



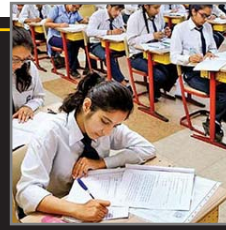
# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

➤ Have you heard of Nordic walking and its health benefits? Know it all here and more - from learning to be happy to wellness tips...  
**PAGE 2**



➤ An educator discusses the safety measures in schools to hold offline Board exams  
**PAGE 3**



➤ Leaders Chelsea survive late siege to beat Brentford 1-0  
**PAGE 4**


**STUDENT EDITION**

MONDAY, OCTOBER 18, 2021



Decode with  
**TIMES NIE**  
some  
sustainable  
practices of  
Ancient India


[CLICK HERE: PAGE 1 AND 2](#)

## EVERYTHING YOU NEED TO KNOW

### Arunachal's new SELA TUNNEL



**1** The Sela Pass is located between the Tawang and West Kameng districts of Arunachal Pradesh and is considered **CRUCIAL FROM A STRATEGIC PERSPECTIVE**.

down by at least an hour the travel time between the Army's 4 Corps headquarters at Tezpur in Assam and Tawang. The construction of the tunnel started on April 01, 2019.



**2** Being constructed by the Border Roads Organisation (BRO), Sela Tunnel will be the **LONGEST BI-LANE ROAD TUNNEL IN THE WORLD** at an altitude above 13,000 feet upon completion. It's being constructed using the latest New Austrian Tunneling Method (NATM) and is considerably below the snow line, which makes it accessible during all weather.

**3** This tunnel is expected to **CUT DOWN THE DISTANCE TO THE CHINA BORDER** through Tawang by 10 km, it would also cut

**4** The tunnel will not only **STRENGTHEN NATIONAL SECURITY**, but also augment the transportation facilities for the local people and consequently, **BOOST THEIR SOCIO-ECONOMIC CONDITIONS**, said Defence Minister Rajnath Singh.

**5** The tunnel will add to the **TOURIST POTENTIAL** of Tawang and attract tourists, making it a more popular destination in the North East region. It's expected to contribute to the region's economic development.

## India, a reservoir of ancient sustainable practices: PM

PM Narendra Modi tweeted recently there are treasures in every part of India that have to be seen to be admired. "Our ancestors were indeed outstanding visionaries," he said, reacting to a tweet on how architecture in India followed sustainable practices from the time of Indus Valley Civilisation



### Jharokhas of Hawa Mahal

**SCIENCE OF IT:** Hawa Mahal in Jaipur is named so because it houses over 950 projected, perforated openings, known as jharokhas. This is a smart technique to naturally improve air circulation inside the building, without compromising on privacy. Panchmahal of Fatehpur Sikri is another environment friendly Mughal architecture used for natural ventilation that allowed wind to move inside the building at a great speed.



- 1** Neem combs have been used in India for centuries for its anti-fungal and anti-bacterial properties.
- 2** Utensils used were made of iron, aluminum, and copper due to minerals and medicinal factors.
- 3** Ancient Indian literature has many references to sustainable life, maintaining ecosystem and such practices.

### Baolis

In ancient and medieval India, step-wells or baolis were common. It provided villages with water for drinking, washing and irrigation, especially during periods of droughts and dry spells.

**SCIENCE OF IT:** Baolis are a flight of stairs that led from the topmost level to the fresh groundwater below, which were constructed to serve as underground water resource and played a significant role in water conservation.

### Thermal cob walls of Lahaul

**SCIENCE OF IT:** A natural building material from prehistoric and ancient times is cob, a mixture of water, sub-soil, and fibrous materials such as straw. Cob walls lead to a well-insulated warm house in cold areas. Across the valley of Lahaul and Spiti, old traditional houses are mud built houses with flat roofs topped with local grasses, which trapped the heat. You can see this at the 996 CE built Tabo mud monastery in Spiti.



### Hydraulic Structures

The oldest example of water management in India is found in different Harappan sites. The various tanks, interconnected reservoirs, cisterns, drainage channels, public and private wells, seen in Dholavira, Banawali, Kalibangan, etc., exemplify the excellence of the water management system of those times. The Harappans were also expert builders of raised hydraulic structures. Talabs is also a fine example of eco-friendly Mughal architecture that helped in saving water.



