



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ From interpersonal communication to strategic thinking, find out more on leadership traits that we can learn from friends
PAGE 2



➤ Know why 90-year old American composer, conductor and pianist John Williams, well-known for renditions in films such as 'Star Wars', is an inspiration for all
PAGE 3



➤ IPL 2022: Gujarat to start as favourites against Rajasthan in qualifiers
PAGE 4


STUDENT EDITION

TUESDAY, MAY 24, 2022


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

'Climate change could deplete your sleep hrs'



Have you been experiencing a non-rhythmic sleeping pattern? Is the rise in temperature giving you little relief even in fully air-conditioned rooms? If yes, you're not alone. Scientists claim that it is not your body which is reacting like this but the climate crisis making the world experience this.

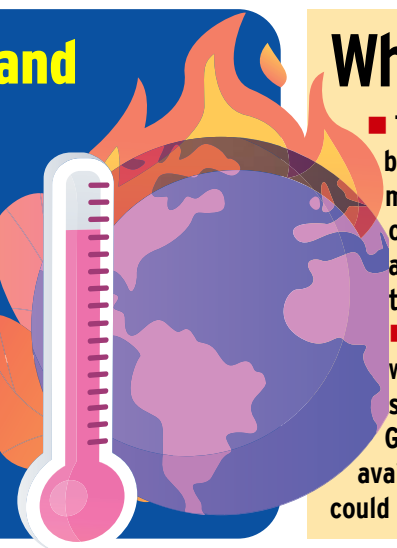
A new study has revealed that rising temperatures driven by the climate crisis are cutting down the sleep of people across the world. The study found that on very warm nights, hotter than 30°C, sleep declines at an average of just over 14 minutes. The likelihood of getting less than seven hours of sleep also increases as temperatures rise. Under normal living routines, people appear far better at adapting to cooler outside temperatures than hotter conditions, experts also said.

According to scientists, by 2099, temperatures will soar and is likely to affect up to 50 to 58 hours of sleep per person per year – just under 10 minutes per night. The losses would be felt right across seasons, social demographics, and different climates, although warmer climates may exacerbate the problem, they warn

How are climate and sleep interlinked?

1 Higher global temperatures will eat away our sleep totals because the body's core temperature needs to drop to fall asleep

2 This becomes harder to achieve as temperatures in our surroundings get hotter, say scientists



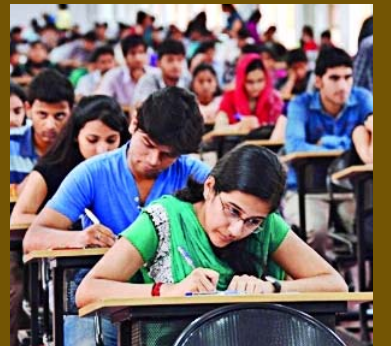
Who will be at risk

- The sleep loss per degree of warming will be about a quarter higher for women than men, twice as high for those over 65 years old, and three times higher for those in less affluent nations due to less access to electrical fans or air conditioners
- Adults in the warmest regions of the world could experience an additional seven nights of short sleep per year. Given that smartwatches are not as available in these parts of the world, that could be an underestimate, say researchers

SLEEP DEBT AND HOW IT AFFECTS OUR BODY

The lost minutes of sleep might not seem like much on a daily basis, but in the long-term, they could add up to negatively affecting human health and productivity. Even just one night of sleep loss can impact a person's mental, emotional, and physical well-being, warn health experts

IIT-JEE to go global and be open to students from 25 nations– from US to Vietnam



IIT-JEE (IIT-Joint Entrance Exam) is set to go global, with the Indian government planning to hold the exam in 25 countries– right from the US to Vietnam, simultaneously. In Kuala Lumpur and Lagos, these examinations were held last year. Earlier, with the cooperation of the Indian government, the IIT-JEE exams were held in 12 countries. The countries where the examinations will be conducted are: the US, Australia, South Africa, Singapore, China, Nepal, Indonesia, Malaysia, Bahrain, Kuwait, Qatar, the UAE, among others.

Around 3,900 Under Graduate and 1,300 Postgraduate seats will be made available for the NRIs, Indians and foreign nationals studying abroad. These seats will be reserved in top class engineering institutes of the country

Kids who play ADVENTUROUSLY may have better mental health



Children who spend more time playing adventurously may have lower symptoms of anxiety and depression, finds a new study. The study indicates that children, aged 5-11, who spent more time playing outside had fewer "internalising problems", characterised as anxiety and depression. Those children were also more positive during the first lockdown, it added. For the study, the research team surveyed nearly 2,500 parents of children aged 5-11 years. Parents completed questions about their child's play, their general mental health (pre-Covid) and their mood during the first Covid-19 lockdown.

