



# THE TIMES OF INDIA

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**Your Weekender**
**TODAY'S EDITION**

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**STUDENT EDITION**

SATURDAY, FEBRUARY 26, 2022

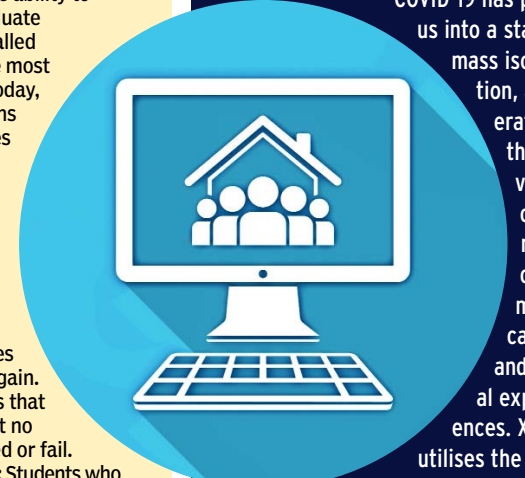
**THE TIMES OF INDIA**  
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 Newsmagazine

**LATEST BUZZWORDS EXPLAINED**

## EXTENDED REALITY (XR)

**E**xtended reality (XR) is one of the most impactful computer science buzzwords you'll encounter in 2022. XR is an emerging umbrella term for all the immersive technologies. The ones we already have today—augmented reality (AR), virtual reality (VR), and mixed reality (MR) plus those that are still to be created. All immersive technologies extend the reality we experience by either blending the virtual and “real” worlds or by creating a fully immersive experience. Now, it's time to embrace a whole new virtual realm.

COVID-19 has placed us into a state of mass isolation, accelerating the value of remote communication and virtual experiences. XR utilises the best elements of AR and VR, using headsets and specialist tools or equipment to simulate face-to-face interaction for indefinite periods of time. The other reason that XR is so powerful is that it will empower people to conduct experiments, provide services, and perform testing in a safe, secure environment from anywhere on the planet. You're almost certainly already using at least one XR application regularly: Google Maps. Street view is technically XR, as is the satellite view you can use during navigation. In the future, you'll see XR pop up in sports and in healthcare (showing your path through the hospital to the X-ray department). In education, virtual field trips will broaden young horizons in new, exciting ways.



Pics: Istock

**CLICK HERE: PAGE 1 AND 2**
**FITNESS**

## A PLANK A DAY

**W**hen it comes to fitness, the simpler routines are the best. A reason why planks are the current 'it' but least talked about exercise routines. “It has to be the most easy-to-do exercise – requires no equipment, not even a mat. You can do it anywhere, anytime,” says Mumbai-based trainer Pankaj Chandila.

**PLANK FOR YOUR CORE**

Yoga fans, crossfitters and even gym-goers can sing paeans to the plank. It's an age-old exercise that's gained new popularity thanks to the resurgence of body-weight exercises. “No other exercise – neither ab crunches nor sit-ups or leg raises – activates your core like the plank,” explains Chandila. A one-minute plank is enough to activate the entire core – from the superficial six-pack to the deepest parts of the core along with the whole spine.

Ever since functional fitness has become the buzzword, the core has become the fitness focus. Functional movements are highly dependent on this part of the body, and lack of core muscular development can result in injuries.

**CAN I PLANK, PLEASE?**

Unlike other exercises that come with caveats and rules, the plank can be done by almost anyone. However, people with lower back issues should take it easy by doing it with knees on the ground, says Chandila. According to the American College of Sports Medicine (ACSM) guidelines, the test for a person's core is if he/she can hold a plank for a minute. As a beginner, start with a 20-second hold and build up to a minute-hold. The ideal daily plank hold will be 2-2.5 minutes.

Once you achieve the perfect plank, try the variations – elbow planks (most common), high planks, side planks and plank raises – the plank is more than just one exercise. In fact, a 2-hour workout can be planned around the plank. It helps in weight loss and toning too.

