



# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

➤ Did you know the word 'OK' was invented 175 years ago? Figure it out in 'Language Lab'

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➤ A young poet pens down a few lines on how first impressions often leave an enduring effect

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➤ Man City crushes Everton, keep PL hopes alive

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**STUDENT EDITION**

MONDAY, FEBRUARY 28, 2022



## How the fall out will impact INDIA

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## UKRAINE CONFLICT: LATEST DEVELOPMENTS

- Russian forces blow up gas pipeline in Kharkiv, Ukraine's second largest city, enter Kharkiv
- Russian Army ordered to broaden advance 'from all directions', defiant Zelensky says his country would never give in to the Kremlin
- Ukraine's military asking people to remove the names of streets, cities and villages from road signs in their regions in order to 'confuse and disorient the enemy'



- US, allies target 'fortress Russia' with new sanctions
- YouTube barred Russian state-owned media outlet RT and other Russian channels from receiving money for advertisements that run with their videos
- Ukrainian President Zelenskyy dials Modi; India reiterates demand for immediate end to violence
- Ukrainian tennis player Sergiy Stakhovsky joins his country's military reserves to fight the Russian invasion

- EU demarche to India, urges firm position on Ukraine issue
- Ukrainians flee war, seeking safety across western borders
- Kremlin says a Russian delegation has arrived in the Belarusian city of Homel for talks with Ukrainian officials. Ukraine's president says his country is ready for peace talks with Russia but not in Belarus
- More flights under 'Operation Ganga' to evacuate stranded Indian nationals in Ukraine

# India's dilemma over the RUSSIA-UKRAINE CRISIS

**WHAT** India on Saturday abstained from voting on the UNSC resolution condemning Russian invasion of Ukraine, along with China and UAE. India called for all efforts for the immediate cessation of violence and hostilities.

**WHY** India may face a tough time after the voting: New Delhi has so far walked the diplomatic tightrope between the US and Russia. "India will now come under tremendous pressure from the US and its European allies to strongly oppose Russia's invasion of Ukraine," a senior defence official said. India is an important ally of both — the US and



Russia. In fact, Indian strategic partnership with the US has grown over the years. The Indo-US strategic relations has a global dimension with convergence on several issues, like in the Indo-Pacific. Similarly, India-Russia strategic partnership has a unique history. In the past, more than 70% of India's military hardware were of Soviet/Russian origin. Even at present, Russian arms account for almost 49% of Indian total military imports. India-Russia also have joint ventures in defence production, and some of the success stories include supersonic cruise missile BrahMos. Meanwhile, United States has urged India to use its influence with Russia to protect the rules-based international order.

**1** India will have to grapple with the renewed threat of US sanctions for weapon purchases from Russia as well as a more belligerent China along its northern borders as a fallout of the Ukraine crisis

**2** New Delhi till now has managed to stave off sanctions under the US law called CAATSA (Countering America's Adversaries through Sanctions Act), which seeks to prevent countries from buying Russian weapons, by mounting a major diplomatic-military campaign with both the Trump and Biden administrations. This allowed India to induct the first of the five S-400 Triumf surface-to-air missile squadrons a couple of months ago, under the \$5.43 billion (₹ 40,000 crore) contract inked with Russia in October 2018, as an "urgent national security requirement" to counter aggressive neigh-



bours like China and Pakistan.

**3** Though Russia still remains its largest defence supplier, India has increasingly turned to the US, France and Israel for its military hardware and software requirements. The US itself has bagged lucrative Indian defence deals worth over \$21 billion since 2007. "But the Biden administration may no longer be willing to grant a waiver to India for buying the Russian S-400 and other weapons," a defence officer said

**4** On the China front, India will need to keep an eagle-eye on the annual exercises of the People's Liberation Army (PLA) in March-April along the 3,488-km Line of Actual Control (LAC) and be "prepared for any contingencies", defence officials said

**5** Apart from conventional military capabilities, China's focus on space, cyberspace and "informatised" and "intelligentised" warfare has been a major concern for India

### INDIAN ECONOMY TO BE AMONG WORST HIT

The ongoing geopolitical crisis between Russia and Ukraine will impact Asian economies, but the impact will be polarised across the region, said analysts at Nomura in a recent report. The negative impact on Asia, they believe, is predominantly because most economies are net oil importers, and food and energy accounts for nearly half of the consumption expenditure in EM Asia. India, Thailand and the Philippines will be the biggest losers



## CYBER ATTACKS: INDIA AMONG TOP 3 MOST-AFFECTED NATIONS IN ASIA

**A**sia was the most-attacked region by cyber-criminals in 2021, accounting for one in four attacks globally, and India was among top three nations that experienced most server access and ransomware attacks in the region, a new report claims. Server access attacks (20 per cent) and ransomware (11 per cent) were the top two attack types on Asian organisations in 2021, followed closely by data theft (10 per cent). Japan, Australia and India were the most-attacked countries in Asia. The high percentage of server access attacks in Asia suggests that Asian organisations are adept at identifying attacks quickly before they escalate into more concerning attack types," said researchers from IBM's X-Force Threat Intelligence team.

