



# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

► You know your grandparents adore you, but when you feel overwhelmed, here are ways to seek space politely  
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► Try some easy DIY ornaments and gift them to your near and dear ones  
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► League Cup: While Manchester City, Liverpool ease through; Everton out  
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**STUDENT EDITION**

THURSDAY, SEPTEMBER 23, 2021


**LUNAR  
MISSION  
2023**

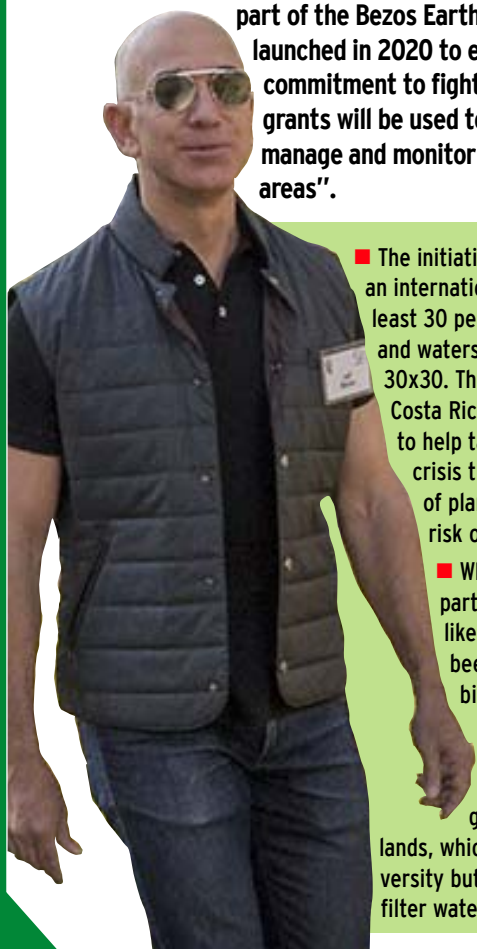
CLICK HERE: PAGE 1 AND 2

*Spotlight*

## JEFF BEZOS

### Pledges \$1 bn fund to boost conservation

**A**mazon founder Jeff Bezos has pledged \$1 billion towards improving conservation efforts with a target of protecting 30 per cent of the Earth's land and sea by 2030. The fund is part of the Bezos Earth Fund, which Bezos launched in 2020 to execute his \$10 billion commitment to fight climate change. The grants will be used to "create, expand, manage and monitor protected and conserved areas".



- The initiative is intended to support an international push to safeguard at least 30 per cent of the Earth's lands and waters by 2030, known as 30x30. The plan, led by Britain, Costa Rica and France, is intended to help tackle a global biodiversity crisis that puts a million species of plants and animals at the risk of extinction
- While climate change is part of the problem, activities like farming and fishing have been even bigger drivers of biodiversity loss. The 30x30 plan would try to slow that by protecting intact natural areas like the old-growth forests and wetlands, which not only nurture biodiversity but also store carbon and filter water

## VIRAT KOHLI

### First cricketer to play 200 IPL matches for a single franchise

**R**oyal Challengers Bangalore captain Virat Kohli has become the only player to feature in 200 IPL matches for a single franchise. He is the first RCB cricketer to get to the landmark. Notably, Kohli became the fifth cricketer to play 200 matches in the Indian Premier League when he came out for the toss in Match number 31 against Kolkata Knight Riders in Abu Dhabi.

Dhoni, the most-capped player, has represented two franchises - Chennai Super Kings and Rising Pune Supergiant. Rohit (Deccan Chargers & Mumbai Indians) and Raina (CSK & Gujarat Lions) have also played for 2 franchises, while Kolkata Knight Riders' Karthik has played for Delhi Capitals, Gujarat Lions, Punjab Kings, Mumbai Indians and Royal Challengers Bangalore in the past



## NASA selects a site for its Moon lander

**N**ASA's much-awaited Artemis Lunar Mission in 2023, will land near the western edge of the Nobile Crater at the Moon's South Pole.