The researchers said that the study sought to test theories that adventurous play offers learning opportunities that help build resilience in children, thereby helping to prevent mental health problems. "This is really positive because play is free, instinctive and rewarding for children, available to everyone, and does not require special skills. We now urgently need to invest in and protect natural spaces, well-designed parks and adventure play-grounds, to support the mental health of our children," they added



10-YEAR-OLD GIRL FROM MAHARASHTRA SUMMITS EVEREST BASE CAMP

A 10-year-old champion skater from Worli, Rhythm Mamania, has become one of the youngest Indian mountaineers to summit the Everest Base Camp (EBC) in the Himalayan ranges in Nepal. Rhythm had no coach or formal training, and would practise by running up and down the long flight of steps near Shastri Garden at 5.00am. Neither the perils of low oxygen at a height of 5,364m above sea level nor spells of nausea or blisters on the feet halted the determined mountain goat in her tracks. Around 1.00pm on May 6, the class five student of Met Rishikul Vidyalaya, Bandra, summited the Everest Base Camp (EBC) with her proud parents Urmi and Harshal by her side. Rhythm said, "It was my aim to reach the EBC summit, so I did not bother about the cold. I enjoy sports, and this motivated to climb the highest peak in the world," she added.



WHICH WAS THE FIRST INDIAN COMPANY TO ISSUE ESOPS?

CLUE 1: It was the first Indian IT company to be listed on NASDAQ.

CLUE 2: The finance minister of the UK is related to one of the company's founders.

CLUE 3: Even two years after starting, it didn't own a computer.

ANSWER: Infosys. The company on Sunday reappointed **SALIL PAREKH AS ITS CEO AND MD** for a period of five years, effective July 1, 2022 till March 31, 2027. Infosys, which commenced operations in 1981, did not own a computer till 1983. It listed on Nasdaq in 1999. Current Chancellor of the Exchequer of UK, Rishi Sunak is married to Akshata, daughter of Infosys co-founder N R Narayana Murthy

Marvel's 'Doctor Strange' remains atop box-office

Doctor Strange' and his multiverse got to linger a little longer atop the weekend box office as Tom Cruise and 'Top Gun' wait in the wings. Marvel's 'Doctor Strange in the Multiverse of Madness' was the top-earning film of the weekend for the third straight week, bringing in \$31.6 million in 4,534 North American theatres, according to studio estimates released on Sunday. 'Downtown Abbey: A New Era' made a strong opening showing for Focus Features with \$16 million from 3,820 theatres, but there was no real blockbuster competition for 'Doctor Strange'.



HOW INDISCIPLINED ARE WE?

A reality check

ICYMI: This article first published in 2018 talks about why indiscipline needs to be rooted out of our society. We are bringing this back from our archives as we find the talk around discipline, especially in the context of the current Sri Lanka crisis, to be relevant even today. Critics say the root of the problem lies in economic 'indiscipline' by successive governments and that the country sustained twin deficits. Read on...

Virender Kapoor

(The writer is an author and educationist)

Where are we after seventy years of freedom?

Being an independent nation for several decades, have we evolved into good and responsible citizens? The answer, unfortunately, is a resounding NO. Looking at the overall quality of life and our day-to-day activities, one feels disappointed with the scheme of things around us.

When you visit any developed country or you watch movies and TV programmes depicting how people live and behave, a question comes to your mind: ‘Why we can’t be like them?’ Do you know that, Singapore, which is one of the best, most organised, cleanest and disciplined country, got its independence on 9 August 1965, almost eighteen years after we got ours? Citizens of Europe, America, Australia, Malaysia and even recently-formed nations like Dubai and Abu Dhabi live in a highly disciplined way.

How do we behave in public places?

Let us analyse as to what we encounter the moment we step outside our homes...

ROAD DISCIPLINE: people driving on the road have no regard for others who use the same road. People overtake from the wrong side, speed and honk all the time, making every one’s life miserable. In most cases, when there is no policeman standing on the traffic signal, we have scant regard for rules and people jump a signal without bothering about the consequences.



