



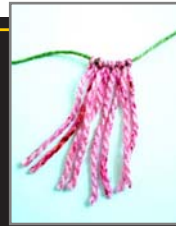
# THE TIMES OF INDIA

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

➤ Do you know your skin gets tired too? Facing dark circles and strained eyes? They can be symptoms of screen fatigue, warn experts  
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➤ Want to decorate your house with something done exclusively by you? Try out some simple and colourful yarn garlands  
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➤ Not scared to try things in short format, says India's stand-in skipper KL Rahul  
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**STUDENT EDITION**

THURSDAY, JANUARY 20, 2022



**Who's India's captain for the ODI series against South Africa?**

**CLUE 1:** In 2016, he became the first Indian to score a century on ODI debut – 100 vs Zimbabwe in Harare.  
**CLUE 2:** In the IPL, he's turned out for the Royal Challengers Bangalore, Sunrisers Hyderabad and Kings XI Punjab.  
**CLUE 13** The 29-year-old was born in Bangalore, Karnataka.

**ANSWER: KL Rahul.** The right-hand batsman is one of the three players, who have been picked up by the Lucknow IPL franchise. Australian all-rounder Marcus Stoinis and uncapped Indian leg spinner Ravi Bishnoi are the other two. Reportedly, Rahul will also captain the franchise. The other new IPL franchise, based in Ahmedabad, named their three players of choice on Monday, picking up Hardik Pandya, Rashid Khan and Shubman Gill.

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

## ECONOMIC TRENDS OF 2022

From population decline to rising debt, and digital revolution, economists outline the trends that could define the fortunes of the world and India in 2022...

### DECLINE IN BIRTH RATES LOWERING GROWTH

Declining birth rates have been lowering the global economic growth, and this has fallen at a faster pace during the pandemic. China's working age population started shrinking around 2015, and now its total population is on track to start shrinking this year or next—many years earlier than most forecasters expected. In India, even before the pandemic hit, the birth rate had fallen below the global average for the first time. Once seen as the epicentre of the global population explosion, India too is now seeing a baby bust. Experts say, countries with weak population growth cannot sustain GDP growth in the super-fast range of 8 to 9 per cent.



### GLOBAL DEBT TRAP DEEPENS

Mounting for four decades now, global debt grew even faster during the pandemic, driven by government borrowing. 25 countries, including the US, China and Japan have total debt above 300 per cent of the GDP, up from zero in the mid-1990s.

**DEBT**

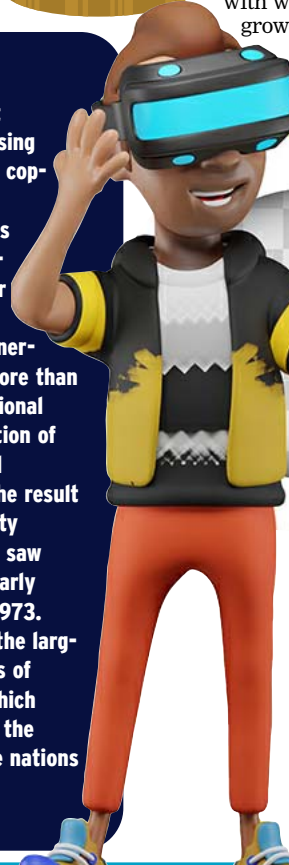
### INFLATION WILL RISE BUT MAY NOT HIT DOUBLE-DIGITS

Population decline implies fewer workers and higher wages. Deglobalisation of trade, money and people flows implies less competition. Slow productivity growth raises costs, and the spread of populism cuts any appetite for spending restraint. All these forces are pushing inflation higher, but possibly not to the double-digit levels of the 1970s, as some forecasters fear.



### GREENFLATION

It's well known that the fight against global warming is raising demand for green metals like copper and aluminum; less well understood that green politics is greatly reducing raw material supplies of all kinds. Over the past five to 10 years, investment in new oil and mineral production has fallen by more than 50 per cent, as local and national governments resist construction of new production facilities, and investors shun fossil fuels. The result is "greenflation" in commodity prices, which just saw their biggest yearly increase since 1973. India is among the larger net importers of commodities, which makes it one of the most-vulnerable nations to greenflation.