In Asia, finance and insurance organisations were attacked most frequently, making up 30 per cent of the incidents X-Force remediated, followed closely by manufacturing (29 per cent) and then more distantly by professional and business services (13 per cent) and transportation (10 per cent)

## Number-0-LOGY

### ONLY NINE PER CENT OF PLASTIC RECYCLED WORLDWIDE: OECD

**1** Less than 10% of the plastic used across the world is recycled, the OECD said, calling for "coordinated and global solutions" ahead of the expected talks on an international plastics treaty

**2** A report by the Organisation for Economic Co-operation and Development report found that 460 million tons of plastics were used in 2019, the number doubling since 2000

**3** The amount of plastic waste had more than doubled during that time to 353 million tons, the Paris-based OECD said

**4** After taking into account losses during recycling, only nine per cent of plastic waste was ultimately recycled, while 19% was incinerated and almost 50% went to sanitary landfills," it said in its Global Plastics Outlook



**5** The remaining 22 per cent was disposed of in uncontrolled dumpsites, burned in open pits or leaked into the environment

**6** Covid-19 saw the use of plastics drop by 2.2% in 2020 compared to the previous year

Plastics contributed 3.4 per cent of global greenhouse emissions in 2019, 90 per cent of it from "production and conversion from fossil fuels", the report said

## CBSE TERM 2 EXAMS 2022 DATE SHEET:

### CLASS X, XII PRACTICAL EXAMS TO BE CONDUCTED FROM MARCH 2



**T**he Central Board of Secondary Education, CBSE Term 2 Exam 2022 date sheet has been released for the practical examination. In an official notification released, the board has confirmed that the CBSE class X, XII Term 2 practical exams would begin from March 2, 2022. The board has also released guidelines for conducting the practical, internal examination for the Term 2 examinations.

**1** For class X regular candidates, the internal examination would be conducted by the schools and the marks would be uploaded. The practical exam would also be as per the curriculum designed for Term 2. Notice regarding the same was earlier shared

**2** As for class XII regular candidates, external examiners would be assigned for the practical exams. Both class X and XII practical examinations would be conducted in the schools. All Covid protocols would be followed at the schools

**3** Answer books would be supplied by the regional offices and the schools have been directed to ensure that they are filled correctly. Examiners would be assigned by CBSE and schools cannot make 'alternative arrangement'. The schools would make an internal examiner as well while the board would have an observer and an external examiner

## Pets may protect you from memory loss, cognitive decline

**H**aving the company of a pet friend may protect you from memory loss in later life and other kinds of cognitive decline, finds a new study. The preliminary research found that pet ownership was especially beneficial for working verbal memory, such as memorisation of word lists. "Having a pet or multiple pets combines many core components of a brain-healthy lifestyle," said Richard Isaacson, director of the Alzheimer's Prevention Clinic in the Center for Brain Health at Florida Atlantic University's Schmidt College of Medicine.



The study found that owning household pets for five years or more produced the most benefit, delaying cognitive decline by 1.2 points over the six-year period of the study compared with the rate of decline in people without pets

## Meet Reyansh Surani, world's youngest yoga instructor

**N**ine-year-old Reyansh Surani from Dubai has made a new Guinness World Record! He has become the world's youngest certified yoga instructor. Surani set the new record at the age of 9 years, 220 days. The young boy, who received his certification from the Anand Shekhar Yoga School on July 27, 2021, after completing their 200 hour yoga teacher's training course, began practising yoga with his parents when he was just four-years-old. Reyansh, who is 10 years old now, has no concrete plans for the future, although one of his ambitions is to host virtual reality yoga classes. For now, due to Covid-19 restrictions, he teaches people in small private classes. At school, he teaches his peers in groups of 10-15 kids per session.





## LEARNING GOES ON

**M**ultilingualism has been shown to have several social, psychological and career advantages. Moreover, recent studies show several health benefits that arise from speaking more than one language. These include faster recovery after a stroke and delayed onset of memory loss diseases.

Let's see how speaking various languages really benefits us:

**1 GIVES BETTER UNDERSTANDING OF LANGUAGE:** Since learning a second (or third, or fourth) language brings your attention to the mechanics of the two languages, multilingual people tend to understand things like grammar, conjugations, and sentence structure better than monolinguals.

**2 IMPROVES MEMORY:** It's undeniable: the more you use your brain, the better it performs. Learning a new language not only requires familiarity with an unfamiliar set of vocabulary and rules, but also the ability to recall this information.

**3 IMPROVES FIRST LANGUAGE:** They say, "You can never understand one language until you understand at least two." Learning a new language actually sharpens your knowledge of your primary language by making you more conscious of its rules and subtleties.

**4 SLOWS DOWN MENTAL DECLINE IN ELDERLY:** Several studies have demonstrated that bilingualism

# AWESOME PERKS OF BEING MULTILINGUAL

can delay the onset of dementia and Alzheimer's disease by an average of five years! Even better, bilingual patients who do develop Alzheimer's tend to display less decay in cognitive abilities than monolingual patients.

**5 MAKES KIDS SMARTER:** If multilingualism improves a person's memory, then it's unsurprising that

multilingual kids can perform better at school. There's an increasing amount of research that suggests bilingual children are better at recalling items from their memory and even do better at math than monolingual students. Most children go to a school with a curriculum that uses memorisation as a learning method; having a brain that's already pre-conditioned to

memorisation is a huge boon when it comes to studying for exams.

