



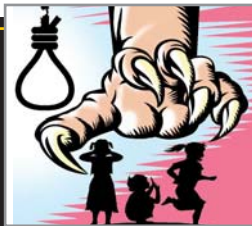
THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

TUESDAY, OCTOBER 27, 2020


WEB EDITION
CLICK HERE: PAGE 1 AND 2

'RED LIGHT ON, GAADI OFF' CAMPAIGN


X-PLAINED

WHAT

In view of the rising pollution levels in Delhi, the Arvind Kejriwal-led government has started a new campaign called Red Light On, Gaadi off. Under this, govt officials from the transport department, environmental volunteers and traffic police are urging drivers to switch off their vehicles, while waiting for the traffic light to turn green

WHY

Through this campaign, the Delhi govt wants to raise an awareness

regarding air pollution and its solutions among the citizens of Delhi. This has come amid pollution levels rising to alarming levels in the national capital. On October 23, the Air Quality Index (AQI) became 'very poor' in many parts of Delhi and rose to as high as 390 (in Dwarka)

HOW

The campaign that started on October 21 will continue till November 15. During these 26 days, volunteers will ask drivers to turn off the vehicle engines, while waiting for the green signal for more than 15 seconds

Q SHOULD OTHER STATES FOLLOW SUIT?

Look at China... Look at Russia.... Look at India. The air is filthy. I walked out of the Paris Accord, as we had to take out trillions of dollars and we were treated very unfairly

Donald Trump, President, US

Meanwhile, Trump says, India's air is "filthy".... Raises debate

A reality check

US President Donald Trump ruffled the feathers of a 1.3 billion-strong nation when he said, India's air is "filthy", in his second and final debate with Democrat nominee Joe Biden.

FACT India loses the highest number of newborns annually, at 116,000, apart from around 115,000 premature deaths due to air pollution.

THE BIG Q: ISN'T THE US GUILTY AS WELL?

FACT 1 The US contributed the maximum amount of CO2 emissions due to the air travels in a single year (2018), with 11,487 tons of CO2. In comparison, India contributed close to 7,500 tons of CO2 that year.

FACT 2 While India's air pollution has reached alarming proportions – it has 21 of the world's 30 most polluted cities, with 6 of them being in the top 10 – the US is not only the second largest emitter of fossil fuel CO2 emissions, after China, but its share is more than twice that of India.

FACT 3 Cumulatively in fact, the US – which exited the Paris Agreement on climate meant to help countries like India transition to cleaner technologies – contributes 22% to overall emissions, while India's share is 2%.

As they say, two wrongs don't make one right. Pollution is the biggest problem of India. It's time we got our house in order— introspect and act. India's air quality is indeed among the poorest in the world. For many years now, Delhi has emerged as the world's most-polluted capital, while the Indo-Gangetic plains figure in reports as a region with the world's dirtiest air. Rather than getting insulted by what the US or other countries think about India's air, let us start a drive against air pollution and defeat it successfully



Lessons India can take from China to control AIR POLLUTION

1 China has managed to reduce PM2.5 exposure over the past 5 to 7 years

2 Monitoring emissions from industries and setting up air quality stations are among some of the steps taken by China to curb pollution

3 Beijing also switched from coal to gas in residential and industrial sectors



4 China also formed a monitoring network of around 1,500 air quality stations to monitor pollution and introduced industrial emission standards that has paid dividends

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STARS AND PLANETS GROW UP TOGETHER AS SIBLINGS: STUDY



DID YOU KNOW?

In a unique study, astronomers have found compelling evidence that the planets begin forming while stars are still infants and they grow up together like siblings. The high-resolution image obtained with the Atacama Large Millimeter/submillimeter Array (ALMA) shows a young protostellar disk with multiple gaps and rings of dust. This new result shows the youngest and most detailed example of dust rings acting as cosmic cradles, where the seeds of planets form and take hold.

- This system is 470 light years from the Earth and is located deep within the dense L1709 interstellar cloud in the Ophiuchus constellation
- Proto-stars as young as IRS 63 are still swaddled in a large and massive blanket of gas and dust called an envelope, and the proto-star and disk feed from this reservoir of material
- According to researchers, IRS 63 is different. At under 500,000 years old, it is less than half the age of other young stars with dust rings
- Planets face some serious obstacles during their earliest stages of formation. They have to grow from tiny dust particles, smaller than household dust here on the Earth
- The researchers found that there are about 0.5 Jupiter masses of dust in the young disk of IRS 63

10,488
FACTOID

The number of structures that have been destroyed due to the wildfires, which are still raging across California. The National Weather Service, US, has issued a Red Flag Warning for much of Northern California from Sunday due to the extreme fire weather. The fires have scorched an area totalling 4,129,924 acres so far

LIFESTYLE

SLEEPING FOR EXTRA 29 MINUTES IMPROVES WELL-BEING

To practise mindfulness for a daily well-being and work performance, a person should sleep for an extra 29 minutes each night, suggested a recent study. The study found that better sleep improves next-day mindfulness, which in turn, reduces sleepiness during the day.