### PHYSICAL WORLD MORE IMPORTANT THAN THE METAVERSE

In 2021, rising hype for the metaverse seemed to spell decline for the physical economy, but demand trends indicate otherwise. According to economists, digital natives need physical shelter too. Electric cars may be a lot smarter than older gas models, but they also consume far more copper. Behind every avatar is a human, and labour shortages are lifting wages even in jobs most threatened by automation, like truck driving.

### DEGLOBALEISATION

Businesses were already contemplating supply-chain localisation amid the US-China trade tensions before the pandemic. Today's inflation, driving supply imbalances and inventory shortages—not to mention increasing sensitivity around cybersecurity, public health, geopolitics and shifting regulatory frameworks in China—have all added momentum to deglobalisation towards domestic sourcing, feel experts.

### INNOVATION

During pandemic-related shutdowns, service businesses were forced to innovate digitally. This has spurred not only investment but an explosion in start-ups, as well as historic levels of public and private market activity—from fintech and cryptocurrencies to autonomous vehicles and AI, which is likely to continue this year as well.

(BASED ON INPUTS BY RUCHIR SHARMA, GLOBAL INVESTOR, AND MORGAN STANLEY'S REPORT)

### Postponed Grammys will now be held in Las Vegas on April 3

The Grammy music awards will be held in Las Vegas for the first time this April after being postponed because of the surge of Omicron-variant Covid-19 cases across the United States. The 64th annual Grammys, featuring nominees, including Justin Bieber, Billie Eilish and Olivia Rodrigo, had been due to take place in Los Angeles on January 31. Jon Batiste, the jazz and R&B artiste and bandleader, with 11 nominations, garnered the most for this year's Grammys.



### PLACE IN NEWS

## NUSANTARA

**WHAT** Indonesia is all set to shift its capital from Jakarta to East Kalimantan, situated to the east of Borneo island. The new capital city of the country will be called Nusantara (archipelago), as it reflected Indonesia's geography, was easy to remember and familiar for the Indonesians.

### WHY

**SUCH A MOVE:** The major reasons, according to Indonesia's President Joko Widodo, are the increasing pollution and population in Jakarta. More importantly, Jakarta has also been sinking, and it has been said that if nothing was done, many parts of the city would submerge underwater by 2050. Indonesia is prone to floods, and Jakarta is surrounded by multiple rivers. By relocating the capital, the government also hopes to redistribute wealth. Java is home to 60 per cent of the country's population and more than half of its economic activity—even though Kalimantan is almost four times bigger.



### WHERE IS EAST KALIMANTAN?

East Kalimantan is 2,300 kilometres from Jakarta on the eastern side of Borneo island, shared by Indonesia, Malaysia and Brunei. The new capital will be located in the North Penajam Paser and Kutai Kartanegara regions. East Kalimantan is an area with immense water resources and habitable terrain.

### OTHER COUNTRIES THAT HAVE CHANGED CAPITALS

- Indonesia is not the first country to change its capital city. There has been a long list of countries that have changed their capitals for various reasons
- Brazil changed its capital city from Rio De Janerio to Brasilia, a more centrally-located city, in 1960
- In 1991, Nigeria changed the country's capital from Lagos to Abuja
- Kazakhstan moved its capital city from Almaty, which is still its commercial centre, to Nur-Sultan in 1997
- Myanmar changed its capital from Rangoon to Naypyidaw in 2005

## World tourism won't return to pre-pandemic levels until 2024: UN

Tourism arrivals around the world are not expected to return to their pre-pandemic levels until 2024 at the earliest, the World Tourism Organisation said. The highly-contagious Omicron variant, though mild, will "disrupt the recovery" in early 2022 after last year saw four per cent growth over 2020, according to the Madrid-based UN agency's World Tourism Barometer.

Tourism revenue in 2020 was 72 per cent down on the previous year, which closed with the onset of the coronavirus pandemic.



The economic contribution of tourism in 2021 (measured in tourism direct gross domestic product) is estimated at \$1.9 trillion, above the \$1.6 trillion in 2020, but still well below the pre-pandemic value of \$3.5 trillion



## R- Day rehearsals in full swing

Ahead of the upcoming Republic Day, preparations are in full swing, with covid protocols in place. Despite severe cold, the marching contingents are leaving no stone unturned to give their best, while keeping the 'new normal' in mind. The Republic Day parade will begin half an hour later than usual this year. With foggy days predicted around January 26, the parade will start at 10.30 am instead of 10 am for better visibility, the defence ministry has decided.