### Temperature-controlled Ajanta Caves

**SCIENCE OF IT:** The vaulted ceilings of the Ajanta caves, which form a series of 29 rock-cut caves from ancient India, had sun windows that would light up the prayer halls naturally. It has low ceilings designed to allow hot air from prayer halls to rise and move into the surrounding cells that held cool water. This hot air would then be cooled naturally, leading to the cooling of the entire cave.



## WHAT'S TRENDING? RED FLAGS

**1.5 mn tweets**  
with 'Red Flags'  
-Twitter

**W**hy is social media abuzz with red flags nowadays? A recent surprising trend has taken over the micro-blogging platform. People have started tweeting warnings about almost everything under the Sun. But there's the catch. With every such tweet, users are also adding red flag emojis. In common parlance, red flags represent a warning sign. The trend seems to have started on with a conversation around red flags in dating and has now split over to many other topics. It has also taken a humorous turn. According to CNet, Twitter has seen a 455% rise in the usage of the red flag emoji in the last week. Last week, Twitter had 1.5 million tweets - just on a single day-containing red flags in them globally.



### DIVYA DESHMUKH: AT 15, SHE IS A WOMAN GRAND MASTER

**C**hild prodigy Divya Deshmukh has become India's latest Woman Grand Master (WGM) at the Grandmaster chess tournament in Budapest, Hungary. "Completed my 2nd IM norm and my last WGM norm. Hoping to play some more good chess in the upcoming tournaments," the 15-year old Maharashtra player tweeted. She scored five points from nine rounds and came up with a rating performance 2452 to secure her third and final WGM-norm. She also secured her second IM-norm and is now a norm away from becoming an International Master.



In her first over-the-board (OTB) outing post a 19-month pandemic break, the 16-year-old Divya continued from where she left and became Vidarbha's first and India's 22nd WGM

**YOUNG  
ACHIEVERS**

### J'KHAND GIRL IS GLOBAL STUDENT PRIZE FINALIST

**A**n Indian girl has been named among the top 10 finalists for the Chegg.org Global Student Prize 2021, which carries a reward of \$100,000 to be given to one exceptional student who has made a real impact on learning and society. Seema Kumari, 18, from Jharkhand, who is presently studying at the prestigious Harvard University, was selected from over 3,500 nominations and applications from 94 countries. She overcame child marriage and went on to focus on her studies with the help of women's empowerment organisation Yuwa.



"I am excited to be in the Top 10 for the Chegg.org Global Student Prize and hope to get more help for Yuwa and help more girls escape child marriage like me and be financially independent"

## TOP 3 NEWS TO FOLLOW

### CBSE BOARDS TERM 1: DATESHEET TO BE OUT TODAY

**T**he first-term board examinations for Classes 10 and 12 will be conducted offline in November-December and the date-sheet for the same will be announced on October 18, the CBSE said. "After the conduct of the term-1 exams, the marks scored will be declared. **NO STUDENT WILL BE PLACED IN THE PASS, COMPARTMENT AND ESSENTIAL REPEAT CATEGORIES AFTER THE FIRST TERM.** The final results will be announced after the first and the second-term examinations," CBSE Examination Controller Sanyam Bhardwaj said.



### FORGET SPACE TOURISM, SAVE EARTH FIRST: WILLIAM WOMAN

**B**ritain's Prince William has launched an attack on space tourism, **URGING MORE ATTENTION ON PROBLEMS CLOSER TO HOME AHEAD OF THE COP26 CLIMATE SUMMIT** in Glasgow, which begins on October 31. He warned world leaders, "We need some of the world's greatest brains and minds fixed on trying to repair this planet, not trying to find the next place to go and live."

### OK TO STAND OUT, SAYS WORLD'S TALLEST WOMAN

**A**t 7-foot-17 inches tall, Rumeysa Gelgi has always stood out. Now, **OFFICIALLY RECOGNISED AS THE WORLD'S TALLEST WOMAN**, she wants to use that record to celebrate differences. The 24-year-old, who was confirmed last week as the world's tallest living female by the Guinness World Records, was born with Weaver Syndrome, a rare genetic disease. "Being different is not as bad as you think. It can bring you unexpected success," Gelgi told reporters as she proudly stood up with the help of her walking frame.





