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Which award has often been described as 'The **Mathematicians' Nobel'?**

CLUE 1: The annual prize is different from the Fields Medal, which is awarded every four years, and with age limits.

CLUE 2: First awarded in 2003, it comes with a monetary award of 7.5 million Norwegian kroner.

CLUE 3: Chennai-born Indian-American and Padma Bhushan recipient SR Srinivasa Varadhan won it in 2007 for his work on large deviations.

ANSWER: THE ABEL PRIZE. Israeli computer scientist AVI WIGDERSON AND HUNGARIAN MATHEMATICIAN LÁSZLÓ LOVÁSZ have been declared the joint winners for 2021 "for their foundational contributions to theoretical computer science and discrete mathematics, and their leading role in shaping them into central fields of modern mathematics"

One half of Earth is rapidly getting colder than the other



n an interesting discovery, scientists have revealed that one half of the Earth is cooling faster than the other. According to them, the side of the planet, which contains the Pacific Ocean is losing heat at a more rapid rate than the other half, which contains Africa, Europe and Asia.

The Earth is continuously cooling and will eventually become a frigid, lifeless rock, much like Mars, claim scientists

WHY IS IT SO

Scientists say there is a discrepancy because of the Pacific hemisphere, which has been covered with more ocean than the other half for the last 400 million years. Besides, land is a better insulator than water, they said

Moreover, researchers are of the view that the extra heat released from the Pacific mantle

HOW DID THEY FIND OUT

To study how the Earth's internal heat behaves, scientists created a model by dividing the Earth into African and Pacific hemispheres, and then divided the entire surface of the Earth into a grid by half latitude and lonaitude

may have been trapped in the Pacific zone by the earlier long-lived supercontinent Rodinia (1.1-0.7 billion years ago), and the Pacific mantle may still be hotter than the African mantle today

But now, with Europe, Asia and Africa all located on one half of U the world, and water making up much of the Pacific hemisphere, the global cooling is lopsided, they added

heat from the Earth's interior, which was flowing through the crust, and the other tracked the movement of continents over millions of years. The first one revealed that the oceanic crust is a worse insulator than the continental crust, and as a result of this, most of the heat, which the Earth Two datasets were combined for the research- one looked at the amount of loses, dissipates through the oceans



IN ODI RANKINGS ndia's Punam Raut moved into the top 20 of the International Cricket Council's (ICC) women's ODI rankings for batswomen on Tuesday after her stellar performances in the five-match series

between India and South Africa.

Punam. 31, recorded scores of 62 not out. 77. and 104 not out in the second, third and fourth ODIs, respectively. She has also held a career high ranking of 13th, and is fourth on the list among Indian batswomen, after Smriti Mandhana (7th) Mithali Raj (9th) and Harmanpreet Kaur (15th) Meanwhile, South Africa's Lizelle Lee replaced England's

Primordial lightning strikes may have helped life emerge on Earth



isms billions of years ago may have been facilitated by a bolt out of the blue, or perhaps a guintillion of > According to them, claims a new researchers, the study study. According to may offer insight into researchers, lightning the origins of Earth's strikes during the first earliest microbial life, billion years after the and potential extraplanet's formation. terrestrial life on simroughly 4.5 ilar rocky planets

he emergence of Earth's first-living organ-

ago, may have freed up phosphorus required for the formation of biomolecules nitrogen, oxygen, sulphur and essential to life. phosphorus, along with an 👘

billion years

WORLD Sparrow

energy source

The World Sparrow Day is celebrated to raise awareness about the bird, which is on the verge of extinction

According to environmentalists, the increased use of pesticides, change in the pattern of buildings, the decline of home gardens are some of the primary reasons for the sharp decline of sparrows in the last few years

Besides, they blame the radiation from the mobile and the TV towers for their untimely death

The initiative to conserve sparrows was started by the Nature Forever Society (NFS) of India, founded by Mohammed Dilawar, an Indian conservationist

He started his work helping the house sparrow in Nasik, Maharashtra

The first World Sparrow Day was celebrated in 2010 in different parts of the world

Idris Elba inks multi-book deal to pen children's

books with HarperCollins

ollywood star Idris Elba has signed a deal with publisher HarperCollins to come out with a range of children's books inspired by his daughter Isan Elba. As part of the multi-book deal, the actor will be publishing picture books and fiction, which he developed in collaboration with his writing partner Robyn Charteris. BOOK

> Charteris has previously penned drama, pre-school and animation TV shows, including the soap 'Crossroads' Ann-Janine Murtagh, the executive publisher at HarperCollins Children's Books, hailed Elba as one of the most-iconic and multi-talented creatives of his generation

DEMI LOVATO'S NEW ALBUM TO RELEASE ON APRIL 2

inger-songwriter Demi Lovato's new album, J 'Dancing With The Devil: The Art Of Starting Over', will elease on April 2. The 28-year-old revealed during a social media chat that her upcoming album's original title was just going to be 'The Art Of Starting Over', but she decided to tie it with her new documentary 'Dancing With The Devil'. Lovato also revealed that there will be 19 tracks on the album and three bonus songs. Three of the songs will be collaborations. Many rumours suggest that one of them might be with Ariana Grande.



