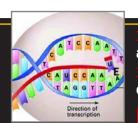
# THE TIMES OF INDIA

Learn about the genetic code stored within the DNA Peer power is amazing



The bond between an elephant and the mahout is very special **Follow these tips while** exercising outdoors!



Is it fair on the part of former English players to complain about the spinning tracks?



STUDENT EDITION

TUESDAY, FEBRUARY 16, 2021

# **CLICK HERE: PAGE 1 AND 2**

# Right to protest can't be anytime, everywhere: SC

he right to protest cannot be anytime and everywhere", the Supreme Court said, as it dismissed a plea seeking review of its verdict passed last year, in which it had held that the occupation of public ways during the anti-CAA protests at Shaheen Bagh was "not acceptable". The top court said, there may be some spontaneous protests but in case of prolonged dissent or protest, there cannot be continued occupation of public place affecting the rights of others.



The apex court had on October 7 last year held that public spaces cannot be occupied indefinitely for demonstrations, expressing that dissent have to be in designated places alone

Observing that democracy and dissent "go hand in hand", the apex court had said that constitutional scheme comes with the right to protest and express dissent, but with an obligation towards certain duties

It had said that the mode and manner of dissent against the colonial rule during India's freedom struggle cannot be equated with dissent in a self-ruled democracy TNN

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# A HUGE ASTEROID TWICE THE SIZE OF **BURJ KHALIFA** TO HURTLE PAST EARTH **NEXT MONTH**

NASA has revealed that a mile-wide asteroid twice the size of the world's tallest building will pass the Earth in March. Named 231937 (2001 F032), the asteroid, which has been dubbed as 'potentially-hazardous' by NASA, is unlikely to hit the Earth, as it will

be 1.2 million miles

from the planet -

five times further

Asteroid 231937 is the largest space rock to 'come close' to the Earth this year, and at 1.7km is more than twice the size of the tallest building on the Earth the Burj Khalifa

According to a report in Daily Mail, it would be possible to see the asteroid through an eight-inch aperture telescope just after the sunset on March 21 by looking slightly above the southern horizon

The asteroid was first detected in 2001 by an array of telescopes in New Mexico that are a part of the Lincoln Near-Earth Asteroid Research (LINEAR) programme

## **HOW TO WATCH IT**

The asteroid will be low in the southern sky, so may be difficult to spot from the northern hemisphere, according to EarthSky.org To find it, look

just above the horizon in the southern sky. It will glide through the southern constellations of Scorpius and Sagittarius It will be visible

sky just after the sunset, if viewed from the UK and just before dawn, if viewed from the

just above the hori-

zon in the southern

come close to hitting the planet > According to NASA, currently there are no asteroids that pose a significant risk to the life on Earth for at least the next century, with just one having a 0.2 per cent chance of hitting the planet in 2185

> NASA keeps a close eye on all the near Earth

asteroids to determine whether any of them could

> Space agencies around the world are investigating potential solutions for deflecting a future asteroid from hitting the Earth > NASA has looked at using gravity from a flying spacecraft to 'pull an asteroid' to a new trajectory

Source: AFP, Daily Mail

# **TECH BUZZ**

### **FACEBOOK MAY LAUNCH AN APPLE** Watch rival in 2022

acebook Inc is building a smartwatch that will let users send messages and also offer health and fitness features. The Information reported, citing people with direct knowledge of the device. The social media giant plans to start selling the device next year, according to the report, a move that would mark its entry into a market, currently dominated by Apple Inc and Huawei,



Facebook's smartwatch will work via a cellular connection, letting the users send messages through its services and also connect to the services or hardware of health and fitness companies, such as Peloton Interactive, according to the report Facebook has been foraying into the hardware sector in recent years, coming up with products, including virtual reality headset Oculus and video chatting device **Portal** 

# Would like to see a world where no life is lost due to mental illness: Deepika

ctress Deepika Padukone, who has openly spoken about her battle with depression at the peak of her career, says she would like to see a world, where no life is lost due to mental illness. Deepika posted a picture of her organisation, The Live Love Laugh Foundation on Instagram recently. Alongside the image, she wrote: "Mental health is a cause that is extremely personal and dear to me. Over the last five years, donors, partners, government authorities and our incredible team have all played a crucial role in LiveLoveLaugh's journey, but the greatest impact has been from those who have had a live experience with mental illness and their caregivers." Deepika added: "I would like to see a world, where no life is lost due to mental illness, and LiveLoveLaugh is committed to delivering on that aspiration."

