Parnika, Kanishka. Speakers: Jeshwanth, Keertana, Aditya, Abhiram, Lasya.

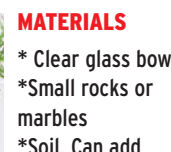
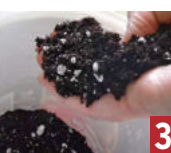


TERRARIUMS

DO IT YOURSELF

Often in crowded apartments, we are restricted to testing out our green thumb in the open. However, an amazing alternative is creating DIY terrariums; a great way of adding a touch of greenery and

beauty to your indoor space. **WHAT IS A TERRARIUM?** It is a collection of small, decorative plants in an enclosed glass environment - characteristically a mini garden!



MATERIALS
* Clear glass bowl
* Small rocks or marbles
* Soil. Can add Perlite for better drainage
* Small plants
* Activated Charcoal
* Gloves

MADIHA KHAN, IBDP Year 2, The Heritage School, Kolkata

In order to take proper care of your new terrarium, ensure adequate sunlight and water are being provided.
■ Make sure to water the base every two weeks or once the soil looks dried out.
■ Display your terrarium in an area that receives a lot of bright, indirect sunlight.

Orientation session held for parents

Jubilee Hills Public School, Hyderabad, organised an Orientation Programme for the parents of newly enrolled students for the academic session 2022-23.

The programme began with a short welcome speech by Araddhya P and Mahit R followed by dance performances by Jashmita and Akshita invoking God's blessings. Principal M Varalakshmi, addressing the gathering, stressed upon the importance of parents to be role models to their children and encouraged them to take part as members of the JHPS family and be an integral part in the formative years of their children.

This was followed by a Powerpoint Presentation about the school policies, a glimpse into the various facilities and opportunities provided along with highlights of student achievements. The presentation also focused upon the rules that students are expected to follow and the ex-



Principal, Jubilee Hills Public School Hyderabad

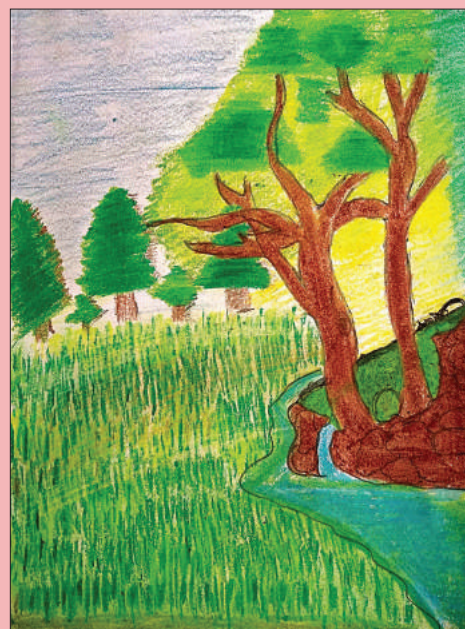
amination pattern which parents should be aware of, to ensure a smooth and comfortable stay of their wards at school.

The queries and concerns of parents from pre-primary till class IX were addressed by the Principal, Vice-Principal, Primary Headmistress and Pre-primary Co-ordinator. The programme proved to be a fruitful and enriching experience for the parents, management and staff.

Painters' Gallery



↑ WATER WONDER: ROHAN P, class V, Gautami Vidya Kshetra, Hyderabad



↑ GREEN VIEW: PIYUSH KUMAR, class IX-B, Army Public School, Bolarum



↑ PERCHED: NITHYA, class IV-K, Delhi Public School, Nacharam

LIVERPOOL DOWN BENFICA 3-1

DIAZ STARS ON RETURN TO PORTUGAL IN CL QUARTERFINALS

Luis Diaz set up one goal and scored himself in the 87th minute on his emphatic return to Portugal to lead Liverpool to a 3-1 win over Benfica in the first leg of the Champions League quarter finals. The Colombia winger was the last player Benfica supporters inside the atmospheric Estadio da Luz wanted to see race onto a through-ball and produce an emphatic finish to complete a 3-1 win for Liverpool in the first leg of the Champions League quarterfinals on Tuesday.

After all, Diaz was playing for Porto _ Benfica's big rival in Portugal _ until he was signed by Liverpool in January. No wonder he was whistled by home fans _ and even targeted with objects thrown from the stands _ as he wheeled away in celebration following his crucial third goal in the 87th minute.

INTELLIGENT GOAL

It was a brilliantly taken goal, too, as Diaz ran onto Naby Keita's deflected pass that split Benfica's defense, rounded the goalkeeper and slotted his finish into the unguarded net from a tight angle.

Diaz, who was jeered whenever he touched the ball, played a big part in Liverpool's second goal when he nodded down a pinpoint long pass by Trent Alexander-Arnold to allow Sadio Mane to tap home from close range in the 34th. That built on Liverpool's opener scored by Ibrahima Konate _ the center back's first for the club _ off an outswinging corner from Robertson in the 17th minute.

MISTAKE CAPITALIZED

Benfica could easily have been further behind by half-time but took the game more to the six-time European champions in the second half and Uruguay striker Darwin Nunez capitalized on a mistake by Konate to pull a goal back in the 49th.

There were a few more rocky moments for Liverpool



Liverpool's Sadio Mane, left, celebrates with Virgil van Dijk after scoring his second goal

_ in one of them, goalkeeper Alisson Becker was almost dispossessed on the edge of his area by Rafa Silva _ before Diaz's strike ensured Jurgen Klopp's team would clinch a fifth straight win in all competitions.

ONE POINT BEHIND MAN CITY

The Reds passed the latest test in their bid for an unprecedented quadruple of trophies, with the semifinals now in sight. They have already won the English League Cup, are in the semifinals of the FA Cup, and are one point behind leader Manchester City in the Premier League.