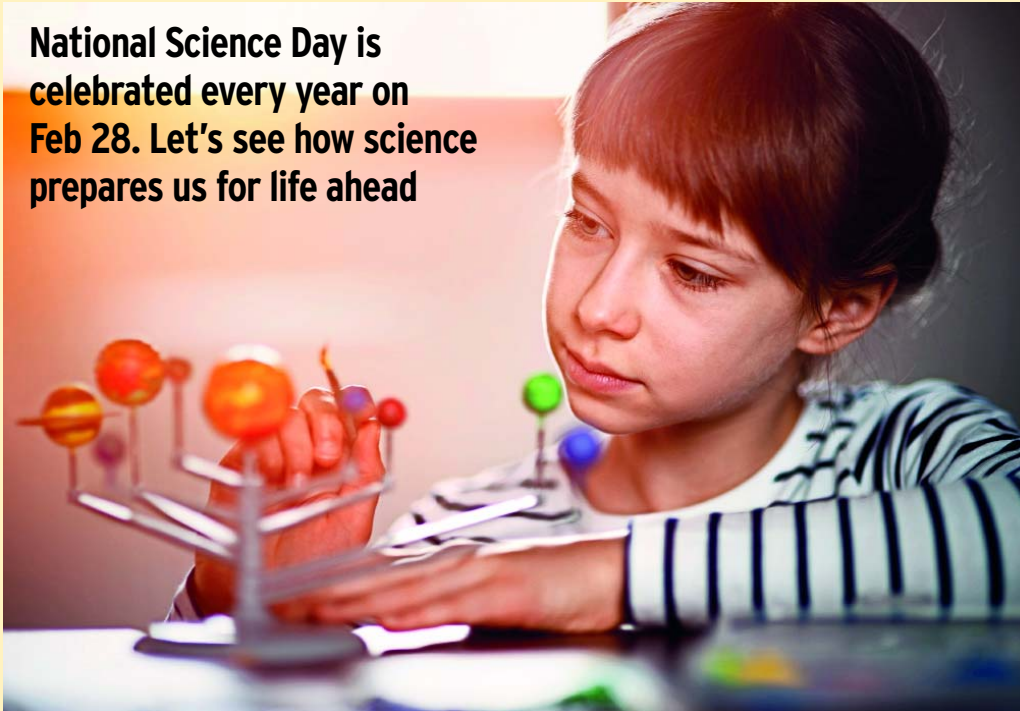
– NUPUR AMARNATH

**HOW TO PLANK**

- Start with a stable surface, no uneven ground. You don't need a mat but make sure your foot isn't sliding.
- Place your elbows down right under your shoulder and they should be shoulder-width apart.
- The centre of gravity is under the belly and the hips are tight.
- Do not contract your shoulder muscles.
- Neck has to be in line with the spine.
- Don't arch the back or tilt your weight to your stronger side, a common practice.


**NATIONAL SCIENCE DAY**

National Science Day is celebrated every year on Feb 28. Let's see how science prepares us for life ahead



## Life skills that SCIENCE TEACHES US

**W**hether you realise it or not, science is everywhere! Right from your school bus to the systems of roads, lights, sidewalks and other infrastructure are carefully designed by technology experts, civil engineers and planners. Whether “natural” or human-derived, every aspect of a student's life is filled with science – from their own internal biology to the flat-screen TV in the living room. When you teach kids science, you're teaching them life skills. The term life skills was first coined by countries to describe outcome-based

education (e.g., preventing disease, avoiding conflict). Now, academics, psychologists, and scientists use it to include overcoming daily challenges. Science is one of the most important subjects in school due to its relevance to students' lives and the universally applicable problem-solving and critical thinking skills it uses and develops. These are lifelong skills that allow students to generate ideas, weigh decisions intelligently and even

understand the evidence behind public policymaking. Here are some ways in which science preps us for the road ahead:

**1 QUESTIONING:** When you stop asking questions – that's when you stop learning. It's what makes childhood so magical. Science is what it is today because a whole lot of people asked a lot of various questions. Science encourages children to never stop asking questions and inspires individuals to become life-long learners.

**2 CRITICAL THINKING:** Science teaches kids the ability to objectively evaluate information – also called critical thinking. The most important life skill today, critical thinking opens up thought processes that are vital for cognitive development.

**3 CONSTANTLY LEARN AND IMPROVE:** Scientists are constantly proving and rejecting theories and trying all over again. Science teaches kids that learning is important no matter if you succeed or fail.

**4 COMMUNICATE:** Students who present effective science projects know it's not just about creating colourful graphics and charts. They must be able to clearly explain what they did, why they chose that problem and how they solved it.

**5 PROBLEM SOLVING:** Teaching students how to think through a problem, step by step, is a skill students will need throughout their lives. Students create science projects by using the scientific method, a process which begins with the development of a hypothesis. Students may learn the most from the challenges that arise during experimentation.

– SUPRIYA SHARMA


**FASHION**

## A brief history of the BLUE JEANS FOUNDER

February 26 is the birthday of the inventor of modern-day denim, Levi Strauss. We look at some interesting facts about him and his invention that redefined casual dressing for centuries

**LEVI STRAUSS**

**Born:** February 26, 1829  
**Birthplace:** Buttenheim, Germany  
**Died:** September 26, 1902 (aged 73)  
**Nationality:** German  
**Claim to fame:** Inventor of modern-day jeans



cowboy. In the 1930s, Vogue gave its seal of approval, calling jeans “Western chic”.

**Enter James Dean**

It wasn't until the 1950s that jeans came to be associated with rebellious, anti-establishment youth courtesy of Marlon Brando and James Dean. Soon, rock 'n' roll stars made it cooler. And in the 1960s and early 1970s, the hippies and the anti-war protestors took over. Feminists and women's lib supporters used it as a symbol of gender equality. By the 1960s, jeans became counterculture.

**High Fashion Took Note**

By the late 1970s and early 1980s, Fiorucci's Buffalo 70 became popular with the Studio 54 set and the fact that it cost

more than what working class could afford made jeans break its work-wear image.

In 1976, Calvin Klein showed blue jeans on the runway – the first designer to do so. Yves Saint Laurent told New York Magazine in November 1983, “I have often said that I wish I had invented blue jeans. They have expression, modesty, sex appeal, simplicity – all that I hope for in my clothes.”

**And Then Came Distressed Denim**

The 1970s was a period of cultural angst and youthful rebellion. The early punks were highly influential in fashion. They tore apart consumer goods as an expression of their anger towards society, and denim became a key part of this political statement. The rips signified rebellion. Celebrity devotees included Iggy Pop and Madonna.

**Distressing for the environment, too**

It reportedly takes up to 10,000 litres of water to produce a pair of jeans. The dyeing consumes water. There is intensive use of chemical dyes in the production of distressed denim. It is subjected to several chemical washes. There are serious health risks to workers through exposure to harmful chemicals that are used to spray on the material in pursuit of an “acid wash”.