One of the highest-paid actors in India, Deepika, who started her career with 'Om Shanti Om' in 2007, has set up a foundation to create awareness on mental health. Named The Live Love Laugh Foundation, it creates awareness about stress, anxiety and depression



# **Disney wants to release Scarlett Johansson-starrer** 'Black Widow' in theatres

isney CEO Bob Chapek has said that Scarlett Johansson-led superhero movie 'Black Widow' is still on the course to make its debut in theatres worldwide. During an investor call recently, Chapek said, the company has no plans to send the Marvel Studios project to its streamer Disney Plus.

■ 'Black Widow', featuring Johansson in her last appearance as Natasha Romanoff / Black Widow, was originally-scheduled for release in May 2020 but was delayed due to the coronavirus pandemic ■ The film is currently

MOVIES slated to release on May 7 this year

# Priyanka Chopra Jonas releases her "honest, raw" memoir 'Unfinished'

DID YOU

ctor-producer Priyanka **Chopra Jonas officially** turned an author on Thursday with the release of her first book, 'Unfinished: A Memoir', which she described as "honest, raw and vulnerable". The 38-year-old star with over 60 Bollywood and Hollywood films, and shows revealed that her very endeavour into the world of non-fiction came to fruition in the coronavirus pandemic lockdown last year. "I have written all my life but I have never written a book. Writing is something I have tremendous respect for and was also afraid of, which was a big reason I wanted to do it. I'm always someone. who likes to take my fears on, and this is my way of doing

that," she said.

BOOK ■ The memoir promises to offer insights into Priyanka Chopra Jonas' childhood in India and her formative teenage years in the US



■ Her return to India resulted in the newcomer to the pageant world, against all odds, winning the national and international beauty competitions, Miss India and Miss World that launched her global acting career Whether reflecting on her nomadic early years or the challenges

she has faced, as she doggedly pursued her calling on a global stage, Chopra Jonas says she has tried to share both her challenges and triumphs in the memoir

# From earthquakes to floods, the worst natural disasters to hit India since 2001

are racing against time to dig through the mud and rocks, choking a Himalayan tunnel, after a devastating flash flood, thought to have been caused by a chunk of glacier breaking off, killed at least 26 people. More than 170 others were listed as missing after a wall of water and debris barrelled down a tight valley in Chamoli district in Uttarakhand last week, destroying bridges, roads and hitting two hydroelectric power plants. A look at some other nature's fury...

### **GUJARAT EARTH-QUAKE, 2001**

An earthquake measuring 7.7 on the Richter scale hit Gujarat in 2001. The epicentre of the quake was 9.2 km away from Ahmedabad in a then-nondescript village called Chobari in Kutch. More than 13,000 people lost their lives in the first 82 seconds itself.

THE TSUNAMI, 2004

On December 26, 2004, one of the

world's-deadliest tsunamis killed over

2,30,000 people in 14 different countries,

mostly in Indonesia. It originated in the

Indian Ocean and wreaked havoc on multi-



ple countries, including India. Minutes

India, Tamil Nadu and Andhra Pradesh

toll in India itself crossed 18,000.

were the worst-affected and the death

after the earthquake, the waves hit the

Andaman and Nicobar islands. In mainland

### THE BIHAR FLOODS, 2008

More than a million people were marooned in Bihar after the Kosi river breached its banks upstream in Nepal, flooding villages and towns in 2008. Chief minister Nitish Kumar had said then that a breach in the Kosi embankment near Kusaha in Nepal had forced the river to change its course, for the first time since the 1950s.



### **CYCLONE AMPHAN, 2020**

Barrelling in from the Bay of Bengal with wind speeds of up to 185kmph, severe cyclonic storm Amphan in 2020 first cut a swathe through northern Odisha before bearing down on West Bengal, where it flattened houses and cast aside trees and electricity poles like matchsticks. Comparing Amphan with cyclone Aila in 2009, CM Mamata Banerjee had said then, "Amphan was 110, if Aila was 10."

### **NORTH INDIAN FLOODS,** 2013

In June 2013, a multi-day cloudburst centered on Uttarakhand, caused devastating floods and landslides. According to the state government, more than 5,700 people were presumed dead in the disaster. As bridges and roads were destroyed, more than three lakh people were trapped in the valley, leading to the Char Dham pilgrimage sites.