IN THE RECORD BOOKS

8-YEAR-OLD SOLVES 3 RUBIK'S **CUBES SIMULTANEOUSLY, USING HIS HANDS AND FEET**

tharva R Bhat, an 8-year-old boy from Bengaluru has made it to the record books by solving three Rubik's Cubes simultaneously. Using both his hands and feet, Bhat solved the cubes in less than two minutes, creating a Guinness World record. "The fastest time to solve three rotating puzzle cubes simultaneously, using hands and feet is one min 29.97 sec, achieved by Atharva R

Bhat from



Bengaluru," Guinness organisers wrote on YouTube.

Last month, 13-yearold Taniska Sujit, another Indian girl solved a Rubik's cube blindfolded, with blistering speed

Google launches website to help parents with kids' tech use

In a bid to give parents more control over their kids' watch time, Google has introduced families.google, a website with resources for family, as kids

begin using technology...

The new website offers detailed guides that spell out how to approach your kids' technology use from various organisations **=** "Alongside overviews of our kids and families products, you can also catch up on the latest apps and services and find helpful information on parental controls across the web," Google said in a statement

Parents can now encourage children to spend more time with apps they approve of by designating them as "always allowed," even when their screen time limit is up

UNRAVELLED

According to Google, two in five parents are not confident in talking about different tech-related topics with the kids; this include discussions about things like screen time, digital well-being and discovering quality apps, games and activities

02

Evolution is cleverer than you are.

-Francis Crick

MOCK PAPERS

FRIDAY, MARCH 19, 2021

CLASS: XII - 2020-21

SUBJECT: BIOLOGY (CBSE)

Time Allowed: 3 Hours Maximum Marks: 70

GENERAL INSTRUCTIONS

(i) All questions are compulsory.

(ii) The question paper has four sections: Section A, Section B, Section C and Section D. There are a total of 33 questions in the paper.

(iii) Section-A has 14 questions of 1 mark each and 02 case-based questions. Section-B has 9 questions of 2 marks each. Section-C has 5 questions of 3 marks each and Section-D has 3 questions of 5 marks each.

(iv) There is no overall choice.

(v) Wherever necessary, neat and properly labeled diagrams should be drawn.

SECTION-A

Q1. Pineapples, grapes are developed from an unfertilised ovary and resulting in seedless fruit. Can you name the developmental process? Q2. A bilobed, dithecous anther has 100 microspore mother cell per microsporangium. How many male gametophytes this anther can produce?

Q3. Unisexual flowers have pollen grains which are small, dry, non-sticky. Stigma and style of such flowers are well exposed and hairy. Name the pollinating agent.

Q4. The genes for haemophilia are located on chromosome of humans. Why is it normally impossible for a haemophilic father to pass the gene to his son?

Q5. Ovaries are made of soft tissue and are not fixed in any bony socket but are placed in abdominal cavity. There is a possibility that they may get displaced. But this generally does not happen. How is this attained?

Q6. What will happen if a cell fails to divide after DNA replication? Name the main enzyme for the process of replication.

Q7. Why did Meselson and Stahl grow *E.coli* in a medium containing ¹⁵ NH₄Cl for many generations? [1] Q8. Proteins encoded by genes 'cry IAc' and 'cry IIAb' and that of 'cry IAb' are dif**Q12.** Assertion: Exonucleases remove nucleotides from the ends of DNA. Reason: Endonucleases make cuts at specific positions within the DNA.

a. Both assertion and reason are true. **b.** Both assertion and reason are true, but reason is not the correct explanation of assertion.

c. Assertion is true but reason is false. d. Both assertion and reason are false.

Q13. Assertion: Hot spots are areas which have been degraded beyond repair. Reason: There has been adverse changes in environment.

a. Both assertion and reason are true. **b.** Both assertion and reason are true. but reason is not the correct explanation of assertion. **c.** Assertion is true but reason is false.

d. Both assertion and reason are false. Q14. Assertion: Kangaroo rat can live

without drinking water. Reason: This is an adaptation to water scarcity in arid condition. a. Both assertion and reason are true.

b. Both assertion and reason are true, but reason is not the correct explanation of assertion. **c.** Assertion is true but reason is false. **d**. Both assertion and reason are false. [1] Q15. Read the following and answer the questions given below. $(1 \times 4=4)$

AIDS is caused by a virus. The Americans named it HCLV III. Later the name was changed to HIV. HIV is a retrovirus that attacks helper T cells. The virus is a spherical enveloped virus of about 90 - 120 nm in diameter. Its genome consists of a single stranded RNA filament segmented into two identical filaments and associated with the reverse

d. typhoid. tuberculosis iv. At which stage of HIV infection does one usually show symptoms of AIDS? a. Within 15 days off sexual contact with an infected person.