In 1936, a label was sewn onto an item on clothing for the first time. It was a red flag sewed next to the back pocket of a pair of Levi's

[Nupur.Amarnath@timesgroup.com](mailto:Nupur.Amarnath@timesgroup.com)
**A Brief History of Jeans**

The word “jeans” was used in the 1800s in reference to a twill cotton cloth used for trousers. But the textile became the name of the garment. Research on the trade of jeans fabric shows that it emerged in the cities of Genoa, Italy, and Nîmes, France.

**Enter Levi Strauss**

The most recognisable, classic jeans were patented in 1873 by Jacob Davis, a tailor, and Levi Strauss, owner of a wholesale fabric house in San Francisco. It was especially popular with the miners and labourers who appreciated the copper rivets used to reinforce the pockets.

Actually Davis was the inventor of jeans. It all started in 1871, when the pants Davis was making for miners (during California Gold Rush) weren't tough enough to stand up to the conditions in local mines; among other issues, the pockets and button fly were constantly being torn. He looked at the metal fasteners he used on harnesses and other objects and came up with the riveted trousers. Davis realised he needed to protect his idea. But lacking the money to file documents, he turned to Levi Strauss, a German immigrant who had recently opened a branch of his family's dry-goods store in San Francisco, and the



**PANTASTIC:** Californian miners were the first ones to wear Levi's jeans

225 pairs of jeans can be made from just one bale of cotton

May 20th is regarded as the birthday of blue jeans, since it was the day when Levi Strauss patented his idea

Pics: Levi Strauss from Wikipedia (Public Domain) Created: before 1902; Miner pics from official site: www.levi.com

**BEAUTY**

## Good skin from THE INSIDE OUT

Adult acne is hounding an increasingly large number of people. What's the solution you ask? Look at the end of your fork.

[Supriya.Sharma2@timesgroup.com](mailto:Supriya.Sharma2@timesgroup.com)

**A**cne isn't a teenage concept alone. It could happen to anyone, at any given point of time in their lives, depending on what they have been feeding their bodies. While hormonal imbalance is identified as a key cause of acne, rarely is the question asked - why is this imbalance occurring, and what can be done to restore balance?

**ELIMINATE THE FEEDERS**

**Sugar:** Scientists believe that following a low-glycemic diet may reduce acne because this diet eliminates spikes in your blood sugar. When your blood sugar shoots up, it causes inflammation throughout your body. These spikes also cause your body to make more sebum, an oily substance in your skin. Both inflammation and excess sebum can lead to acne. So sugar is definitely out.

**Dairy:** Dairy and sugar work as partners in crime when it comes to destabilising hormones. Both cause spikes in certain pimple-producing hormones. Dairy boosts insulin levels, just as foods that quickly raise blood sugar. So ideally a whole foods, low-glycemic load diet compared to a high sugar fast food diet could solve the acne problem to quite an extent.

**Food allergies:** Thirdly, identify and eliminate foods that you are allergic to. Delayed food allergies are among the most common causes of acne – foods like gluten, dairy, yeast, and eggs are common culprits.

**GET YOUR NUTRITION FIX**  
 Nutritional deficiencies as well as excesses can worsen acne. Correcting common deficiencies

**STRESS IS NEVER GOOD**

Acne is stressful and that stress further adds to the acne. It is fodder for more sebum and skin cells and bigger breakouts. Chronic stress causes acne flare-ups by increasing oxidative stress and depleting natural minerals which help control acne. Stress also causes poor dietary choices and brain fog. Learn to destress through meditation, yoga or aromatherapy. Lastly, but most importantly, choose your skin products wisely. Go for everything sustainable and non-toxic.



including low levels of healthy omega-3 anti-inflammatory fats, low levels of antioxidants such as vitamin E, zinc, and vitamin A, may be helpful in preventing and treating unwanted pimples. Inflammation has been linked to acne, and anti-inflammatory omega-3 fats (from fish oil) may help improve acne and help with many skin disorders. Tank up on antioxidants. Also, certain foods are believed to be anti-acne foods like fish oil, turmeric, ginger, green tea, nuts, dark purple and red foods such as berries and eggs.





## JOG YOUR MEMORY

PICS: ISTOCK



suggesting that sugar and processed foods, which feed bad bacteria in our gut, lead to inflammation not only in the body, but in the brain. While you may not want to skip your favourite goodies entirely, experts recommend eating a variety of fruits, vegetables and gut-friendly yogurt every day.

## DO NOT STRESS

Constant influx of information via messages, emails and internet can cause brain fatigue. Do not tax your mental reserves by working long hours. Take frequent breaks to stretch and hydrate.

## PLAY SOME BRAIN GAMES

Turn off the mind-numbing TV for an hour and play solitaire. Do a crossword, or play a board game (preferably one with a memory element). Even learning something new — as long as it's engaging and not stressful — can give your brain a much-needed tune-up.

## STICK TO A SLEEP ROUTINE

Try as much as possible to go to bed and wake up at the same time every day. Avoid erratic sleep schedules to help regulate your internal clock.

## REDUCE YOUR CAFFEINE INTAKE

We all seem to run on caffeine, and even though it wakes us up, it could contribute to insomnia, stress, anxiety, and even full-blown panic attacks. By drinking your coffee early and experimenting with 'cut-off times', you could greatly improve your sleep habits.