PERSONAL SAFETY: Two wheeler drivers and pillion rider rarely use a helmet where as in all countries it is mandatory to wear a helmet. After all it is your head alone that will get bruised and smashed if you ever have an accident. Car drivers do not wear a seatbelt which is for their own safety.

PARKING MANNERS: We have little concern for others and the inconvenience that can be caused to them. People park cars and two wheelers in a very haphazard manner, on the roads and even in open parking space, where designated parking space is properly marked. They are not bothered about how the rest of the vehicle drivers will feel. If you look at any other country, the cars are parked so meticulously; in one straight line that one gets amazed at the discipline of the citizens.

GIVING WAY TO AMBULANCE: An am-

bulance carrying a sick person needs to reach the hospital quickly so that the patient is attended to immediately. Every minute matters in such cases. It is a question of life and death for the sick person. Many of us do not give way to a hooting ambulance, which is a

crime. Similarly, fire brigade vehicles also need to be given a pass immediately. **DO WE BOTHER ABOUT CLEANLINESS OF OUR SURROUNDINGS?** We always demonstrate a selfish attitude by keeping our own homes and offices clean, but never bother to make efforts to keep our surroundings and our city clean.

WHY ARE WE SO DESTRUCTIVE? Most of us indulge in damaging public property. We write a silly comment on the walls of a heritage property, scratch our names inside the trains and even lifts, we tear the seats of a public transport, or in a railway compartment. Why do people behave in such a destructive way and vandalise government property like bus stops, telephone booths or even sign boards and streetlights?

NOTHING IS ON TIME: We do not respect

time. Our trains and buses run late. Our flights get delayed and people don’t even reach their work place on time. Unfortunately, we have accepted all these shortcomings over a period of time, and have in a way learnt to live with them. Our public transport is run very inefficiently. Remember, we can create a technology, but it is ultimately used by humans who have to use this effectively.

THE JAPANESE SHINKANSEN, OR BULLET TRAIN: It is one of Japan’s most prominent technological advancement. It takes 2 hours and 25 minutes between Tokyo and Shin-Osaka, and has a top speed of 270km/hour. Did you know that bullet trains are almost never late? The yearly average delay time per train is 30 seconds! As far as safety, in its 50 years of operation, there has never been an accident-related death. They say that you can set your watch with the train’s arrival and departure timing!

Of course, all this is attributed to technology, but actually the drivers and other staff that support the way the train runs contribute hugely to the bullet train’s quality. The speed and delay is calculated at every intermediate station and speed is adjusted to ensure that the train runs efficiently.

Can we hope to have something like this in our country which can teach us discipline and national pride?

STRIKES, DHARANAS AND AGITATIONS: It is unfortunate that a lot of people in our country misuse freedom of speech and expression. Workers, students and several organisations go on strike and sit on dharnas for flimsy reasons. Instead of concentrating on studies, college students resort to agitations on campus. This neither solves the problem and nor does it help the students. This is done by a few students but the entire lot suffers in their academics and learning process.



LET US DO A REALITY CHECK

Make a group of five friends and do the following:-

1. In your respective residential areas count the number of cars that are improperly parked. Look at those which could have been parked in a better manner. Stop when you reach a count of hundred.
2. Do the same exercise for five hundred two wheelers.
3. Count fifty people who you noticed not are wearing a seat belt in the car.
4. Count fifty people who jump the traffic signal.
5. Count hundred people who were driving a two wheeler without a helmet.
6. Does it reflect on our national character? Discuss

As a group, discuss what you learnt about our sense of discipline from this survey. Also, suggest means by which things can improve. Take a pledge not to do these things ever. You can do this exercise in the class as well and make a presentation to the classmates in free time.

“It would be easier to pay off the national debt overnight than to neutralise the long-range effects of our national stupidity” – Frank Zappa

Blessed are those who don’t see a mistake as a mistake. When you make a new mistake, it is not a mistake – you have learnt a valuable lesson. But when you keep repeating the same mistake over and over, it is a big mistake.