- **b.** When the infecting retrovirus enters host cells.
- **c.** When viral DNA is produced by reverse transcriptase.
- **d.** When HIV replicates rapidly in helper T lymphocytes and damages large number of these.

Q16. Read the following and answer the questions given below. $(1 \times 4=4)$ Testing for Covid-19 using RT-PCR. The objective of Covid 19 testing is to identify part of the Corona viral genome in the patient sample. As, there is insufficient viral RNA to detect directly in the patient sample, a process called reverse transcription polymerase chain reaction is used for amplification. Short single

iii. Taq DNA polymerase synthesizes DNA at a temperature of around 70 degrees centigrade as it is **a.** thermophilic **b.** thermostable

c. thermoregulator d. thermolabile

PRACTICE PAPER SET BY SIMI MATHEW, PGT BIOLOGY, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

iv. Culture based approaches for detecting pathogens, as compared to PCR based assavs are

a. Faster, safer but less specific **b.** slower but safer and more specific **c.** slower, less safe and less specific

d. slower, less safe but more specific.

SECTION-B (9X2=18)

Q17. A disease reported to be high among individual of age group of 15-24 years. Name the disease and mention three preventative measures of these diseases **Q18.** Read the sequence of the nucleotides in the given segment of mRNA and the respective amino acid sequence in the polypeptide chain.

Met Phe Met Pro Val Ser X AUGUUUAUGCCUGUUUCUUAA

Polypeptide: met-phe-met-proline-va line-serine

(i) Write the nucleotide sequence of the DNA strand from which this mRNA was transcribed.

(ii) What does the last codon of this RNA stand for?

Q19. Most of the living organisms try to maintain the constancy of their internal environment in terms of optimal temperature and osmotic concentration. What is the terminology used for this type of constancy? How do the following organisms maintain it and also specify the terms for that. i. Mammals ii. All plants iii. Birds in Siberia

Q20. If a true breeding homozygous pea plant with green pod and axial flower as dominant characters is crossed to a recessive homozygous pea plant with yel low seeds and terminal flowers, then what would be the:

a. genotypes of the two parents [1] **b.** phenotype and genotype of the F_1 offspring: [1]

ciple is followed? Q25. If a species of fish becomes extinct, all those parasites, specific to that fish also face extinction. Which of the major cause described as "the evil Quartet's" is being accounted?

SECTION-C (5X3=15)

Q26. Placenta is not just a connection and umbilical cord is not just a tube. They remain active throughout the gestation period. Is the above statement true? Justify.

Q27. The genetic disorders can be grouped under two broad categories-Mendelian disorders and chromosomal disorders which one of two can be traced in a family by pedigree chart? Name two such disorders.

Q28 a. A bio active molecule produced by microorganism acts by competitively inhibiting the enzyme responsible for cholesterol synthesis. Name the enzyme and the microbe out of which it is extracted? [1]

b. Two villagers were arguing for the nutritive value of milk and curd? Being a normal science student and having studied the biochemistry of both the products, tell which one is more nutritive and justify it?

c. The name virus generally brings in our mind havoc that they are our enemies. There is a category of virus which has species specific narrow spectrum, has insecticidal application, having no impact on plants and other animals. Name the category and give one example?

Q29. A farmer noticed that nematode infection in tobacco plants has resulted in the reduction in the yield. suggest a strategy which provides cellular defense for providing resistance in this pest. Explain the technique

Q30. Write a note on the age pyramids.

SECTION-D (3X5=15)

Q31. Study the following diagram and answer the following questions: a. Label the



ferent in their control. What is the logic behind this statement? [1]

69. In making bacteria as a competent host for transformation with r-DNA, it is treated with a specific concentration of divalent cation like calcium. What is the role of calcium? [1]

Q10. India has only 2.4% of the land area of the world but it has 8.1% of the species diversity. What are the favourable environmental condition that has favoured speciation in India? [1]

Q11. Assertion: Primary transcripts in eukarvotes are non-functional. Reason: Methyl guanosine triphosphate

is attached to the 3' end of hnRNA. a. Both assertion and reason are true.

b. Both assertion and reason are true. but reason is not the correct explanation of assertion.

c. Assertion is true but reason is false. d. Both assertion and reason are false. [1]

transcriptase enzyme. Due to the presence of two identical filaments of RNA, HIV is diploid. It contains 2 protein coats. The envelope consists of a lipid bilayer derived from host cell membrane and projecting knob like glycoproteins spikes with pedicels formed of virus coded glycoproteins. Besides helper T cells, HIV also infects macrophages and some B lymphocytes.

i. Which one is the most infectious disease?

