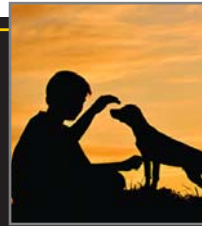




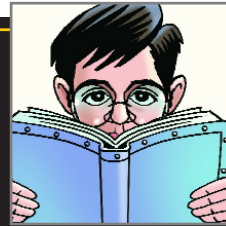
# THE TIMES OF INDIA

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

➤ Did you know that walking your dog is as healthy as having a probiotic? Here's all about its health benefits and of other such hobbies...  
**PAGE 2**



➤ An educator explains how both parents and teachers adopt new ways as children go back to school  
**PAGE 3**



➤ Barca beat Villarreal for first La Liga away win  
**PAGE 4**


**STUDENT EDITION**

MONDAY, NOVEMBER 29, 2021



**T**he dystopic, fantastical show 'Squid Game' – a nine-episode thriller by South Korean director Hwang Dong-hyuk that has been lauded for its searing critique of capitalist society – continues to be a worldwide sensation. But it is worth taking another look at the numbered green tracksuits worn by the show's main characters, for they offer a specific, symbolic window into Korean culture

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

## BLACK FRIDAY GONE, MARK CYBER MONDAY

### HOW IT STARTED

Historians believe 'Black Friday' started in Philadelphia in the mid-1960s when bus drivers and police used the term to describe the heavy traffic that would clog city streets the day after Thanksgiving, as shoppers headed to the stores. Through the 1980s the day grew to become one of the most successful



days of the year for merchants, who would often refer to the day as Black Friday to denote good profits, as

they ended up using only black ink (used to show profit) and less red ink (used to show loss). AGENCIES

### Shoppers' stop

■ In the early 2000s, retailers noticed a new trend among buyers who couldn't shop on the Black Friday weekend, to be looking for bargain deals online on Monday. The term 'Cyber Monday' was coined by Shop.org, the online arm of the National Retail Federation.



As brick-and-mortar stores do with Black Friday, online retailers usually offer special promotions, discounts, and sales on CYBER MONDAY

## TRACKSUIT THAT EMBODIES KOREAN CULTURE



### Trend In India Too

A matter of survival, no a matter of style. Since the South Korean survival drama 'Squid Game' has been released in September and viewed by more than 100 million people worldwide, dressing up like the show's contestants in green tracksuits has become a huge fashion hit. ET

## GREEN TRACKSUITS: ITS SYMBOLISM

■ **NOTION OF BAEKSU, MEANING UNEMPLOYED:** Tracksuits have become a mark of social status in contemporary Korean culture, says Jooyoung Shin, a fashion design professor at Indiana University. "Baeksu is a common slang for someone who is out of work. It translates to 'white hands'," suggesting that idle days make for shamefully clean palms. This coded stigma is tied to the dress code of 456 contestants in Squid Game, who are united in their desperation for a Hail Mary escape from their debts.

■ **REPRESENTS THOSE NOT ACCEPTED:** Kyunghye Pyun, an art history professor in New York, says, "The low-end tracksuits are usually associated with people who have failed to be accepted by a community." The show's players are akin to this. NYT



## OMICRON How WHO named it

### Appointment Desk Quarantine COVID-test



**M**arkets plunged this weekend, hope of taming the coronavirus dimmed and a new term entered the pandemic lexicon – Omicron. The Covid-19 variant that emerged in South Africa was named after the 15th letter of the Greek alphabet. The naming system, announced by the World Health Organization (WHO) in May, makes public communication about variants easier and less confusing, the agency and experts said.

For example, the variant that emerged in India is not popularly known as B.1.617.2. Rather, it is known as Delta, the fourth letter of the Greek alphabet. There are now seven "variants of interest" or "variants of concern," and they each have a Greek letter, according to a WHO tracking page. Some other variants with Greek letters do not reach those classification levels, and the WHO also skipped two letters just before omicron – 'nu' and 'xi.'

