



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Are you a binge watcher? We tell you how to get rid of this habit before it becomes an addiction

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➤ Did you know that Udaipur, the city of lakes, is also famous for its rich history and architecture?

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➤ India stays alive in the ICC Women's WC with win over Bangladesh

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STUDENT EDITION

WEDNESDAY, MARCH 23, 2022



External affairs minister S Jaishankar had rejected putting Ukraine on the QUAD agenda last month, telling reporters after the QUAD meeting in Melbourne that "this meeting is focused on the Indo-Pacific, so I think you should figure out the geography there"

CLICK HERE: PAGE 1 AND 2

Your marks in class XII boards won't impress colleges anymore

Yes, you read it right. From the academic session 2022-23, no weightage will be given to board exam performances in undergraduate admissions in all the central universities and their affiliated colleges, according to a decision by the University Grants Commission(UGC)...

SO, HOW WILL ADMISSION HAPPEN?

1 While the universities will be allowed to set a minimum eligibility on board exams marks, entrance to undergraduate courses will be through a Common University Entrance Test (CUET) score, which will be the basis for admission

the CUET scores for admissions to their programmes. There are 45 central universities funded by the UGC. The UGC has also made the test broad-based by doing away with central university from the nomenclature so that state, deemed and private universities, too, can join

2 The National Testing Agency will conduct the CUET for the undergraduate and postgraduate programmes. According to the UGC, all the central universities will have to consider

3 For admissions to programmes in audio-visual or performing arts, and extra-curricular and sports category, universities or colleges can give weightage to practical or trials, it added

THE PATTERN

- The computer-based test, to be conducted in the first week of July, will be scheduled in two shifts
- The syllabus of the CUET will be mirrored with the class XII model syllabus of the NCERT
- The CUET will have section 1A, section 1B, general test and domain-specific sub-

jects. Section 1A, which will be compulsory, will be in 13 Indian languages, and candidates can choose the language of their choice

■ If a university has a certain percentage of seats reserved for local students, it can retain that. But these students will also have to take admission through CUET, the UGC said



■ Not really, according to M Jagadeesh Kumar, chairperson, UGC, who pointed out that "all the IIT admissions use JEE scores primarily because of the diversity of the boards and the different kinds of evaluation systems." The same is true with the university admissions, which is why we are giving one standard NCERT syllabus so that everybody can prepare and have a common reference ground, he added ■ The CUET will also be applicable to all the minority institutions, such as the St Stephen's College, Delhi; Aligarh Muslim University, and Jamia Millia Islamia, where aspirants for seats reserved for minority communities will also have to clear the CUET

Share your views at TOINIE175@GMAIL.COM

**IS IT A
NEW
SYSTEM?**


'Best way to get a seat at the table is to pull up a chair'

Former PepsiCo CEO Indra Nooyi has a valuable advice for all, which can be applied at work, home and in life, in general. She believes the best way to get a seat at the table is to "pull up a chair", which means actively seek out opportunities instead of waiting for them. In a short video on social media, the business leader said, "I believe the best way to get a seat at the table is to pull up a chair. Don't wait to be invited because the invitation may never come."



Actively seek out opportunities to participate and take every opportunity you can to share your talent and unique perspective

Indra Nooyi, one of the most-powerful business leaders in the world, has often spoken about her personal and professional journey, and about the challenges of rising up the corporate ladder as an immigrant in the United States

**Celeb
talk**

FLYING DUTCHMAN NUIS BREAKS 100 KPH BARRIER ON NATURAL ICE

Three-time Winter Olympic champion speed skater Kjetil Nuis has become the first person to break the 100 kph barrier, shattering his own record set four years ago. Nuis, who won gold medals at the Pyeongchang and Beijing Games in the 1,000m and 1,500m races, clocked 103 kph in Tynset, Norway – 10 kph faster than his previous record set four years ago in Sweden.