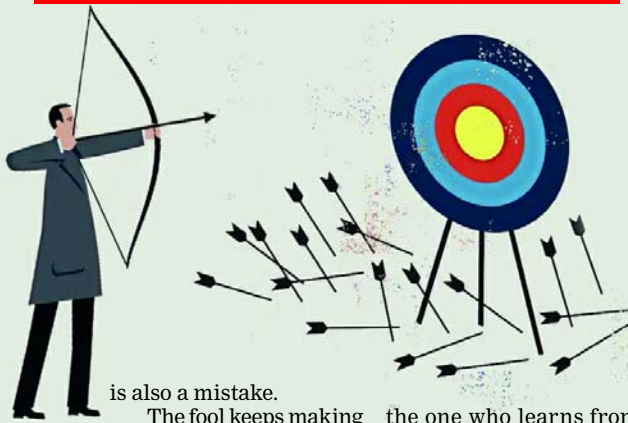
A mistake brings misery to you in the long run, so why would someone knowingly commit one? A mistake simply means you have ‘missed taking’ – a lesson that has come your way. Do not lament over it. Just learn the lesson.

It is hard not to see your own mistake. Outwardly, you may justify yourself or plead innocence to someone else, but it pricks your conscience. Do not justify yourself. Instead, feel the prick of the mistake. That takes you out of the mistake. When you point out a mistake to someone, do you see him as separate from you, or do you make him feel a part of you? Do your words add to his stress, or do they create more awareness in that person?

Often, you do not point out a mistake when it is required. This is also a mistake. Pointing it out without consideration for time and place

LEARN FROM MISTAKES

SRI SRI RAVI SHANKAR



is also a mistake.

The fool keeps making the same mistakes again and again and never learns from them. Wise is

the one who learns from his own mistakes. Wisest is the one who learns from others’ mistakes.

Leadership traits

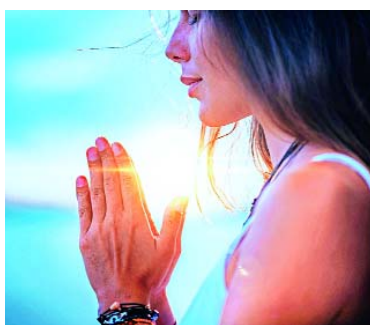


that you pick up from friends and peers

HOW TO MEDITATE

5 MEDITATION TIPS FOR BEGINNERS

Meditation is a powerful tool for harnessing overall well-being and happiness. Regular meditation practice can be an antidote to the noisiness in our lives, centering us into a more balanced place where we can access our thoughts and emotions.



Meditation requires practice and patience. Here are five meditation techniques to help start your practice:

Find a space and position. Find a quiet, distraction-free area, then settle into a comfortable position. If you want to try a classic meditation position, try the lotus position, which involves crossing your legs then placing your right foot atop your left thigh and your left foot atop your right thigh. If you need additional support, use a pillow or purchase a meditation cushion.

whereby you move your attention from one part of the body to the next, typically in the direction of head to toe (or vice versa). As you’re performing a body scan, take note of any physical sensations. This meditation technique can help address the parts of the body experiencing chronic pain or release tension brought on by stress or an intense emotional state.

Take inventory. A body scan is a popular meditation technique

Lead with your breath. Breathing is a key component of med-

itation. Take some deep breaths, expanding your belly with a rich inhale and exhaling with a slow out-breath as your belly contracts. As you breathe, concentrate on how your lungs expand, and your body relaxes as you exhale.

Let distractions come and go. It’s entirely normal for your mind to wander during meditation, especially, if you’re new to the practice. The purpose of meditation is not to stop your mind from wandering, but to notice when it does, so you can gently redirect those thoughts without any judgment or frustration.

Close your eyes. Closing your eyes during your session can help improve focus. By shutting off the flow of visual information, your other senses will heighten, and you’ll be more in tune with the sensations inside you and happening around you. Embrace all sensations with an open heart and mind.

1 VISION

Perhaps, the greatest quality any leader can have is vision - the ability to see the big picture of where the organisation or team they are working with, is headed, what it’s capable of, and what it will take to get there.



6 OPEN-MINDEDNESS & CREATIVITY

Being a good leader means being open to new ideas, possibilities, and perspectives, and understanding that there’s no ‘right’ way to do things. Leadership involves the knowledge that success comes with a willingness to change how things are done and to bring in fresh eyes to inspire new ideas, in addition to trying to think outside the box as much as possible. Leaders must be able to listen, observe, and be willing to change course when necessary.

2 INSPIRATION

Equally important as having a vision is the ability to convey that vision to others, and get the team excited. This means maintaining a positive yet realistic presence within the organisation, helping team members stay motivated and engaged, and remind them of what it is that they are working for.

3 STRATEGIC & CRITICAL THINKING

A good leader will be able to think critically about the organisation or team they work with, and develop a clear understanding of its strengths, weaknesses, opportunities, and threats (and how as a leader she/he can help people overcome them). They’ll be able to course-correct when necessary, and be able to assess the work they do to determine how it fits into overall organisational strategy and goals.