"NU IS TOO EASILY CONFOUNDED WITH NEW," TARIK JASAREVIC, A SPOKESPERSON, SAID ON SATURDAY. "AND 'XI' WAS NOT USED BECAUSE IT IS A COMMON LAST NAME." He added that the agency's best practices for naming diseases suggest avoiding "causing offense to any cultural, social, national, regional, professional or ethnic groups." NYT

■ In India, the Centre has asked states to conduct "RIGOROUS SCREENING AND TESTING" of all travellers coming from and transiting through Botswana, South Africa and Hong Kong



## NFT BUZZ EARNS it 'Collins Word of Year' tag

**T**he Collins Dictionary declared NFT its word of the year for 2021 in recognition of the convergence of the worlds of money, tech and art in what became known as 'non-fungible tokens.' NFTs have exploded in popularity this year with the help of collectors, speculators and celebrity endorsers stirring up hype – and funding – for them. Bloomberg

Collins defines them as "a unique digital certificate, registered in a blockchain, that is used to record ownership of an asset such as an artwork or a collectible." Some of this digital artwork has been selling for millions of dollars



## Sanctuary Mandela, ex-president's home turned into hotel



**A**nti-apartheid legend Nelson Mandela liked hearty, simple meals, like oxtail stew. It was a favourite dish of South Africa's first black president and now fills ravioli served in his former home, which has been transformed into a boutique hotel. The residence, hidden on a quiet street in a wealthy suburb of Johannesburg, after a floor-to-ceiling remodelling, welcomes visitors to Sanctuary Mandela. Mandela lived here for eight years with his third wife Graca Machel. AFP

The hotel opened in September for guests seeking to bask in the ex-president's calm and positive energy. The presidential suite was once actually the president's bedroom. The window frames bear his nickname 'Madiba' and his Robben Island prison number '466/64' – scratched into the wood by his grandson.

## Ferrari roars out DAYTONA SP3 for its ICONA FANS....

■ Ferrari NV unveiled a new limited-run retro model that the storied Italian manufacturer is billing as its most aerodynamically efficient car ever.

■ The Daytona SP3 that debuted at Mugello Circuit, a Formula One track near Florence, honours the brand's 1960s race cars. It represents the second leg of Ferrari's special-edition Icona series, the first being the Monza SP1 and SP2 cars introduced three years ago.

■ The Daytona SP3 carries a seven-figure price tag. It will cost 2 million euros (\$2.26 million) in Italy, according to a company spokesman. The deliveries are set to start in 2022 end.

■ Its mid-rear mounted, 829-horsepower V12 is Ferrari's most powerful engine, enabling the car to go from zero to 100 kilometres per hour in 2.85 seconds! TNN

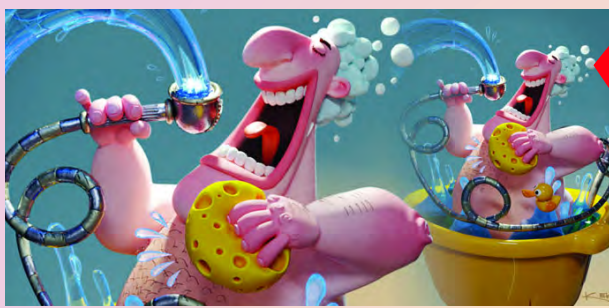






## LIFESTYLE

# DO THIS FOR YOUR OWN GOOD!

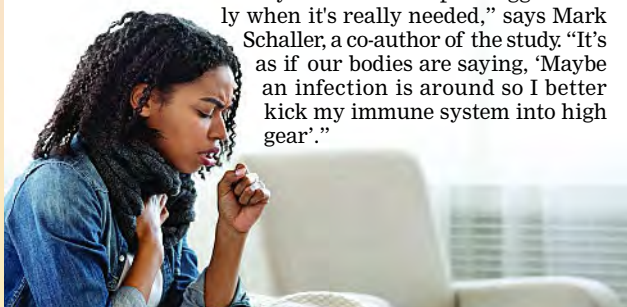


## BELT ONE OUT

Singing badly in the shower might upset family members, but now you have a scientific reason to do so! Singing, along with listening to music, lowers cortisol levels that suppress your immune function. Half an hour should be your target time. It also spikes the antibody immunoglobulin A, which provides a defence against infections. Dr Ian Lewis, director of research and policy at Tenovus Cancer Care, says of the "exciting" findings, "We've heard anecdotal evidence that singing makes people feel good, but this is the first time it's been shown that the immune system can be affected by singing."