## HEALTH BYTES

## WATCH OUT FOR THESE SIGNS OF SCREEN FATIGUE

Modern life barely allowed us to step away from digital services and then came the pandemic. Be it working from home or binge watching shows, switching from one screen to another has now become the norm, often leading to 'screen fatigue'. So, what is screen fatigue exactly? It is the

tiredness and dullness that you experience as a result of spending too much time in front of digital screens. From weakening your eyesight to ageing your skin, it can cause some real damage if left unchecked. Here are a few symptoms of screen fatigue, as well as measures you can take to reduce them.

## SKIN AGEING

The blue light also known as HEV (High Energy Visible) light is the kind of light that all screens emit. This light penetrates deeper than UV light into the skin. The deeper it goes, the more damage it causes. It can break down the collagen in the skin and speed up the process of ageing.

**THE SOLUTION:** The obvious solution is to spend less time on your screens. In addition to that, you can start wearing glasses that block blue light and start using night mode as often as you can. Night mode reduces the amount of blue light emitted and hence, reduces the damage too.

## STRAINED EYES

Eye strain is one of the most common symptoms of screen fatigue. Redness, itchiness and drowsiness is something we all have experienced after a long day. But too much screen time can also weaken your eyesight.

**THE SOLUTION:** Wearing protective glasses is essential if you want to protect your eyes against the blue light. You can also use home remedies to soothe your eyes. Make sure to go for ingredients that are rich in antioxidants.

## DARK CIRCLES

Dark circles are a result of ageing as well as strained eyes. When your eyes are strained, it's obvious that dark circles will start holding a permanent spot on your face.

**THE SOLUTION:** Under eye creams and gels are great for reducing dark circles, fine lines and wrinkles. Start using an eye cream every day before bed and you will start to see visible improvement within weeks. It goes without saying that these results will only last if you also reduce your screen time.

## POOR SLEEP QUALITY

Lastly, but most importantly, poor sleep quality is one of the most common symptoms of screen fatigue. Be it scrolling aimlessly at night or just overthinking in bed, being up all night is far from healthy.

**THE SOLUTION:** Stay away from your phone before bed. If that also doesn't help, you can try melatonin supplements and relaxing teas to help you sleep. They are natural and help your body get the much needed rest.

## MERRY GO ROUND

## TRAVEL TRENDS EXPECTED IN 2022



## MICRO VACATIONS

This replaces annual trips with scattered micro-vacations that are easier on the pocket and the mind too.



## CARAVAN CAMPS

The development of caravan parks and camping sites is expected to happen in the coming years. Many Indian states are also adopting caravan-friendly policies.

## WANDERLUST AS SELF CARE

Self-care and wellness are in focus, and travelling has become an integral part of the process. Experts say that 2022 will be the year where travellers fall back on trips to balance the pressures from WFH.

# Mimicking superhero behaviour can lead to healthier lifestyle!

AFTER ANALYSING BEHAVIOUR OF POPULAR SUPERHERO CHARACTERS, A RECENT STUDY LED BY RESEARCHERS FROM AUSTRALIA DISCOVERED THAT MIMICKING THEM CAN LEAD TO POSITIVE OUTCOMES

For the study, which was published in British Medical Journal (BMJ), researchers included a review of 24 Marvel movies released between 2008 and 2021, with concentrated periods of study during the lockdown in 2020 and 2021. They assumed that (with the exception of "Thor", who has lived for several millennia), superheroes will age and that their individual ageing trajectories will be modifiable by personal traits in much the same way as anyone else's.

## What the study found...

The researchers first examined the superheroes' positive behaviours and health assets, and found that they regularly engage in physical activity and exercise, both associated with healthy ageing. The superheroes also exhibited a high degree of social cohesion

and connectedness, both associated with a reduced risk of dementia.