4 INTERPERSONAL COMMUNICATION

Good leaders must be able to interact with other people in a way that feels genuine. This does not mean you have to be an extrovert or a people-pleaser – there are many excellent leaders who self-identify as introverts. Rather, it means being able to demonstrate empathy, engaging in active listening, and building meaningful working relationships with those around you, whether they are a peer or a direct report.

5 AUTHENTICITY & SELF-AWARENESS

One of the key ways to become a great leader is to be self-aware enough to understand your strengths and your flaws, and to build an authentic leadership style that’s true to who you are and how you do your best work. You want to be the best possible leader you can be, not try to fit into a mold set by someone else. Try to embrace the things that make you who you are, and that will naturally translate into you developing an authentic leadership style.

Programming skills on show at IT fest



Pallavi Model School
Boduppall



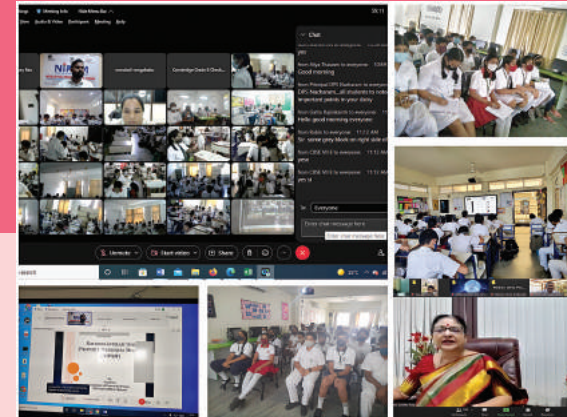
Pallavi Model School, Boduppall, hosted 'Pallavi Hackathon - the IT fest 2022' on its campus. Looking at the pace at which technology is developing, we all know robotics is going to be the ultimate development in the field.

Observing the huge buzz of robotics that is becoming a reality, the students of classes VI to IX are given the opportunity to learn robotics and further empowered to design, construct and program their robots to act independently.

The fest began by offering prayers to the almighty followed by a welcome song. The fest was inaugurated by Sushil Kumar, Director, Pallavi Group of Schools and Ramjee Palella, Chief Operations Officer at Atal Incubation Centre. The chief guests thereafter observed the various robotic models prepared by the students and appreciated the efforts put in by them and the IT department. Few of the many projects displayed were - Word obstacle plus edge detecting, Robot visitor, Counting robot, Automatic railway gate, Automatic doors sliding and Solar dual access mechanism, Humanoid robot and many others.

Students embraced the programme with an eagerness to explore. Such fests generate excitement among students for science, technology engineering and mathematics (STEM), develop creativity and problem solving skills and prepare them to excel in higher education and technological careers.

Principal T Tanuja, management, staff members and parents appreciated the efforts by all the participants and their mentors who encouraged the students to make their way to become the next generation innovators, inventors and leaders.



Session on IPR broadens student's knowledge

Delhi Public School
Nacharam

To provide the best opportunities and exposure to the students, Delhi Public School Nacharam (CBSE & Cambridge Wing) and Mahendra Hills participated in the IPR awareness programme conducted in association with NIPAM and powered by Resolute4IP, the service arm of Resolute group which was involved in the launch of IP buddy, IP mascot for Telangana in partnership with GoTS and DPS Nacharam. The session was held to raise awareness in students regarding the protection of intellectual property.

The session was convened by Vivek Raj, member, NIPAM. He shed light on the significance of holding knowledge about protection of Intellectual or Intangible Assets alongside physical properties or tangible assets. He stressed upon the fact that intangible assets like Designs, Trade Marks, Geographical indications, Copyrights, Ideas and Designs have to be

protected and patented. He explained about filing procedures, timelines, requirements and sections governing these procedures.

The two-hour session was an enriching insight into the protection of intellectual property. The students gained great knowledge through the session and 3500 students were



awarded with certificates. Sunitha Rao, Principal, DPS Nacharam, Nandita Sunkara, Principal DPS Mahendra Hills and Subhajit Saha, Head Legal & IPR Resolute Group of Companies, participated in the awareness session.

STEPPING INTO THE WORLD OF LEARNING

'Akshara Abhyasam' is a traditional ceremony where a child is initiated into the field of education. At Delhi Public School, Mahendra Hills, we follow this tradition every year, as we introduce the skill of writing to our young learners.