The Artemis rover, Volatiles Investigating Polar Exploration Rover (VIPER), during its 100-day journey will explore the region's surface and subsurface for water and other resources, the US space agency has confirmed

### WHY NOBILE CRATER

**1** The mountainous area west of Nobile Crater was chosen as VIPER's landing site due to its rover-accessible terrain and array of nearby sites of scientific interest, including permanently shadowed areas

almost permanently-covered in shadows, allowing ice to exist there. The area of study covers an approximate surface area of 93 square kilometres, of which the VIPER is expected to traverse 16 to 24 km

**3** Smaller, more accessible craters surrounding Nobile's perimeter, will also provide VIPER with ideal locations to investigate in its search for ice and other resources

**2** Nobile Crater is an impact crater that was formed through a collision with another smaller celestial body, and is

The Moon's South Pole is one of the coldest areas in our solar system. No prior missions to the Moon's surface have explored it. Scientists have thus far only studied the region using remote sensing instruments, including those on NASA's Lunar Reconnaissance Orbiter and the Lunar Crater Observation and Sensing Satellite



## Not just a band-aid, a gateway to stop food waste

**S**cientists at the Nanyang Technological University (NTU) in Singapore are tackling food waste by turning discarded durian husks into anti-bacterial gel bandages. The researchers say, using waste materials and yeast for the anti-microbial bandages are more cost effective than the production of conventional bandages, whose anti-microbial properties come from more expensive metallic compounds like silver or copper ions.



### THE PROCESS

- The process extracts cellulose powder from the fruit's husks after they are sliced and freeze-dried, then mixes it with glycerol. This mixture becomes soft hydrogel, which is then cut into bandage strips
- Compared to conventional bandages, the organo-hydrogel bandages are



also able to keep wound areas cooler and moist, which can help accelerate healing

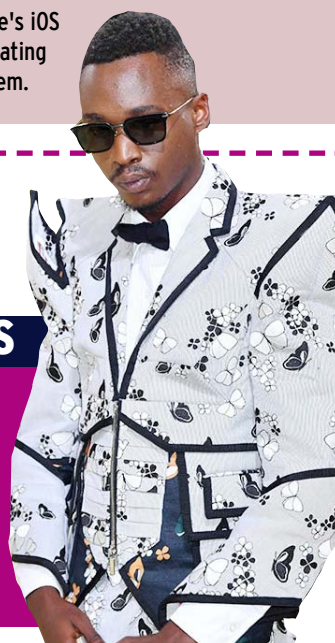
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## Can a phone detect if you are depressed?



**Y**es, believe iPhone makers. If reports are to go by, Apple is working on a new technology that could be used to help diagnose mental health conditions, such as depression and cognitive decline. By collaborating with the University of California and biotech firm Biogen, Apple is hoping to get more out of the health-related sensors in its devices. According to sources, researchers will use data from iPhone sensors to look for digital signals linked to certain mental health conditions, including depression and anxiety, and feed them into an algorithm. This should be able to reliably predict depression and other conditions and form the basis of new features in a future version of Apple's iOS operating system.

The firm already has a wide health-related technology offerings, including heart, sleep and activity monitoring through the Apple Watch and iPhone



### FOR THE RECORD

To effectively diagnose a mental health condition, a patient requires close monitoring by the experts to look for changes in behaviour from the norm

## Ashton Sanders to play the role of Bobby Brown in Whitney Houston biopic

**A**ctor Ashton Sanders is set to play singer Bobby Brown, husband of Whitney Houston, in the biopic on the music icon. According to Deadline, Naomi Ackie has been cast in the role of Houston in the film titled 'I Wanna Dance With Somebody'.