## What do Spiderman and Hulk have in common?

The researchers also examined personal traits and health behaviours of five superheroes namely Iron Man, Hulk, Black widow, Black Panther and Spiderman. They noted that both Black Panther and Iron man are extremely wealthy and intelligent, which puts them at reduced risk of dementia. Black Panther is also vegetarian,

which is known to support healthy ageing. In contrast, Hulk's high body mass index and almost constant anger put him at risk of several chronic diseases, while Black widow's traumatic childhood experiences increase her risk of physical and mental illnesses.

And while Spiderman's strength, flexibility and agility should reduce his risk of falls in old age, his nightly crime-fighting means he is unlikely to get the recommended 8-10 hours of sleep for teenagers his age, which can lead to lower mental health and higher rate of unintentional injuries. ANI



## REVELATION



## WELLNESS

## EAT THESE 12 THINGS IN 2022 FOR HEALTHY SKIN

We all desire healthy skin - even-toned skin that is free of pimples, scars, breakouts and other imperfections, because good skin makes us feel confident. Here is a list of 12 food items by food tech scientist Pavitra K you can include in your diet to achieve beautiful skin all year round

## CASHEWS

Full of vitamin E, selenium and zinc, cashews can be a good way to achieve healthier and happier skin. Selenium and Vitamin E help in reducing inflammation and zinc helps in replenishing the damaged skin areas.



## ALMONDS

Need protection from dark spots? Add almonds to your diet as they are rich in Vitamin E that provides the required hydration to skin and allows it to breathe freely.



## EGGS

Eggs contain proteins, multivitamins, and lutein. While multivitamins and lutein help the skin to remain hydrated, protein helps with repairing skin tissues. You can eat eggs in many ways - egg salad, omelet, boiled, scrambled, etc. Also, don't forget to use the egg yolks in the diet as they contain fatty acids that can provide moisture to the skin and provide the glow that we all desire.



## AVOCADO

The fruit is a rich source of Vitamin C and Vitamin E that helps in achieving the goal of healthy skin. The vitamins and the fats present in avocado help with skin repair and treat conditions like acne and eczema. It can also help in reducing wrinkles and making the skin look more even.



## GREEN TEA

Green tea consists of anti-inflammatory and antioxidant-rich properties that can provide much-needed protection to the skin. Green tea helps the skin by controlling pimples and acne. Drinking green tea can help in reducing wrinkles and thin lines and provide a smooth texture to the skin.



## DARK CHOCOLATE

A tasty treat with amazing skin benefits. Dark chocolate contains minerals like copper, zinc, and iron that helps in removing dead skin cells. Consuming dark chocolate helps in reducing sun damage and can provide a smooth texture to the skin.



## CHICKPEAS

Chickpeas are rich in magnesium and this property helps in achieving the smooth texture of the skin by reducing wrinkles. The zinc present in chickpeas also helps in removing acne scars.



## CHIA SEEDS

Lack of Chia seeds in a diet can lead to dry skin. Chia seeds contain Omega-3 which can help in providing the required nourishment to the skin. You can add chia seeds to your smoothies and shakes.



## TOMATOES

Tomatoes contain an antioxidant called lycopene that can reduce the ageing process of the skin and provide protection from sun damage. Tomatoes can be added to recipes: salad, sauce, curries, sandwiches, etc.



## KIWI

Kiwi induces the circulation of oxygen and helps in reducing dark circles. It has potassium that protects the skin from dryness and makes it healthier.



## PISTACHIOS

The antioxidants in pistachios help in reducing acne. They control the oily texture of the skin and makes the skin smooth.



## WALNUTS

Walnuts are full of Vitamin B that can help in reducing wrinkles and giving the skin an even tone.





## ON AN EXCITING ADVENTURE

### BOOK: THE REMARKABLE JOURNEY OF COYOTE SUNRISE



In this action-packed adventure, Coyote a 12-year-old girl must deceive her father Rodeo into returning home to Washington, after years of living in a school bus. A tragic car accident killed Coyote's mother and sisters and forced Coyote and her father to adopt new names and travel the country.

Coyote finds out from her grandmother that the neighbourhood in which Coyote and her father had buried a precious memory box is going to be demolished. How will Coyote be able to return to Washington in just a few days without

telling her father to retrieve the memory box? Read the book to find out.