The ceremony was conducted in a traditional setting with flowers and an oil lamp adorning the arena and music filled the air with spiritualism with prayers to Goddess Saraswati.

Principal Nandita Sunkara blessed the students and wished them success as they took their first step into the world of writing. She encouraged the

students to master the art form with goodie bags containing colours and stationery.

Vice Principal I Sudha held the hands of the young learners to help them form their very first letter in 'akshat' and rose petals.

Further on, the students of Pre-Nursery and Nursery were given crayons and a big surface to scribble, while the students of Prep were given a chalk and slate to write.

The students were highly enthralled by the entire experience and whole heartedly accepted to step into the new world of writing.



EMMA WATSON

INSPIRING ICONS



PASSION FOR JUSTICE

Emma Watson, who played the role of Hermione Granger in the Harry Potter series, is not only a well-established actress but also an activist. She was named a UN Goodwill Ambassador in 2014. She has actively voiced for gender equality at workplace. What I find interesting and inspiring is that she is known to

leave books in public places to encourage people to read, launching an international project called The Book Fairies. Because of all these significant steps she has taken at such a young age, Emma Watson is a role model for me.

M MOKSHA, class IX, Sister Nivedita School, Hyderabad

TALASANA – THE PALM TREE POSTURE

I lift myself up; committing not to be swayed by the tides of the world.

The form of this asana and the movement involved is based on a palm tree. The immense flexibility without falling is a quality that needs to be developed within us, both physically as well as psychologically through the practice of this asana.

STARTING POSITION:

■ Stand erect with your hands at your sides, shoulders relaxed but squared, chest lightly expanded and abdomen held firm but in normal contour. Keep your feet parallel to each other maintaining a one-foot distance between them.

■ Avoid a forward or backward stance. Focus your eyes at one point straight ahead.

STEPS:
■ While inhaling, raise your right arm forwards and upwards towards the ceiling, simultaneously rising up on the toes in a synchronised manner.
■ Retain the position and hold your breath for six seconds.

■ The arm must be close to your ear in the final position. The other arm is straight but relaxed by the side. Ensure both your arms are straight but not stiff.

POSTURE RELEASE

■ Turn your palm to face outwards and while exhaling, keeping your arm straight, bring it down through a backward and down-

ward rotational movement. Simultaneously, lower the heels to assume the starting position.

Note: During completion of this movement, your hand must reach the side of your thigh and your feet must touch down at the same time.

Repeat the above steps with your left hand.

CONTRAINDICATIONS

Spinal injury and abnormalities, frozen shoulder and arthritis, hypertension and serious cardiac complaints, muscular and nervous agitation.



BENEFITS

- It influences the health of your entire body.
- It alleviates various diseases linked to the digestive system, improves the vital capacity of your lungs and quality and circulation of blood.
- Gives you poise, mental as well as physical. Increase concentration, optimism and self-confidence and improves emotional strength and spiritual growth.

Courtesy: The Yoga Institute Estd in 1918, Santa Cruz, Mumbai.

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

Time to stop desertification of soil

Akshara Vagdevi International School
Hyderabad

The quality of soil across the world has become poor and is on the verge of becoming a desert due to depletion of organic content. Trees are being cut and millions of animals are being exported from the country.

It is said that each year, about 60 billion tons of topsoil is eroded globally. Much of this is human-induced. The use of conventional, intensive agricultural techniques reduces the soil's resistance to erosion.

Healthy soil is the basis for healthy habitats for all living beings. It provides food, clean water, raw materials and various ecosystem services. Soil erosion can also cause significant losses in biodiversity; damage to urban and rural infrastructure and, in severe cases, lead to displacement of human populations.

In fact, soil pollution can lead to the emergence of new pests and diseases due to the change in the balance of ecosystems, causing the disappearance of predators or competing species that regulate their biomass.

Soil degradation reduces agricultural yields and threatens farmers'



livelihoods. Soil that has been leached of its nutrients cannot support crops, or plants that prevent desertification. Healthy soil is essential to ensure a steady supply of food and biodiversity. Soil just needs a little support. If we give it that little support, it will bounce back. We can definitely create tree cover, and tree cover cannot happen unless we move into tree-based agriculture. We endeavour to extend the lifespans and health of our soils, before it is too late.



regulates the climate and provides us with a variety of nutrients.