**6 INCREASES CAREER OPPORTUNITIES:** Speaking multiple languages has numerous employment benefits. Being multilingual means there are more job opportunities depending on the languages you speak. Several companies, especially the ones that

## JOURNO REPORTS ON UKRAINE CRISIS IN 6 LANGUAGES

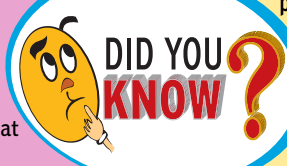
A journalist covering the ongoing Ukraine crisis has gone viral on social media for knowing six different languages, and for being able to use all of them during his live reporting for multiple TV networks. After completing his English reporting for a news channel, Philip Crowther then switches his language to Luxembourgish for the other network. Similarly, the international affiliate correspondent can be heard speaking Spanish, Portuguese, French, and German for multiple associated media networks. "A lot of people go viral for the wrong reasons, for doing something silly or stupid, and in this case, the comments are all positive, so, really, I'm quite, quite grateful", Crowther said when asked for his reaction on the viral video. "There are a lot of people commenting on the fact that they'd like to maybe learn another language, seeing what they saw in that video", he further added.

have offices in different countries are now considering multilingualism a high priority.



## How was OK INVENTED 175 years ago?

**O**K is actually editorial joke that inadvertently went viral. It all began in the office of Charles Gordon Greene at the "Boston Morning Post". The year was 1839, and abbreviations were all the rage in newspapers. This trend produced many unsuccessful terms such as OW—an OK-like term for "oll wright" (all right) that flopped." OK first appeared as an abbreviation for "Oll Korrekt," printed in a satirical article about grammar. The word's origins were only revealed in the 1960s, however, when etymologist Allen Read did some digging—through suggestions that the word might come from Europe, a Civil War nickname for biscuits, or an abbreviation for the telegraph term Open Key.



### MORE ABBREVIATIONS

**Chess:** Chariot, Horse, Elephant, Soldiers  
**Joke:** Joy Of Kids Entertainment  
**AIM:** Ambition in Mind  
**Date:** Day and Time Evolution  
**Eat:** Energy and taste  
**Tea:** Taste and Energy Admitted.  
**Bye:** Be with you Everytime  
**Scuba:** Self-Contained Underwater Breathing Apparatus  
**Radar:** Radio Detection And Ranging.  
**GIF:** Graphics interchange format



## NEW LEXICON

## 6 ENGLISH SLANG TERMS YOU NEED TO KNOW IN 2022

Even though not all these terms and phrases are brand new, they're certainly popping up everywhere – and will likely continue to do so in the year ahead.

### CHEUGY

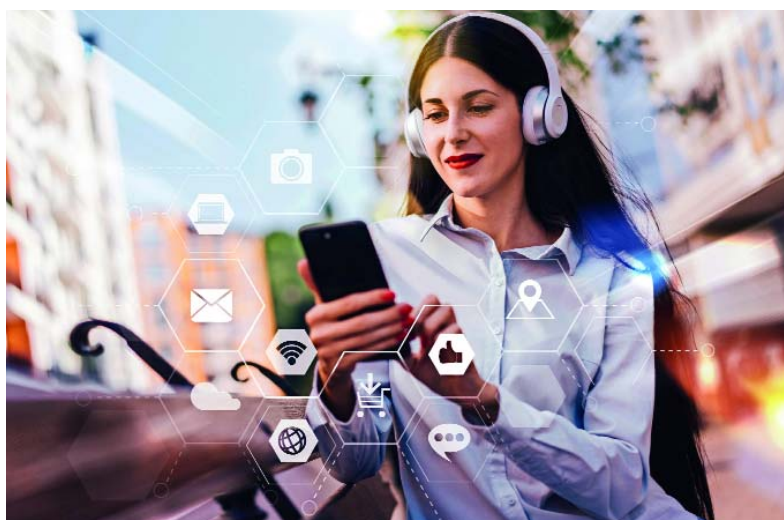
Cheugy means something that's off-trend. If you're familiar with the word "basic," it's not far off from that. It refers to the painfully mainstream or, along the same vein, someone hanging onto things that were cool years ago but would now be deemed basic or "cheugy".

### VIBE CHECK

This describes when you check in on someone's vibe and assess what it's giving. Good vibes? You've passed the vibe check. A best friend may perform 'The vibe check' on a prospective fiancé of her BFF to see if she thinks he's suitable.

### UNDERSTOOD THE ASSIGNMENT

You can use this for someone that is really killing it in some (or any) aspect of their lives. They're giving it their all and doing



an amazing job. Whether it's related to something they're doing, wearing, etc. they really understood the assignment.

### THE BLUEPRINT

This describes when someone is so perfect, or did so well at something, that they are deemed the. They are the blueprint, an icon, a legend. They did it first and the rest simply followed in their exemplary footsteps.

### MUTUALS

This one is easy and crops up a lot on so-

cial media. If two people are following each other, they are mutuals. They have been brought together through their shared liking for one another. The most important distinction between a mutual and someone who just incessantly floods your DMs online is that mutuals follow each other back, intoning that the two people appreciate one another's content and/or posts.

### HITS DIFFERENT

If something (be it an emotion, song, food, etc.) hits you in a better or new way, it hits different/differently. For example, you can go to a brand new piz

## WHAT'S THE DIFFERENCE?

## WIT VS HUMOUR

**WIT:** According to the Oxford English Dictionary, wit can be understood as keen intelligence or else a natural talent for using words and ideas in quick, amusing ways. Wit has to be understood as a sharpness of the mind. A witty person can respond quickly to situations in such a manner that they can highlight their sharpness of mind. Wit certainly arouses amusement in the listener, but it may not always be funny.