Houston is one of the most-successful and awarded female music artistes of all time. She is also one of the best-selling recording artistes of all time, selling more than 200 million records worldwide

**MOVIES**

**THE TIMES OF INDIA**

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 Oh My Gandhi!  
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**Happy Gandhi Jayanti**  
**2 OCTOBER**

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**BOOKS, MOVIES, MUSIC**  
**ACTIVITIES, CRAFT & DIYS**  
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## POSITIVE PARENTING

# 5 WAYS TO PROTECT CHILDREN FROM ONLINE RISKS



Kids are vulnerable to cyberbullying. Check these tips to empower them and help them stay safe

## Set healthy technology boundaries

**1** Place appropriate restrictions on technology use as soon as children are able to access internet. Setting reasonable limits early can prevent kids from becoming too attached to their gadgets later on. It in fact, helps to develop healthy communication with their peers and parents.

## Communicate openly

**2** Encourage your kids to come to you with curious questions about the online world - its risks and advantages. Also ask them to talk about their online activity and relationships with friends.

## Take extra care of kids with mental health issues

**3** Children with depression, anxiety and other psychological conditions or even shyness are easy targets for bullies. Help de-stigmatise these conditions in your own home by educating yourself and your kids about them.

## React compassionately

**4** If your child brings up an instance of cyberbullying, thank them for sharing their concerns with you. Make sure you help them open up about their experience, then decide together how to move forward.

## Help them become aware

**5** Discuss news stories about cyberbullying (that you may have read in newspaper or seen on TV) with kids. Use these events to explain them what is and isn't okay online.



# How to set healthy parenting boundaries with grandparents

## Challenges you may have to deal with

Having grandparents around kids is one of the greatest blessings. The love, support and life lessons that kids get from them are invaluable. Grandparents are treasure troves of life experiences and a perfect companion for fun and creative activities. But when they start interfering way too much with your style of parenting, then the situation can become pretty much tricky to deal with.

## The right way to set the boundaries

Every parent has their style of raising kids, which they adopt over time. It can be frustrating when grandparents start to interfere in it, pointing out your mistakes often. As parents you might not be fully convinced with their ideology and you have every right to raise the issue. **What is needed is to set healthy boundaries without hurting anyone or straining the relationship.** Here are ways grandparents can interfere with your parenting



## Breaking rules

Grandparents love to pamper kids. But there is a difference between pampering and spoiling kids. Flouting the rules set by you once in a while is alright, but repeating them sends a bad message to kids. If you have set the screen timing or no chocolate rule for your kids, it is important for them to follow the rules too.

Instead of losing your calm in front of kids, talk to them about it privately. Ex-

plain why have you set the rules, etc.

## Constant criticism

This is another common challenge most couples face when they are constantly criticised for every single task they do. Whether it is about food habits, clothing, sleeping pattern or behaviour.

Instead of reacting to it, talk to them privately. Sometimes grandparents just want to feel valued. Listen to their concerns and appreciating their effort.

## Playing favourites

You might be trying hard to instill a sense of gender equality among kids.

However, if grandparents choose to play favourites, it is obvious for you to feel annoyed. It can affect your kids' development too. Raise this issue calmly and explain your point of view with examples.

style. Check ways to deal with them in healthy ways.

## Excess interference

Sometimes, grandparents can be overinterfering. They may expect you to ask and take permission from them before taking any decision. Like they would want you to ask them about the school your kids should go

to or the kind of foods you choose for them.

It is not necessary that you may agree with your kid's grandparents' decision every single time. That is completely normal and understandable. So, next time your child's grandparents give advice, do listen to them carefully. Do not interrupt and calmly tell them that you understand their concern and will surely consider their opinion.

# 5 healthy habits that can help to increase your kid's height

**S**everal factors influence your child's height, like environment, diet and exercise. Of all the main contributors is your gene, which accounts for 60 to 80 per cent of your kid's final height. While you cannot do anything about the gene, giving the right nutrition and diet from an early age can still help to increase your kid's height by a few inches.