- **a.** Aids **b.** malaria
- c. Hepatitis B d. cough and cold ii. HIV that causes AIDS first start destroving
- a. B lymphocytes b. Thrombytesc. leukocytes d. helper T lymphocytes
- iii. Which of the following is a pair of vi-
- ral disease?
- a. Ringworm, AIDS
- **b.** common cold. AIDS
- c. dysentery, common cold

stranded pieces of DNA called primers recognize unique RNA sequence within the viral genome. When double stranded DNA copy of the target region of the viral RNA is produced, it undergoes successive rounds of amplification during which The DNA undergoes denaturation. Two primers anneal to their target sequences and then Taq polymerase extends new strand. The number of copies of the target region of the viral genome doubles with each cycle. PCR based diagnosis is faster, safer and more specific because it does not use live pathogens. i. The sequence of steps in PCR is a. denaturation, annealing, extension **b.** annealing, denaturation, extension c. extension, annealing, denaturation **d**. denaturation, extension, annealing ii. After n cycles, the number of DNA copies produced are

a. n^2 **b.** 2^n **c.** $n^* 2$ **d.** n/2

Q21. i) The DNA strand with Polarity 3'-5' acts as a template during transcription Whv?

ii) The other strand with polarity 5'-3' is called coding strand. Why? [1] **Q22**. Write the sex chromosomes compliment of the following.

a. Drosophila female & male **b.** Male and Female grasshopper [1] Q23. What is depicted by a, b and c in the following representation of species diversity? Why these estimates do not give any figure for prokaryotes?

Q24. Many mammals from colder climates generally have shorter ear and limbs in comparison to the mammals of other biome. Why? Which general prinparts A, B, C and F. [1] **b.** How does D differ from F? [1] c. What is the function of E? [1] **d**. Spermatogene sis and spermeio-



genesis are two different processes but both are essential for male reproductive system. How do they differ from each other?

Q32. Evaluate the suitability of DNA and RNA as genetic material and justify the suitability of the one that is preferred as an idea genetic material.

Q33. Identify and name the disease in which the patient cells lose the property of contact inhibition. State its possible causes and explain any three methods to accurately detect the pathological and physiological changes that take place due to the disease in living tissues.

Determine the matrix to get perfect score

Paper set by Venkateshwara Rao, Principal, Vikas Vidyaniketan School, Visakhapatnam

Q2 If $X = \begin{bmatrix} 3 & -4 \\ 1 & -1 \end{bmatrix}$, then value of X^n is (A) $\begin{bmatrix} 3n & -4n \\ n & n \end{bmatrix}$ (B) $\begin{bmatrix} 2+n & 5-n \\ n & -n \end{bmatrix}$ (C) $\begin{bmatrix} 3^n & (-4)^n \\ 1^n & (-1)^n \end{bmatrix}$ (D) none of these Q3 If the matrix $\begin{bmatrix} 0 & 2\beta & \gamma \\ \alpha & \beta & -\gamma \\ \alpha & -\beta & \gamma \end{bmatrix}$ is orthogonal, then (A) $\alpha = \pm \frac{1}{\sqrt{2}}$ (B) $\beta = \pm \frac{1}{\sqrt{6}}$ (C) $\gamma = \pm \frac{1}{\sqrt{3}}$ (D) all of these Q4 If A, B are two n×n non-singular matrices, then (A) AB is non-singular (B) AB is singular (C) $(AB)^{-1} = A^{-1}B^{-1}$ (D) $(AB)^{-1} \operatorname{does}$ not exist (C) $(A)^{-1} = A^{-1}B^{-1}$	(D) det (B) quare matrix of order is a scalar, then adj (kA) (B) k ⁿ adj A (C) k ⁿ⁺¹ adj A (C) k ⁿ⁺¹ adj A (C) k = ad (C) k = a	$\begin{vmatrix} \sin\theta & -\cos\theta & 0 \\ \tanh f\left(\frac{\pi}{6}\right) = \\ (A) \ 0 \ (B) \ 1 \ (C) \ 2 \ (D) \ \text{none} \end{vmatrix}$ $Q15 \ \text{If} \left[\begin{array}{c} (b+c)^2 & a^2 & a^2 \\ b^2 & (c+a)^2 & b^2 \\ c^2 & c^2 & (a+b)^2 \end{array} \right] = \\ 0, \ \ \text{kabc} \ (a+b+c)^3 \ \text{then the value of } \mathbf{k} \ \text{is} \\ (A) \ 1 \ (B) \ 2 \ (C) \ 0 \ (D) \ ab+bc+ac \end{aligned}$ $\left] \begin{array}{c} Q16 \ \text{Let } \mathbf{m} \ be \ a \ positive \\ \text{integer} \& \ D_r = \\ \left \begin{array}{c} 2r-1 & {}^mC_r & 1 \\ m^2-1 & 2^m & m+1 \\ \sin^2(m^2) \ \sin^2(m) & \sin^2(m+1) \end{array} \right \end{aligned}$	(A) 0 (B) m ² -1 (C) 2 ^m (D) 2 ^m sin ² (2 ^m) Q17 If f(x)= $\begin{vmatrix} 1 & x & x+1 \\ 2x & x(x-1) & (x+1)x \\ 3x(x-1) & x(x-1) & (x-2) & (x+1)x(x-2) \end{vmatrix}$ then f(100) is equal to: (A) 0 (B) 1 (C) 100 (D) -100 Q18 If A= $\begin{bmatrix} \alpha & 2 \\ 2 & \alpha \end{bmatrix}$ and $ A^3 =125$ then the value of α is (a) ±1 (b) ±2 (c) ±3 (d) ±5 Q19 If A= $\begin{bmatrix} \alpha & 0 \\ 1 & 1 \end{bmatrix}$ and B= $\begin{bmatrix} 1 & 0 \\ 3 & 1 \end{bmatrix}$, then value of α for which A ² =B is (a) 1 (b) -1 (c) 4 (d) no real values Q20 No of 2X2 Skew symmetric Matrices can be formed with elements 1 and -1 (a) 0 (b) 1 (c) 4 (d) 6 Q21 The determinant $\Delta \begin{vmatrix} b & c & b\alpha+c \\ c & d & c\alpha+d \\ b\alpha+c & c\alpha+d & a\alpha^3+ca \end{vmatrix}$ is equal to zero if (A) b, c, d are in A.P. (B) b, c, d are in H.P. (D) None of these Q22 Matrix $\begin{bmatrix} a & b & (a\alpha-b) \\ b & c & (b\alpha-c) \\ 2 & 1 & 0 \end{bmatrix}$	is non invertible if (A) $\alpha = 1/2$ (B) a, b, c are in A.P. (C) a, b, c are in G.P. (D) a, b, c are in H.P. Q23 If A = (where bc $\neq 0$) satisfies the equations x^2 + k = 0, then (A) a + d = 0 (B) k = - A (C) k = 2 A (D) none of these Q24 If A ⁻¹ = $\begin{bmatrix} 1 & -1 & 0 \\ 0 & -2 & 1 \\ 0 & 0 & -1 \end{bmatrix}$, then (A) $ A = 2$ (B) A is singular (C) Adj. $A = \begin{bmatrix} 1/2 & -1/2 & 0 \\ 0 & -1 & 1/2 \\ 0 & 0 & -1/2 \end{bmatrix}$ (D) A is skew symmetric matrix Q25 Find x so that $[1 \times 1]$ $\begin{bmatrix} 1 & 2 & 3 \\ 4 & 5 & 6 \\ 3 & 2 & 5 \end{bmatrix} \begin{bmatrix} 1 \\ 2 \\ 3 \end{bmatrix} = 0$ (A) -2 (B) 5 (C) $\frac{9}{8}$ (D) $= \frac{9}{8}$ These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.
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CLICK HERE: PAGE 3 AND 4