**HUMOUR:** As stated by The Cambridge Dictionary, humour is

the ability to find things funny, or the quality of being funny. Unlike wit, humor is always a pleasant companion. It makes you laugh. Through jokes, foolish remarks, and sometimes acts, humor aims towards fun, and laughter. However, humor isn't just a joke. The ability to find a reason to laugh in situations is humor too.



## Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on [toinie175@gmail.com](mailto:toinie175@gmail.com)



## MARTIAL UP YOUR VOCABULARY

Did you know that many of the words and phrases we use in everyday language actually have a military origin? Here's a list of some of the common ones

### HEARD IT THROUGH THE GRAPEVINE

**MEANING: RUMOURS OR HEARSAY**  
The telegraph was invented in the mid-19th century, and by 1861, telegraph wires stretched from coast to coast. The wires were described as grapevines as they hung from telegraph poles. During the Civil War, news was transmitted via telegraph and information heard via the telegraph was called "heard through the grapevine." Today "grapevine" means rumours or hearsay.

### FACE THE MUSIC

**MEANING: OWN UP TO OUR MISTAKES**  
One origin of this phrase stems from the disgraceful dismissal of a military officer. After he was relieved of his duties, the shamed soldier had to make his final march accompanied by the drum cadence of his old unit.

### GINORMOUS

**MEANING: EXTREMELY LARGE**  
Portmanteau of gigantic and enormous this word traces back to World War II and was first recorded in a 1948 British dictionary of military slang. A 1962 dictionary of sailors' slang had such uses listed: "a ginormous brush with the enemy," "a ginormous raid". Now ginormous is used to describe anything humongous.

### MURPHY'S LAW

**MEANING: IF ANYTHING CAN GO WRONG, IT WILL**  
This phrase was coined in 1948 at Edwards Air Force Base and named after Capt. Edward A. Murphy, an engineer working on Air Force Project MX981. The story goes that Murphy's assistant was installing

gauges to measure the G-forces a test-dummy would receive on a rocket-sled blasting forward on a 1.9-mile track. When the instruments read zero after the test-run, Murphy berated his assistant saying, "If there's more than one way to do a job and one of those ways will result in disaster, then somebody will do it that way."

### BLOCKBUSTER

**MEANING: A HUGE SUCCESS, ESPECIALLY A MOVIE OR A BOOK**  
Because the 500-pound general purpose bombs of the British were having little effect on German targets, the massive 4,000 pound "blockbuster" bomb was developed. The idea was that it was large enough to destroy an entire city block. After the war, the term was popularised to denote a movie or book that was a giant success.

### PICKET

**MEANING: A PERSON POSTED FOR A DEMONSTRATION OR PROTEST**  
Picket was enlisted into the English language in the late 1600s as a word for the pointed stakes used to mark out an area for building fortifications. The picket was also used in a form of military punishment in which the offender was made to stand on top of it with one foot. The word was also called upon as a name for a detachment of soldiers serving to guard an army from a surprise attack. That use may have influenced today's pickets who try to persuade work-

ers to support a labour strike.

### UMPTEN

**MEANING: MANY OR INDEFINITELY NUMEROUS**

Umpteen derives from umpty, an early-20th century slang word used in the military for an indefinite but fairly large number. Umpty was probably created by analogy to actual numbers, such as twenty and thirty, and was originally used as a handle for the dashes, or long signals, in Morse code. Umpty is infrequently used these days, but umpteen abounds.

### SKEDADDLE

**MEANING: RUN AWAY, SCRAM, ESPECIALLY TO FLEE IN A PANIC**  
Etymologists believe skedaddle is an alteration of scaddle, a word used in British dialect for someone running off in a fright or for a wild or skittish animal. The first use of skedaddle is attributed to the Union troops during the American Civil War who used it to describe Confederates in retreat. Off the battlefield, the word is applied to any hasty leaving or departing.

### CLOBBER

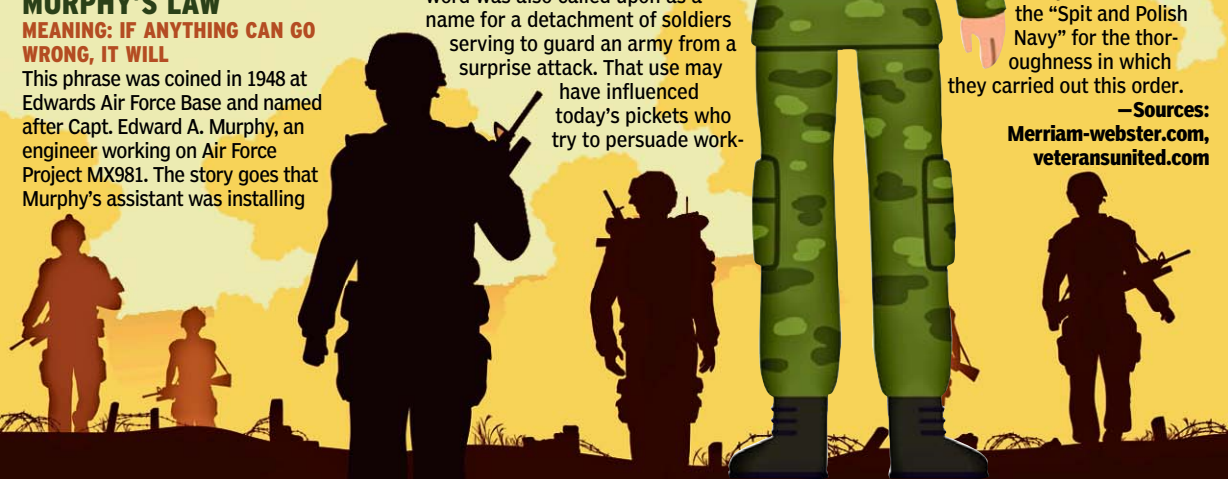
**MEANING: TO DEFEAT OVERWHELMINGLY**  
Pilots of the British air force during the 1940s were supposedly the first to throw around the punchy verb clobber. If a plane was badly shot up (or shot down), it was said to be "clobbered". The forceful action implied by the verb was then used in sports or any place like an election result or a film review where you needed a stronger word for a drubbing.