The book is written by Dan Gemeinhart. My favourite part of this book is when Coyote finally retrieves her memory box after the many challenges she faces. I think the book could use some more information about Coyote's personal life like something about her school education while being on the road. I recommend this book to people who like adventurous realistic fiction books.

**NIMISHA**, class VI-A, Global Edge School, Hyderabad



## A CLASSIC CHILDREN'S BOOK

This is a book written by E B White, who also wrote Stuart Little and Trumpet of the Swan and it was published in 1952. The book begins with the introduction of characters where Fern is an eight-year-old girl and Wilbur, a pig. As we move on with the chapters, they introduce many animals.

But most importantly they introduce Charlotte, a spider. The same Charlotte as referred in the title. As the book continues, it talks about Wilbur's daily life and how things

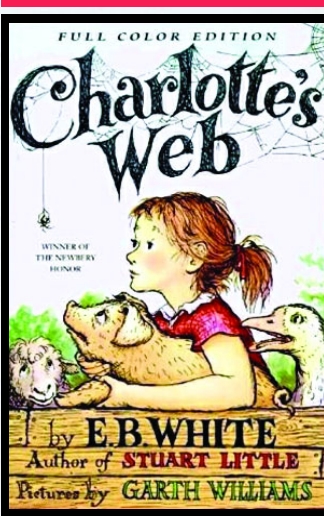
go on in the farm. But soon he faces a problem, quite a big problem and in my opinion the best part of the book - how he solves it.

Charlotte's Web is a classic children's book and a very good one. It shows that even a pig can have a problem and that even a pig can solve a problem, with a little help. That's my review of Charlotte's Web.



**KRISHNA MEGHANA**, class IV, Taiwan, Silver Oaks International School, Mighty Oaks Campus, Hyderabad

### BOOK: CHARLOTTE'S WEB



## Discovering the science behind everyday life

*Science is a way of thinking much more than it is a body of knowledge.*



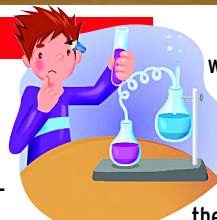
**Delhi Public School Mahendra Hills**

Students of Delhi Public School, Mahendra Hills, are encouraged to surpass their imagination and discover something new. Towards this direction, Science Week was celebrated at the school.

The week started with great enthusiasm and excitement among the students. Many innovative ideas were displayed about science and its importance in everyday lives. The students of classes I and II demonstrated various activities related to science concepts.

Students of classes III-VI were engaged with the theme-based activities on 'Microbes - Friends or Foes.' Students

comprehended the useful and harmful effects of microbes and their importance in our daily life through a special assembly. They interacted with guest speaker Sowmya, a microbiologist. Sowmya shared her experiences dealing with different microorganisms and their useful and harmful effects in daily life. Experiments such as curdling of milk, bread moulds, etc., were conducted during their science classes in hybrid mode.



The students of middle school worked on the theme 'Biotechnology' to find out the importance of this field of science. They conducted interesting experiments like extracting DNA from banana fruit in their science lab and shared with their peer groups. A webinar was also organized where students interacted with renowned Biotechnologist Dr Bhawna Gupta, Scientist - KIIT, Bhubaneswar, Orissa in the virtual mode.

It was a great experience to celebrate the Science Week under the guidance of Principal Nandita Sunkara and Vice-Principal I Sudha.

## RECYCLE FOR A GREENER TOMORROW

The five R's, refuse, reduce, reuse, repurpose, and recycle. Applying the 5 R's to waste management and recycling strategies can positively impact the outcome of our surroundings by significantly reducing the amount of waste generated.

Learning to refuse non-recyclable products and using biodegradable and reusable products are the first steps towards a clean environment. Reducing the usage of non-recyclable products is the second step. The third step is to reuse as many products as possible. For the objects which can-

not be refused, reused, and reduced, repurposing is an option. You can use these materials and a hint of creativity to reuse them. One example is to use tin cans as pen stands. Finally, recycling is the most environmentally friendly waste disposal method. Collect wastepaper and use recycling methods to recycle them. Everything is connected. One person finding something as waste may be useful to some others.