## FITNESS FUNDAS

# Walk like the Nordic to add that **extra burn**



For those wanting a little extra calorie burn during their strolls, can perhaps try the Nordic way of walking! The concept of 'Nordic walking' originates from a training programme for cross country skiers so they could train during the summer too, not just winter. Here's more:

### WHAT'S NORDIC WALKING?

Nordic walking uses poles similar to ski poles, designed to aid walking and to thrust you forward.

### WHO SHOULD TRY IT?

Anyone can start Nordic walking as it suits all ages but it's especially great for older people as the poles give extra stability. The poles take the weight off the knees and lower body joints - this makes you feel lighter on your feet.

### HOW CAN ONE GO ABOUT IT?

You can pace yourself, with a workout that suits your needs, from slow walks to workout walks, from gaining stability to improving fitness. To start, you will need a pair of special walking poles, comfortable shoes and loose clothing.

### WHAT ARE ITS BENEFITS?

Similar to other forms of moderate activity, regular Nordic walking can lower your risk of developing chronic illnesses, such as heart disease, type 2-diabetes, asthma, stroke and some cancers.



- Daily Mirror

## WELLNESS

## 3 REASONS WHY YOU SHOULD MEDITATE

There are studies and researches that reiterate the positive effects of meditation on our body and mind. Check them out

### ALLEVIATES STRESS

**1** A US study revealed that meditation, transcendental meditation in particular, made people feel less stressed at work. Transcendental meditation involves concentrating on and repeating a word, sound or phrase that calms and focuses your mind. If you have a wandering mind, you tend to stress, worry and overthink more. Focusing on a mantra can snap your thoughts back to what's important.

### LEADS TO HEALTHY BRAIN

**2** Meditation can revitalise your brain and keep it young. Even 10-20 minutes of meditation a day is beneficial. Meditation can also help maintain brain health and neuroplasticity - the capacity of brain cells to form new connections.



DAILY MIRROR

### BETTER MENTAL HEALTH

**3** Practising meditation and mindfulness enhances your mental well-being. In a study that examined women during stressful phases, researchers found that women who meditated were better equipped to deal with and manage the effects of depression, anxiety and mood swings.



## REVELATION

## Gifted dogs remember names of 100 toys!

With some training, most dogs are able to grasp basic commands such as 'sit', 'paw', 'walk', etc., but a new study has found some dogs have a much stronger grasp of language. Researchers examined the ability of six collies to learn the names of several toys, and found they were able to remember more than 100 names.

The dogs were monitored over a period of two years for the study, and were able to learn up to 12 new names each week, and remember them for a period of two months on average.



Lead researcher Shany Dror said, "Dogs can easily learn action words such as 'sit' or 'down'. But very few dogs can learn the names of objects."

The research likened the dogs' ability to learn and recall words to that of an infant human at the beginning of their journey in understanding and forming vocabulary at around 18 months of age.

AGENCIES



DID YOU KNOW?

## FAMILY TIME

### Couples really are together in sickness and health!

Most couples are biologically attuned to each other, according to a recent study. Their health is surprisingly intertwined. The study published in the journal 'Atherosclerosis' discovered that spouses have a high degree of commonality in not only lifestyle habits, but body shape, blood pressure, and even incidences of some diseases.

Researchers examined 5,391 pairs from Japan and 28,265 from the Netherlands. Couples from both countries shared similar lifestyle habits and physical traits like smoking, weight, abdominal circumference and body mass index. When the researchers dived further into the data, they determined that couples had corresponding blood pressure, cholesterol and triglycerides levels. Moreover, related incidents of hypertension, diabetes and metabolic syndrome were also found.

ANI

### A FEW SIMPLE WAYS TO INCORPORATE MENTAL WELL-BEING PRACTICES IN YOUR DAILY ROUTINE

**Opt** for daily breathing exercises as they help you relax your body and mind. Start your day with five basic Pranayamas: Bhastrika, Kapalabhati, Anulom Vilom, Bhramri and Udgeeth to have a peaceful day, and when you are stressed, take slow, deep breaths

**M**editate for at least 20 minutes daily. It will assist you in concentrating and removing the chaotic thoughts that may be causing stress.