### SPIT AND POLISH

**MEANING: EXTREME ATTENTION TO CLEANLINESS, ORDERLINESS, SMARTNESS OF APPEARANCE, AND CEREMONY**

Spit and polish was first recorded in 1895. The term originated in the meticulous cleaning by military officers to maintain their required spick-and-span image, which often involved polishing objects, such as their shoes, by spitting on them and then rubbing them with a cloth. Notably, the Victorian British navy was commonly referred to as the "Spit and Polish Navy" for the thoroughness in which they carried out this order.

—Sources: Merriam-webster.com, veteransunited.com





## TACKLING THE PANDEMIC

It was not easy to pin down the head of horrid Corona though overhauling measures have been taken by the Indian government to control the spread of the pandemic. SARS-CoV-2 was the first wave which struck the world, and a strict lockdown was announced to prevent its spread. Then came the vaccination drive which was taken up in all earnestness to prevent the spread of the virus. People with low immunity and also people who crossed the age of 50 were given the first preference for the first dose of the vaccination drive.

What surprised me was most of the Indians registered and got themselves vaccinated but there were a group of citizens who feared taking the vaccine due to rumours circulating regarding it. It's rightly said that prevention is better than cure and thus came the second wave of the pandemic called Delta variant, very ghastly I would say, many lives were lost as it spread quickly but we could control it sooner than expected. As you are still wondering that the pandemic has turned into an endemic- there cropped up the third wave which was called Omicron or the super spreader but by now majori-



ty of Indians have been vaccinated and worked towards building a stronger immunity system.

The government came out with the vaccination drive for children above 15 years of age and we had people who reacted sharply and some responded to the gift bestowed to young children especially school going students who were now protected by the vaccine. It's time we respond to the vaccination

drive and take it up with all solemnity. Our school conducted Covid-19 vaccination camp for students and I can proudly say that a maximum number of students in the age group of 15 and above have received both the doses.

Let's learn to respond competently and stop reacting. Life is precious we must celebrate it.



**SUNIR NAGI,**  
Principal, Pallavi  
Model School, Alwal

THE EDUCATIONIST

## EC(H)O OF THE SHAPE SHIFTER

"Shape Shifter", who am I referring to? Is it a human or any living creature that I am talking about? No... she is a precious natural asset of our planet. You are right, "Water". She juggles between three physical forms. Impressive, isn't it?

Sometimes mild and sometimes severe,  
The sun greets her non-stop, Oh! dear,  
She goes up in the air,  
Sizzle! Sizzle! Can you hear?  
She goes into thin air.



Don't worry nothing to fear,  
Let me cool you, says the air,  
But do a little prayer,  
Whoosh! Whoosh! Can you hear?  
As water she does reappear.

Welcome back my dear,  
Mother Earth Embraces her with cheer,  
To beat the heat people freeze her here,  
Brr! Brr! Can you hear?  
She changes into ice, crystal clear.

Drip, Drop I go down the drain,  
Splish - Splash you throw me from the glass when I remain,  
Pitter - patter I get mixed with gutter; how do I explain?  
Different ways I get lost from this planet,  
Because of your irresponsible habit.

I undergo transformations for a purpose,  
Twentyfour by seven at your service,  
Is it not your responsibility to save me?  
For the future generation to be drought free,  
This is the need of the hour, don't you agree?



**Y DEEPIKA,**  
Mother Teacher,  
Delhi Public School,  
Nacharam



## A TRIBUTE TO FARMERS

Farming is not a job, it's a way of life. We must respect, thank and appreciate the farmers who work hard to provide us food.

The students of classes III and IV of Delhi Public School, Nacharam observed 'A tribute to farmers' activity. The day was celebrated with teachers telling the students about the work, the dedication and sacrifice of farmers and also explained the latest learnings of the agricultural sector.

To keep the students participative, an interesting activity was carried out in which students made a 3D-model of farm land. The activity was so designed as to keep both the online and offline students

equally interested. Students also expressed their knowledge on sharing various aspects of farming along with its need and importance.

The event was well received by the students, and it was seen by their inquisitiveness to know about the importance of the day and the excitement in participating for the activity. Such initiatives by the school are commendable as it helps create better and more aware students.