READ. PLAY. LEARN

FRIDAY, MARCH 19, 2021

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

03

Meet sparrow man Gurusamy from Coimbatore

Gurusamy, the 'Sparrow Man' from Coimbatore wants schools to organise awareness activities for kids on World Sparrow Day - March 20. "Children should be encouraged to plant more trees and keep a



bowl of fresh water on the terrace or windows of their house", he tells Times NIE

Ashwathi.ashokan@timesgroup.com

nen was the last time you spotted a house sparrow in your balcony or garden? The sparrows are not a rare sight for the

people especially for those residing in cities. The rapid urbanisation in the last few decades had a significant impact on sparrows, which was once commonly found in cities and villages, and it has been disappearing from our lives. But the trend does not suit Sirumugai, a town in Coimbatore's outskirts. It is inevitable for one to spot the flocks of small brown coloured birds around the house

of 46-years-old Gurusamy. The constant chirping of the birds fills the air and brightens the mood. A farmer by pro-

fession, Gurusamy reared a few chickens as pets and it has been his morn ing ritual to keep water and grains

in bowls for them. After a few days, he saw some sparrows visiting his house to quench their hunger and thirst by eating the leftovers. Gurusamy was surprised. For, sparrows are usually very shy and prefer to stay away from people. But then he started to keep separate bowls of grains and water for the sparrows and that was the first step he had taken towards sparrow conservation in 2007. As the number of sparrows visiting him started to increase, he began planting trees around his house.

Slowly the sparrows started building nests on the trees and within a short span on the trees. Gurusamy did not stop there. He had also converted old boxes into nests. they are like a part of our family. The serve as a safe space for sparrows

chirping of the sparrows gives us a different kind of energy and joy." He has not renovated his house for years as it would mean chopping off the nearby trees and throwing the birds out of their shelter. Such is his love towards these birds.

The entire family including two dogs are deeply attached to the sparrows. His wife says, "Since 2007, we have not attended a function or gone anywhere locking the house . One person would always stay back to give food and water to the sparrov dogs have taken over the responsibility of protecting the sparrows from crows, rats and other predators." His house is a great example of co-existence of different species of animals and birds.