**M**aintain a regular sleeping schedule by going to bed and waking up at the same time every day. Irregular sleep patterns can have a long-term impact on your mood, energy, mental sharpness, and ability to deal with stress.

**I**nclude more positive words when you are conversing with others. Replace the negative words like "I can't and I won't" with "I can and I will."

# DON'T WORRY BE HAPPY!



**Get** outside at least once a day and spend some time in the sun for your physical and mental health.

**The** time spent in nature not only elevates your mood but helps in lowering your blood pressure, heart rate, muscle tension, and overall physical well-being.

**Surround** yourself with positive thoughts and discover aspects of yourself, other people, and your life that you enjoy, and write them in a gratitude journal.

**Acknowledge** your feelings, and talk about them to your trusted friend, family, or colleague, whenever you are comfortable. Talking can help us put things into perspective and make us feel less lonely.



## WHICH IS THE ONE EVIL YOU WOULD WANT TO DESTROY?

**P**ollution has affected nature very badly in many ways. There are three types of pollution, air pollution, water pollution, land pollution. Air pollution is responsible for the melting of glaciers, which is disturbing the balance of nature. It is also responsible for the rise in temperatures across the globe. The excessive use of plastic products and polythene bags is one of the main reasons for increasing land and water pollution. We should follow the 3Rs of nature Reduce, Reuse, Recycle. I hope this menace is destroyed soon.



**SAHAS GUPTA**, class IX, Indus Valley International School



**T**his Dussehra I would like to destroy Coronavirus because this disease has taken so many lives of people all over the world. Many children have become orphans because they lost both their parents due to Covid. Doctors are trying to fight it and almost all the hospitals are full of corona patients. This Dussehra I would like to pray God to destroy Coronavirus.



**SUHANI**, class VI, Indus Valley International School

**V**ijayadashami is also known as Dussehra, is a celebration of good over evil. Durga maa kills Mahishasura. She was created by Brahma, Vishnu, Maheshwara with their powers, as Mahishasura wished not to be killed by a man. Therefore, Durga mata was created to kill Mahishasura. Women celebrate the Goddess in the form of flowers, the Bathukamma in Telangana.



**ADITYA CHAKRAVARTHY**, class VIII, Indus Valley International School

**D**ussehra or Vijaya Dashami is one of the most popular and widely celebrated festivals in India embodying the victory of Ram over Ravana in the battle of Lanka. In some parts of India, this festival is also celebrated as Durgashtami depicting the victory of goddess Durga over the demon Mahishasura. Either way, the 10 days festive essentially embodies the victory of good over evil. Be it the might of Ravana or the arrogance of Mahishasura, it was evil that had to be destroyed and God almighty had to incarnate to destroy it.

**NUTHVIK**, class VI, Indus Valley International School

**D**ussehra is celebrated in honour of Lord Rama's victory over Ravana which shows the triumph of good over evil. We all criticize Ravana, but we should also think about the evil that is present in each one of us in the form of Ravana. This Dussehra I would like to kill an evil which may harm me sometimes i.e., anger. I would like to control my anger.



**PRANAV SIDDHARTH**, class IX, Indus Valley International School



**T**hat one evil I would want to destroy this Dussehra is the addiction of drugs and alcohol among young people. The use of alcohol and drugs poses the most serious threat to the health and well-being of young people. Alcohol when consumed during depression leads to suicide which is the third leading cause of death among people between the ages of 14 to 25. Also, violence can be considered as a direct consequence of alcohol and drugs. According to the annual survey of the health department, drug users are about 16 times more likely than non-users being arrested for theft, law violations, and assault charges.



**SOHA**, class VII, Indus Valley International School

## THE EDUCATIONIST

# WHAT IS AN IDEAL EDUCATION PHILOSOPHY?

**S**wami Vivekananda says, "Education is the manifestation of the perfection already present in man." If human beings are already perfect, then what is the purpose of education?