ON RECORD BOOK



On a 3-km-long natural ice rink on Savalen Lake, Nuis skated behind a shield called a 'wind catcher'

dragged by a Dakar Rally car to reduce wind resistance

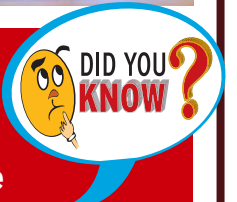
US President Biden calls India 'shaky' in Russia confrontation

US President Joe Biden said on Monday that India was an exception among Washington's allies with its "shaky" response to the Russian invasion of Ukraine. Speaking at the business round table's CEO quarterly meeting at the White House, Biden said that while some members of the Quadrilateral Security Dialogue (QUAD), like Japan and Australia, have responded to Russia's aggression strongly, India has been "somewhat shaky" on some of the issues. Biden said, the North Atlantic Treaty Organisation (NATO) and the QUAD have presented a united front against Russian President Vladimir Putin's aggression and lauded the US-led alliance, including NATO, the European Union and key Asian partners, for its united front against Russia.



Since the beginning of the war, India has expressed deep concern over the deteriorating humanitarian situation in Ukraine. India has repeatedly asked all the stakeholders to resolve differences through dialogue but has abstained from condemning Russia's invasion of Ukraine in the United Nations Security Council

The QUAD – comprising Japan, India, Australia and the United States – is not an alliance but a grouping of countries driven by shared interests and values, and interested in strengthening a rules-based order in the strategically-important Indo-Pacific region



New Delhi world's most-polluted capital city for 2nd consecutive year



New Delhi has been ranked the world's most-polluted capital city for the second consecutive year, followed by Dhaka (Bangladesh), N'Djamena (Chad), Dushanbe (Tajikistan) and Muscat (Oman). Of the 15 most-polluted cities in Central and South Asia in 2021, 12 were in India. New Delhi saw a 14.6 per cent increase in PM2.5 concentration in 2021, 96.4 lg/m3, up from 84 lg/m3 in 2020. Only the territories of New Caledonia, US Virgin Islands and Puerto Rico met the updated WHO PM2.5 air quality guidelines. IQAir's 2021 World Air Quality Report is the first major global air quality report based on an updated annual WHO air quality guidelines for PM2.5. The new guidelines were released in September 2021 and cut existing annual PM2.5 guideline values from 10 Aug/m3 to 5 Aug/m3.

The annual PM2.5 concentration averages in 48 per cent of India's cities, exceeded 50 lg/m3 or more than 10 times the World Health Organisation's (WHO) air quality guidelines. Fine particle pollution, known as PM2.5, is commonly-accepted to be the most harmful, widely-monitored air pollutant, and has been found to be a major contributing factor to health effects, such as asthma, stroke, heart and lung diseases. PM2.5 leads to millions of premature deaths every year



6-year-old boy heads to police station to complain about traffic



A video of a six-year-old boy questioning a policeman and talking about the traffic issues near his school in Andhra Pradesh, has gone viral. The boy named Karthik, who studies in UKG, reached the local police station in Palamaner of Chittoor district on Thursday, and complained about the traffic near his school to the Palamaner circle inspector N Bhaskar about tractors blocking traffic and the dug-up roads. He even requested the policeman to visit the area and solve the issue. The policeman was impressed by the little boy and offered him sweets. He even assured the boy that his complaint will be taken care of, and gave his phone number to the boy, asking him to give a call whenever he faced such a problem while going to school.

THE OTT TRAP: ARE YOU A BINGEWATCHER?

How to know if your TV habits are a problem – and what to do about it

The term "binge-watch" was a contender for the Oxford English Dictionary's 2013 word of the year. Although it didn't win ("selfie" ultimately took the crown), this pointed to the rise of what was becoming a popular activity of watching multiple episodes of a TV show in a single sitting.

Today, millions of us regularly consume our favourite series in this way. The proliferation of streaming services over recent years has made it very easy to do. Unsurprisingly, during Covid lockdowns, research shows many of us spent more time binge-watching than usual.

Can binge-watching become problematic or addictive?