Gurusamy's effort has created a huge impact on the people in the surrounding areas. People who had been shooing away sparrows or attacking them with slingshots, have started keeping bowls of water and grains for the birds. The region also refrains from bursting crackers on festivals to conserve the species. **Besides providing**

water, nests and grains to the sparrow, Gurusamy also makes a veterinarian visit his house to check on their health. "Every month I invite a veterinarian home to take advice on types of supplements and preventive medicines to be included in their diet to keep them safe from bird flu and other diseases. The medicines are mixed in their bowls of water, " adds Gurusamy.

Gurusamy strongly feels that schools should organise awareness activities for children every year on World Sparrow Day, of time there were nearly 50 sparrow nests celebrated on March 20, as they are the planet's future. Children should be encouraged to plant more trees and they can Gurusamy shares, "We have been living also convert small carton boxes with a hole with sparrows for more than a decade and and place it in their balcony, which will

Quarantine brain is real!

aught yourself trying to zoom in for a clearer view of the tiny printed letters on the back of a product packet with your fingers? Or picked up your phone to call a friend about something important, but ended up scrolling through videos and posts online long enough to make you forget why you picked up the phone in the first place? This momentary lapse of one's judgement has been termed as 'Quarantine Brain'.



books for children

Quarantine brain
is the
psychological
impact the
quarantine period
had on your mind
and emotional
state

HOW TO RECHARGE YOUR DROWSY BRAIN
 Begin by connecting with people, even online, mentally and emotionally
Make self care your priority, such as working out and taking out 'me time'
 Practicing mindfulness helps calm the mind and nerves
Try to re-adapt to your pre-corona routine (Tips by consultant clinical psychologist Akanksha Pandey)

STAY HEALTHY 5 Game changers to your salad bowl

A salad a day keeps diseases at bay. It is packed with freshness. antioxidants, nutrients and is a great low-cal food besides being fussfree. If you have been enjoying your salad in just one or two predictable ways till now, use these simple additions to give it a flavourful twist...

TIPS TO JAZZ UP YOUR SALAD

GO BEYOND LETTUCE: Usually, when you think

of preparing a salad, the first thing you reach for is lettuce leaves. But this time, think ahead of that and include roasted pumpkin, brussels sprouts, moong, boiled sweet potato and roasted paneer. You can also add pickled veggies to it.

CHOP HERBS INTO IT: Instead of basic seasonings, try sprinkling herbs such as basil and rosemary into the bowl, which can add new flavour to it.

MAKE IT COLOUR FUL: Prepare your salad with chickpeas, lettuce leaves and boiled rajma beans and add purple cabbage, red cherry tomatoes and yellow peppers to it, too.



You will end up with a seeds and nuts. Just chop a healthier salad this way. handful of nuts and use that as a topping. **ADD SOME CRUNCH** TO IT: Fresh salads are MAKE IT FRUITY: Who definitely delicious on says a salad has to be their own, but give them a just veggies? For a taste upgrade on their sweet-tangy twist, introduce own by adding

crunchy croutons,

oumpkin

fruit into it. You can add whatever you have at home - watermelon chunks, peeled

orange slices, apple and cut mango

are set! TNN

cubes. Chop some mint over it and you



ost children's books are misunderstood to be meant only for young readers. But many stories written for children are deep and insightful and can be enjoyed by young minds as well as adults. Some books are so enlightening that no matter what a reader's age might be, there are always some lessons to be absorbed from them. Even if you have read the books as a child, re-reading them from an adult's perspective is a unique experience. Here are those gems:

MALGUDI DAYS by RK Narayan

This collection contains 32 short stories that perfectly capture rural life. Set in a fictional village called Malgudi and with recurring characters across the

stories, the book is wonderfully insightful. Among the many interesting characters that RK Narayan created, Swami, a young boy whose adventures and curiosity is reminiscent of our own childhood, has almost become a household name.

THE JUNGLE BOOK

by Rudyard Kipling

This classic has had so many adaptations, yet rarely do they capture the essence of the original. The book shows us how the

strict and harsh laws of the jungle can sometimes also be kinder (when the situation demands) than man-made diktats. This masterpiece by Rudyard Kipling is a constant reminder of how man is losing touch with nature.

THE HARRY POTTER SERIES by **JK** Rowling

This modern classic made headlines when it was published with two covers - one meant for children and the other for adults - as the publishers were aware that

- their readership didn't fall into an age group. Though the books are about a magical world and wizards,
- they address real issues and are thoughtprovoking for children and adults alike.



Roald Dahl created magic with his book 'Matilda', where besides giving us a lovable young protagonist, he also created the largerthan-life headmistress Miss Trunchbull. Armed with telekinetic abili-



ties, the once-bullied Matilda becomes confident. While children relish how Matilda wins over evil with her intelligence, courage and goodness, for adults this book can also be a guide on parenting.

.K. ROWLING

PRINCE by Antoine De Saint-Exupéry

THE LITTLE

This bitter sweet fable is about a stranded pilot in the Sahara desert who had a chance encounter with a prince from outer space. Although the stories revolve around the prince and the many friends he makes, the narration is often

LITTLE WOMEN by Louisa May Alcott

This American classic is timeless as it has four sisters who are very different from each other, trying to understand and accept their own place in the world. The book is filled with practical lessons that are helpful for all age groups.