From the time kids turn one till they hit puberty, they gain about 2 inches each year. During puberty (12-14 years), their height starts growing at the rate of 4 inches per year. Once this phase is over, height stops increasing. So, the only time you can take measures to increase your child's height is between 1 to 14 years. Here are five things that can help increase your kid's height if you start following them from the right time

## NUTRITIOUS DIET

Be it adults or kids, a well-balanced and nutritious diet is the basic requirement for everyone. Three square meals and two snacks a day loaded with all the nutrients help in the development of your brain and body. Even if your kid is a fussy eater, try to introduce different foods in their diet to provide them with the right kind of nutrition. Add more fresh fruits, whole grains, dairy and sources of protein to their diet. Avoid sugar and processed food.



## AVOID SUPPLEMENTS

To ensure that the kids are getting a sufficient amount of nutrients, some parents even give them supplements, which is not required. Supplements should only be given to kids when they have a deficiency of some nutrient or are suffering from growth-related issues and that too after consulting with the doctor. The priority should be to provide the nutrients from the food.

## REGULAR EXERCISING

Teaching your kids to exercise daily from an early age is one of the best things you can do. Staying physically-active has many health benefits, which includes increasing your height. Stretching, yoga and meditation are good ways to stay physically and mentally fit. Exercising helps to stretch the spine and also improves your child's posture.

## HANGING FROM BARS

Hanging has always been considered as the best way to increase the height of kids. Hanging from the bar elongates the spine, which can help in increasing their height.

Dementia is a chronic mental health condition that is diagnosed in millions of elderly people across the globe every year. The umbrella term used to describe a group of symptoms affecting memory, thinking and social abilities can severely affect a person's day to day life. To cut down the risk of getting dementia, follow these simple tips from an early age

# Performing these 5 household chores can reduce the risk of dementia

## HOW HOUSEHOLD CHORES ARE REALLY BENEFICIAL

As per a study, general mundane activities like cleaning and gardening can lower the risk of dementia and even make it manageable if performed regularly. Engaging in certain household chores helps to create greater brain volume. Surprisingly, those who performed household chores had greater brain volume



as compared to those who performed any kind of strenuous physical exercise. The study published in the journal 'Neurology' mentioned five household chores that can be helpful for those suffering from dementia.

## COOKING

Cooking is not a random household task. It is a brain-stimulating activity, which helps to keep your brain

healthy. This activity strengthens the frontal lobes of the brain and improves all sorts of functions related to it. Getting to know herbs and spices can improve sensory nerves and memory. Most importantly, paying attention to the recipe helps to improve attention and optimises brain functioning.

## DECLUTTERING

Studies suggest that keeping your space messed up can make the symptoms of depression worse. Besides, it leads to decreased focus, confusion, and tension. Keeping your home organised can provide a sense of self-control over the



environment. For people suffering from dementia, decluttering can help in reducing the episodes of mood swings.

## CLEANING

Cleaning and your mental health have a strong link. It is meditative, which helps to release endorphins in the brain, altering the



perception of pain and triggering a positive feeling. It also helps to improve concentration and lift your mood, a common area of concern in the case of dementia.

## GARDENING

Spending time in nature rejuvenates mind, body and soul. Gardening boosts mental well-being and helps to develop healthy relationships with others. Spending some time in the sun can also lift your mood and make you feel calm.

## HEAVY HOUSEWORK

Heavy household chores like mopping, doing dishes and laundry have a positive impact on mental health. It helps to ease symptoms of depression and anxiety.



## Hindi Diwas: Evoking pride in language

**"A country that does not take pride in its language and literature can never progress." -Dr Rajendra Prasad**

Silver Oaks International School, Oakdale campus, celebrated Hindi Diwas to instill in students the love for the official language. The Acorns from class I to IX participated in events that helped them understand the Hindi language better. They created interesting slogans which are an effective way to spread awareness as well as make everyone feel proud of the language.

**Silver Oaks International School Oakdale Campus**



**Vaddapalli Chinmaya Pavani, class X B, Unicent School Hyderabad**

Unicent School celebrated Hindi Diwas on the online platform instilling the spirit of pride in all for the language, creating a joyous atmosphere.