CELEB TALK
NEWS IN BRIEF
CLICK HERE FOR MORE

Appreciate your body, mind and soul: Alia Bhatt

Actor Alia Bhatt recently extended gratitude as she crossed 50-million followers on Instagram. The actor took to the photo-sharing platform and dubbed the day as an "appreciation day" for her fans. "Today is appreciation day. thank you my family... my people... you have given me 50mn love. I'd like to take this moment to share something I've learned over the last couple of months," she wrote.

Social media connects us... it excites us, and yes it also entertains us... but IT IS NOT US. I truly truly truly believe that our lives are made up of the relationships we cultivate with people and most importantly OURSELVES...no one has the right to make you feel any lesser or greater by the touch of a button. Take a moment to appreciate yourself

Alia Bhatt

Spot the dangers of indoor dining

To ensure that you and other diners remain safe, follow these precautions when you return to your favourite restaurant. "A poorly-ventilated indoor space with people talking is the virus's dream," says Lindsey J Leininger, a clinical professor at the Tuck School of Business at Dartmouth College, US. Also, go at an hour when it's less crowded. Before you sit down, take a quick look around. If the management doesn't seem to be taking things like airflow and masks seriously, eat somewhere else, suggest public health experts.


AVOID

- Stuffy, stale air
- Crowds standing around the host station or anywhere else. (Outdoor host stands are a good idea)
- Tables that are too close together. The distance between customers, who aren't seated together should be at least six feet
- Noise. People who talk when not wearing a mask are a risk
- People who talk loudly, shout or sing without a mask, are an even bigger risk
- Servers, who linger at the table or who drop their masks at any time, are a huge risk



DUBAI FOUNTAIN CROWNED LARGEST IN THE WORLD

Dubai is now officially home to the world's biggest fountain. Measuring 7,327 sqm, the Palm Fountain at Nakheel Malls has been confirmed as setting a new world record by the Guinness World Records. Other than its sheer size, the fountain also has a large number of bells and whistles to elevate it to the status of a tourist attraction in its own right

Spotlight

VIRAT KOHLI

CB captain Virat Kohli has added yet another feather to his cap by becoming the first-ever batsman in IPI history to hit both 200 sixes and 500 fours. He achieved this glory during his 43-ball knock against CSK on Sunday at the Dubai International stadium. Kohli is also the highest run-scorer of all time in the IPL with 5,827 runs.



Kohli is the third Indian and overall the fifth player to smash 200 IPL sixes. Mumbai Indians captain Rohit Sharma (209) and CSK skipper MS Dhoni (216) are the two other Indians on the list

NEWS IN CLUES

He is Britain's wealthiest athlete, as per Sunday Times Rich List

Clue 1: He is a resident of Monte Carlo, Monaco
Clue 2: He has featured in a music video with Christina Aguilera
Clue 3: He endorses Puma, Tommy Hilfiger and Monster Energy, among other brands

ANSWER: LEWIS HAMILTON. The Mercedes driver won the 92nd Grand Prix of his career at the Algarve International Circuit, Portugal, to break Michael Schumacher's all-time F1 record and extend his 2020 championship lead to 77 points, with five races to go

SUSTAINABLE LIVING

5 KITCHEN SCRAPS TO FERTILISE YOUR PLANTS

Potted plants have probably found more takers during pandemic than before. A little patch of greenery can go a long way in keeping the home congenial and soothing. However, plants need care too. And more often than not, many find it difficult to maintain these plants by providing them with the right kind of fertiliser.

The answer to this might be hidden in your own kitchen. Scraps and other kitchen waste often contain minerals and other components that can go a long way in nourishing your plants. Here's a look at five fertilisers you will find at home.

1 EGG SHELLS

Egg shells contain a lot of calcium, and are often said to be the solution to problems that plague the kitchen garden, like blossom-end rot in tomatoes. To use, crush some egg shells and spread them evenly around the plants.



2 COFFEE GROUNDS

Known to alter soil pH, making it more acidic, coffee grounds are favoured for the growth of plants like roses and tomatoes. After they have been used for brewing, either sprinkle them directly in the pot or soak them in water, and then pour it over the plants.



5 ONION AND GARLIC PEEL

With the amount of onion and garlic peel generated in our kitchen every day, using them as fertilisers for plants can help reduce our kitchen waste too. Add the outer dry skin of onion or garlic (about a handful) to one litre of water. After 3-4 days, strain the water and dilute this solution with another litre of water. Then, use this solution to water your plants. Onion peel is rich in potassium, calcium and iron, which can help the plants grow strong. [TNN](#)



3 BANANA PEEL

Rich in potassium, banana peel is said to be one of the best fertilisers for plants. All you need to do is either bury the peel next to your plant or cut it in small pieces, add water and let the peels sit for 24 hours. This water can be used to fertilise your potted beauties.