**RITHIVIK**, class VIII, Gautami Vidya Kshetra, Hyderabad



### TEACHER



You teach  
So our destination we reach  
You help us rise  
So we can get our prize  
You don't let us fall on the ground  
You help us earn a pound  
You are great and this is true  
You help us learn too  
You also say  
That the cow says moo  
You are great and that is you  
I know who this is  
This is a teacher



**EGA ANANYA SAI**, class V-A, Santinos Global School

### PING PONG

It shakes a leg on the table  
The bat making it unstable  
The table creates the chaos  
Making the game cross  
But still we won't be off the battle



**D. SRI KRISHNA SRIHAN**, class VIII-C, Bharatiya Vidya Bhavans Public School

## HEARTFELT EXPRESSIONS THROUGH POETRY



2022 marked a new beginning for Gitanjali Vedika with its first Cambridge competition which it hosted - an Inter School Slam Poetry Recitation Competition for Primary school children.

It was a splendid celebration of poetry and lyrics with the participation of several schools. Category A included the little ones of classes I and II and Category B consisted of students from classes III, IV and V.

The students awed everyone with their expressive renditions of poems on topics ranging from fantasy lands to social issues. Three prizes were awarded for each category.

The event saw the presence of accomplished personalities such as Uma Shankar and Reena Shah, judges for the event. Jai Karan, the Managing Director of Gitanjali

Group of Schools, Sonia Nagpal, the Principal of Gitanjali Vedika, Nitasha Karan, the Pre-Primary and Primary coordinator of Gitanjali Vedika, Jaishree Narayan, Pre-Primary Division Head, Gitanjali Group of Schools, also graced the occasion.

Sonia Nagpal started off the event with her powerful words. Jai Karan announced the results of the competition and emphasised on the importance of participation, not just winning. An enthusiastic Zumba activity, songs by the students of Vedika and a shloka recitation provided refreshing breaks in between. The event went on smoothly and concluded with a student playing the national anthem on the violin.

**Gitanjali Vedika School Hyderabad**

## SIMPLE YARN GARLANDS

This modern take on a vintage yarn look is totally versatile for use around the house, not to mention as gifts or party decor. It couldn't be easier to make these pretty strands: Just cut a bunch of yarn in pieces approximately the same size, and then tie each piece around a length of twine. Yes, you can do this mindlessly while binge watching Netflix.

### MATERIALS NEEDED:

- Bulky variegated yarn (one skein makes a long garland)
- Cardboard
- Jute twine
- Scissors

### HOW TO MAKE IT:

**Step 1** - Cut a 10inch x 2inch piece of cardboard and wrap the yarn around it 10 times. Use scissors to cut the yarn at the top and bottom of the cardboard to create 20 strips of equal length

**Step 2** - If you're using variegated yarn to create an ombre effect, lay the strips out in a row to maintain a colour pattern in the variegated yarn.



**Step 3** - Cut a length of twine as long as you want the garland to be and then start tying on the yarn one piece at a time. To do so, pinch the piece of yarn in half and then fold over the top of the twine bringing the ends through.

**Step 4:** Add more yarn strands until you've filled garland. Continue this process with each of the strands. It is an easy, mindless process but it can take a little time. Expect around two hours to make a garland.

**Ritisha Bajaj**, Class IX, Lakshmipt Singhania Academy



## Versatility in dance showcased

**Platinum Jubilee High School Warangal**

**"I LIKE TO TELL STORIES THROUGH DANCING AND SINGING." - ELENA ROGER**

The students of Platinum Jubilee High School, Warangal (PJHSW) echoed Elena Roger's words in their spectacular performances in an inter-school, state level competition 'Chacha ki Party'.

The competition was open to schools and colleges across the state. PJHSW is managed by Aga Khan Education Service, India (AKESI).

Music is an integral part of our culture and an art form that connects the musings of poets, singers and composers of our heritage to the versatile children of today. One is reminded of the words of Aga Khan who says, "Art is a matter of humanity just as much as it is a matter of identity". The Platinum Pearls, as the PJHSW participants called themselves, were excited to participate in this event. Eye-catching theme-based costumes, brilliant choreography, and outstanding singing performances ensured that PJHSW, bagged the maximum prizes (8 in all) for the second consecutive year, in various



categories including Western Dance, Classical Dance and singing.

The icing on the cake was when the school walked away with the awards for the Best School and the Best Dance Teacher.

Principal Jagdish Peche appreciated and praised the students for their meticulous preparation and outstanding performances.