As per the western school of thought, this definition might seem erroneous. According to Advaita Vedanta the only "Knowledge" is "Brahmagnan", to know that the world is not real... "Mithya"! According to Sashtira, the aims of a human life is Dharma, Artha, Kama and Moksha. Unfortunately 21st century education focuses on 'Artha' and 'Kama'. Then, is materialistic pleasure the only purpose of education? I have gathered some critical points which can be combined to form a model of education that will strike a balance.

**NIVEDITHA PAUL RR,**  
Pallavi Group of Schools  
Hyderabad

Overall I understand education as a continuous search within oneself to understand the truth. There can be different layers of truth, however I think true education can lead us to the holistic meaning of existence, where we can link the microcosm with the macrocosm, for example mundane activities to the main purpose of such activities, which is an awakened life.

Education is just not providing information but a great and rigorous tool to reach the meanings of such information. No doubt

that we live in an information age now, where there are many revolutions going on, from the internet to quantum computers, but are we able to understand the huge data presented to us, or children for example? And there lies the success of a true educator.

There is a constant struggle within us to move from lower aspects to higher aspects, for example lowly pleasures to appreciating Mozart, and I believe education is the wonderful tool which helps us win this battle.

Education to me is thus the inner engineering, which can really mould us or prepare us from within and help achieve the highest potential, the sunlight in a dark room which helps us see the truth.



## LIVELY YOUNG TEAMS TWIRL TO THE BEATS

**D**elhi World School, Chintal organised a dance competition on the theme Twirl O' Beats.

The lively dancers set the floor on fire with their peppy presentations. Their movements captured the essence of the music and were graceful and elegant.

The winner's selection criteria were based on grace, body language, costumes, props, flexibility, and facial expressions.

Chairman Dr Nallapati Venkateswara Rao, president Nallapati Rajeshwari, and principal

**Delhi World School**  
Chintal

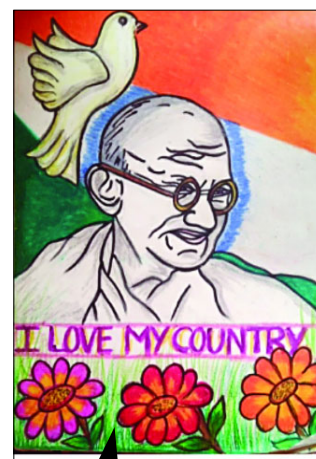
S Sujatha Naidu awarded the winners with trophies and certificates.

They also appreciated the participants for their excellent performance and encouraged them to participate in such competitions to enhance their talents.

Extremely talented dance master Raju closed the Twirl O' Beats event with his marvellous performance.

## Homage to nation's icons

**G**andhi Jayanthi was celebrated at Bharatiya Vidya Bhavan's Public School, Vidyashram, both offline on the school stage, as well as in online classes to pay tributes to Gandhi and Lal Bahadur Shastri, the great souls, by recalling the teachings and values that guide the youngsters to tread on the right path. The day's celebrations began with a prayer followed by cultural events. Various activities organised by the social department included speeches, poster making, videos, PPTs, and drawings, depicting Gandhi and Shastri's life and service to humanity, and a skit on Gandhi's childhood incidents. Students sang Gandhi's favourite song 'Raghupathi Raghava Rajaram' and danced to the 'Vaishnava Jayato' song which filled everyone with patriotic fervour. Students organized a quiz on 'Life and Teachings' of Gandhi and students selected their favourite quotes and spoke on how each one got inspired. Principal G Arunaree reiterated the importance of inculcating the Gandhian values in life.



**GREAT SOUL: B PRIYANKA KUMARI**, class VI, Sister Nivedita School, Hyderabad



**YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD!**

# Express YOURSELF



## SALUTE THE AIR WARRIORS

**T**he Indian Air Force is the youngest of the three defence services of our nation. It's the air arm of the Indian armed forces and is the world's fourth largest in terms of both personnel and aircraft.

Its primary mission is to secure Indian airspace and to conduct aerial warfare during armed conflict. They also provide assistance in rescue and relief operations during calamities. It came into existence on October 8, 1932.