4 GREEN TEA

You can use green tea bags to make a weak solution of green tea. One tea bag can be used for two litres of water. Use this regularly to water your plants.



BOOKMARK

CHILDREN'S BOOKS PENNED BY CELEBRITY PARENTS

From bringing families together by bonding over storytelling to teaching kids valuable life lessons to expanding world-views and transporting kids to imaginary worlds - children's books play an important role in a child's development. Over the years, many popular celebrity parents have penned children's books with heartfelt messages not just for their own kids but for young readers worldwide. Here we list down some such books which are penned by celebrities who are also parents. These books are great to inspire children, prepare them to face difficult real-life situations or to teach them valuable lessons.



'I Promise' by LeBron James

American basketball player LeBron James, who is also a father of three children, debuted as an author this year. James' first children's book 'I Promise' released on August 11. The picture book motivates children to always strive for the best. It reminds the readers that our successes begin when we make promises about it to ourselves.

'The One and Only Sparkella' by Channing Tatum

American actor Channing Tatum has written his first children's book, and he has dedicated it to his 7-year-old daughter! Posting a picture on Instagram, Tatum said, "Guys, I don't know about you but things got a little weird for me in quarantine. I ended up accidentally locking myself in my 7 year old daughter's room. And I ended up finding my inner child. So this is what I created..."



'Girls Hold Up This World' by Jada Pinkett Smith

In this book, as the title suggests, actress Jada Pinkett Smith writes about the strength, beauty and unity of being a woman. 'Girls Hold Up This World' is an inspiring poem on how every girl is unique yet beautiful in her own way.

'The Big Thoughts of Little Luv' by Karan Johar

After writing an autobiography in 2017, filmmaker Karan Johar has announced that he has now written a children's book. Titled 'The Big Thoughts of Little Luv' the book is inspired from his parenting experiences. Johar, who is a single father to twins Yash and Roohi, tweeted: "Wanted to share something exciting! My first picture book for kids! #thebigthoughtsofLittleLUV! Coming soon!" According to reports, Johar's book will narrate the story of twins, Luv and Kusha of Mahabharata. [TNN](#)



PUZZLES and BRAINS

6 BY 6 NUMBRICKS (EASY NO. 3 AND 4)

FILL THE GRID WITH THE NUMBERS 1 TO 36 TO MAKE A PATH IN SEQUENTIAL ORDER, GOING HORIZONTALLY OR VERTICALLY. YOU MAY NOT CONNECT THE NUMBERS DIAGONALLY.

35					14
	29	30	31	16	
	28	19	18	17	
	21	20	5	6	
	22	3	4	7	
24					9

0606 EASY 3

	25	26	27	28	
23					30
22		14	13		7
21		15	12		6
20					5
	18	1	2	3	

0606 EASY 4

9 BY 9 BUILD BRIDGES (NO. 3 AND 4)

CONNECT ALL ISLANDS INTO A SINGLE GROUP BY DRAWING HORIZONTAL OR VERTICAL LINES (BRIDGES). YOU CAN DRAW A SINGLE OR DOUBLE LINE BETWEEN EACH ISLAND (NOT MORE). THE TOTAL NUMBER OF BRIDGES THAT CONNECT AN ISLAND MATCHES THE NUMBER ON IT. THE BRIDGES MAY NOT CROSS EACH OTHER.

2		5		2
	1			
		3	4	4
1	3			
3	7		5	
		1		3
1		1	3	1

0909 BUILD BRIDGES 3

2		3		2	1
	5		2		3
3		1		1	
5	4		2	3	4
		2		1	
3	4		5	4	

0909 BUILD BRIDGES 4

Credit: puzzlesandbrains.com

FOOD FOR THOUGHT

These have been bone of culinary contention

Recently, a social media remark by Edward Anderson, a lecturer from the UK, not only sparked a hot debate on idlis, but also opened a cauldron of opinions on several food items. **Sambar, chutney, dosa, puttu and even some non-vegetarian dishes added flavour to the food fight on social media.** But this isn't the first time, food, which is closely connected to a place's culture, has had people divided over its authenticity and taste. Here are a few of them, which you can savour...

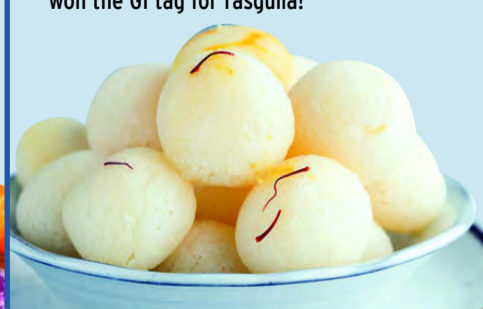
SAMBAR'S MARATHI CONNECTION

Legend has it that this dish has a Maharashtra connection. It was accidentally prepared in the kitchen of the Maratha ruler of Thanjavur, Shahuji Bhonsle. While a feast was being prepared for Shahuji's cousin Sambhaji, moong dal and kokum was not available so the cook used tur dal and tamarind instead. It was appreciated by the guests and they called it 'Sambar'.