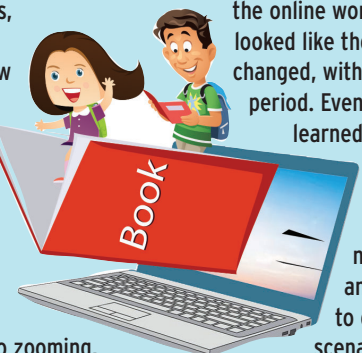


# Express YOURSELF

## Changing lifestyles in the pandemic

Earlier, teachers and students knew only about physical learning. Online learning was an unknown concept. Hardly a few had computer knowledge, but now every task is being done online. From buying groceries, accessories, bill payments to now online studies, everyone has got used to online-based works.

Teachers and students have got used to zooming, google classrooms, google forms, google meets, PowerPoint presentations, and many more. Previously parents disallowed us to use tablets/mobiles for long and now we have got our own gadgets for hours together.



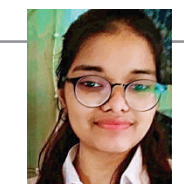
My mother who didn't know about online shopping suddenly got used to it. She even started ordering clothes online now. I was surprised to see drastic changes in the people around me as they quickly adapted to the online world. It looked like the world had changed, within a short period. Even I've learned a lot from this pandemic year, learning new skills and adjusting to changing scenarios.

**GEETHIKA JAAGUMANTRI,**  
class IX-SF, Sister  
Nivedita School,  
Hyderabad



## LIVE LIFE TO THE FULLEST!

The meaning of your life is something you create day after day with your own thoughts and actions. Always ask what you can learn, and how you can move forward, and stop blaming yourself or blaming other people for things that aren't the way you would like them to be. What living life to the "fullest" looks like is up to you.



**ANUSHKA SINGH,**  
class XI, Commerce,  
Silver Oaks  
International School,  
Might Oaks Campus,  
Bachupally

### HERE ARE SOME STEPS TO GET YOU STARTED

**FINDING YOURSELF:** Living your life to the fullest is a process that will take you your entire life to develop. Don't get frustrated if it takes you a while to learn some things, or if you experience setbacks. This is a natural part of life.

**DETERMINE YOUR VALUES:** Values may be spiritual beliefs or simply deeply-held beliefs that are important to you. Stand up for what you believe in and don't let others push you around.

**CHALLENGE NEGATIVE SELF-TALK:** Research shows that the more hostile and critical you are of yourself, the more likely you are to be the same towards others. Try self-kind and self-compassion instead.



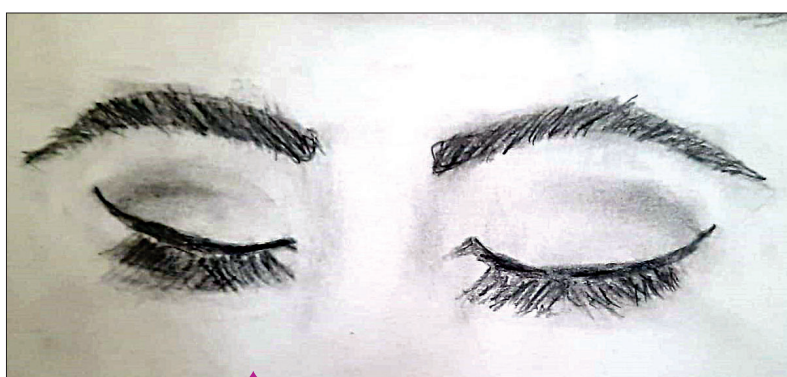
**BE HONEST TO YOURSELF AND OTHERS:** Dishonesty saps away your energy and happiness. When we aren't honest with ourselves, we hold ourselves back from learning and growth. When we aren't honest with others, we damage trust and integrity. It can be hard to be honest, but doing so will help you live a fuller and richer life.

**LEARN TO ACCEPT YOURSELF:** We spend a lot of time looking at what we don't like about ourselves or the past. This means you are able to focus on your future. Make a conscious decision to love yourself, just as you are. Paying attention to what your strengths are can help you continue to develop them without focusing on yourself as "failure".

**CARE FOR YOUR BODY:** Part of living life to the fullest is taking care of your body. You only get one; make sure it's able to carry you through your life of adventure and learning. So, eat a healthy diet, stay hydrated and exercise regularly.

**SPREAD L.O.V.E**  
L: listen more, talk less;  
O: overlook mistakes and shortcomings;  
V: value what you have;  
E: express your appreciation.  
Let go of the fear, it seeks to oppress you and keep you living small. Share your inner bliss with everything and everyone around you.

## Painters' Gallery



**EXPRESSION:** MANYA, class V, Jain  
Heritage A Cambridge School, Kondapur

**HAPPY WORLD:** K HAVISH, class VI-E, DDMS  
P Obul Reddy Public School, Hyderabad

**FISHING:**  
KUMAR SARVATRA,  
class VI-D,  
Bhartiya Vidya  
Bhavans Atmakuri  
Rama Rao School,  
Hyderabad





# MAN CITY CRUSHES EVERTON

## PHIL FODEN'S LATE GOAL SEALS 1-0 VICTORY

**M**anchester City kept their Premier League title hopes in their own hands as Phil Foden's late goal sealed a workmanlike 1-0 victory at relegation-threatened Everton on Saturday. Pep Guardiola's side were struggling to break down a resolute Everton defence at Goodison Park until Foden pounced to turn in Bernardo Silva's cross in the 82nd minute.

A below-par City then survived a huge Everton penalty claim when a potential handball in the box by their midfielder Rodri was checked by VAR.