### **KASHMIR** FL00DS, 2014

Due to the continuous rain fall, volume of water swelled in Jhelum river. leading to the floods in Kashmir. The flood caused a



huge loss to the lives of the Kashmir region in September 2014. The Indian Army rescued the injured and stranded residents of this region.

# 

### **LEARNING OBJECTIVES**

- To explain the genetic code is stored within DNA
- To describe the process of transcription, translation and translocation.
- To understand the process of protein synthesis

n order for our bodies to function, we need to supply them with a variety of nutrients we get from our diet. Our body cannot use the food as it is when it enters our digestive system. The process of chemical digestion uses different proteins and enzymes to break down the food particles into usable nutrients that our cell can absorb.

The instructions to make protein are contained in our DNA. DNA contains genes. A gene is a continuous string of nucleotides which codes for an RNA molecule. The encoded RNA is used to synthesise a protein. This is the central dogma.

### **TRANSCRIPTION**

his process occurs in the nucleus where DNA is used as a template to make messenger RNA (mRNA) which occurs in the cytoplasm of the cell. During transcription, the DNA in the gene is used as a template to make mRNA strand with the help of the enzyme RNA polymerase. The strands of mRNA that is made during transcription leave nucleus through nuclear pore and enter cytoplasm to begin translation.

Which of the following best describes the

C) tRNA molecules bind to DNA in order to link amino

What happens to tRNA molecules after they

add their amino acid to the growing protein

A) Anticodons on the mRNA molecule indicate the

B) Codons on the mRNA molecule are read by a

process of translation?

correct sequence of amino acids.

acids in the correct order.

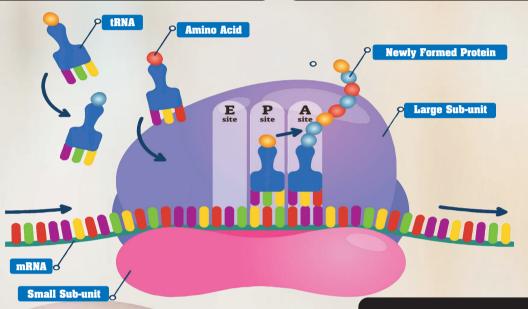
ribosome.

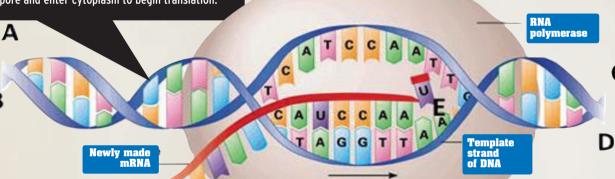
### **TRANSLATION**

ne nitrogenous bases are grouped into 3 letter codes called triplet codons. The genetic code includes 64 codons. Most codons code for specific amino acids. There are four special codons: one to start and three to stop. Each amino acid is brought to the ribosome by a specific transfer RNA (tRNA) molecule. The type of amino acid is determined by the anticodon and sequence of tRNA. Complementary base pairing occurs between the codon of the mRNA and anticodon of tRNA.

### **TRANSLOCATION**

he amino acids brought in by tRNA are bonded together by peptide bonds with the help of ribosomal RNA (rRNA). During this process, the ribosome keeps on moving from one end of mRNA to other end by a distance of one triplet codon. This is called translocation. Proteins are needed for most physiological functions of body to occur properly such as breaking down food particles in digestion and the processes of transcription, translation and translocation make the production of protein possible.





KNOW YOUR SCIENTIST:

r Har Gobind Khorana - Scientist of Indian origin made an important contribution in discovery of triplet codon for 20 amino acids. For this discovery he was awarded the Nobel Prize in 1968 along with two other scientists.

Sunanda K Nair, Science teacher, St. Therese Convent High

School, Dombivli East B) Only one strand of DNA is transcribed. C) The new mRNA strand elongates in the 3' to 5'

How does RNA differ from DNA?

A) RNA contains deoxyribose, and DNA contains

B) RNA contains uracil, and DNA contains thymine. C) RNA is double stranded, and DNA is single stranded.

# ANS. 1-B 2-A 3- C 4-B



n our life we come across many relationships which have a great impact on us. Whether we are comfortable or not we have to deal with it. 'PEER GROUP' is one such relationship which we are going to explore now.