## LOOK, BUT DON'T TOUCH

When we spot someone poorly, we try to avoid them. But it seems that looking at sick people has a beneficial effect on our immune system. Researchers at the University of British Columbia showed people images of sick individuals. They discovered this triggered an increase of the helpful protein interleukin-6 (IL-6), which helps regulate immune responses. "It makes evolutionary sense that the immune system would respond aggressively when it's really needed," says Mark Schaller, a co-author of the study. "It's as if our bodies are saying, 'Maybe an infection is around so I better kick my immune system into high gear'."



## KNIT A BAD IDEA

Olympian Tom Daley says he knits to calm his mind, but it can do wonders for keeping the sniffles at bay, too. It's believed that the repetitive movements encourage the 'relaxation response' – the body's way of counterbalancing stress that otherwise impairs the immune system. As heart rate and blood pressure falls and breathing slows, levels of stress hormones decrease. Nutritional therapist Camilla Gray adds, "Knitting is linked with lowered stress levels and a sense of well-being. Because it occupies the mind, it also stops people reaching for alcohol and cigarettes, both of which depress immune function."



## GO WITH THE FLOW

Swap the treadmill for Tai Chi to stay healthy this winter. The gentle form of exercise, based on an ancient Chinese martial art, not only helps you maintain strength, but is a confirmed immune-system booster, according to UCLA students. In total, 112 adults aged 59 and up took part in a study that found the activity significantly boosted their immune systems against the shingles virus.

Michael Irwin, a professor of psychiatry at UCLA, praised the 'exciting' findings because of the "implications for other infectious diseases, like influenza and pneumonia".

## FREEZE THERAPY

Cryotherapy might sound like a Red Dwarf character, but it's actually a medical technique that uses sub-zero temperatures for health benefits. A whole-body treatment involves being encased in a full-length capsule – up to your neck – while liquid nitrogen is pumped into the air, cooling the entire chamber to a very chilly -200°C.

The good news is you're only in there for minutes. "Traditionally it was used by sports people to alleviate muscle pain, sprains and swelling," explains Alla Pashynska, founder of Ice health Cryotherapy. "We then discovered it also increased blood circulation, regulates metabolism, reduces blood pressure and boosts the immune system." Alla's celeb clients include Gemma Collins, Olly Murs and Carol Vorderman.



## IT'S OH-FISH-IAL

Did you know a plate of sushi can help fight off germs? Fish is rich in omega-3 fatty acids that reduce inflammation, with salmon in particular packing a punch thanks to the carotenoids it contains. The addition of ginger is a bonus given its anti-inflammatory properties, but Ella Davar hails wasabi as the best virus-busting champ. She says, "Research has shown that wasabi, the unique flavorant used to spice up and disinfect raw fish in sushi, has significant health benefits and helps strengthen the immune system." Elle adds that wasabi is also rich in beta-carotene, which the body converts into vitamin A, a known infection fighter, along with compounds called glucosinolates and isothiocyanates "which have antibacterial properties".



## TRUST ME, I'M A DOG-TOR

Dogs are more than just a faithful companion – they act rather like a probiotic, according to research in the States. "We think dogs work as probiotics to enhance the health of the bacteria that live in our guts," says Dr Charles Raison, principal investigator for the study. "These bacteria are increasingly recognised as playing an essential role in our mental and physical health, especially as we age." It applies to other pets, too – stroking a cat for just 18 minutes raises levels of immunoglobulin A, an antibody that protects against infection. Purrfect!



## YOU BETTER BEE-LIEVE IT

Just a spoonful of honey helps your morning cuppa go down. It also boosts your immune system, with manuka honey noted for its antibacterial, anti-inflammatory, and potential anti-viral qualities. Its the high levels of a natural compound called methylglyoxal (MGO) within the honey that make it more potent as a weapon against flus and colds than other varieties. A research team at the University of Oxford declared that honey is 'superior' for improving symptoms of coughs, sore throats and sneezes.

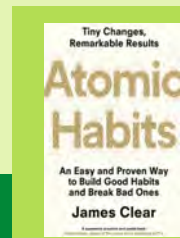
DAILY MIRROR



## 7 IDEAS TO TRY THIS WEEK

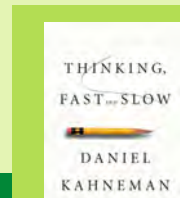
## 'ATOMIC HABITS' BY JAMES CLEAR

Associating your desired new behaviour with something you enjoy is a good way to start. For example, if you want to exercise every day, don't eat dinner until you've completed your workout.