# Struggling with BRAIN FOG?

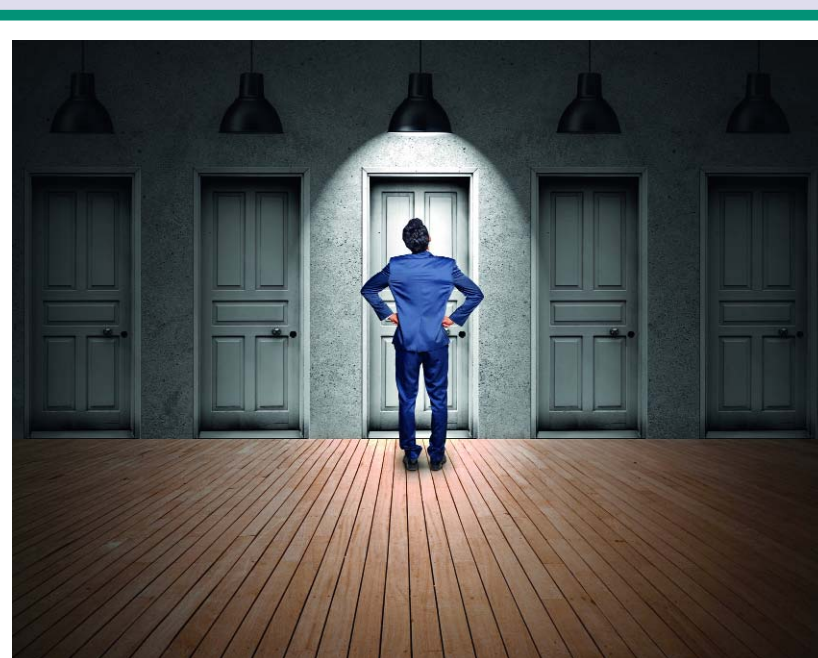
## HERE'S HOW TO CLEAR UP YOUR MIND...

**W**hat is brain fog exactly? The best way to describe it is when you really just don't feel like yourself. It's actually your brain's way of telling you that something isn't optimal. It can unfold differently for different people. It could be trouble bringing words to mind, a gray mood, low energy, or forgetfulness. The good thing is that you can do simple things to clear up this fog:

Multitasking can drain your energy and lower your productivity, especially, if you're trying to do two activities that require conscious thought. Try focusing on one thing at a time

## EAT LESS SUGAR

There is a ton of emerging research



# THE DOORWAY EFFECT

Why do we blank out as we walk through a door and enter another room?

**W**e have all had those moments when we have walked into a room at home and completely forgotten what we were going to do. During the COVID 19 pandemic, you may have noticed it happening more frequently while you have been studying/working from home. While you may think that it is the start of you losing your mind, you should be happy to know that it can happen to the most brilliant person with the best memory; in fact, it happens to everyone! It even has a name - 'the doorway effect'.



behind this phenomenon, but psychologists believe that passing through a doorway and entering a different room creates a mental block in the brain.

This hypothesis is supported by a study on memory, which demonstrated that people passing through doorways experienced a 'divide' in their memory. In addition, walking through open doors is thought to reset memory to make room for the emergence of a new episode.

However, further digging into the subject reveals that it's not so much the doorways that cause a memory wipe, as moving from one location to a significantly different one - it's the abrupt change of scene that primes our minds to receive something new.

If you really want to avoid forgetting what you went into a room for though, your best bet is to keep your task at the front of your mind until it's done.

## IS IT JUST DOORS?

New research from Psychology Professor Gabriel Radvansky at University of Notre Dame suggests that passing through doorways is the cause of these memory lapses. There is no concrete explanation

## THINKING OUT ALOUD



# HAVE YOU TRIED SOME DISTANCED SELF-TALK?

Till few years ago you would have come across as crazy for talking to yourself. Now, self-talk is one of the most effective tools to thrive at work, home or play

**W**e all do some self-talking from time to time. It could be engaging in negative self-talk when faced with a particularly challenging task - by telling ourselves that we are "not good enough" or "unable to cope". On the other hand, we might turn to positive self-talk to comfort ourselves in a tricky situation - perhaps by telling "you can do this" or "all you can do is your best". The neuroscience of self-talk shows that the way we use our inner voice makes a difference in our stress level, how we respond to setbacks and the degree to which we thrive in our careers.

The practice of talking to yourself goes by many names. Some call it self-talk. Others refer to it as inner dialogue, inner monologue or inner speech

The real game changer here is talking to yourself in the third person. A study at Michigan State University found that brain scans of people using third person self-talk while watching disturbing images (such as a man holding a gun to their heads) were better at regulating their emotional distress, and their distress decreased when they referred to themselves in the third person. As psychologist Noam Shpancer describes in *Psychology Today*: "In simple terms, the technique involves reflecting on your stressful experience from an outside perspective." This helps foster psychological distance, a phenomenon that leads to better emotional regulation, self-control, and even wisdom.

## COPING MECHANISM



# THE SCIENCE BEHIND PROCRASTINATION

**P**rocrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. Some researchers define procrastination as a "form of self-regulation failure characterised by the irrational delay of tasks despite potentially negative consequences".

- Overestimate how motivated they will be in the future
- Underestimate how long certain activities will take to complete
- Mistakenly assume that they need to be in the right frame of mind to work on a project

## STUDENTS LOVE TO PROCRASTINATE

Researchers suggest that procrastination can be particularly pronounced among students. A 2007 meta-analysis published in the Psychological Bulletin found that a whopping 80% to 95% of college students procrastinated on a regular basis, particularly when it came to completing assignments and coursework. According to researchers, there are some major cognitive distortions that lead to academic procrastination. Students tend to:

## EMOTIONS OVER MIND

Prof. Tim Pynch, from Carleton University, Ottawa, who has been studying procrastination for the past few decades, believes it is a problem with managing emotions rather than time. He calls it an emotion-focused coping strategy. "This study provides physiological evidence of the problem procrastinators



# HOW TO BEAT IT

**Write a list of tasks** but break it down into smaller, more specific ones. This makes it easier to act on the task at hand and complete it.