WHEN RASGULLA LED TO BITTER FIGHTS

This was a battle between two neighbouring states – West Bengal and Odisha – each claiming to have the sweetmeat's origin. After the tussle over its origin went on for a few years, West Bengal was granted the Geographical Indication (GI) tag in 2017. But Odisha wasn't ready to give up and finally won the GI tag for rasgulla!



BIRYANI BATTLE IS AN ONGOING ONE

From Hyderabadi and Lucknowi biryani to other varieties – biryani lovers are spoilt for choice. But there's always been a debate on its authenticity. In July 2020, biryani was the subject of a viral online debate after a Pune restaurant's signboard said 'All types of biryanis other than Hyderabadi Biryani will be referred to as Pulao.'



IDLI'S ORIGIN, TOO, IS DEBATED

Whether the ubiquitous idli, served mostly for breakfast in south India, tastes good or bad depends on one's palate. But as a matter of fact, even its origin has been debated. Food historian KT Achaya was of the opinion that idlis would have made its way from Indonesia between 800 and 1200 CE. According to him, cooks of Hindu kings there may have first prepared idli and brought the recipe to India later.



Times NIE Editorial Powered by students

Step Out, Without Fear!

Women, fight for your safety and know your rights...We tell you how

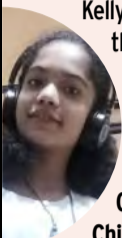
Times NIE students on how women should realise and unleash their power within...

Abandon The 'Victim's Vocabulary'



The question isn't who is going to let me, it's who is going to stop me. And that is what we need to teach the women today. All that is required to survive in this world is for women to abandon the 'victim's vocabulary', adopt 'Leaders Language', bring out the Queen in herself.
Shreya Chawla, class XII, St Joseph's Sr Sec School, Chandigarh

Woman, You ARE GOOD Enough



Kelly Khumalo, in his song, says: "She conquered everything that was meant to destroy her..." Women are suffering - only because society tells them day-in and day-out that they are NOT GOOD ENOUGH. People need to understand that without a woman, human race cannot exist. Girls must learn self-defence to defend themselves.
Grishma Lavekar, class VI, The Stepping Stone School, Chinchwad, Pune

Fear Not, Stand Up And Face Them



Pick any newspaper, it is incomplete without heinous crimes against women. It is only because they (perpetrators) know fear governs women and that they can easily escape committing a crime because no voice will be raised. It's time we bid adieu to our fears...
Nupur Vaishnav, class XII, Shanti Asiatic School, Ahmedabad

We Are Unstoppable !



Woman. Our scriptures address her as 'Adi Shakti', the primordial power. Yet, every woman comes across abuse in some way or the other. Women must realise the power of 'Durga' within them. A woman is unstoppable, when she realises she deserves better!
Aditya Mane, class 6, The Stepping Stone School, Chinchwad, Pune

Women! Be Each Other's Strength



Women should step out at all hours in large numbers, walk in groups or alone. Be seen enjoying life. We can have a system where - if you are being stalked by a person, you can just whisper in another woman's ear and pretend to be friends.
Aarya Bhanushali, class X, SVDD English Medium SHS, Ghatkopar, Mumbai

Step Out, Without Fear!



It is time to break all barriers that pull us back from moving on. Do not let discrimination and prejudices stop you. Boost your confidence, fight back boldly. It is high time women step out into public spaces without fear. No matter how tough the situation is, stand for yourself.
Diya M Khona, class XI, The Delta Study, Fort Kochi, Ernakulam

Women Must Take Charge



The scale is tilting towards women feeling more and more conscious about themselves and their presence outside their homes. But, we can't just sit back and mourn this injustice. Don't be afraid of walking in the silent streets, instead keep your chin up and let your confident walk make the noise. Stop blaming yourself for any mishap. The onus lies on the culprits.
Aarushi Verma, IBDP Year-1, Sanskar School, Jaipur

Raise Your Voice!