### WHAT IS 'PEER'?

It's a group of people who are in same age/status/background. Even though they are all equal in peer group, there is difference in belief, upbringing and family background. You ought to respect them.

Now let's look into peer pressure which we bring it on ourselves unknowingly.

Eg: when your friends are talking about video game they played and you don't have anything to contribute to that discussion you experience 'FOMO' (Fear Of Missing Out)



### WHAT WILL YOU DO?

- a) You try gathering some points for the next day by playing the video game even though it doesn't interest you.
- b) What if your family don't support such activities? You often experience FOMO 😤 related to birthday parties, expensive accessories, girl/boy relationship, trendy bikes, smoking and alcohol, choosing reputed colleges, etc. There is no common solution here. As I mentioned earlier, each individual is different. You have to be aware of your self and your priorities or else you end up matching yourself with others.

### FEW POINTS TO KEEP IN MIND

- Never look down upon yourself or
- dominate others ■ Work on your self esteem i.e. what
- you feel about yourself
- Learn to say 'NO' assertively.
- Choose peer group that respects your interests.



- Good communication with family and peer group
- Learn to handle FOMO Having an understanding peer group is a boon. We get

updated, encouragement, team work, innovative ideas. healthy competition from peer group.

Hope you are also a part of some healthy peer group.



**SO WHAT IS YOUR CHOICE CHAMPS -**PEER PRESSURE or PEER POWER?

Ramadevi P V, counsellor and life skill coach, Nagarjuna Vidyaniketan, Bengaluru

### ernon Barretto is a former professor of Physics at Sophia College for Women. He is also the senior-most faculty at Sophia Junior College. He says the number of hours put in a subject is directly proportional to the results obtained.

### **PROF'S TIPS TO STUDY PHYSICS:**

### The interrelation of theory and practical: Students tend to focus a lot on the-ory and sometimes fail to apply it

practically. Understanding a concept and then applying it practically helps them learn better and faster.

# Categorise questions:

Students are often afraid of problemsolving questions, or numerical, a great way is practicing them regularly. When it comes to problemsolving questions and numerical, categorise them into the following categories:

- Simple substitution problems
- Knowledge oriented problems Formula based questions
- Skill oriented problems

### Go beyond the textbook:

A s a student himself, he says he always went beyond the textbooks and discovered new things on his own. He would discover books written by scientists, the trails he/she undertook,

in this way he discovered the root of the subject. He would read the theory, write out derivations. and if he got stuck somewhere, he

would approach his teachers and they would simplify it for him.

### Inculcate interest in vour subjects: nculcating interest

Land love for your subjects helps students build passion and a drive to learn. It is a joy to witness the interrelation between theory and practical. like a tree bearing fruits.

### Tests are crucial:

fter every single chapter, a test A fter every single enaper, and should be conducted. Similarly, an internal assessment after 3 chanters helps the students tremendously. With each test mistakes surface These mistakes should be carefully evaluated and eradicated.

As told to Sakshi Kadam, Class XI, Sophia College for Women, Mumbai

# MY SCHOOL PROJECT ZERO MOSQUITO PROJECT

### WHAT IS IT

from the mRNA to pick up the specific amino acid

C) They pick up new amino acids, whichever one is

Which of the following descriptions of

A) Only certain genes (not the entire DNA strand) are

B) They degrade, and the RNA nucleotides are

coded for by their anticodons.

closest in the cytoplasm.

transcribed at a given time.

Which of the following transcription is INCORRECT?

recycled.

Zero Mosquito Repellents are made out of naturally available plants such as citronella, lavender and peppermint.

A) They are released

These mosquito repellents are 100% natural. Unlike chemicals like DEET (Diethyltoluamide), to which mosquitoes develop resistance over a period of time, these

succeed in repelling mosquitoes, and will never lose their effectiveness since they are

natural.

repellents will always

**3** Pollution and mosquitoes, both are bound to reduce when chemical repellents are replaced by these natural and eco-friendly mosquito repellents.

4 It has a wide range of natural mosquito repellents for people with different lifestyles and those at different stages of life - sprays, rollons, balms, baby oil, cream, gel.

**5** These products are compact, portable and easy to use and give out a heavenly fragrance.

### WHAT WE NEED

For the mosquito repellent spray, we requiretulsi, lavendar, eucalyptus, phenoxyethonal and a suitable base



**HOW WE WENT ABOUT IT** 

ral mosquito repelling compounds.

eucalyptol.