Currently our biodiversity is rapidly depleting and it is important that we contribute to protect it, even in a small way. We can start off by shopping in zero waste shops as much as possible instead of supermarkets. By hanging bird houses in our balconies, we could be helping rare species of birds without even realizing it, and last but not the least, reduce plastic usage! Let's protect this planet together.



Satvi Sarvajeta, class X-B,
Gitanjali Devshala
Hyderabad

LET US NOT LOSE THE RICH BIODIVERSITY AROUND US

The International Day for Biodiversity is an occasion that makes us pause and rethink various aspects of earth and our living.

Biodiversity refers to the idea of living variation, from genes and traits, to species and ecosystems. Recently, I had gone on a vacation to Darjeeling where I found a wide variety of plants and animals. Most of the high-altitude medicinal plants there were rare and the endangered species needed to be protected. Factors like complex terrain system, high

humidity, varied aspects and abruptness of altitudinal variation are few of the factors that contribute to this immense wealth of biological resources.

Biodiversity immensely affects our way of living. A good ecosystem helps keep our water clean, our air purified,

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GT HOLD EDGE AGAINST RR

GUJARAT TO START AS FAVOURITES AGAINST RAJASTHAN IN QUALIFIER 1

Equipped with a lethal bowling attack and boasting a number of quality finishers, debutants Gujarat Titans will start as favourites against spin-heavy former champions Rajasthan Royals when the two teams' face-off in the first IPL Qualifier, on Tuesday.

ENSURING TOP FINISH

Captaining a team in the IPL for the first time ever, a fit-again Hardik Pandya has been a revelation this season as he led from the front with both bat and ball to ensure a top finish in the league stage. Apart from firing at number 4, Pandya has used his resources well, be it the death bowling of wily Rashid Khan or making his batting exploits count to go alongside the fiery duo of David Miller and Rahul Tewatia. Every little thing has fallen in place.

Their weak link was their top-order batting with highly-rated Shubman Gill failing to convert his starts but the addi-

tion of veteran Wriddhiman Saha has done wonders for the team.

A SPIN-HEAVY ATTACK

The Titans had defeated the same opponents by 37 runs in the league stage but the inaugural edition champions have a spin-heavy attack to go with rich experience and they might prove to a tricky customer. The Titans also have looked vulnerable as they suffered three defeats in last five matches, including an eight-wicket thrashing by Royal Challengers Bangalore in their previous outing, which would mean that the Pandya-led side has to step up.

Three of Titan's four defeats, and four of Royals' five losses have come while setting up a target as the toss would also be a key area of concern. The Sanju Samson-led outfit boast of both the Orange and Purple Cap holders this season - Jos Buttler and Yuzvendra Chahal. The fact that the loser of the Qualifier One will get a second shot at making the final will give both the teams some breathing space. **AGENCIES**

Saha, who has been making headlines since he was axed for Team India, will look to make a point as he, along with Bengal teammate Mohammed Shami, play in front of their home crowd again.

QUALIFIER 1



VS



MAY 24

7.30 PM

Eden Gardens, Kolkata



Captaining a team in the IPL for the first time ever, a fit-again Hardik Pandya has been a revelation this season as he led from the front with both bat and ball to ensure a top finish for his team in the league stage

Yuzvendra Chahal

Photo: PTI

VILLARREAL WIN 2-0 AT BARCELONA

QUALIFY FOR EUROPA CONFERENCE LEAGUE

Goals from Alfonso Pedraza and Moi Gomez earned Villarreal a 2-0 win at Barcelona on Sunday to secure a spot in the Europa Conference League after finishing seventh in LaLiga.

ONE POINT AHEAD

After reaching the Champions League semi-finals this season, knocking out former champions Juventus and Bayern Munich on the way, Unai Emery's side entered the final week of the season in danger of missing out on European competition completely. With the top six already determined, Villarreal started the day in seventh, one point ahead of Athletic Bilbao who were playing at fourth-placed Sevilla at the same time on Sunday. They needed to win at Camp

Nou to guarantee qualification against a second-placed Barca side who had nothing left to play for and put-up little fight.