### GAME IN HAND

In the end victory was all that mattered as they held onto move six points ahead of Liverpool who have one game in hand. City have 66 points from 27 games with Liverpool on 60 with the sides still to play each other at the Etihad in April.

It is not a nice moment for Zinchenko and the Ukrainian people right now. The people from Goodison Park were amazing for this.

PEP GUARDIOLA



Photo: AP

Everton's fifth defeat in six league games leaves them one point above the relegation zone in 17th place. "The second half was much better for the consequences of the first half," Guardiola said. "Goodison Park for us is always so difficult. Good victory, another step."

### SURPRISE HOME DEFEAT

Last weekend's surprise home defeat by Tottenham Hotspur, City's first league reverse since October, opened the door slightly for Liverpool after a fourth title in five seasons had begun to look a formality for Guardiola.

And when they found themselves bogged down at Goodison Park with the clock ticking it appeared the initiative was set to pass to Jurgen Klopp's Liverpool.

### SUPERB DOUBLE SAVE

But when Silva's low cross took a nick off Everton's Mason Holgate and Michael Keane failed to clear the ball, Foden was alert, nipping in to fire past Jordan Pickford who had earlier made a superb double save to keep out Kevin de Bruyne and Silva.

Everton might well feel wronged, however, when they were not awarded a penalty after Rodri mis-judged the bounce of the ball and appeared to control it with his upper arm.

While City celebrated with their relieved fans at the end, the outcome of the title race was put into sharp perspective before kick off when both sets of players showed their support for Ukraine which is facing a Russian military invasion.

### NO WAR T-SHIRTS

Everton's players were draped in Ukraine flags while City's wore T-shirts, saying "No War" on the front. City's Oleksandr Zinchenko and Everton's Vitaliy Mykolenko, both Ukrainian and both amongst the substitutes, appeared close to tears as they embraced each other.

"Thank you so much to all the people at Goodison Park. It was so emotional," Guardiola said. It was a subdued City performance in the first half and it took

them almost half an hour to have a shot on target when De Bruyne tested Pickford.

### DEFENDING DEEP

But Everton were not just defending deep, they also carried a threat and Jonjo Kenny sent a shot into the side-netting after a surging run from Allan. Richarlison also missed an opportunity before the first half and City were more potent after the break. But they looked like being frustrated until Foden pounced. REUTERS



Photo: GETTY IMAGES

Phil Foden celebrates after scoring their team's first goal

## BENZEMA GIFTS 1-0 WIN TO REAL MADRID

Karim Benzama's late goal gave Real Madrid a narrow and slightly fortunate 1-0 win away to Rayo Vallecano to open a nine-point lead in Spanish La Liga over Sevilla, who play Betis on Sunday.



Photo: REUTERS

Benzema were left with a simple finish in the 83rd minute in a late Saturday game after exchanging passes with Vinicius Jr to decide a game where his side failed to score before half-time for the seventh time in succession.

Thibaut Courtois made a series of excellent saves to keep the score 0-0, while Casemiro was fortunate not to see a direct red card for a challenge on Rayo's Oscar Valentin, which caused Valentin to leave the pitch injured, Xinhua reports.

Two goals from Renan Lodi saw Atletico Madrid win at home in a close match to Celta Vigo.

Lodi scored his opener with a shot from a tight angle, which the Celta keeper could have done better with, and doubled his tally in the 60th minute after getting in behind the Celta defence and collecting Geoffrey Kondogbia's pass.

# AFTER 24 YEARS, OZ'S CRICKET TEAM BACK IN PAK

During last tour in 1998 the Ausies won the Test series 1-0

Australia arrived for its first tour of Pakistan in 24 years on Sunday with the visitors due to play three test matches, three one-day internationals and a one-off Twenty20 during their six-week tour.

Australia last toured Pakistan in 1998 when it won the test series 1-0 while also winning all the matches in the limited-overs series. Pakistan has struggled to attract visiting sides since a fatal terrorist attack on the visiting Sri Lanka team's bus in 2009, and Australia pulled out of a tour five years earlier after a suicide blast at a Lahore church.

### Bilateral series

Pakistan has hosted Zimbabwe, Sri Lanka, West Indies, Bangladesh and South Africa over the last six years, but Australia is the first high-profile team that will be touring Pakistan for a fully-fledged bilateral series.

It's the first test matches between the two countries over here in 20-odd years, so it's a special moment. We feel privileged as players.

CUMMINS

Last year both New Zealand and England pulled out of limited-overs tours to Pakistan due to security concerns. New Zealand abandoned its tour just hours before the toss for the first ODI in Rawalpindi, which is due to host the first test against Australia beginning March 4.

### Bumper year

The Pakistan Cricket Board has labeled 2022 as "bumper year" with New Zealand

and England also due to tour Pakistan later this year.

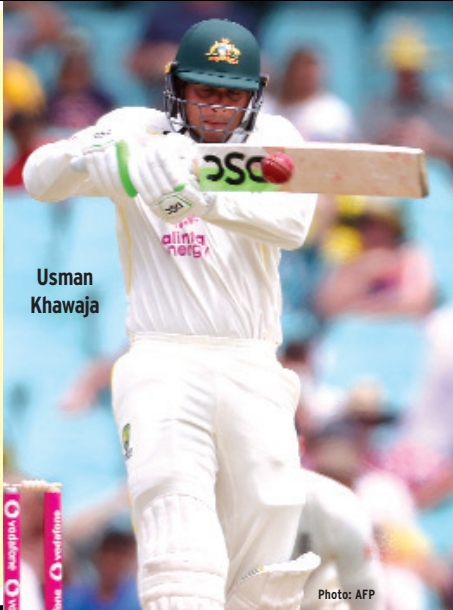
Karachi will host the second Australia test from March 12-16 followed by the third test at Lahore from March 21-25. Rawalpindi will host the ODI series from March 29 before Australia rounds off its tour with a Twenty20 on April 5.