◀ For the mosquito repellent spray, a decoction of tulsi was

prepared. It contains ocimum and limonene, which are natu-

oil was extracted from lavendar and eucalyptus

The oil and decoction were mixed using an appropri-

ate binding base. While the oil increases the intensi-

contains compounds that have adverse effects on the

ty of the mosquito-repelling fragrance, the decoction

mosquito's olfactory receptors for a long time.

Phenoxyethonal is added to the mixture. It is an

plants. They contain linalool, limonene and







## **TEACHER'S REFLECTIONS:**

- Kanchan Kaul, in-charge

"Prevention is the immediate solution. As we know dengue cases are on the rise every year. To prevent this severity our students came up with the idea of making mosquito repellents in different forms and named it Project Zero Mosquito under the theme Cleanliness and Health. The children applied the scientific concept of spread and prevention of infectious diseases to initiate the project. It's related to a concept in biology which includes causes, prevention and spread of infectious and non-infectious diseases. This project was selected for the CBSE National level science exhibition 2019-2020."



1 There are certain constituents in these mosquito repelling agents which produce a greater effect when combined. For example, when ocimum (which is found in tulsi) combines with alpha-pinene (found in eucalyptus), ocimum repels mosquitoes for a longer time and with more effectiveness. This is known as the entourage effect.

eco-certified preservative.

Timonene, a compound present in all of the above ingredients, damages the respiratory system of mosquitoes and thus suffocates them.

### CONCLUSION

# **READ. PLAY. LEARN**

TUESDAY, FEBRUARY 16, 2021

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

# THE UNBREAKABLE BOND OF

# **ELEPHANT AND** HER MAHOUT

### Ashwathi.ashokan@timesgroup.com

s we step inside the 48 days long Elephant Rejuvenation Camp that is happening at Thekkampatty in Coimbatore, a mahout was found feeding fresh fruits to an elephant. To find out more about him and his elephant, we approach the mahout but the elephant quickly pulls him back with her trunk as she doesn't want him to interact with anyone else. "She is very possessive about me," says Arjun, the mahout. Such is the bond between Arjun and his 18year-old elephant Akila.

They are a part of the camp that happens every year. This year, the camp has witnessed 26 elephants from temples and mutts across the state. During the camp, the elephants are provided with ample food, forest like natural environment, nutritious diet and an opportunity to bond with oth-

er elephants. Coming from a family of mahouts, Arjun was fascinated by the elephants right from his childhood. He grew up taking care of a temple elephant by the name Shanti, which made him take interest in raising elephants. After the death of Shanti, Arjun was shattered and went into depression. He recalls how the elephant Akila came and gave purpose to his life. Akila was relocated from Assam and brought to Trichy when she was just 9-years-old. It was Akila who brought Arjun out of de-

"Though the elephants are huge in size, they are very emotional, expressive and intelligent. They are very much like us. They throw tantrums, get upset and are possessive about their mahouts. Once you become close to an elephant it will never leave your side, such is their love," tells Arjun. He has been training Akila ever since she was brought to Thiruvanaikoil in Trichy. Since she came from Assam it took little time for Arjun to make her understand the instructions that are in Tamil and Malayalam. But he says Akila was very co-operative throughout the process. She is very friendly and became in-

stantly popular in the city. Arjun says Akila is very much like a child and they consider her as one among their family. She expects nothing but love, affection and sometimes a sip of coffee from his glass. "Whenever I am eating something or drinking, Akila will make sure she gets a bite of it, just like my kids". Akila loves

After I started taking care of elephants. I realised how much it has changed me as a person. It has made me and my children more compas-

Maaza, puffed rice balls, dates, juices, tea and coffee. Akila also plays football and the mouth organ. Arjun adds, in today's world it is difficult to make human beings happy but this little elephant proves that one can find joy even in little things. Akila is enjoying her days at the camp and she has also got two new friends nearby with whom she really loves playing.

sionate, loving - Arjun, Mahout



Akila is very special to Arjun and every year he throws a grand party on Akila's birthday. She gets to cut a big customised cake along with a huge platter of fruits, vegetables and other delicacies. For Arjun she is not just an elephant but more like his child. "After I started taking care of elephants, I realised how much it has changed me as a person. It has made me and my children more

compassionate and loving," says Arjun. He insists that every household must have pets as children, who grow up with pets, tend to love unconditionally, are empathetic and balanced in life. And the world needs more



he shift to colder weather makes hibernating under a pile of blankets perhaps while binge-watching favourite shows — quite tempting. But outdoor exercise is a great way to improve energy levels, boost the immune system, connect with nature and, during the coronavirus pandemic, safely socialise with people outside your bubble.