On this important day, we had a variety of programmes organised by class X students in the special assembly. The prayer song evoked the spirit of the day. The pledge, a new idiom, its meaning, and sentence formation followed. The news read out in Hindi threw light on the current affairs of the world. The role play enacted by class VIII students captured the attention of the audience by its novel presentation style and topic.

The importance of Hindi language was pronounced loud when slogans were displayed by class IX students. *Kabir Ke Dohs* recitation was another highlight of the event. Our Hindi teachers inspired the students to be the advocates of this ancient language.

**Army Public School Golconda**

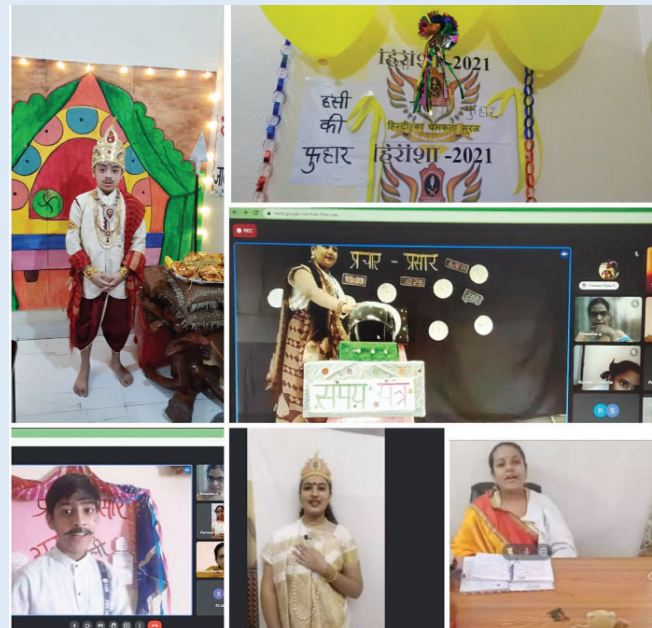
Army Public School, Golconda, hosted a virtual Inter-School Hindi fest "Hireesha-2021: The Shining Sun of Hindi" to celebrate our national language.

The chief guest of the event was Archana Yadav, President FWO, Arty Centre, Hyderabad, and the guest of honour was Prof. Puran Chand Tandon, Delhi University.

The fest commenced with the lighting of the lamp followed by a melodious ode invoking the blessings of the almighty. Principal Vidya Muralidharan in her speech highlighted the importance of sustaining traditional values and the significance of celebrating Hindi Diwas.

The chief guest urged the students to read different genres of literature to enhance their stock of words and to understand human nature in a better way.

The school conducted around 13 events exclusively in Hindi. The participation of 550 students from 53 schools from across the



country enhanced the grandeur of the fest.

The competition provided a platform for the students to work together and capture the essence of 'Ek Bharat Shrestha Bharat'. Each event was judged by two

judges. The winners were presented trophies and certificates. Students from Army Public School, Golconda, bagged the Overall Championship Trophy, while the Runners Up trophy was lifted by APS Kirkee.



Delhi Public School, Mahendra Hills, held week-long celebrations to mark Hindi Diwas. Various activities were organised for students of all the classes.

Through these activities students highlighted interesting facts related to the language. During the special assembly, students spoke about the role of language in connecting the citizens together. The students of class V to VIII enthralled the audience with their vibrant performance. The dohas of legendary poets like Kabir, Rahim, Surdas, Tulsi and Mirabai were sung by the young talented DPSites.

**Delhi Public School Mahendra Hills**

Teachers of the Hindi department spread the message "Hindi hamaari shaan hai; desh ka abhimaan hai."

Principal Sunitha Rao in her message to students emphasised the need to be well versed with the national language which helps instill the spirit of patriotism in them. The celebration concluded on a positive note that language and culture of any country plays an important role in connecting people thereby making a strong nation. Children thoroughly enjoyed the activities held as part of the Hindi Diwas.