**Change Your Environment.** Different environments have different impact on our productivity. Look at your work desk and your room. Do they make you want to work or do they make you want to snuggle and sleep? If it's the latter, you should change your workspace.

**Try to minimise interruptions** like email notifications. Putting your phone on 'airplane mode' or going somewhere to work where you won't be disturbed will also help.

**Get under the hood.** Sometimes, it can be helpful to understand exactly why you've been procrastinating a specific task. Are you afraid of something? Identifying your fears can help you realise the monsters in the closet aren't as bad as you think.

**Have a support system.** Try to make sure you've got someone to help you. Whether it's a co-worker, a parent or a sibling - just find someone that can check in on you every once in a while. It'll keep you in line and make it difficult to stray off your path.



# HOT NEW RELEASES

These books will make for excellent reading, so get those cozy blankets ready!

## YOUNG READERS

**SERVICE WITH GURU NANAK** | Chitwan Mittal and Sarita Saraf (illustrations by Debasmitta Dasgupta)



Featuring simple text and eye-catching illustrations, this book introduces children to the various ways they can serve their friends, family, and environment in their daily lives. Ideal for reading aloud to toddlers (ages 2-4) and a good starter book for readers (4-8 year olds).

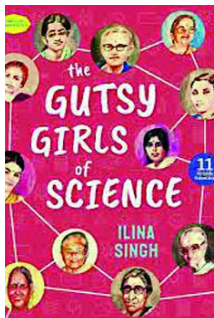
**WHO IS AFRAID OF Z? NOT ME!** | Lubaina Bandukwala (Illustrated by Allen Shaw)



An playful story about 'Z' who is understandably annoyed as he is constantly underrated. He is on a quest to claim his spot in the sun, and while doing so, befriends a little girl. This "zany story told with catchy rhythm, rhyme and alliteration" is too quirky to miss.



**STAR FISHING** | Sang-Keun Kim  
This charming night time story from award-winning South Korean author-illustrator Sang-Keun Kim is about a sleepless youngster who wonders if he's the only one awake at night comes. While wandering around the little boy meets a huge bear, a little bear, a fox, a crab, and a bunny, and all of them are eager to accompany him on his star-chasing expedition. Kim's delicate pictures can easily fill a baby nursery's walls, and the minimal language makes book easy to read "just one more time" before night.



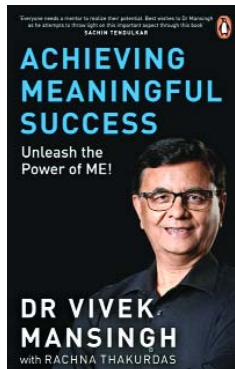
**THE GUTSY GIRLS OF SCIENCE** | Ilina Singh  
Would you believe it if we told you that the author of this book is a school student studying in class XI and currently preoccupied with exams? And yet here she is ready to make her mark in a book where science meets art. Singh, who thinks of herself as "an artist who loves science" presents 11 gutsy women scientists: from cytogeneticist Archana Sharma and botanist Janaki Ammal to mathematician Raman Parimala, physicist Bibha Chowdhuri, chemist Asima Chatterjee and several others — and their contribution to the world of science.

While a high value is placed on men-

Afghan women's short fiction in which 18 women share their stories of family, employment, childhood, friendship, war, gender identity, and cultural traditions that are both distinctive and yet universal.

This book introduces outstanding voices from the country's two main linguistic groups (Pashto and Dari), each with its own unique, important, and unexpected stories to tell. According to the book description, this collection introduces extraordinary voices with original, vital and unexpected stories to tell, developed over two years through Untold's Write Afghanistan project.

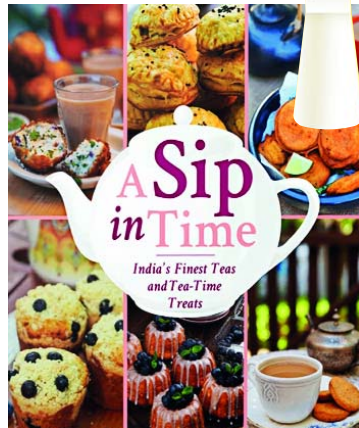
**ACHIEVING MEANINGFUL SUCCESS: UNLEASH THE POWER OF ME!** | Dr Vivek Mansingh with Rachna Thakurdas



who are ready shine the light and guide students/readers is a welcome change. Dr Vivek Mansingh is an award-winning professional who wants to "positively impact millions towards success by helping them become the best version of themselves". The book focuses on helping you realise your goals/aspirations and how to become the best version of yourself to realise them. A highlight from the book is the multiple interviews from successful people — Ratan Tata, Narayan Murthy, Kiran Majumdar, John Chambers, Dr Devi Shetty, Rahul David, Prakash Padukone, Ramesh Ramanathan — who share their mantras.

**A SIP IN TIME** | Pallavi Nigam Sahay

Pallavi Nigam Sahay — a well-known chef and tea connoisseur — offers an interesting exploration of various kinds of Indian tea, their histories, and the unique qualities that make them coveted around the world based on her own explorations.



**THE MANTRA AND MEANING OF SUCCESS** | Rajesh Talwar

A prolific author of over 31 books in fiction and nonfiction genres, Rajesh Talwar offers tips to attain success using four different theories; and tells readers how they can learn



to enjoy their success. A book that promises to serve both sides: those who are looking to be successful; and helping successful people learn how to handle it.