Indeed, the protracted health crisis is motivating many people to get off the couch and get out in the brisk air: Sales of outdoor winter sports equipment as a result have been spiking. From August through October, sales of backcountry ski gear and accessories grew 76% compared with the same period in 2019, according to the NPD Group.

But an outdoor exercise routine during the winter does bring unique risks.  $Cold\ temperatures\ cause\ blood\ vessels\ to\ narrow,\ making\ it\ harder\ for\ the\ heart$ to pump blood and potentially straining the heart. This narrowing of blood vessels can also keep muscles from getting the oxygen they need to stay warm and flexible, which can lead to injury. Hypothermia, frostbite and falls on icy ground are also hazards of winter weather.

A little planning and preparation can mitigate the risk whether you're going for a winter walk, trekking in snowshoes or sledding with the children. Here is what you need to know to feel the burn and the "brrr."

# **BEFORE YOU HEAD OUT**

### **FUEL UP**

he body has two main types of adipose tissue or fat — white and brown. Unlike standard white fat, which stores calories, brown fat is packed with energycreating mitochondria that produces heat and helps the body maintain its core temperature when it is cold out. This is the type of fat

hibernating animals use to stay warm. "Essential fatty acids like omega-3s, DHA and EPA can help increase the amount of brown fat," says Shawn Stevenson, the nutritionist and author of the book 'Eat Smarter.' "You'll find that in salmon, roe, egg volks and algae or krill oil. There's no need to go crazy, but two to three servings a week can help."



# DRINK UP

old temperatures cause physiological shifts that diminish the body's thirst response and increase water loss through respiration - when you see your breath, water is leaving your body and evaporating - and urination (yes, you really do urinate more in the winter). "Staying hydrated isn't as intuitive as it is during the summer, when sweat is pouring off you," says Sophie Caldwell Hamilton, a cross-country skier and two-time Olympian. "For me it starts first thing in the morning. For every cup of coffee I have, I have a cup of water. When I'm skiing, I have a drink belt with warm water and a Nuun electrolyte tablet in it."

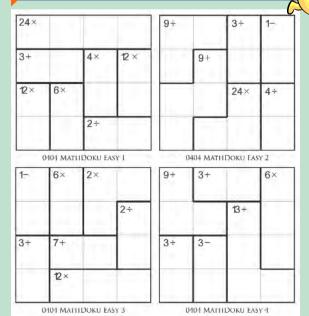
# **GEAR UP**

ress dry, not just warm. Water moves heat away from the body, leaving you cold and increasing your risk for hypothermia (when your core body temperature falls below 95 degrees). When you are heading out, start with a base layer made of merino wool, polypropylene or material that will wick away water and sweat. This includes glove liners, socks and hats, which can get wet with sweat and freeze. Next, add a slightly thicker layer made of fleece or light wool and top it off with something that breaks the wind. Sunglasses or goggles and a buff, neckwear that can be pulled up over the mouth and nose, help protect the face. There is a wide variety of winter boot options, so be sure to check the temperature rating and traction.

### SAFETY FIRST

epending on your winter outdoor activity, you may want to consider specialised safety training.

### **MATHDUKO**



# (SIMPLY FIND THE WORDS...)

D

Q

B

E



China

Mooncake Bunbreak

Murder

K 0 D H E B V A A S B E J A I I D D V S R C R D 0 X X N 0 T F U J E B A N Y D G K G M M 0 N W K P V G U 0 U N U M S S B W Q M E T W Q N R E B Z H

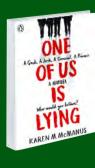


# HARDCOVER



CONCRETE the life of crime after he finds

by Angie Thomas **Maverick Carter** decides to leave out that he'll be a father. (Ages 14 and up)



ONE OF US IS LYING by Karen M. McManus For five students, a detour into detention ends in murder. (Ages 14 and up)