### BOOK REVIEW: HEIDI

Let me first introduce you to the main characters of the book. There's Heidi, a five-year-old orphan girl, her aunt Dete, Heidi's paternal grandfather, Clara Sesemann, Clara's father Herr Sesemann, Clara's grandmother, Peter, Peter's mother Brigitta, and Peter's grandmother.

Heidi loves nature and cannot resist going to the open air where she can interact with animals and trees. When she is sent to live in the house, she becomes very ill. She is then sent to live with her paternal grandfather as her aunt Dete gets a job in Frankfurt and cannot take care of her.

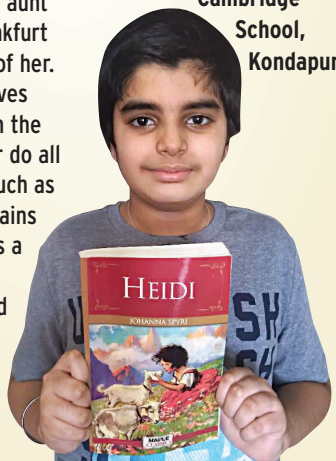
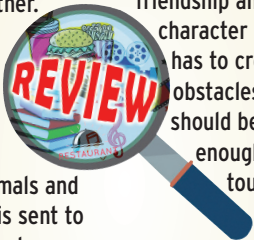
The grandfather lives away from everyone in the mountains. He lets her do all the things she likes, such as going up to the mountains with the goats. He was a soldier when he was young. After he earned a lot of money, he thought of staying in a cool, calm place. He

**AUTHOR: Johanna Spyri**

chose Maienfeld to be the place where he would live.

This book is one of the best books I have read. This is one of those classic books that I would highly recommend to anyone. It taught me about the power of friendship and the main character of Heidi. Heidi has to cross several obstacles that shows we should be determined enough to go through tough situations and be strong.

**PRITHVI RAJ PAUL, class VI B, Jain Heritage A Cambridge School, Kondapur**



### An ideal idol

I was excited to learn of the topic for September month activity at our school, which was 'My Friend Ganesha.' We were given 30 minutes to showcase our creativity for the competition.

**MATERIALS USED:**

- Tomatoes for body, head and ears of Ganesha.
- Carrot for crown.
- Green chilly for hands and trunk
- Ivy gourd for legs
- Pepper for eyes, clove as tilak
- Toothpicks
- Vibhuti

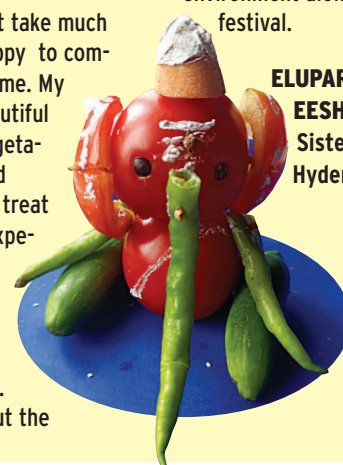
I simply used the toothpicks to fix these vegetables on it and put it together. You can try it, it is really simple. I applied some vibhuti on the idol for decoration.

Trust me, it didn't take much time and I was so happy to complete it well before time. My friends too made beautiful Ganesha idols with vegetables like potatoes and fruits. It was a visual treat for us and also the experience was a pure feeling of happiness and satisfaction once I completed my eco-friendly Ganesha. The next day, I put the

### DO IT YOURSELF

idol in the flower pots of our terrace garden. I believe this is why we call it eco-friendly. Thanks to our school for instilling the values of preserving the environment along with enjoying the festival.