# SHINE

Here are a few books that can help you improve yourself now that you are back to school, and the competition to be the best, is back on!



**TREASURE YOUR TIME**

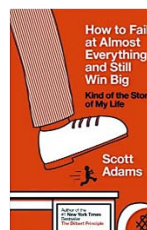
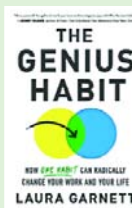
Have you ever noticed when you're most productive. Do you get twice as much done in the mornings? Or do you get your second gush of energy after dinner? To master time management, especially, with the exam season on — identify the times

when you do your best work and carve out an hour or two every day to get a lot done in that time frame. See if you can 'block' your schedule and accomplish brief chunks of focused work. Then, take breaks to recharge.

In 'The Pomodoro Technique' author Francesco Cirillo outlines his technique which includes planning the day's tasks, measuring your efforts, logging your daily actions, analysing what you've done, and seeing places for growth

**KNOW THYSELF**

One of the most important tenets of being confident comes from knowing yourself. Socrates, the Greek philosopher, famously said that a life without examination was not worth living. When asked to summarise all philosophical commandments, he responded, 'Know yourself'. This has worked as a clarion call for many successful leaders, including Warren Bennis, Stephen Covey, and Daniel Goleman. Everyone is a genius at something. However, if you're not sure what your genius is, Laura Garnett's 'The Genius Habit' can help you identify it. Read it to understand and define your genius, then say to yourself, "I value who I am and the value what I bring to the world."



**LOVE YOUR EPIC FAILS**

Instead of being deterred by them, start tracking your failures as they happen — without judgment or blame. When something doesn't go the way you want it to, pause and write down what happened. Then think through what you might be able to learn from the situation. In 'How to Fail at Almost Everything and Still Win Big', author Scott Adams shares the strategies that helped him learn from every failure to ultimately creating "Dilbert". Expect plenty of laughs and giggles along the way when you read this.

# 6 MUST-WATCH FILMS ON CHINA

Films from China, or Hollywood films on China, have a good deal of martial arts action but that's not all they have to offer...



**THE LAST EMPEROR (1987)**

This Bernardo Bertolucci epic is about Aisin Gioro Puyi, the last emperor of China. Puyi has a sheltered upbringing till his world gets turned upside down by the Chinese Revolution, a subsequent exile and an inconspicuous end.

**THE PAINTED VEIL (2006)**



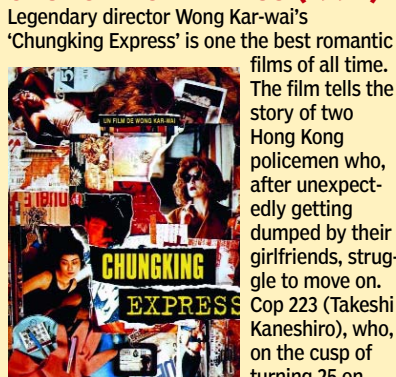
Caught in an affair with another man (Liev Schreiber), a scientist's callow wife (Naomi Watts) accompanies her husband (Edward Norton) to mainland China in the 1920s to fight a cholera epidemic. There, she embarks on a journey of self-discovery that leads to an unexpected chance at redemption.



**HERO (2002)**

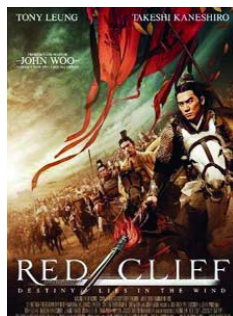
Astonishing 'Hero' transcends the martial arts genre, wrote legendary film critic Roger Ebert about this film. He states, "Zhang Yimou's 'Hero' is beautiful and beguiling, a martial arts extravaganza defining the styles and lives of its fighters within Chinese tradition. It is also, like 'Rashomon', a mystery told from more than one point of view; we hear several stories which all could be true, or false. The movie opens, like many folk legends, with a storyteller before the throne of an imperious ruler, counting on his wits to protect his life."

**CHUNGKING EXPRESS (1994)**



Legendary director Wong Kar-wai's 'Chungking Express' is one the best romantic films of all time. The film tells the story of two Hong Kong policemen who, after unexpectedly getting dumped by their girlfriends, struggle to move on. Cop 223 (Takeshi Kaneshiro), who, on the cusp of turning 25 on May 1, pines for contact with the girlfriend who's left him. Cop 663 Chiu-wai's (Tony Leung) heart breaks with the departure of his stewardess girlfriend (Valerie Chow).

**RED CLIFF (2008-2009)**



The two part film series, 'Red Cliff' is an epic war film, based on the Battle of Red Cliffs (208-209 AD) and the events at the end of the Han dynasty and immediately prior to the Three Kingdoms period in Imperial China.



**SHANGHAI (2010)**

American agent Paul Soames comes to Shanghai just before Pearl Harbor and discovers that his friend Conner has been killed. While trying to unravel the mysterious death, he discovers a lethal secret.

# Who is MOON KNIGHT?

As we approach the date of the next Marvel TV series release next month, let's assess the character and powers of the new superhero who will be introduced in the series 'Moon Knight'

The son of a rabbi, Marc Spector, better known as the vigilante Moon Knight, was a former Marine and CIA operative, who became a mercenary, despite his conflicted feelings about violence and morality.