# NOT SCARED TO TRY THINGS: RAHUL

Focus will be on getting the best XI on the field with eye on ODI WC

**S**tand-in skipper K L Rahul on Tuesday said that the Indian team won't be scared of trying different things in 50-over cricket and the focus will be on getting the best XI on the park while keeping an eye on the 2023 ODI World Cup.

India are playing an ODI series after a long time and they are in search of a strong playing XI and correct team balance. The opener, who is now part of the leadership group, feels the multiple ODI series this year will give the team a chance to experiment.

"This year we will be playing a few one-day series, which will give us a chance to try out new things. We've all sat down as a team and had an honest talk about the things we need to improve and the things that we need to get better at. Everyone is committed to it. We have some ideas, some plans," said Rahul in a virtual press conference.

"We want to try out those things in the coming series. That

will give us an indication if we're doing it right, whether our strategies and tactics are right. We aren't a team that's scared to try. Our focus will be on the World Cup and getting the best XI on the park," he added.

## FLEXIBLE WITH POSITIONS

Rahul himself has been very flexible in playing at different positions in ODI cricket. He left his natural opening slot and had seamlessly fit in over the last two years. Since 2018, he has averaged 56.08, at a strike rate of 101.81 in 16 innings in the tricky No 4-5 spots. However, in absence of Rohit Sharma, Rahul is now set to open the innings alongside Shikhar Dhawan in the three-match ODI series against South Africa. Once Rohit returns, he's expected to return to the middle order, where not many have staked a claim.

Talking about the short-term

move as an opener, Rahul said the Indian team doesn't want to be a very predictable side and everyone will have to be flexible in their roles. "We have to be flexible. One of the talks that we've had is that we don't want to be a team that is very predictable. There might be games where I'll need to bat in the middle-order if that's what the team needs. I might have to open the batting, which I'm okay with. There are team plans and strategies," he said. "According to that, everyone will have their roles clear but everyone also understands that they will have to be ready for certain things that the team wants them to do," he added.

The 29-year old also highlighted his role as a leader, saying that he will support the players in developing a positive mindset. "For me as a leader, it will just be about supporting the guys and keeping the guys in a mindset where they are excited and want to go out there and do special things for the team, for the country," he said. **IANIS**

## VIRAT MADE US BELIEVE WE CAN DO SPECIAL THINGS

**K**L Rahul has said Virat Kohli had an amazing quality as a leader and he was able to get the best out of everybody and keep them motivated.

"I think under Virat, Team India has done phenomenal things. We have won series outside India which hadn't been done before. He has done a lot of things right and he has set a standard for all of us and Team India. It would be important for us to build on that as a group. We obviously know what it takes to be a champion team," said Rahul.

"Virat had this amazing ability to get the best out of everybody, he pushed everybody and made us believe that we can do special



Virat Kohli with KL Rahul during a practice session

things. That is something I have learnt from him and hopefully, I can do that with the team as well," he added.



K L Rahul during a training session ahead of the first ODI against South Africa in Paarl

# NADAL, ASH BARTY ADVANCE

Spaniard reaches round three comfortably, Barty happy to be part of First Nation Day celebrations

**R**afael Nadal needed five match points before putting away tenacious German qualifier Yannick Hanfmann at the Australian Open on Wednesday and continue his march towards a record 21st Grand Slam title. Ashleigh Barty beat 142nd-ranked qualifier Lucia Bronzetti 6-1, 6-1 in 52 minutes.

The Spanish world number five was always in command in a 6-2, 6-3, 6-4 win in 2hr 42 min in hot conditions on Rod Laver Arena to stride into round three. "He is a player with big shots, good serve and he has very high potential," Nadal said of the 126th-ranked Hanfmann, who put up more of a fight than the score suggested.

Nadal, with two service breaks, took the opening set after 48 minutes with a backhand winner to the top corner. The meticulous Spaniard kept moving Hanfmann around the court and claimed another service break with a forehand winner for 5-3 and served it out for a two-sets lead. Another early service break had Nadal on the way in the third set but he needed five match points to close it out.