BLACK BEAUTY

This book was one of its kind at the time it was published because it was the fictional autobiography of a horse. The author

Anna Sewall brought to life various unforgettable characters, both animals and humans.

GEORGE by Alex Gino

Not everyone is comfortable in the body they are born in and no book highlights that better than 'George'. The book is about a transgender girl born in the body of a boy. George knows he is a girl and suffers as he is born in a world that doesn't respect transgenders. This book is an eye-opener for all readers, irrespective of their age.



filled with poetic language and philosophical discussions - making it a fitter read for adults as well.

ALICE IN WONDERLAND by Lewis Carroll

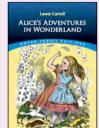
This classic children's book by

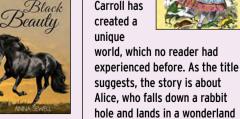
filled with characters like Mad

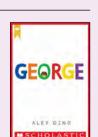
Dumpty and others.

Hatter, Queen of Hearts, Humpty

Lewis Carroll is also popular with adults. In this masterpiece, Carroll has created a









by Anne Sewell

"Be the best version of yourself in anything you do. You don't have to live anybody else's story." Stephen Curry, American basketball player

SIMPLY SPORTS

FRIDAY, MARCH 19, 2021

CAN CSK GET BACK **TO WINNING WAYS?**

Three reasons why MS Dhoni's CSK can challenge Mumbai Indians for IPL title this season

Former India skipper MS Dhoni could very well be participating in his last IPL

RIDGE

S Dhoni-led Chennai Super Kings (CSK) will be heading into the upcoming season of the Indian Premier League (IPL) with some familiar faces missing and some new ones eager to impress. While Shane Watson has retired, the likes of Harbhajan Singh and Kedar Jadhav were released by CSK ahead of the IPL 2021 player auction in February this year. Chennai Super Kings headed into the auction with six slots to fill, including an overseas one. They roped in two quality off-spin all-rounders in the form of Moeen Ali and Krishnappa Gowtham to add firepower to their squad and fill in the gaps which had been left exposed last season.

CSK will be hoping to plot a title challenge in what can be Dhoni's last season for the Yellow Army, Apart from the new signings, CSK will be boosted by the return of their leading run-getter of all-time Suresh Raina, whose absence was dearly felt last season. Here we take a look at 3 reasons why CSK can challenge Mumbai Indians for the IPL 2021 title.

1. Firepower in the middle-order

Chennai Super Kings were massively let down by their middle-order, which struggled in the absence of Suresh Raina last season. Raina pulled out of the tournament due to personal reasons leaving a

He (MS Dhoni) had an indifferent season last year but as we saw how keen he is (spoke to him a few times) and he is very determined to get CSK's ball rolling to start with. These are the teams who have

done well and they know that once they win the first game or the second game, they can start believing again. So, it won't take much time for CSK to start the tournament in a positive manner.

PARTHIV PATEL, former Indian cricketer

huge void in the CSK line-up. While Kedar Jadhav and MS Dhoni failed to fire, Dwayne Bravo too looked out of touch and his injury issues further worsened CSK's woes. This year, with Raina's return and the addition of Moeen Ali and K Gowtham, who can both bat in the lower-middle order, CSK will be hoping to produce better batting performances.

2. Quality all-rounders

There is some serious depth when it comes to the all-rounder's department in the Chennai Super Kings squad. For someone like MS Dhoni, who loves to have all-rounders in his XI, the likes of Ravindra Jadeja, Sam Curran, Dwavne Bravo, Mitchell Santner, K Gowtham, and Moeen Ali will become crucial to CSK's chances this year. While Gowtham is expected to feature in every game along with Jadeja, Moeen Ali can take Bravo's place in the line-up with Curran to be certain to be in the scheme of things. With some quality all-rounders in their setup, CSK will be hoping to capitalise and not repeat the mistakes from last season.

3. Settled spin attack

Apart from Raina, another player who CSK missed dearly last season was Harbhajan Singh. The veteran off-spinner, along with Piyush Chawla, was released ahead of the auction, leaving CSK thin in the spin department. However, with two off-spinners in Gowtham and Ali, along with the likes of Imran Tahir, Karn Sharma, Jadeja, and R Sai Kishore, CSK's spin attack wears a settled look and can prove to be gamechanging in Indian conditions. Dhoni would be keen to get the best out of his spinners and guide them in plotting against the opposition batsmen.

WILL TRY TO CONVINCE MESS TO STAY **AT BARCELONA: LAPORTA**

Joan Laporta, who recently won Barcelona's presidential elections, said he will try to convince Lionel Messi to stay at the club before terming the latter the best player in the history of football

With regards to the men's first team, this season we are going for the Copa del Rey and the league. I will try to convince Leo Messi to stay. He is the best player in the history of football. The team is getting better and we hope it can continue that way.