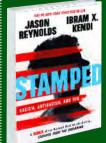


R

Κ

by Alexandra

To get revenge for her family's murder, Lore must re-enter a hunt known as the Agon. (Ages 14 to 18)



STAMPED Ibram X Kendi An exploration of racism and

antiracism in

13 to 17)

America. (Ages

'HE INHERI-



U GIVE, by Angie Thomas A 16-year-old girl sees a police officer kill her friend. (Ages 14 and up)

THE HATE



COUSINS by Karen M Three cousins learn about their family's dark past. (Ages 14 to 17)



INGS OF

by J Elle Rue is whisked away from Houston to the magical island of Ghizon. (Ages 14 and up)



THESE **/IOLENT** DELIGHTS A reimagining of Romeo and Juliet set in 1920s Shanghai. (Ages 14



Avery Grambs must solve a puzzle to find out why she's the recipient of a billionaire's inheritance



must stop a mysterious threat that emerges from the Spirit World.

04

"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits."

Michael Phelps, American swimmer

# SIMPLY SPORTS

# NOTHING WRONG WITH PITCHES, No doubt, Chepauk surface has been challenging from Day 1, but to expect

otherwise is illogical. There is nothing wrong in host nations preparing pitches to suit its own team. The beauty of cricket is that every country has its own conditions and to be crowned the best team in the world you have to perform in all conditions

Ashwin overtook Harbhajan Singh as India's second-highest wickettaker at home with 266 scalps on Sunday

**BENCHMARK NEEDS TO BE SAME FOR SEAM-FRIENDLY** & SPIN PITCHES: ASHWIN

eams need to set benchmarks for batting on a spin-friendly pitch like the one that has been laid out for India's second Test against England at the M A Chidambaram Stadium just as they do for a pitch that assists fast bowlers.

The pitch has been a topic of debate with commentators and former players divided on whether the conditions are fair for a five-day Test match to be played on it.

Ashwin, who picked five wickets on the second day on Sunday, said he is not aware if the England players themselves have any complaints about the pitch.

"I do not know if they have complaints in the first place. If there are, it is quite natural for people to be taken aback when they face adverse conditions. In all honesty, in the seven days of Test cricket we have played so far, England have competed really well," Ashwin said in a virtual interaction with the media after the day's play. He said playing on a pitch that assists fast bowlers is more challenging than playing in

"From time to time there will be conditions which will challenge you, whether it is spin or seam. The only comparison I can say is that if the ball is moving around at 140-150kph off the deck, that has to be more challenging than somebody bowling 85-90kph and the ball spinning. Clearly challenges are way greater when you come against seam, it's just the same way when you play against spin. Take your time and cash in later, it's just another form of art," he said.

Ashwin said that batsmen tend to have higher expectations of runs when they are playing on a pitch assisting spinners more than fast bowlers.

"I think it's about being patient like when you play on a seaming wicket, you need to tide through the early phase and then start putting runs on the board. When it comes to spin unfortunately people have other expectations. They want to drive and cut... on a seaming wicket you can't do all that and I think the same kind of benchmark needs to be set on a challenging spinning wicket," he said. IANS

You have a seeming pitch in England. Australia get dismissed for 46 – the ball keeps seeming all throughout. No one talks about that. It's always about Indian pitches, and when the ball starts to turn, people pose

Sunil Gavaskar, former India captain

We need to realise that when we go overseas every country prepares wickets to their own strengths. So once the other teams come home we need to prepare tracks to our advantage as well. So, there should not be a lot of talk when Australia or South Africa or England come home that we should not be preparing turner.

Gautam Gambhir, former India opener

Such a brave wicket to prepare for a Test match in India when India are down in the the toss, they'd have gone down 2-0. Very very brave! Well tossed, @imVkohli

**Kevin Pietersen,** former England captain

It's entertaining cricket as things are happening all the time but let's be honest this pitch is a shocker ... Not making any excuses as India have been better but this isn't a Test Match 5 day prepared pitch ...

Michael Vaughan, former England captain

Come on maaaaaate! The last few days of the 1st test, the wicket started exploding & no one said a word about the pitch when India had no chance. At least this test it's been the same for both teams from ball one. Eng bowled poorly & Rohit, Pant and Jinx showed how to bat.