To mark this historic event, every year October 8 is celebrated as the Air Force Day

across the country. This day is celebrated in a grand manner at the Hindon Air Force Station, Ghaziabad, Uttar Pradesh. It comprises a parade by men and women air warriors.

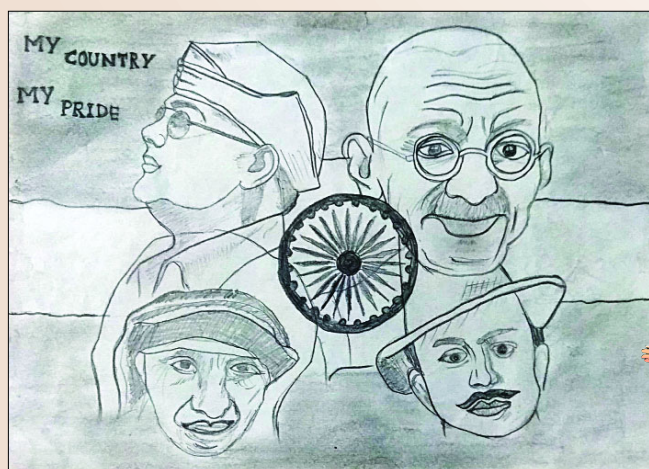
It also includes an investiture ceremony where medals are pinned by the Chief of Air Staff (CAS) on the uniforms of those who have been declared recipients. A flypast is conducted of various fixed wing aircrafts and helicopters along with aerobatics display which leave the viewers in awe.



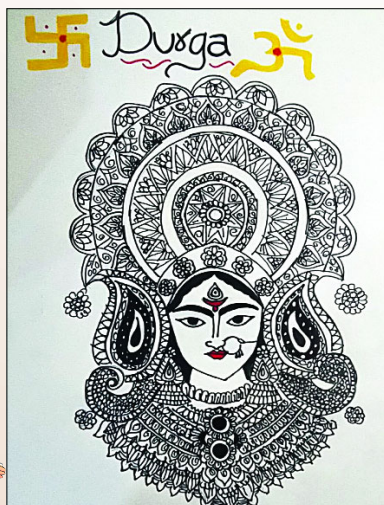
**G PREM KRITHIKA**, class XI F, Delhi Public School, Nacharam

A key feature of the function is the speech of the Air Force Chief where the chief not only addresses the air warriors but also the nation. To put it in a nutshell, it's a day when brave men and women air warriors reaffirm their resolve to protect the nation. So, let us all together pay tribute to the brave warriors of our Indian Air Force who put their lives at risk and guard the country with all their might.

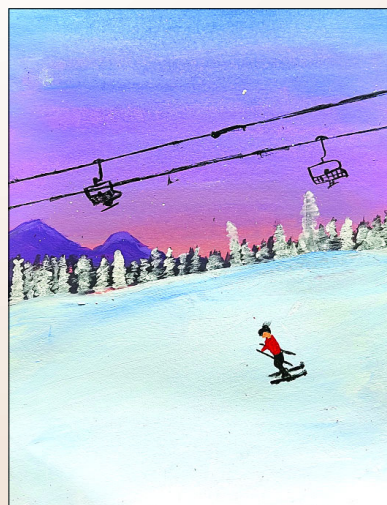
## Painters' Gallery



**TALL LEADERS:**  
**ALGOLE SOWJANYA**, class IX B, Army Public School, Bolarum



**MAA: SHIVA VENKATA SAI**, class IX, Gitanjali Devakul, Hyderabad



**COOL RIDE: LEORA**, class VI, Gautami Vidya Kshetra, Madinaguda

## BOND

Still miss the good old days bro,  
Hand in hand, together we learnt to grow.  
An Elder! How I cherished the right to preach Perfection.  
Apologies though, tough at times I were, void of benediction.  
As youngest, you knew you were the ruler of our existential ocean.  
Naughty and yet so obedient, never did your brows frown,  
At all the chores you had to do, for your sis and her crown.  
With parents and you - I lived like a princess with the golden gown.  
After dad, you took more care to comply to anything I demand,  
Giving heed to my tantrums, awaiting my next command,  
Never to see a drop of tear, always rushing to my side in speed.  
Responsible as you were, pampered me no matter what the need.  
I still admire your trait, that you never make me wait,  
And, my comfort, never to go out of your sight.  
Blessed, I feel to have a sibling as good,  
Born to adept in the art of parenthood.  
We have the precious memories in the world to store,  
Though far away, never ceased to love and care for.  
Still miss the good old days bro,  
Hand in hand, together we learnt to grow.