Ronald, we trust in you. We want to win things again and do it in style, to continue our history of success in the Champions League. **JOAN LAPORTA**,

Barcelona president

aporta was elected as the president by the club members in the elections for the Presidency and Board of Directors held on March 7. Last year, Messi and Barcelona had a fallout after the striker had expressed his desire to leave the club. However, in the end, the Argentine stayed with the club as he did not want to settle matters in court.

Milestone man

Messi on Tuesday achieved yet another milestone as he equalled former player Xavi's club record of 767 appearances in a Barca shirt. Mes-

si had touched the figure when he stepped out to play the La Liga game against Huesca. The Argentine had made the moment more special as he netted twice in the match, powering Barcelona to a 4-1 win. The 767 games played so far by Messi are divided into a total of six different competitions. La Liga is the competition with

the most matches, with Messi playing a total of 510 in the Spanish top flight. As for the Champions League, he has played 149 games, while 79 have come in the Copa del Rey, 20 in the Spanish Super Cup, five in the Club World Cup, and four in the European Super Cup.

> **7** • Rahul Tewatia plays for in IPL. a) Rajashthan Royals 🔲 b) Mumbai Indians 🖵 c) Delhi Capitals 🔲 d) Kolkata Knight Riders 🔲

Hakin

Ziyech

O . How many grand slam titles has Naomi Osaka won? a) One 🗅 b) Two 🗅 c) Three 🗅 d) Four 🗅

Q9. Which country has the highest number of Olympic gold medals in Hockey? a) South Korea 🔲 b) China 🔲 c) The United States \Box d) India \Box

• Which of the following • Which of the following two players have scored in most consecutive UEFA

Champions League football seasons? a) Lionel Messi and Karim Benzema 🖵 b) Cristiano Ronaldo and Álvaro Mora 🛛 c) Marcus Rashford and Neymar 🖵 d) Gerard Moreno and Luis Suárez 🖵

Q11. In which year did Serena Williams with • Williams win her first singles major at the US Open, at the age of 17? a) 1997 🗋 b) 1998 🗋 c) 1999 🗋 d) 2000 📮

S: 1 b) FC Barcelona 2 a) Mikel Arteta 3 c) MS Dhoni 4 c) Belinda Clark 5 c) Dwane Casey 6 a) 2015 7 a Rajasthan Royals 8 d) Four 9 d) India 10 a) Lionel Messi and Karim Benzema 11 c) 1999

his last Test in Nagpur in 2008, QUIZ TIME! with the then captain handing over the reins to him for a while towards the end of the match. Who was this Q1. Neymar won the treble of La Liga, Copa del Rey and UEFA captain? a) Rahul Dravid 🖵 b) Virat Kohli 🖵 Champions League in 2015 with

which club?

Emery?

□ c) Santos FC □ d) Manchester United □

Q2: Who was appointed as Arsenal's manager in

December 2019, replacing Unai

a) Mikel Arteta 🔲 b) Mauricio Pochettino 🖵

• Sourav Ganguly was given

J. an emotional farewell in

c) José Mourinho 🗅 d) Pep Guardiola 🖵

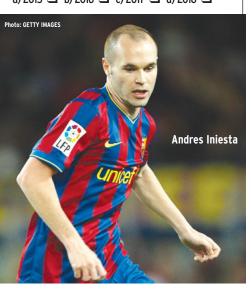
c) MS Dhoni 🔲 d) Sachin Tendulkar 🖵 a) Paris Saint-Germain 🔲 b) FC Barcelona

> Q4. Which cricketer has played most matches as captain in Women's World Cup?

a) Trish McKelvey 🖵 b) Susan Goatman 🖵 c) Belinda Clark 🔲 d) Mithali Raj 🔲

25. Who won the 2018 NBA Coach of the Year award? a) Gregg Popovich 🗅 b) Mike D'Antoni 🗅 c) Dwane Casey 🖵 d) Mike Budenholzer 🖵

Q6: In which year was Andres Iniesta installed as captain of Barcelona? a) 2015 🗋 b) 2016 🗔 c) 2017 🗔 d) 2018 🗔



Chelsea march into CL quarters with win over **Atletico Madrid**

J quarterfinals for the first time since 2014 as Hakim Ziyech and Emerson Palmieri were on target to give coach Thomas Tuchel's rejuvenated team a 3-0 aggregate win. Ziyech squeezed the ball under Atletico goalkeeper Jan Oblak in the 34th minute of the last-16 second leg as he connected with a cross from Timo Werner, who had raced down the left after being fed by fellow German Kai Havertz. The three players involved in the goal had come under pressure after falling short of expectations since they arrived as big-money signings at Stamford Bridge last summer. Substitute Emerson made sure of the victory with a 94th-minute strike on the break for Chelsea's second goal. REUTERS

helsea beat Atletico Madrid 2-0 to reach the Champions League