**ELUPARAMBIL RANJIT EESHWAR NAIR, class IV, Sister Nivedita School, Hyderabad**



### BACK TO SCHOOL!

Thank you, government for opening all the schools I am definitely going and I will abide all the rules Now where is my bag, where are my books? Thinking if I completed my notes gives me the spooks Hey look there's the huge park I used to see The school is even more amazing than it used to be The gates are open and I'm going back to school Covid can't catch us if we follow the social distancing rule Wow it has been so long since I sat in the classroom Since we would attend classes on teams, meet or zoom It's been so long since I sat with any of my friends Or have raced from one to another end The gates are open and I'm going back to school Covid can't catch us if we follow the sanitising rule It's been so long since I have seen the teachers in person And I am really happy that no one's condition has worsened The gates are open and I'm going back to school Covid can't catch us if we follow each and every rule

**VIJAYA KUMAR ARJUN, BVBP, Hyderabad**



## Painters' Gallery

CLICK HERE TO VIEW ONLINE



**HARMONY: P SAI SREE, class IV, Little Flower High School, Hyderabad**



**GANESHA: RUSHIL, class IX, Jain Heritage A Cambridge School, Kondapur**



**SANITY AMIDST CHAOS: SAI SIDHESH TRIPATHY, class V, Silveroaks International School**

### The Art of Speaking Workshop

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IPL 2.0

# MI EYE IMPROVED BATTLING EFFORT AGAINST REJUVENATED KKR

Defending champions MI would look for inspiration from skipper Rohit Sharma, who is set to return to action

Mumbai were without the services of Rohit and star all-rounder Hardik Pandya in their 20-run defeat to Chennai Super Kings on Sunday as both were rested as a precautionary measure due to having niggles. However, head coach Mahela Jayawardene has said Rohit should be fit and available for selection for the match against KKR. KKR, on the other hand, have registered a dominating nine-wicket win over Royal Challengers Bangalore in their opening game of the second leg of the league. Mumbai, who are currently placed fourth in the table with eight points, began their second leg campaign in a typical slow manner but with only half the tournament left to play, the defending champions need to win to stay in the top half of the league table. Rohit, who has been in fine touch of late, will be expected to continue in the same vein and help his side make amends of the inept batting performance against CSK. Apart from Saurabh Tewary, who hit an unbeaten half-century, none of the other batsmen were able to capitalize on



Rohit was batting and doing his running as well, but after coming back from the UK, we felt that he probably needed an extra few days, so should be fine to play today's game.

MAHELA JAYAWARDENE

their starts against CSK, failing to chase down 156. On the other hand, the comprehensive win would have boosted KKR's confidence.

## KKR are the favourites

Having struggled in the first leg, KKR looked a completely different unit, in the manner in which they defeated RCB. The Eoin Morgan-led side, placed sixth in the points table, fired on all cylinders with mystery spinner Varun Chakravarthy and star all-rounder Andre Russell wreaking havoc with the ball before openers Shubman Gill and debutant Venkatesh Iyer chased down the 93-run target with 10 overs to spare. Skipper Morgan had said that KKR would be dangerous opponents with nothing to lose in the second leg and the team certainly looked menacing against RCB. They will hope to continue playing in a similar aggressive fashion and win the title just like 2014 edition when they notched nine victories in a row. They will also hold the edge over their rivals having already experienced the conditions at the Sheikh Zayed Stadium against RCB. PH



Photo: ANI

## LUIS SUAREZ double hands Atletico Madrid comeback victory

The Uruguayan struck two late goals to give the LaLiga champions a 2-1 win

The victory took Atletico top of the standings on 14 points from six games, a point ahead of Real Madrid who have a game in hand, while Getafe are bottom with no points. The home side went in front on the stroke of halftime with a header from Stefan Mitrovic after Atletico keeper Jan Oblak had uncharacteristically spilled a cross. It was the first time Getafe had scored against Atletico in 1,583 minutes of LaLiga football, ending Diego Simeone's remarkable run of never conceding against his side's neighbours in the league since taking charge of the club in December 2011. Getafe played the final phase of the match with 10 men after Carles Alena was shown a straight red card in the 74th minute for raking his studs down the back of the leg of Atletico substitute Mathheus Cunha. The sending off galvanised the visi-

tors and it took a superb double save from David Soria to prevent Angel Correa and then Suarez from equalising. But the 10 men could only hold on for so long and Atletico levelled when Suarez controlled a cross from substitute Mario Hermoso with his right foot before blasting the ball into the net with his left in the 78th minute.