**ANITA JADHAV**, English Facilitator-Primary School, Johnson Grammar School, ICSE Habsiguda

## HAIKUS

Winter's Night, The cold Winter nights  
With mist under the moonlight, Indeed, a still time.

Sky's Rage, A lightning mayhem  
In the dark sky of clouds black.  
The sky god's tantrum.

The Start of Day, A beautiful time  
The sunrise by the horizon.  
The morning blessing.

The Bathing Flowers, The start of monsoon  
Raindrops pooling a flower, Petals laving rain.

**MIHIT KASHYAP**, class IX-A, UNICENT School, Nagole





## ICC T20 WORLD CUP 2021

INDIA TO FACE PAKISTAN  
ON OCTOBER 24

BCCI introduces the new jersey of the Indian cricket team

## India will clash with arch-rivals Pakistan in a T20 match after a gap of four years

As per the schedule announced by the International Cricket Council (ICC), India's next opponent will be New Zealand on October 31 in Dubai, followed by a match against Afghanistan in Abu Dhabi on November 3. India's remaining two Super 12 matches are against the winner of Group B (November 5 in Dubai) and second placed side of Group A (November 8 in Dubai). The tournament's first round kicked off on October 17 in Oman, with the hosts taking on Papua New Guinea and Bangladesh playing Scotland. Group A consists of 2014 champions Sri Lanka, Ireland, the Netherlands and Namibia, while Group B has Bangladesh, Scotland, Papua New Guinea and Oman. The top two teams from each group will qualify for the Super 12 stage. The Super 12s

round two of the tournament, with two groups will begin on October 23, with Australia facing South Africa in Abu Dhabi and England up against title holders and two-time champions West Indies in Dubai. The first semifinal will be held in Abu Dhabi on November 10, while the second will be played in Dubai on November 11. The final will be held in Dubai on November 14 with November 15 marked as reserve day.

## UAE - SECOND HOME TO PAKISTAN

The tournament is being hosted by India in the United Arab Emirates (UAE) and Oman since a third wave of the COVID-19 is being anticipated at that time of the tournament. Pakistan cap-

Yes, the environment you can say is different from outside and from fans' point of view, definitely more excitement in the air but from a players' point of view, we try to stay as professional as we can and always approach the game in the most normal way possible.

Indian skipper VIRAT KOHLI

tain Babar Azam is looking forward to opening their campaign and said his side will feel at home in UAE conditions having played there on consistent basis. "For Pakistan, the ICC Men's T20 World Cup 2021 is like a home event as the UAE has been our venue for more than a decade. We have not only nurtured our talent and developed our side in the UAE but have also beaten the top sides in these conditions to peak to number-one in the ICC T20I Team Rankings," he said. "All the players are excited, motivated and enthusiastic, and view this tournament as an opportunity to showcase our prowess and re-establish our superiority in the shortest format of the game in conditions that suit us best." "From a personal point of view, this will be my first ICC major event as Pakistan captain. I tasted success in 2017 and suffered disappointment in 2019

when we missed out on a semi-final spot by a fraction of a point despite beating both the finalists in league matches," Azam added.

## HIGH DEMAND GAME

India captain Virat Kohli played down the "hype" surrounding the high-profile upcoming T20 World Cup game against Pakistan, saying it's "just another match for us" despite the ridiculously high demand for tickets. India have never lost to their arch-rivals in either ODI or T20 World Cup games and Pakistan skipper Babar Azam has said that they are confident of beating their neighbours. Kohli however, when asked about the match, didn't take the bait to make tall claims. He believes that one needs to be professional and play the game in the right spirit.