Klopp even took the option of bringing off star attackers Mane and Mohamed Salah in the 61st minute, perhaps with the league showdown against City on Sunday in mind.

City also will go into that game on the back of a win in Tuesday's other quarterfinal, 1-0 over Atletico Madrid. AGENCIES



Luis Diaz

He got a nice reception, didn't he? It was a good finish for him and a really important goal for us. It gives us a two-goal cushion, which makes a difference.

**Liverpool defender
ANDREW ROBERTSON**

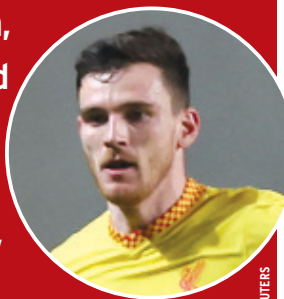


PHOTO: REUTERS

DC, LSG TO ENGAGE IN BATTLE

RAHUL AND RISHABH WILL SHOWCASE THEIR TACTICS AGAINST EACH OTHER

KL Rahul and Rishabh Pant, the two enormously gifted cricketers, earmarked as future India captains will be showcasing their tactical acumen when Lucknow Super Giants square off with Delhi Capitals in an IPL match on Thursday.

Rahul and Pant, both match-winners in their own rights even with the bat, will like to seize the initiative in these early rounds.

IPL is a great platform where a good exhibition of meticulous homework, informed decision making with a dash of punt at critical junctures will hold any leader in good stead.

TOUGH GAME AHEAD

India will be playing a lot of cricket in next few years and with national captain Rohit Sharma's workload management is paramount, Rahul and Pant will both like to make a strong case for themselves going into the future.

And hence, the availability of the dashing David Warner for Capitals and the dependable Marcus Stoinis for LSG will certainly add to the depth of the playing XIs and

bolster the competitive edge.

It is expected that Tim Seifert will make way for Warner in the Capitals line-up while all-rounder Stoinis, who was picked by Lucknow from the draft might replace one among Andrew Tye or Ervin Lewis. As of now, replacing Tye looks more imminent.

ROLICKING START

Both teams have had issues with their bowling but Lucknow under Gautam Gambhir's mentorship, has managed pretty well.

The addition of Jason Holder has made them stronger, and Delhi will be hoping that Warner gives them a rollicking start alongside mercurial Prithvi Shaw.

In case of LSG, skipper Rahul gave two good knocks against CSK and Sunrisers Hyderabad would like that Quinton de Kock also repeats his performance against CSK.

However, it is LSG's bowling that needs to stop DC's batting firepower which will grow manifold in Warner's presence and skipper Pant and Shaw also waiting for their big knocks.

GROWING IN CONFIDENCE

While Lalit Yadav is growing in confidence with each passing game, it is veteran batter Mandeep Singh, who is the weakest link in the batting line-up.

The way Mandeep backed towards leg-stump to deliveries from Lockie Ferguson and even Hardik Pandya, didn't make a pleasant sight.

Manish Pandey has looked horribly out of touch but Gambhir is known to back his players which could well save him from getting the axe. AGENCIES

Upcoming IPL Match

APRIL 7 **7.30 PM**

Dr DY Patil Sports Academy, Mumbai

ECCLESTONE, HAYNES, WOLVAARDT NOMINATED FOR ICC WOMEN'S PLAYER OF THE MONTH AWARD

England left-arm spinner Sophie Ecclestone, Australia opener Rachael Haynes and South Africa opening batter Laura Wolvaardt on Wednesday were nominated for the ICC Women's Player-of-the-Month award, said the cricket's global governing body.

Ecclestone, currently the top-ranked bowler in ODIs and T20Is, produced some brilliant bowling performances in the recently-finished ICC Women's Cricket World Cup in New Zealand to become the tournament's leading wicket-taker with 21 wickets in nine matches.

Haynes' contribution at the top of the order was one of the biggest positives for the Meg Lanning-led side throughout the tournament. She scored 497 runs in nine matches, averaging 62.12, to finish as the tournament's second-highest run-getter.



Sophie Ecclestone



Rachael Haynes

Wolvaardt batted with supreme consistency in the World Cup. She led South Africa's batting order and made some fine contributions at the top. ANI

QUIZ TIME!

Q1: When was the Queen's Baton Relay introduced in the Commonwealth Games?

A 1934 B 1938 C 1958 D 1954

Q2: Which nation has won maximum number of medals in the Asian Games?

A China
B Japan
C South Korea
D Iran

Q3: Which country has recorded the most consecutive wins

in ODI cricket matches?

A India
B South Africa
C New Zealand
D Australia

Q4: Which Indian player has played most number of years in the Fed Cup?

A Nirupama Sanjeev
B Sania Mirza
C Manisha Malhotra
D Ankita Raina

Q5: In March 2022, badminton player Lakshya Sen reached the final of the ____.

A Asian Junior Championship
B Youth Olympics
C All England Open Badminton Championship
D Badminton World Championship



Photo: TOI

Q6: Which country houses the "Indian Wells Tennis Garden"?

A Netherlands
B United States of America
C United Kingdom
D Australia

Q7: India won the Lord's Test on August 16, 2021, defeating England by 151 runs. It was India's ____ victory at Lords against the hosts.

A 4th
B 3rd
C 5th
D 6th

Q8: The term double fault is associated with ____

A. Tennis
B Squash
C Rugby
D Long Jump

ANSWERS:

1 C 1958
2 A China
3 D Australia
4 B Sania Mirza
5 C All England Open Badminton Championship
6 B United States of America
7 B 3rd
8 A Tennis