Living in fear won't help us bring change. People need to raise their voices against cruelty; doing so will not only bring progress but will also encourage young girls to believe that it will be safe for them to be out there. Women need to step up and become role models.
Twisha Karra, IX, Fr Agnel Multipurpose School and Jr College, Ambarnath, Mumbai

Denounce Victim Blamers

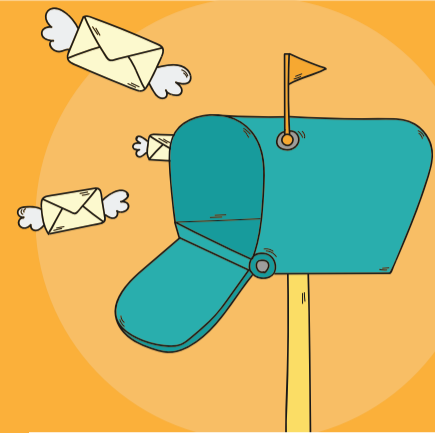


Victim blaming should be heavily denounced. Being trained in self-defence helps. Men must stand by women and condemn the behaviour of other men who indulge in ugly behaviour.
Leshmitha B S, class X, Jain Vidyaashram, Chennai

Teach Women About Their Rights



Women need access to education that can empower them. Male literacy rate is at 81% compared to a low literacy rate of 64% in women. If a girl is educated, she can voice her concerns and go on to avail the justice she deserves in a wronged situation.
Lakshaya Mathav, class XI, Delhi Public School - North, Bengaluru



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WE ARE WAITING

Letter to the editor

Yes Climate Change is for real, and we are to blame

Global warming is a continuously increasing environmental issue all over the world. There is no one country responsible for its cause, all the countries worldwide are responsible for its increase. Our various activities heat up the Earth which ultimately results in rising temperature. According to the statistics, it has been estimated that by 2050, the rise in temperature of earth would be 4° to 5°C. In last five centuries, it has raised by about 1°, however half of this warming is raised in the 20th century. It is affecting almost all parts of the world and causing glaciers to melt, sea level to rise and many more.

Continuous rise in earth's temperature affects agricultural crops, forests, marine life and life growth on the earth. It cannot be solved on the effort of only one individual or one country. It needs global effort, which includes participation of all countries to reduce its effects, causes and completely eliminate it.

It's rightly said, "team work makes dream work".

Fariha Irfan Shaikh, class XC, Sardar Dastur Noshervan Girls High School

Big Q

WILL THE PANDEMIC CHANGE OUR OUTLOOK TOWARDS TECH?

During the reign of coronavirus, financial sectors and national economies have suffered drastically. Recreation, hotel management, shopping and other related businesses have suffered huge economic losses due to the long-held lockdown. Even when salons and restaurants have actually opened up, people are still reluctant to visit them for the fear of being a victim of coronavirus. But at a time when businesses are going bankrupt and people have lost their jobs, there have been some companies who have boosted their businesses and brought the sunny side up of coronavirus for their industries. Just before reading this article, I can bet that you would have scrolled through your next Amazon shopping list or your latest, flashy Apple device. As the virus locked people in their homes, almost every quarantined person has browsed through the alternatives of in-person shopping, recreation and daily necessities. Technology dominated its presence among people as the need for new devices and ways of communication increased.

So ultimately this had to happen - Amazon, Apple and Microsoft growing their markets and performing extremely well even in difficult times like this. As demands increased, their strategies developed resulting into growth of market. Amazon reported a significant growth in their sales since mid-March to August. Microsoft reported 13% increase in Office consumers and 15% increase in Office 365 subscriptions. While the world is looming in economic despair, these companies have managed to boost their profit. Bless technology!

Bhagyashree Prabhutendolkar, class XI, St Xavier's College, Mumbai

WHY ARE WE STILL SO STUCK UP ON COLOUR?

India is the second populated country on the planet but we are still plagued with a lot of inherent socio-political issues. Colourism, or segregation of people based on their skin colour is something that is still very much there. We keep seeing advertisements which talk about "fair and lovely" skin, we read columns on how people are shamed due to their skin colour. At a time when progression - technically and economically - is key, India is still battling these issues. Feeling ashamed about it is not going to help. We need to do more than just raise our voice. How about completely shunning products that make this distinction? That's a start.

Prerna Thakur, Class XI, Darshan academy Kingsway Camp Kirpal Marg Road, Delhi

MAKING THE WORLD A BETTER PLACE FOR WOMEN

"The best protection that any woman can have...is courage." has been rightly quoted by Elizabeth Cady Stanton. This quote is perfect for today's situation, where many women feel insecure and unsafe when they are outside.

With this in mind, I took a telephonic interview of DCP of Zone-2 in Pimpri-Chinchwad, Pune district - **Namrata Patil**



She provided her insights on the theme - 'Making the world a better place for women'

Please elaborate on the mindset of the people when women are at the receiving end of crimes?

Typically, we have seen that accusing a woman, to have done something wrong, in order to have been a victim of harassment or assault is the first response to crimes against woman. It is wrong but this mentality is prevalent in societies everywhere.

You mean...was SHE wearing a revealing dress? Was SHE out at late hours?

Such are the irrelevant questions often asked - rather than questioning the act of the perpetrator. There can be no perfect way of doing one thing and not doing the other. The way we perceive things are subjective. And everyone should be allowed to live lives on their terms. Yes, we have to keep in mind that one must do what is appropriate according to our own principles and ethics.

People point fingers at the system and the law, when a crime is committed but do not ponder upon what they can do. What do you think is the role of the society in making HER feel secure?