Problematic binge-watching isn't defined by the number of episodes watched (although most researchers agree it's at least two in a row), or a specific number of hours spent in front of the TV or computer screen. **AS WITH OTHER ADDICTIVE BEHAVIOURS, MORE IMPORTANT IS WHETHER BINGE-WATCHING IS HAVING A NEGATIVE IMPACT ON OTHER ASPECTS OF THE PERSON'S LIFE.**

A Look At The Evidence

In the latest study on this topic, a research team in Poland surveyed 645 young adults, all of whom reported that they had watched at least two episodes of one show in a single sitting. The researchers wanted to understand some of the factors underlying problematic binge-watching.

The authors (who based their definition of problematic binge-watching partly on my components model of addiction) used a questionnaire they developed in an earlier study to assess problematic binge-watching among participants. Questions included: "How often do you neglect your duties in favour of watching series?" "How often do you feel sad or irritated when you can't watch the TV series?" and "How often do you neglect your sleep to binge-watch series?"

Participants had to give answers on a six-point scale from one (never) to six (always). A score above a certain threshold was deemed indicative of problematic binge-watching.

Using a range of other scales, the researchers found that **impulse control difficulties, lack of pre-meditation (difficulties in planning and evaluating the consequences of a given behaviour), watching to escape and forget about problems, and watching to avoid feeling lonely** were among the most significant predictors of problematic binge-watching.

Using the same data, the researchers reported in an earlier study that problematic binge-watching had a **significant association with anxiety-depressive syndrome**. The greater the symptoms of anxiety and depression, the more problematic a person's binge-watching was.

An American study found the behaviour was associated with depression and attachment anxiety. Most related studies – like this one from Portugal – have also shown **escapism to be a key motivation of problematic binge-watching**.

In terms of personality traits, research has shown that problematic binge-watching appears to be associated with **low conscientiousness** (characterised by being impulsive, careless and disorganised) and **high neuroticism** (characterised by being anxious and prone to negative emotions). We see these types of associations in addictive behaviours more generally. ^{PH}



SIGNS THAT SHOW YOU ARE A BINGE WATCHER

6

▲ Binge-watching is the most important thing in the person's life (salience)

▲ The person engages in binge-watching as a way of reliably changing their mood: to feel better in the short-term or to temporarily escape from something negative in their life (mood modification)

▲ Binge-watching compromises key aspects of the person's life like relationships and education or work (conflict)

▲ The number of hours the person spends binge-watching each day has increased significantly over time (tolerance)

▲ The person experiences psychological and/or physiological withdrawal symptoms if they're unable to binge-watch (withdrawal)

▲ If the person manages to temporarily stop binge-watching, when they engage in the activity again, they go straight back into the cycle they were in previously (relapse)

BREAKING THE HABIT

If you want to cut down on watching in one sitting, a golden rule is to stop watching mid-way through an episode

Start watching as a reward to yourself after you've done everything you need to in terms of work and social obligations

If you can't control at all, talk to a clinical psychologist. Most addictions are symptomatic of other underlying problems

GADGETS & Gizmos

Stop making these storage mistakes on your Android phone right now



In days when 64GB storage has become almost standard across Android phones, storage is usually not a big issue. However, it may become a problem if you are not using your Android phone right. There are basic steps/tips that you need to follow to keep storage space free on your Android phone. Here are 'mistakes' that you need to stop making on your Android phone right now to make sure there are no storage woes for you.



Not saving photos and videos online

Photos and videos are one of the biggest space consuming items on your phone. So, remember to save your photos and videos online to a cloud storage service like Google Photos. Every Google account comes with 15GB free storage that includes Google Photos. Once done, make sure you delete them on your phone. You can see the backed-up copies in the app using Wi-Fi or mobile data.



Not removing downloaded movies, music and other media regularly

Make sure you delete the movies, music and other media that you have downloaded regularly. To delete content from Google Play: Open the Google Play app with the content, like Play Music or Play Movies & TV. Tap the Menu and then Settings and then Manage downloads. Tap Downloaded and then Remove.



Not uninstalling apps that you don't use

Uninstall the apps you don't use much. For, you can download the app later again when you need it. If you paid for the app, you won't have to buy it again.