### Tight security

Security teams from Australia visited Pakistan last year to assess the security arrangements in the three cities before the tour was given the approval by Cricket Australia.

Thousands of security personnel are expected to be deployed during the Australians' stay and the Pakistan cricket board expects fully vaccinated capacity crowds for the tests and limited-overs series.

Cummins expects passionate crowds at all the venues. AGENCIES



Usman Khawaja

Photo: AFP

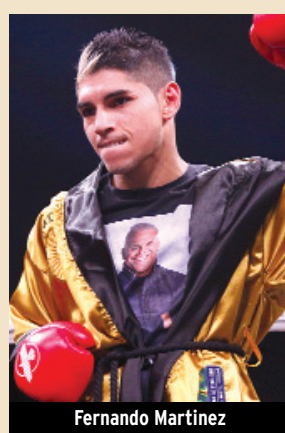
## MARTINEZ UPSETS ANCAJAS, GETS IBF SUPER FLYWEIGHT WORLD TITLE

Unbeaten Argentinian Fernando Martinez ended Filipino Jerwin Ancajas' long International Boxing Federation super flyweight reign with a 12-round unanimous decision victory in Las Vegas on Saturday.

Martinez pressed the action in a lively bout at The Cosmopolitan, consistently outworking the champion to earn the upset victory, with two judges scoring it 118-110 and a third seeing it 117-111 for the 30-year-old challenger.

Martinez improved to 14-0 with eight wins inside the distance. Ancajas, who was making his 10th defense of the title he won in 2016, fell to 33-2-2 with 22 knockouts. Ancajas, also 30, said after the fight he would take advantage of his contractual right to a rematch.

Meanwhile, his plans to take on Japanese WBO



Fernando Martinez

Photo: AFP

champion Kazuto Ioka in a unification bout later this year were blown. After an 11th round dominated by the aggressive Martinez, Ancajas appeared to need a knockout in the 12th to retain his title. But he couldn't hurt Martinez, who continued to land solid punches. AFP

## QUIZ TIME!

**Q1:** How many teams participated in ICC U19 World Cup 2022?

a. 19 b. 16 c. 5 d. 22

**Q2:** Against which team did India score 405, the highest total at the 2022 U19 World Cup?

a. Ireland  
b. Pakistan  
c. Uganda  
d. China

**Q3:** Which Indian claimed the maximum wickets in U19

ICC Men's World Cup 2022?

a. Yash Dhull  
b. Harnoor Singh  
c. Shubhman Gill  
d. Vicky Ostval

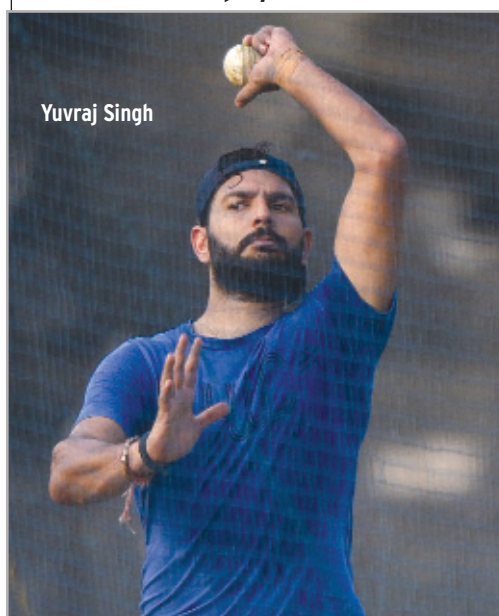
**Q4:** Which Indian player scored the maximum runs in U19 ICC Men's World Cup 2022?

a. Angkrish Raghuvanshi  
b. Kaushal Tambe  
c. Vasu Vats  
d. Aneeshwar Gautam

**Q5:** When was the first Under-19 Cricket World Cup played?

a. 1983 b. 1985  
c. 1988 d. 1991

**Q6:** Yuvraj Singh was the first Indian player to win 'Man of



Yuvraj Singh

Photo: TOI

the Series' title in Under-19 Cricket World Cup. In which year did he win it?

a. 1998 b. 2000 c. 2004 d. 1996

**Q7:** When did the Indian team win the first Under-19 Cricket World Cup?

a. 2004  
b. 1991  
c. 1988  
d. 2000

**Q8:** How many times has India won the Under-19 Cricket World Cup?

a. 3 b. 2 c. 5 d. 4

**Q9:** Which player has claimed most wickets in Under 19?

a. Shubhman Gill  
b. Virat Kohli  
c. Enamul Haque  
d. Wayne Holdsworth

**ANSWERS:** 1. b. 16  
2. c. Uganda  
3. d. Vicky Ostval  
4. a. Angkrish Raghuvanshi  
5. c. 1988  
6. b. 2000  
7. d. 2000  
8. c. 5  
9. c. Enamul Haque