It is observed that people do not want to take responsibility, which can be seen through lack of eye-witnesses at a scene. People do not wish to go the extra mile. So, core values are a must. Basically, civic sense cannot be taught



Interviewed by Samrudhi Bhujbal, class X, Pawar Public School, Pune

to us, it has to be inculcated. It is the role of the parents as well as the mentors to make the child aware of his responsibility towards the society. Most importantly, respect is the most basic value that has to be instilled in the heart, be it towards men or

WE ASK, THEY ANSWER

women. Once, respect comes through the heart, things automatically start falling in place.

It is true that the police or the system have their own role in the security and safety of women. So, what exactly has the system done so far and what do they intend to do in order to ensure that SHE feels safe to step out in the world?

India, being a democratic country, has

one of the best penal code for the safety of women. There are already enough laws and legislations, which have been amended to keep pace with the changing demands. The implementation has to be looked into. Moreover, if one is wronged then the voice should be raised at that instant. Otherwise after time has passed, it is not possible even for the investigation to prove someone guilty.

SHE is still unaware of the rights that have been provided to HER in order to ensure HER safety and well-being. Do you think that creating awareness about the rights as well as the severity of punishments can create a difference in the situation?

Good touch or bad touch is being taught to children since a young age. If we were to consider rural areas, it is still a taboo to talk about these things. Social education plays an integral part in creating awareness. We tend to develop the urban areas, but what about the rural regions? It is essential that this awareness reaches the grass-roots level, only then can we expect a real difference to be visible. Social media can be a beautiful weapon to bring about a change, if used wisely. It is all interconnected such that, education will create awareness, which will make society a better place for women to live happily and ensure their safety and progress.

What can girls do?

➤ Girls should be aware that they can dial 100 in case of any emergency for immediate help. There is also a single emergency helpline, 112, for immediate assistance that was launched last year.

➤ Every state has women helpline applications like Himmat and Suraksha, which can be availed of on smart phones. In such applications one can register their close people who can be intimidated with an SOS alert during

emergency. There is also an option of sending the number plate of a vehicle during an emergency. These applications are user friendly but not many are aware of them.

➤ All crimes against women should be reported. Girls should break social taboos and report the offender. Repeat offenders can be identified and tagged

and there are internal procedures to keep a check on them. This minimises the risk of offenders repeating a crime more heinous in nature.

➤ Prevention is better than cure. Keeping this in mind, women should ensure their own safety by knowing the Vishakha guidelines while doing night shifts. The employers must provide a

registered vehicle along with security personnel for female employees travelling at night. If the company fails to adhere to the guidelines, employees may lodge a complaint with the police.

➤ Girls can also enroll themselves in basic self-defence programmes like Tejaswini and Sukanya, where they learn simple self defence tactics.

As told to Rupa Ganguly Talukdar



Bhavna Gupta, Superintendent of Police, CID, Raipur, Chattisgarh



INDIAN FAST MEN ON FIRE

Tyagi is not the only Indian to have impressed one and all in the ongoing T20 tournament. While seasoned pros like Jasprit Bumrah and Mohammed Shami are only adding to their reputations, the likes of Tyagi, Arshdeep, Kamlesh Nagarkotti, and Navdeep Saini among others have put in valuable shifts for their teams

NAVDEEP SAINI

Saini continues to be ranked among the fastest Indian bowlers. At the moment, he is at the 13th place in the fastest ball list, having clocked 147.92 kmph. He is consistently bowling economical overs for RCB. His stand-out spell was against Mumbai Indians in the Super Over after the original game was tied. Up against some of the biggest hitters in the tournament in Hardik Pandya, Kieron Pollard and Rohit Sharma, Saini held on to his nerves and conceded just 7 runs to put RCB in the driver's seat. The lanky pacer also dismissed Pollard, who had scored a 24-ball 60 in Mumbai's run-chase. The RCB could face a big blow ahead of their remaining games of the league stage of IPL as Saini injured his right-hand thumb. RCB's physio Evan Speechy said that he remains unsure when Saini will be good to go again.