Not clearing the app's cache and data

You can usually clear an app's cache and data through your phone's Settings app. This deletes temporary data. These settings vary from phone to phone, depending on the model. ^{Gadgets Now}

IT'S CRICKET AGAIN: IPL PIPS CoWIN IN TRENDS



2021



Neeraj Chopra arched to the apex of the personality list with his history-making performance at the Tokyo Olympics – Independent India's first ever medal in athletics

Nothing can come between India's love for cricket and it was proved yet again as the Indian Premier League (IPL) and ICC T20 World Cup fills the top spots for the trending query overall in the year, beating even the likes of Covid vaccine or CoWin portal, according to Google India's 'Year In Search 2021' announced recently.

IPL, which was also the most searched sporting event, was followed by CoWIN, ICC T20 World Cup, Euro Cup, Tokyo Olympics and Covid Vaccine in the top trending query list on search engine giant Google.

Notably, the IPL had topped the trending query list last year as well. Tokyo Olympics, Black Fungus, Afghanistan, West Ben-

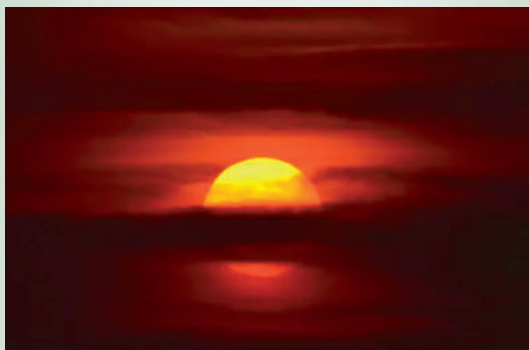
gal elections, Tropical cyclone Tauktae and Lockdown made it to the top 10 among the most searched news events by Indians, according to the list.

Euro Cup, Copa America, Wimbledon, Paralympics and French Open were among the most searched sporting events this year.

Neeraj Chopra arched to the apex of the personality list with his history-making performance at the Tokyo Olympics – Independent India's first ever medal in athletics. He was followed by superstar Shahrukh Khan's son Aryan Khan, who got embroiled in a major controversy after being booked by the NCB in an alleged drug case in October 2021.

Tesla founder Elon Musk and page three celebrities such as Vicky Kaushal, Shehnaaz Gill, and Raj Kundra were among the names that piqued interest of the nation. The list also included two more 2020 Tokyo Olympic medalists PV Sindhu and Bajrang Punia. ^{Agencies}

DREAMY DAYS



In the ochre sky we see,
A rising sun with utmost glee.
Then comes the warm afternoon,
Flowers are dancing to the jolly tune.

Next we see the sky, so cerulean,
White, soft, puffy clouds, it's so utopian!
The sun sets near the end of the day,
The aubergine sky is about to fade away.

At last the dark, night sky comes to view,
Where we finally bid the day adieu.

ANIKET TOPEY, class X-A, Ankush, Silver Oaks International School, Mighty Oaks Campus, Hyderabad



WOMAN, A SOLEMN EXPRESSION



She completes the incomplete..
Experiences inexperience..
And feels the unfelt..

To her, family's ease,
Is her peace..
To her, family's health,
Is her wealth..

Her wings have to be unfurled..
She has to be empowered..

Mother; also a woman..
Is the most adorable creature..
Is the most caring one...

She is the deepest of deep..
She is the highest of heights..

She is like a flashing sun,
Who shows the way..
She is like a cherished dream,
Who motivates to move forward...

A woman is meticulous...
A woman is profound...



PALAK BHARADWAJ, class X-B, Pallavi Model School, Boduppal Campus

REMINISCING YOU

Adieu, my kinfolk, to whom I wasn't able to see,
When I knew about you, I was only thirteen. Poor me,
was thinking I was all alone when I didn't see thee,
But, there you were standing all serene.
Never thought I would be this sad,
Then again.., I am happy that you are in peace.
Now that you are God's own lad,
But your dearth brought out this unexpected piece.

M PIYUSHA, class X, Pallavi Aware International School, Hyderabad



UMA MAHESWARI, Meridian School, Kukatpally

FAREWELL, DEAR SENIORS!



Gitanjali Devashray hosted a farewell to its outgoing batch of class X, 'Hasta-la-Vista' in the offline mode.