CHELSEA SURVIVE LATE SIEGE  
TO BEAT BRENTFORD

The leaders beat their neighbours 1-0 to keep their grip on the Premier League's top spot



Ben Chilwell

Photo: GETTY IMAGES

Chelsea are still on the run thanks to a Ben Chilwell strike but they owed their three points as much to goalkeeper Edouard Mendy who denied the hosts with a string of late saves. Chilwell, back in the team after being side-lined early in the season, scored for the second match in a row when Brentford failed to clear and the ball dropped kindly for him to strike from 12 yards with a half volley in the 45th minute. The hosts had earlier hit the post through Bryan Mbeumo and the Frenchman was again denied by the wood-

work in the 75th minutes as the Bees subjected Chelsea to wave after wave of attacks in their second-half push for an equaliser.

Premier League new boys Brentford spent much of the first half pegged back by Chelsea but the red and white shirts piled forward after the break, roared on by their fans relishing their first league derby against their West London rivals since 1947. In the 83rd minute, Mendy denied Saman Ghoddos as he rushed off his line to close down the angle, moments before Trevoh Chalobah saved the visitors by clearing off line from Christian Norgaard. Chelsea's French goalkeeper made more fine saves, including turning over an acrobatic overhead effort by Norgaard in in-

jury time. Asked to describe the game, Chelsea coach Thomas Tuchel told BBC: "Very strong for 70 minutes, very lucky for 20 minutes." The match proved a baptism of fire for Chelsea's Malang Sarr who made his league debut in the centre of defence, replacing the injured Antonio Rudiger while Thiago Silva returned to London from international duty for Brazil too late to play. "We trust the guys who are young. If you don't play you cannot get experience," Tuchel said. The result leaves Chelsea one point clear of Liverpool at the top of the table on 19 points. Brentford, who have beaten London rivals Arsenal and West Ham United so far this season, stand in seventh place on 12 points. REUTERS

CAMERON NORRIE  
REACHES INDIAN  
WELLS FINAL

Photo: USA TODAY Sports

Cameron Norrie

Cameron Norrie produced a dominant performance to beat Grigor Dimitrov 6-2 6-4 to advance to the final at Indian Wells, which will be the Briton's sixth showpiece match of the year as his breakout season continues. Norrie raced out to a 4-0 lead and wrapped up the first set in just 31 minutes with a service winner. Dimitrov attempted to mount a comeback in the second set but after notching impressive come-from-behind victories over Hubert Hurkacz and Daniil Medvedev in his previous two matches, the Bulgarian appeared to run out of gas on a hot day in the California desert. Norrie, who won his first ATP title at the Los Cabos Open earlier this year, held his nerve to serve out the match and sealed the win. REUTERS

## QUIZ TIME!



**Q1:** France have become the second team to win the Nations League. Who were the first?

- a. The Netherlands
- b. Spain
- c. Belgium
- d. Portugal

**Q2:** Which team has already booked their place at the World Cup in Qatar next year, having won eight straight qualifying matches without conceding a single goal?

- a. Germany
- b. Denmark
- c. England
- d. Italy

**Q3:** Who are the only unbeaten team in the Premier League this season?

- a. Brighton
- b. Manchester United
- c. Liverpool
- d. Chelsea

**Q4:** Fury remains undefeated after 32 professional fights. Who is the only heavyweight boxer in history to have retired as an undefeated world champion?

- a. Rocky Marciano
- b. Muhammad Ali
- c. Joe Louis
- d. Lennox Lewis



Photo: AFP

**Q5:** Which Premier League Manager will be part of the 1,000th game of his managerial career this weekend?

- a. Pep Guardiola
- b. David Moyes
- c. Jürgen Klopp
- d. Steve Bruce

**Q6:** The T20 World Cup begins this weekend. Which country will be playing at the tournament for the first time, having never played at any cricket World Cup before?

- a. Scotland
- b. Papua New Guinea

- c. Brazil
- d. Wales

**Q7:** Cristiano Ronaldo set a new record this week for scoring the most hat-tricks in international football. How many has he scored?

- a. Seven
- b. Ten
- c. Thirteen
- d. Seventeen

**ANSWERS:** 1. d. Portugal 2. b. Denmark  
3. c. Liverpool 4. a. Rocky Marciano  
5. d. Steve Bruce 6. b. Papua New Guinea  
7. b. Ten