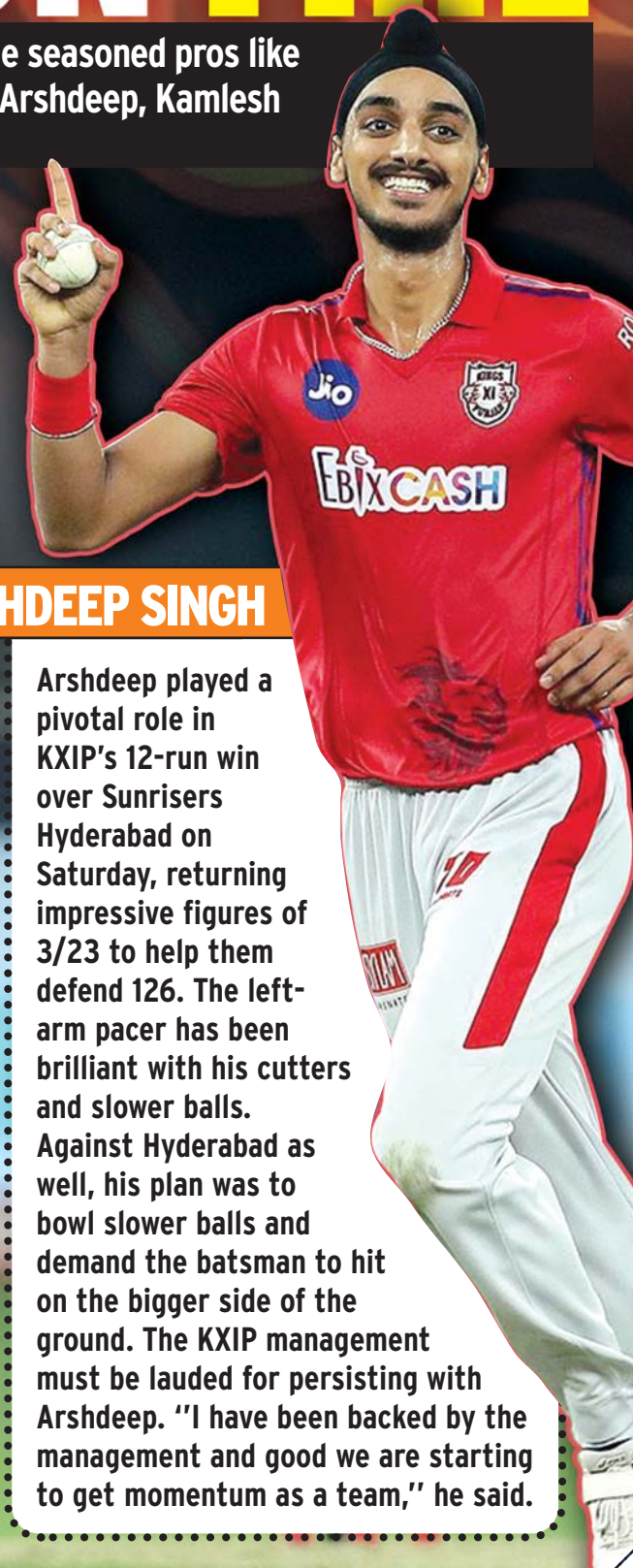
KARTIK TYAGI

Rajasthan Royals' teenager Kartik Tyagi cranked up the speeds against MI on Sunday, with his fastest ball being timed 147.9 kmph. It was, however, short of a length just outside off stump that Suryakumar put away for four. Tyagi is notorious for bowling at least one 'hit me' ball every over. This releases the pent up pressure on the batsman. He must learn from his teammate Jofra Archer on how to consistently bowl a good line and length.



KAMLESH NAGARKOTI

Kamlesh Nagarkoti and Shivam Mavi, the two star bowlers from India's victorious Under-19 World Cup campaign in 2018, are breathing fire. A back injury kept Nagarkoti out of action for more than one year and he spent most of his time in rehab. KKR have not let go of him for two years and the youngster is now returning the favour in style. He bowled a fantastic spell against RR, helping defeat the Steve Smith-led side by 37 runs.



ARSHDEEP SINGH

Arshdeep played a pivotal role in KXIP's 12-run win over Sunrisers Hyderabad on Saturday, returning impressive figures of 3/23 to help them defend 126. The left-arm pacer has been brilliant with his cutters and slower balls. Against Hyderabad as well, his plan was to bowl slower balls and demand the batsman to hit on the bigger side of the ground. The KXIP management must be lauded for persisting with Arshdeep. "I have been backed by the management and good we are starting to get momentum as a team," he said.