The programme began with the lighting of the lamp followed by a prayer song. Managing Director, Gitanjali Group of Schools, Jai Karan, along with Associate Director Madhvi Chandra graced the occasion.

Gitanjali Devashray
Hyderabad

The staff and students merrily gathered to perform, as it was being held after a hiatus of two years. Pre-Primary students showcased a contemporary dance sequence. Class VI students brought in the cultural ethos

through the Shiv Tandav. A group of students renewed the vow to their Alma Mater through 'Count on Me' rendition, in the most cadent manner.

Class IX students relived memories with their seniors through a wonderful Power Point Presentation. They also performed a medley dance, reflecting the global theme of the event. A Talent Show finale for class X students was organised and the finalists interacted with judges. Later, the management members honoured these students with coveted titles. The prize was a Sash and a Memento engraving their identity and accomplishment.

The institution as always, rose to the occasion and successfully steered the farewell, wishing class X students 'Do Fare Well.'

Delhi World School
Chintal



Farewells are always bittersweet! The day arrived when class IX students threw a farewell party for their seniors, a day marked with fun cultural programmes. The theme for the event was 'Adieu Streets.' Chairman N Venkateswar Rao, President N Rajeswari, Principal S Sujatha Naidu, Vice Principal Ch Greshma, teachers and students of classes IX and X were all present for the celebrations.

The class X students were greeted with a welcome dance at the entrance. It all began with a bang and the time just flew with everyone getting involved in the programme.

Class IX students presented dance performances, songs, mimicry, etc. On their part, students of class X actively took part in the ramp walk and shared their views in the form of a speech. A throwback of the memories of 2021-22 was played on the projector.

Chairman Venkateshwar Rao motivated the students as he shared his experiences about his success. The programme came to an end with a final fusion dance by all the class IX, X students along with the teachers of class X. The outgoing batch was wished all the success in the pursuit of their goals.

STRIVING TO GO GREEN

Students of DPS-Nadergul constantly strive to find opportunities that can help them show their love towards nature. With each passing year, DPS holds a special recognition of being empathetic towards nature. This year too, the schools' efforts have been appreciated.

The school has always been educating students on proper disposal of waste and follow the 3R's. Eco School India conducted a litterless campaign (LLC) and the young eco warriors of the school participated actively with utmost enthusiasm. The aim of the campaign was to reduce litter and manage the waste in most effective way which in return helps the environment breathe free. Students participated in waste management activities which included disposal of plastic bags, kitchen-waste disposal awareness, open disposal of waste and reuse of waste.

Students conducted a survey followed by an awareness programme in school helping everyone understand the value of managing waste in the right way. Teachers along with students participated in Litter Less Campaign, integrating it with the curriculum, like spreading awareness about waste management in the school assembly, holiday homework based on how to manage waste and reusing the waste to make valuable items from their surroundings.

A case study report of all the activities was also published as one of the inspiring environmental stories.

Delhi Public School
Nadergul



THE POWER TO CATCH OPPORTUNITIES!

India

UNFORGETTABLE TRIP TO BIDAR

The Diwali vacation 2021 was the most memorable time of my life. As a family together, we planned a trip to the Blackbuck reserve in Bidar. It was indeed a fun filled, three-hour journey and when we got there, it was already lunch time and so we first had a sumptuous meal.

As the journey was tiring, we jumped into our beds for a short nap. After we woke up afresh, we geared up for a trek with other guests. While trekking we saw many birds and the route took us back to the resort. We then went on a boat trip. First, we got on a pedal boat then a coracle boat.

The other interesting part of our experience was the bonfire. We enjoyed the company of each other and gazed at the stars and the moon, feeling the warmth from the bon-

fire. The sky was filled with stars and it looked amazing. The next morning, we woke up at 5 am and quickly got ready to go to the reserve to see the Blackbucks, an endangered species.