SEALED THE VICTORY

Pedraza scored the opener in the 40th minute with a precise shot after receiving a fine through ball from Dani Parejo and Moi Gomez sealed the win in the 54th, striking powerfully home from close range after Adama Traore made a mistake while trying to clear the ball from his own area. Athletic ended up losing 1-0 to Sevilla to finish in eighth place, four points behind Villarreal. Betis and Real Sociedad finished fifth and sixth to qualify for the Europa League. Champions Real Madrid, Barcelona, Atletico and Sevilla qualified for the Champions League. **REUTERS**

Photo: AFP

Photo: GETTY IMAGES

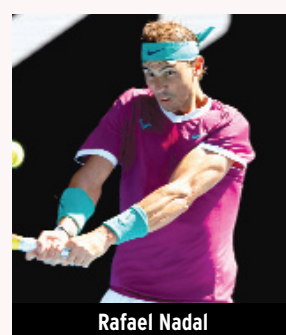
JOKER, NADAL LAUNCH FRENCH OPEN BIDS, SWIATEK HOPES STREAK

Defending champion Novak Djokovic and 13-time French Open winner Rafael Nadal start their Roland Garros campaigns on a star-studded Monday, while women's favourite Iga Swiatek begins her quest for a second title in three attempts.

Unseeded Naomi Osaka faces a tough first-round test as she returns to Paris a year on from her dramatic withdrawal after she was fined and threatened with a Grand Slam ban for refusing to honour media commitments.

Djokovic plays Yoshihito Nishioka of Japan in the first of 10-night sessions - introduced at Roland Garros last year when a pandemic curfew saw most late matches played in front of empty stands.

It is the world number one's first Grand Slam match



Rafael Nadal

Photo: AFP

since his high-profile deportation from Australia. He won his first title of the year at the Italian Open earlier this month.

"I feel I am always in that contention to fight for any Grand Slam trophy," said Djokovic, who is seeded to meet Nadal in the quarterfinals and Spanish teenager sensation Carlos Alcaraz in the last four. **AGENCIES**

MAN CITY WIN 6TH EPL TITLE

IN A DRAMATIC FINALE TEAM CLINCH TROPHY

Manchester City scored three goals in five minutes to turn around a tense and dramatic season finale and clinch a sixth Premier League title in 11 seasons, rallying to beat Aston Villa 3-2 and hold off Liverpool's challenge on Sunday. After starting the day in first place, City was at risk of a historic choke when it conceded twice to trail 2-0 at home to Villa.

UNBELIEVABLE GAME

Ilkay Gundogan's header began the comeback in the 76th minute and Rodri equalized two minutes later by placing the ball through a tight gap into the bottom corner. The Etihad Stadium erupted in celebrations in the 81st when Gundogan tapped in Kevin De Bruyne's cross. "It was an unbelievable game," Gundogan said. "We are hu-



Manchester City's Fernandinho lifts the trophy as he celebrates with teammates after winning the Premier League

Photo: REUTERS

man beings and, after going 2-0 down, the chances were just very small. But we had to do the simple things and scoring two goals with 10 minutes to score the third one gave us the right lift." The importance of that goal became clearer moments later. Liverpool had been locked at 1-1 against Wolverhampton but Mohamed Salah then put the second-place team 2-1 in front in the 84th minute. That score line would have taken Liverpool into first place had City not just mounted its fightback to take the lead. City retained the trophy by a single point after the 38th and final game in a manner that was more jittery than expected, as City had a 14-point lead in January.

READY FOR NEXT SEASON

City has already reinforced its attack for next season, with a deal clinched with Borussia Dortmund to sign Erling Haaland for 60 million euros (\$63 million), adding one of Europe's most exciting forwards into the squad. Still, concerns remain for rights activists and rivals about the club's Abu Dhabi ownership and its actions. **AGENCIES**

MILAN SECURE 1ST SERIE A TITLE IN 11 YEARS

■ The city of Milan was swarming with a sea of celebrating red-and-black fans as AC Milan secured its first Serie A title in 11 years on Sunday with a 3-0 win at Sassuolo.

■ Thousands of supporters in the team's colors had started gathering in Milan's Piazza del Duomo, in front of the iconic cathedral, even before the Rossoneri clinched its 19th scudetto.

■ It was the man who thrives on big occasions who helped Milan, as veteran forward Olivier Giroud scored twice to set his side on for a win.

■ Rafael Leão set up all three first-half goals. The 22-year-old Leão was presented with the Serie A Player of the Season award after the match.

■ "I'm a different player now, with more maturity, with more confidence and with the responsibility of making a difference," Leão said. "That's what I did, what was important was to win the scudetto."

■ The result meant Milan finished two points ahead of defending champion, and city rival, Inter Milan, which won 3-0 at home to Sampdoria.