Shane Warne, former Australia spinner

Serena doesn't need Grand Slam record for validation - coach



The American great has fallen short in four Grand Slam finals since winning the 2017 Australian Open but has another chance after reaching the quarterfinals at Melbourne Park

> Slam title at the Australian Open, which would match Margaret Court's record. "Does she need that validation? I don't think she needs that validation," Patrick Mouratoglou, her coachtold reporters. "But clearly she came back to win some other Grand Slams, so that's for sure the goal. Now, she's not as obsessed with the 24 than most people in the tennis world, but she definitely wants to win Grand Slams. That's the only reason why she came back to tennis." Mouratoglou said it did not really make sense to compare Williams's record with Court, given 13 of the Australian's Grand Slam titles came before the professional era, which started in 1968. "We all know it's two different sports," he said, "It's an amateur sport and a professional sport. "But it's probably fun to talk about beating records, which is something that I understand." REUTERS

illiams is bidding for a 24th Grand

# **Real Madrid** ease to victory over lacklustre Valencia

Benzema got Zidane's side off to a strong start in the 12th minute when he collected a pass from Kroos on the edge of the area



eal Madrid's Karim Benzema and Toni Kroos were on target in the first half as the hosts easily beat listless Valencia 2-0 to make it three wins in a row in La Liga. Kroos, who missed Tuesday's 2-0 home win over Getafe through suspension, doubled their lead shortly before halftime, finishing off a flowing move by driving a first-time shot low into the net from the edge of the area. The victory took Real back into second place on 49 points, five behind leaders Atletico Madrid who beat Granada 2-1 on Saturday and have two games in hand.

# QUIZ TIME!

• Which Indian player has played most test matches as captain?

a) MS Dhoni 🔲 b) Mohammad Azharuddin 🖵 c) Sourav Ganguly 🔲 d) Virat Kohli 🖵

Q2. Which player has smashed most T201 sixes in the Asia Cup?

a) Adnan Ilyas 🔲 b) Babar Hayat 🖵 c) Mahmudullah  $\Box$  d) Rohan Mustafa  $\Box$ 

3. In Test cricket, Ben Stokes has taken most catches in 2020. Which other player equalled his record?

a) Rassie van der Dussen 🖵 b) Ben Stokes 🖵 c) Joe Root 🔲 d) Ross Taylor 🖵

Q4. Rafael Nadal won the 2019 US Open. Who was the runner-up?

a) Novak Djokovic 🖵 b) Daniil Medvedev 🖵 c) Dominic Thiem d) Alexander Zverev

↑ Who made the fastest **J.** 11000 runs in Test cricket?

a) Ricky Ponting 🔲 b) Sachin Tendulkar 🖵 c) Kumar Sangakkara 🔲 d) Brian Lara 🖵

Q6. Which woman tennis play-er was the runner up of both the 2019 US Open and Wimbledon?

a) Serena Williams 🔲 b) Sofia Kenin 🖵 c) Naomi Osaka 🔲 d) Simona Halep 🖵

How many Olympic gold



and field athlete Jesse Owens win? a) Five b) Four c) Three d) Two

O . Which cricketer made the most One Day International runs in 2020? a) Aaron Finch 🔲 b) Marnus Labuschagne 🖵 c) Steven Smith 🔲 d) Paul Stirling 🔲

Which snowboarder has . won most gold medals at a Winter Olympics?

a) Kevin Pearce b) Mark McMorris c) Shaun White  $\Box$  d) Tony Hawk  $\Box$ 

• After Sachin Tendulkar, who won most Player of the Match Award in One Day Internationals? a) Virat Kohli 🔲 b) Jacques Kallis 🖵

c) Kumar Sangakkara 🖵 d) Sanath Jayasuriya 🖵

1 • Who took the most T20I wickets in 2020? a) Shardul Thakur 🔲 b) Lungi Ngidi 🖵 c) Aftab Hussain 🔲 d) Haris Rauf 🔲

**1 7.** Who won the 2015 ✓ ■ Women's US Open title? a) Serena Williams 🔲 b) Garbine Muguruza 🖵 c) Flavia Pennetta 🖵 d) Angelique Kerber 🖵

SWERS: 1 a) MS Dhoni 2 b) Babar Hayat 3 c) Joe Root 4 b) Daniil Medvedev 5 c) Kumar Sangakkara 6 a) Serena Williams 7 b) Four 8 a) Aaron Finch 9 c) Shaun White 10 d) Sanath Jayasuriya 11 b) Lungi Ngidi 12 c) Flavia Pennetta