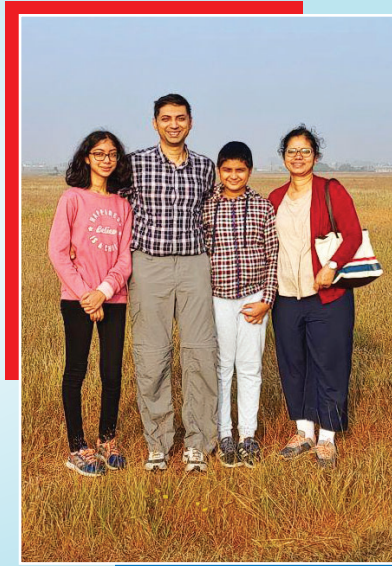
We travelled with the same people with whom we had gone trekking. It took us about half hour to get there.

At the reserve, we saw many blackbucks and some foxes too. We clicked pictures to capture those breathtaking moments. Never knew how time would pass, and soon we had to wrap up our journey. This trip was the best ever travel journey that I thoroughly enjoyed with my family.

SHREYAS VARANASI, class IV, Singapore, Silver Oaks International School, Mighty Oaks Campus Hyd



TRAVEL DIARY



LIFE OF A SOLDIER

A soldier is God's blessing in disguise for us. They move heaven and earth to relentlessly safeguard us. It's quite surprising how we connect to them even though we may never have met them.

Soldiers are remembered only during some days that evoke patriotism, only then do we realize that we sleep peacefully because of them. A son/daughter who is the apple of his/her parent's eye, becomes ready to sacrifice their life for us.

A soldier is never malicious or selfish and always solicitous to their work. Out and out they take heart and fight battles everyday with their enemies without any ambiguity.

Let us set aside all of this and think of their brave hearted parents who are an asset for our country. A soldier never takes impulsive

decision, he has a calm mind even during peril.

Attacks and battles such as the Pulwama attack will always be a red letter day in our lives. The soldiers stay at arms length from their deaths and every fight is a leap in the dark, even then they are never pessimistic. They never turn down an opportunity to serve their country. We all need to take stock of the situation because we all owe them big time. We have to show gratitude and invite them with open arms. The soldier, above all others pray for tranquility, for it is the soldiers who must suffer and bare the deepest scars of the war.

SUNITA SRINIVASULU, English Educator, Gautami Vidya Kshetra, Hyderabad



Painters' Gallery



FANCY FLIGHT:
MADADI AKSHAYA REDDY, class VII-B, P Obul Reddy Public School

POLITICIANS WHO MARKET THEMSELVES ON SOCIAL MEDIA ARE PRAISED MORE THAN THOSE DOING REAL ACTION...

Politicians who really work for the citizens, help them in need and have clear rules laid out are true leaders. The ones who market or promote themselves on social media aren't the real leaders, they just want to get name and votes from the citizens, and after that it's just like a normal world, no change and no help. **FOR** Politicians are those who truly have a clear mindset to help people and change the world into a better one without promoting or marketing themselves. While the ones who want to get name aren't true politicians, they just want to get fame and are not beneficial for society.



UMA MAHESWARI, Meridian School, Kukatpally



DEBATE

There are many real life scenarios where politicians who kept a low profile were acknowledged and honoured by the people. For instance A P J Abdul Kalam, who was known to keep a low profile even though he was the president of India, still occupies a place in the hearts of citizens. The advancements and initiatives he took up during his term as president developed the country in many aspects. There are many others who are praised for their silent actions. "Real action is in silent moments" - Ralph Waldo Emerson.

HADASSAH JOY P, class XI, Science, Silver Oaks International School, Mighty Oaks Campus, Hyderabad

AGAINST



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BHATIA, RANA POWER INDIA

Beat Bangladesh by 110-runs to keep semis hopes alive

Yastika Bhatia's gritty half-century and Sneha Rana's all-round performance powered India to a dominating 110-run win over Bangladesh and kept them in the hunt for a semifinal spot at the ICC Women's World Cup, on Tuesday. Opting to bat, India recovered from a mid-inning collapse to post a modest 229 for seven, riding on a responsible 80-ball 50 by Bhatia and a late flourish from Rana (27) and Pooja Vastrakar (30).

SPINNERS SHINE

Defending the total, the spinners, led by Rana (4/30), controlled the proceedings as they struck at regular intervals. India bowled out Bangladesh for 119 in 40.3 overs to register their third win of the tournament. The big win helped India improve their Net-Run-Rate (0.768) further:



Shafali Verma (L) and Smriti Mandhana

The Mithali Raj-led side will take on South Africa in the final league match Sunday. If second-placed Proteas beat West Indies on Thursday, India's semifinal chances get better.