## Yet to face top-60

His 5-0 record in 2022 is a strong start after an injury-disrupted last year, but he is yet to face a top-60 player in the new year. Nadal, the only Australian Open champion in the men's draw after nine-time winner Novak Djokovic's deportation on the eve of the tournament, is vying with Djokovic and Roger Federer to reach a men's record 21st Slam crown.

## BOPANNA, MIRZA LOSE DOUBLES

Veteran Indians Rohan Bopanna and Sania Mirza were knocked out of their respective doubles events of the Australian Open on Wednesday. Bopanna and his French partner Edouard Roger-Vasselin lost to Christopher Rungkat and Treat Huey. Mirza and Ukrainian partner Nadiia Kichenok lost to Slovenian team of Tamara Zidansek and Kaja Juvan. The two will now compete in mixed doubles: Bopanna with Croatia's Darija Jurak Schreiber, Mirza with American Rajeev Ram.

Nadal's 2021 season ended prematurely in August because of his left foot injury before he contracted Covid-19 in December. The Spaniard great has played just 13 tournaments in the past two seasons.

## Barty's cultural connect

Ash Barty was front and center when the Australian Open celebrated its inaugural First Nations Day. Albeit not for very long. The top-ranked Barty has Indigenous heritage and her second-round match at Melbourne Park's main stadium on Wednesday was among the features of a program dedicated to the Aboriginal and Torres Strait Islander people of Australia. She was on and off the court quickly, beating 142nd-ranked qualifier Lucia Bronzetti 6-1, 6-1 in 52 minutes.

"Really cool. ... Nice for me to be a part of it in a way I feel most comfortable," Barty said. "On a day when we're bringing culture together ... it was really nice for me to go out and enjoy that. "I was really fortunate to be able to play today." **AGENCIES**



Rafael Nadal

Photo: AFP

# MAJOR BLOW TO CHELSEA AGAIN AFTER DRAW TO BRIGHTON

**C**helsea suffered another major blow in the European champions title race after a 1-1 draw at Brighton.

Thomas Tuchel's out-of-form side have managed just one win in their last seven Premier League games and are at third place, stuck 12 points behind leaders Manchester City, having played a game more.

Blues boss Tuchel saw his side take the lead through Hakim Ziyech in the first half, but Brighton's man of the match Adam Webster headed home an equaliser on the hour. It was no more than the Seagulls deserved and Chelsea were left hanging on at the end to snatch a draw. **AGENCIES**



Hakim Ziyech

Photo: AP

## QUIZ TIME!

**Q1:** Which A-League player played alongside Wayne Rooney at Everton as a junior?

- a. David Carney
- b. Harry Kewell
- c. John Aloisi
- d. Aziz Behich

**Q2:** How many grand slam titles did Roger Federer win in 2005?

- a. One
- b. Two
- c. Three
- d. Four

**Q3:** Who was the first Indian women to win a medal in Olympic?

- a. Mary Kom
- b. Karnam Malleshwari
- c. Sakshi Malik
- d. Chanu Saikhom Mirabai

**Q4:** Which cricketer scored a century in each of his first three test matches?

- a. Kapil Dev
- b. Mohd. Azharuddin
- c. Rahul Dravid
- d. Ravi Shastri

**Q5:** How many Grand Slam titles has Andy Murray

won so far?

- a) 4 b) 6 c) 1 d) 3



Andy Murray

Photo: GETTY IMAGES

**Q6:** Which footballer won three FIFA World Cups in 1958, 1962 and 1970?

- a) Pele
- b) Cafu
- c) Bellini
- d) Castilho

**Q7:** Who designed the Hockey World Cup trophy?

- a) H.E. Masood
- b) Basheer Moolji
- c) Abdul Hafeez Kardar
- d) Nur Khan

**Q8:** Which country is the current champion of Uber Cup?

- a) Japan
- b) China
- c) Indonesia
- d) USA

**Q9:** Who was the first Indian to become the Junior Wimbledon Champion?

- a) Ramanathan Krishnan
- b) Premjit Lal
- c) Vijay Amritraj
- d) Leander Paes

**ANSWERS:** 1 a. David Carney 2 b. Two  
3 b. Karnam Malleshwari  
4 b. Mohd. Azharuddin 5 d. 3  
6 a. Pele 7 b. Basheer Moolji  
8 a. Japan 9 a. Ramanathan Krishnan