After being left for dead in the desert, he was revived by the Moon god, Khonshu. Appointed as Khonshu's fist and high priest, Moon Knight enacts justice to protect those who travel at night. Marc also has dissociative identity disorder, some of his alters being millionaire Steven Grant and cab driver Jake Lockley.

After getting his powers, Marc fought crime on the streets with the help of a network of informants, including his best friend 'Frenchie' Duchamp, the homeless Bertrand Crawley, and diner owner, Gena Landers. Since the early days, Marc mostly worked alone, but he's also been a member of a few superhero teams, including the West Coast Avengers, the Secret Avengers, and the Heroes for Hire.

Immortality: Moon Knight's pact with Khonshu granted him immortality. He has been brought back to life by Khonshu on three occasions.

**POWERS**

**Enhanced Brain Function:** After being brought back to life by the moon god Khonshu, Marc's brain structure was fundamentally changed. He states that his brain was "rebuilt as a god's weapon". While the full extent of the changes to Marc's mind are unknown, he has displayed a mental resistance to telepathic attacks.

**ABILITIES**

Over the course of his life as a boxer, US Marine, mercenary, and costumed superhero, Marc Spector became an expert at hand-to-hand combat techniques and various martial arts. He is an Olympic-level athlete and a skilled acrobat and gymnast, and excels as a combat strategist. He is an excellent

Created by writer Doug Moench and artist Don Perlin, Moon Knight first appeared in 'Werewolf by Night' #32 in August 1975

pilot and aviator too.

**Expert Detective:** Spector is a good detective/private investigator with broad skills, knowledge and understanding of the criminal underworld. He is an expert at interrogation often employing military secret police methods.

**Master Marksman:** He is capable of hurling all types of projectiles with great aim and pin point accuracy, apart from being an excellent sharpshooter/marksman. He is able to slice a bullet in half with a crescent disc!

Spector is adept with nearly every weapon ever invented ranging from many types swords, combat knives, batons, chains, boomerangs to use of all types of firearms such as pistols, sniper rifles, automatic assault rifles, submachine guns, machine guns, grenade launchers, missile launchers etc. That apart, he is a former heavyweight boxing champion who underwent intense training as a commando, intelligence operative and mercenary. He is skilled in armed and unarmed combat with training in Boxing, Judo, Krav Maga, Silat, Dambe, Savate, Escrima, Karate, Muay Thai and Kung Fu.

—Source: marvelfandom.com





## VIRAT KOHLI

The indomitable force of the Indian middle order needs no introduction. His never-ending fighting spirit, backed by tons of runs, has made him a fierce competitor in world cricket.

**U-19 feats:** Virat Kohli's hunger to succeed and scale new peaks stemmed from his under-19 (U-19) days. Having debuted in 2006, he played 28 matches scoring 978 runs.

**Highpoints:** As captain and batting at number 3 in

the 2008 U-19 Cricket World Cup, he scored 235 runs in 6 matches at an average of 47. He finished as the tournament's third-highest run-getter and one of the three batsmen to score a hundred in the tournament.

**Senior career:** A complete batsman across all formats, he made his International debut in 2008. He has scored more than 23,000 runs in International cricket and is the only cricketer to have been awarded 'Player of the Tournament' twice in the T20 World Cup. He has scored 3rd most centuries (70), only behind Tendulkar (100) and Ponting (71). He was awarded the Rajiv Gandhi Khel Ratna award, India's highest sporting award, in 2018.



## RAVINDRA JADEJA

The complete package, "Sir" Ravindra Jadeja began with a superb youth career followed by a very lacklustre international debut, but finally has turned out to be one of the most dependable team members across all three formats in international cricket. He has made a superstar out of himself.

**U-19 feats:** Jadeja played 33 U-19 matches, scored 451 runs, and scalped 31 wickets. Representing India in two editions of the U-19 World Cup in 2006 and 2008, he proved his mettle and

earned a place in the senior team in 2009.

**Highpoints:** Was vice-captain in the 2008 U-19 World Cup victory and played a crucial role with the ball, taking 10 wickets in 6 games at an average of 13.

**Senior career:** Jadeja has scored more than 4,500 runs and has scalped 450 wickets so far. Currently, he is the 3rd ranked ICC Test all-rounder. He made it to the ICC ODI Team of the Year twice in 2013 and 2016. In 2013, he was named number 1 bowler by International Cricket Council (ICC).

## SHIKHAR DHAWAN

If there is an ICC tournament around the corner, Shikhar Dhawan is the go-to batsman. Getting his first International call after almost 9 years of first-class cricket, and cementing his position with impressive debut innings and consistent performance, the Gabbar of the Indian team is a superstar.

**U-19 feats:** Dhawan was selected for the 2004 U-19 World Cup,

where he finished as Man of the Tournament after scoring a total of 505 runs at an average of 84.16.

**Highpoints:** He scored 3 centuries and one half-century in the 2004 U-19 World Cup.

**Senior career:** He has played 250 international matches across all 3 formats and has scored more than 10,300 runs with 24 centuries. On his debut test match, he scored the fastest test century with 187 runs off 174 balls. On his ODI debut, he took 3 wickets against Bangladesh.

Photos: GETTY IMAGES



## ROHIT SHARMA

Languid, easy on the eye, and with all shots in his armoury, the "Hitman" is nothing but pure joy to the eye. His persistence backed by talent has made him the double-hundred machine and an IPL winning phenomenon.

**U-19 feats:** Rohit had a dim U-19 career having played 9 matches and scored 221 runs with 9 wickets to his name.

**Highpoints:** He was a

member of the 2006 U-19 World Cup squad and scored 206 runs in the tournament.