India's decision to bring in senior spinner Poonam Yadav (1/25) in place of pacer Meghna Singh paid dividends. With spinners operating from both the ends on a slow track, Bangladesh found the run-scoring difficult.

India restricted Bangladesh to 69/5 after 25 overs. Lata Mondal (24) and Salma Khatun (32) provided some resistance with a 40-run partnership, which was broken by

Jhulan Goswami when she dismissed the latter, while Vastrakar accounted for the former a few overs later. The pace duo of Goswami (2/19) and Vastrakar (2/26) shared four wickets between them.

BATTERS PUSHED

Earlier, Smriti Mandhana (30) and Shafali Verma (42) shared 74 runs for the opening wicket but Ritu Moni (3/37) and Nahida Akter (2/42) reduced India from 74 for no loss to 108 for 4. Mandhana ended up hitting straight to Fargana Hoque off Akter, while Moni struck twice in two balls in the next over to leave India at 74 for 3 in 15.4 overs.

Skipper Mithali Raj (0) was out for a first-ball duck as India lost three wickets in quick succession. Vice-captain Harmanpreet Kaur (14) then joined Bhatia as the two tried to resurrect the innings but duo scored only 34 runs in 70 balls.

Bhatia (50 off 80) and Richa Ghosh (26) then added 54 runs to take India past the 150-run score. However, Akter brought Bangladesh back into the game when she had Ghosh caught behind. After completing her fifty, Bhatia perished.

Vastrakar (30) and Rana (27) then came together at 180 for 6 at the end of 44th over to add 48 off 38 balls, taking India past the 200-run mark. With the two going strong, the last 10 overs yielded 64 runs.



Lata Mondal

Photo: AFP



Sneha Rana

Photo: AFP

AUSTRALIA STAY UNDEFEATED

Australia's relentless march through the Women's World Cup continued with captain Meg Lanning thrashing an unbeaten century as the tournament favourites dealt South Africa a humbling five-wicket defeat in Wellington on Tuesday.

Australia made light work of South Africa's 271 for five, ticking off the winning runs with nearly five overs to spare. Lanning smashed 135 off 130

balls as Australia won their sixth straight match, the star skipper scooping another player-of-the-match award. "We thought (270) was par and the track got better towards the end of South African innings," said Lanning. Unbeaten coming into the match, Sune Luus's South Africa were buoyed by 90 runs from opener Laura Wolvaardt but rued a dreadful day in the field. Australia have now won 18 successive matches when chasing in ODIs.



Meg Lanning

Photo: GETTY IMAGES

JHAJHARIA RECEIVES PADMA BHUSHAN

Becomes first para-athlete to win the award; Lekhara, Bhagat too win Padmas

Ace Indian javelin thrower Devendra Jhajharia on Monday became the first para athlete to receive the Padma Bhushan, the country's third highest civilian award. The 40-year-old Jhajharia received the prestigious award from President Ram Nath Kovind at Rashtrapati Bhavan.

Jhajharia is a multiple-time Paralympics medal winner, having won his maiden gold during the 2004 Paralympics in Athens, his second gold medal during the Rio Games in 2016, and a silver medal during the 2020 Tokyo edition last year. In 2012 he was the first Paralympian to be honoured with Padma Shri.

The javelin thrower competes in the F46 events in the Paralympics and was among the four Paralympic medallists to be conferred with the Padma awards this year.

This is the first time a para athlete has got the Padma Bhushan. Now I will have more responsibility towards the country, to win more medals for India. To the youth, I will say work hard. One minute of work will not get you anything. I have worked hard for the past 20 years, and 2002 was the first time I won a gold medal.

DEVENDRA JHAJHARIA

Padma Shri for Lekhara

Tokyo Paralympics double medallist shooter Avani Lekhara received the Padma Shri for her excellent showing last year. Lekhara won a gold medal in the 10m air rifle standing event and a bronze in

the 50m rifle 3 positions event.