RR still need to win every game to qualify for playoffs: Stokes

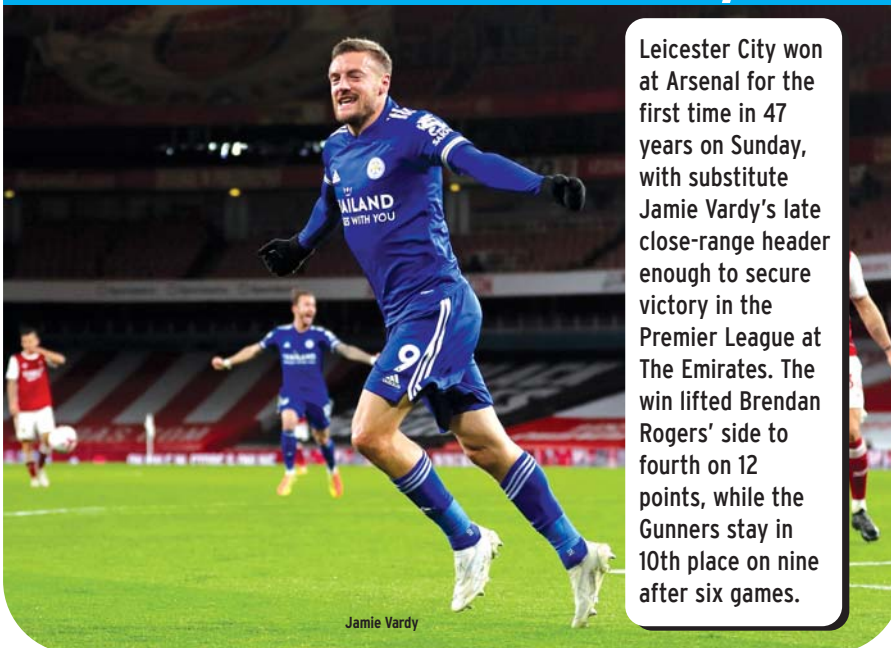
Rajasthan Royals defeated the table-toppers Mumbai Indians on Sunday but all-rounder Ben Stokes reckons that his team still needs to win all the upcoming games in order to qualify for the playoffs. Rajasthan chased down the target of 196 with eight wickets in hand and 10 balls to spare. Ben Stokes and Sanju Samson played knocks of 107 and 54 respectively. ANI

When you beat a team like Mumbai Indians by eight wickets it gives you belief. I have been watching the first two games, we had pulled two wins out of nowhere really. We got to be confident. We are in a position where we have nothing to lose, so the team can be quite dangerous when they have nothing to lose.

Ben Stokes



Vardy header gives Leicester first win at Arsenal in 47 years



Leicester City won at Arsenal for the first time in 47 years on Sunday, with substitute Jamie Vardy's late close-range header enough to secure victory in the Premier League at The Emirates. The win lifted Brendan Rogers' side to fourth on 12 points, while the Gunners stay in 10th place on nine after six games.

We don't do high-intensity fielding, catch training, because of older guys

says
Faf du Plessis



TEST YOUR KNOWLEDGE

TENNIS QUIZ | Women legends

Q1: Who is ranked No. 1 in the world in singles by the Women's Tennis Association?

- a) Ashleigh Barty ☐ b) Naomi Osaka ☐
c) Karolina Pliskova ☐ d) Sofia Kenin ☐

Q2: In the year 1999, Serena Williams won her first singles major in the...

- a) French Open ☐ b) U.S. Open ☐
c) Wimbledon ☐ d) None of the above ☐

Q3: In which year was Serena Williams tied with Steffi Graf for the most women's singles

Grand Slam titles (22) in the Open era?

- a) 2015 ☐ b) 2016 ☐ c) 2017 ☐ d) 2018 ☐

Q4: Who is the only player to have completed a Calendar Year Golden Slam?

- a) Martina Hingis ☐ b) Steffi Graf ☐
c) Jennifer Capriati ☐ d) Monica Seles ☐

Q5: How many overall Gram Slam titles has Serena Williams won?

- a) 28 ☐ b) 23 ☐
c) 39 ☐ d) 27 ☐

Q6: In which year did Serena Williams complete her career singles Grand Slam with a win over sister Venus in the Australian Open final?

- a) 2000 ☐ b) 2002 ☐ c) 2004 ☐ d) 2003 ☐



Q7: Which player holds the record for the most number of titles in a single WTA season?

- a) Margaret Court ☐ b) Martina Hingis ☐ c) Martina Navratilova ☐ d) Serena Williams ☐

Q8: How many Grand Slam titles has Sania Mirza won in her career?

- a) Four ☐ b) Five ☐ c) Six ☐ d) Seven ☐

Q9: How many Grand Slam singles titles has Maria Sharapova won in her career?

- a) Four ☐ b) Five ☐ c) Six ☐ d) Seven ☐

Q10: Who is the founder of the Women's Tennis Association (WTA), the governing body of women's tennis today?

- a) Billie Jean King ☐ b) Margaret Court ☐
c) Ilana Kloss ☐ d) Chris Evert ☐

Q11: How many Grand Slam doubles titles has Billie Jean King won?

- a) 17 ☐ b) 16 ☐ c) 15 ☐ d) 14 ☐

Q12: In the Battle of the Sexes, whom did Billie Jean King famously knocked out?

- a) Larry King ☐ b) Jack Kramer ☐
c) Bobby Riggs ☐ d) Jimmy Connors ☐

Q13: Who won at Roland Garros in 1990, making her the youngest Open Era Grand Slam singles winner at 16 years, six months?

- a) Martina Hingis ☐ b) Steffi Graf ☐
c) Jennifer Capriati ☐ d) Monica Seles ☐

ANSWERS: 1- a) Ashleigh Barty 2- b) U.S. Open 3- b) 2016 4- b) Steffi Graf 5- b) 23 6- d) 2003 7- a) Margaret Court 8- c) Six 9- b) Five 10- a) Billie Jean King 11- b) 16 12- c) Bobby Riggs 13- d) Monica Seles