**Senior career:** A cricketer who scores double hundreds easily, Rohit has recently taken over the reins of the Indian team. He has played more than 390 International matches and scored in excess of 15,000 runs, with 41 hundreds to his name. He holds the record of highest individual ODI score of 264 runs. He is the only player to have scored three double-centuries in ODI cricket.

# FROM ROOKIES TO BLAZING STARS

A fifth Under-19 Cricket World Cup triumph has turned the spotlight on what is rightly Indian cricket's nurturing ground. The squad for the Sri Lanka and West Indies series features a bunch of U-19 performers being tested with an eye on the upcoming ICC Men's T20 World Cup. A look at stars who have emerged from the U-19 stable over the years...



## SHUBMAN GILL

The right-hand top order batsman is known for his penchant for big runs, which he displayed at the U-19 levels. Today, Shubman Gill is one of the most sought after young Indian cricketers.

**U-19 feats:** He was the vice-captain of the U-19 team in the 2018 Under-19 Cricket World Cup and led India to her fourth victory. Shubman played 16 matches and scored 1,149 runs, with four

centuries and six half-centuries.

**Highpoints:** Shubman scored 372 runs at an average of 124 in the 2018 U-19 Cricket World Cup victory.

**Senior career:** Shubman made his Test debut for India on December 2020, against Australia, helping India to a comeback win in the second match of the series. His 91 runs at the Gabba Test helped India defeat Australia in their own backyard. He has played 10 matches and has scored 558 runs with four centuries, at an average of 32.82.



Photo: TOI



## ISHAN KISHAN

A wicket-keeper, and a top order attacking batsman, Ishan Kishan has been one of the most sought-after young talents in recent times. The raw talent from Jharkhand has earned immense trust of the selectors with his exploits.

**U-19 feats:** Ishan didn't do justice on the scoring level in the U-19 circuit. He played 13 matches and scored a mere 186 runs. But his ability to lead a side caught the

attention of the selectors.

**Highpoints:** He led India in the U-19 World Cup in 2016 in Bangladesh, where the team finished runners-up against West Indies.

**Senior career:** Ishan made his senior debut in 2021, scoring 56 of 32 in his maiden T20 international against England. He won the Man of the Match award in the match. Still, at the budding phase of his career, Ishan has played 11 international matches and has scored just over 270 runs, and has a long road ahead.



Photo: AP

## PRITHVI SHAW

Often regarded as the next Virender Sehwag because of his aggressive batting style in a Test match as an opener, Prithvi Shaw has been a constant choice for the selectors for his immense display of stellar stroke-play, formidable footwork, and immaculate consistency at the U-19 and domestic level.

**U-19 feats:** Prithvi played 16 matches and scored 622 runs, with one century and 3 half-centuries.

**Highpoints:** He captained

India to victory in the ICC U-19 Cricket World Cup 2018, scoring 261 runs in six matches at 65.25. Given his prodigious talent, in 2018 ICC named him one of the five breakout stars in men's cricket.

**Senior career:** An injury laden start to his international journey has not let Prithvi demonstrate his real talent. He has played 12 matches across all three formats, scoring a little over 500 runs. He scored a century on his debut test match, becoming the youngest Indian to score a Test century on debut.



Photo: GETTY IMAGES

**Ravi Bishnoi:** The cricketing world has already witnessed the talents of this young leg spinner who was the highest wicket-taker with 17 dismissals in the 2020 U-19 cricket World Cup. He has played 18 matches and taken 39 wickets with an average of 15.35 at the junior level. He made his international debut in 2022 and was adjudged Player of the Match in his T20I debut.



Photo: PTI

**Harshal Patel:** Although late in his career, he is slowly getting the recognition he deserves. He was a part of the 2010 Under-19 World Cup squad. A tremendous 2021 IPL season became the career changer for this fast bowler, who with 32 wickets, was the joint highest wicket-taker in a single season of IPL. He made his International debut in 2021 and is seen as a death bowler specialist.

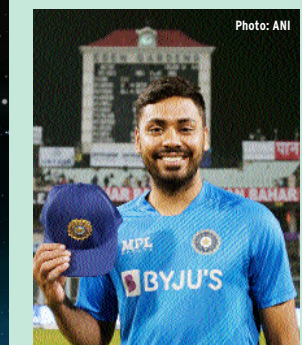


Photo: ANI

**Avesh Khan:** The nippy seam bowler can move the new ball consistently, generating extra bounce off the length. He has played 17 U-19 matches and taken 23 wickets. He was the highest wicket taker in the 2016 U-19 Cricket World Cup squad with 12 scalps. In the 2021 IPL he scalped 24 wickets to become Delhi Capitals' highest wicket taker. Avesh made his international debut in February 2022.

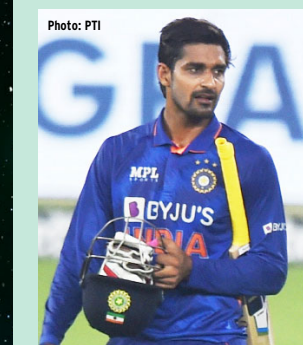


Photo: PTI

**Deepak Hooda:** A finisher who has the amazing ability to clear the fence, and a very handy off-break bowler, Deepak was in the 2014 U-19 Cricket World Cup squad for India. He has played 23 U-19 ODI matches and scored 490 runs. He has also taken 30 wickets with his off-break bowling and has already made his mark in the IPL. Deepak made his International debut in February 2022.

## THE NEW ENTRANTS

These players have taken baby steps into the senior team after having made their mark at the junior level