Alongside Jhajharia and Lekhara, gold medal-winning javelin thrower Sumit Anil, gold medallist in badminton Pramod Bhagat were the other Paralympic stars to be conferred with the honour.

That he has achieved a first was not lost on Jhajharia.

Lekhara tweeted, "Honoured and grateful to be awarded the Padma Shri. This award is a testament to not only my efforts, but the sacrifices of my family and the support of everyone involved in my career helping me achieve all I have."

"I look forward to representing the country with the same passion!"

The Padma awards are conferred in three categories - Padma Vibhushan, Padma Bhushan, and Padma Shri. These awards are given in various disciplines and fields. AGENCIES



President Ram Nath Kovind presents Padma Bhushan to Devendra Jhajharia for Sports, in New Delhi

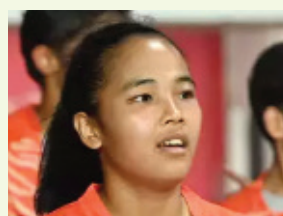
Photo: ANI

INDIA U-18 RIDE ON LYNDA KOM'S HAT-TRICK TO BEAT NEPAL

India churned out yet another stellar performance in the ongoing SAFF U-18 Women's Championship 2022 as they beat Nepal 5-1 in their third fixture of the football tournament. India take on Bangladesh in their final fixture on March 25.

A splendid hat-trick by Lynda Kom in the 23rd, 38th and 61st minutes, and a goal each by Shilky Devi in the 16th minute and Anita Kumari in the 55th minute led the Young Tigresses to a rather comfortable win in a show of dominance after Nepal had pulled one goal back in the second half.

Keeping their winning momentum alive after their last win against Bangladesh, the Indian girls heaped pressure on the opponents from the opening minute. In the 2nd minute itself, Lynda Kom



Lynda Kom

Photo: AFP

tried to put in a header but missed by a whisker.

India's first breakthrough came in the 16th minute when captain Shilky Devi delivered with an inch-perfect header from Nitu Linda's pass. A couple of minutes later, Lynda Kom, in the 23rd minute, doubled the lead with a glancing header.

Nepal looked to strike back but were struggling to create chances and keep possession in dangerous areas as the India stood firm. ANI

QUIZ TIME!

Q1: The World Youth Boxing Championships, where Indian women won 7 gold medals, were held in which country?

- Russia
- Poland
- Ukraine
- France

Q2: Who was the first cricket to score 6 sixes in an over in an ODI?

- Ravi Shastri
- Gary Sobers
- Herschelle Gibbs
- Kieron Pollard

Q3: Who has become India's second-highest wicket-taker in Test cricket?

- Jasprit Bumrah
- Mohammed Shami
- R Ashwin
- Ishant Sharma

Q4: Where was first Under 19 Cricket World Cup held?

- India
- Australia
- Berlin
- China

Q5: Who did Novak Djokovic defeat to win his 9th Australian Open and 18th Grand

Slam title in 2021?

- Roger Federer
- Rafael Nadal
- Daniil Medvedev
- Stefanos Tsitsipas



Novak Djokovic

Photo: AFP

Q6: Which current player has win streak in the Davis Cup with 32 singles rubbers?

- Andy Murray
- Rafael Nadal
- Stan Wawrinka
- Marcos Baghdatis

Q7: Triples is a new format of

- Squash
- Tennis
- Badminton
- Chess

Q8: The longest ever Davis Cup rubber was a titanic tussle between _____

- Tomas Berdych- Lukas Rosol vs Stan Wawrinka - Marco Chiudinelli
- Leonard Mayer vs Joao Souza
- Mats Wilander vs John McEnroe
- Maheesh Bhupathi-Leander Paes vs Jonas Bjorkman-Patrick Rafter

ANSWERS:

- 1 b. Poland
- 2 c. Herschelle Gibbs
- 3 c. R Ashwin
- 4 b Australia
- 5 c. Daniil Medvedev
- 6 d. Marcos Baghdatis
- 7 c. Badminton
- 8 a. Tomas Berdych- Lukas Rosol vs Stan Wawrinka - Marco Chiudinelli