### Suarez winner

The Uruguayan Luis Suarez snatched the winner in added time, ghosting away from his marker Mitrovic to head home a cross from Sime Vrsaljko to score his second of the game after netting once in his previous six appearances in all competitions. REUTERS



Photo: AFP

Atletico Madrid's Luis Suarez

## Manchester City and Liverpool through but Everton out of League Cup

Manchester City's Riyad Mahrez scored twice as the holders moved into the League Cup fourth round with a 6-1 home win

Liverpool also progressed without trouble by winning 3-0 at Norwich City in their all-Premier League tie with Japanese forward Takumi Minamino on target twice and Divock Origi also scoring. But with most top flight teams making several changes from the first-choice line-ups, there were Premier League casualties with Everton and Watford knocked out by lower league opponents. Brandon Hanlan gave Wycombe a shock lead at Manchester City's Etihad Stadium in the 22nd minute but the hosts took a 3-1 lead by halftime with goals from Kevin De Bruyne, Mahrez and Phil Foden before running away with the game in the second half. City's rout was completed when 19-year-old

Cole Palmer scored their sixth, his first goal for the club on a night when manager Pep Guardiola gave debuts to five young products of the club's academy.

Top flight Brentford's Finnish forward Marcus Forss scored four as they crushed League Two (fourth tier) bottom side Oldham Athletic 7-0 in their third round tie. Burnley's Jay Rodriguez also claimed four goals in his Premier League team's 4-1 victory over League Two Rochdale at Turf Moor. Everton lost 8-7 in a penalty shootout at Queens Park Rangers after their game ended 2-2 following 90 minutes. Charlie Austin had scored twice for QPR to put them 2-1 up before Andros Townsend's 47th minute equaliser for Everton. In the shootout, QPR keeper Seny Dieng pushed a Tom Davies spotkick onto the post and Rangers' defender Jimmy Dunne converted the decisive penalty. REUTERS

Photo: AFP

Liverpool's Takumi Minamino

## QUIZ TIME!

**Q1:** Which footballer has scored the most goals in World Cup history?

- a. Philipp Lahm
- b. Miroslav Klose
- c. Lukas Podolski
- d. Sylwia Klose

**Q2:** In which year did Roger Federer win his first Wimbledon title?

- a. 2003
- b. 2004
- c. 2005
- d. 2006

**Q3:** Who is the highest run-scorer of all time in International cricket?

- a. Chris Gayle
- b. Sourav Ganguly
- c. Sachin Tendulkar
- d. Ricky Ponting

**Q4:** Which famous football manager once said: "I wouldn't say I was the best manager in the business. But I was in the top one"?

- a. Brian Clough
- b. Don Revie
- c. Dave Mackay
- d. Bob Paisley

**Q5:** Lewis Hamilton won the Formula One World Driver's title in 2020, but what is the name of his Mercedes teammate who came second?

- a. Max Verstappen
- b. Sebastian Vettel
- c. Sergio Pérez
- d. Valtteri Bottas



Photo: PTI

**Q6:** The Fosbury Flop is a technique used in which sport?

- a. Long Jump
- b. High Jump
- c. Pole Vault
- d. Javelin

**Q7:** Which English Football League team was given the nickname The Gas?

- a. Bristol Rovers
- b. Swindon Town
- c. Manchester City
- d. Cheltenham Town F.C.

**Q8:** Which England footballer was famously never given

a yellow card?

- a. Wayne Lineker
- b. Alan Shearer
- c. Gary Lineker
- d. George Lineker

**Q9:** Who among the following has written the book "Cricket My Style"?

- a. Sunil Gavaskar
- b. Anil Kumble
- c. Kapil Dev
- d. None of them

**ANSWERS:** 1. b. Miroslav Klose 2. a. 2003  
3. c. Sachin Tendulkar 4. a. Brian Clough  
5. d. Valtteri Bottas 6. b. High Jump  
7. a. Bristol Rovers 8. c. Gary Lineker  
9. c. Kapil Dev