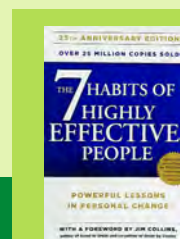
## 'THINKING FAST AND SLOW' BY DANIEL KAHNEMAN

Sometimes it's best to react right away, while other times it's better to think about it. When something is essential and the solution or hazards are unknown, I attempt, though not always effectively, to sleep on it and revisit it the next day with fresh eyes.



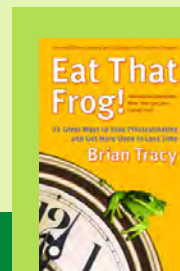
## 'THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE' BY STEPHEN COVEY

Create a personal mission statement and devote as much effort as possible to fulfilling it. Excessive planning should be avoided when working on projects. In most cases, it's better to respond quickly and adjust as needed.



## 'EAT THAT FROG!' BY BRIAN TRACY

21 Great Ways to Stop Procrastinating and Get More Done in Less Time by Brian Tracy. The title is a reference to Mark Twain's adage that if you eat a live frog first thing in the morning, the rest of your day would undoubtedly improve. Tracy's message: Take on your 'frog' first thing in the morning: your biggest, most critical assignment, the one you're most likely to put off.



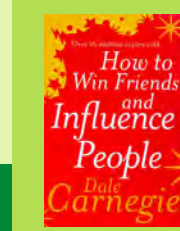
## 'GETTING THINGS DONE' BY DAVID ALLEN

What irritates, distracts, or fascinates you the most? 2. How would you go about properly resolving it? 3. What is your next step in achieving your goal? 4. Compare how you feel after the activity to how you felt before.



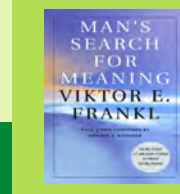
## 'HOW TO WIN FRIENDS AND INFLUENCE PEOPLE' BY DALE CARNEGIE

Really listen and ask questions to understand the other person. Help people get what they want if you expect them to help you get what you want.



## 'MAN'S SEARCH FOR MEANING' BY VIKTOR FRANKL

Choose an exciting life purpose, imagine achieving it, and continually take baby steps toward getting there.



## Love pizza?

## Here's how to make gluten-free vegan



The demand for gluten-free food is on the rise in India and it is all thanks to the intolerance towards gluten, which is a kind of protein that acts as a glue to hold food together. It is found in grains like wheat, rye, and barley, and is used to make popular foods like cake, pizza, cereals, cookies, crackers and of course pizza!

One of the reasons why people are opting for gluten-free foods is because of the growing cases of celiac disease. According to Mordor Intelligence, "The Indian Gluten-Free Foods & Beverages Market is projected to value at 189 million USD in 2024 registering a CAGR of 8.7 per cent." This shows how people are opting for gluten-free products such as bakery products and cereals. The report also says that "India is the second-fastest-growing market for gluten-free foods & beverages in Asia-Pacific, following China."

Now that the trend for gluten-free foods is on the rise, it's a good idea to try a pizza whose crust is completely gluten-free. The best part about this pizza is that the dough need not rise. It is going to be really amazing in taste with your favourite vegan cheese. Here's how you can make this pizza at home.

## INGREDIENTS For the Dough

- 3 cups gluten-free all-purpose flour
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 2 tbsp unrefined cane sugar
- 1 cup warm water
- 1 teaspoon sea salt
- 1/2 teaspoon baking powder

## For Pizza

- 300 ml home-made pizza sauce
- 1 cup dairy-free cheese
- Assorted veggies, for topping

## GLUTEN-FREE VEGAN PIZZA RECIPE

## METHOD

1 First, let the yeast rise for making the dough. For the same, take a bowl and mix together yeast, warm water and sugar. Let it sit for 5 minutes.

2 Now, sift gluten-free flour, sea salt and baking powder in a large bowl. Once done, add olive oil to it along with the yeast mixture and mix well. Add a little water and knead until you achieve a soft dough.

3 Next, make a ball of the dough using your hands. Take a baking sheet, dust it with some gluten-free flour. Place the dough in the middle and press it with your hands until it rolls out completely.

4 Place this flattened dough in the oven and bake for 8-10 minutes or until a crack appears.

5 Once done, take it out and spread the pizza sauce on the crust. Make sure you leave a 1/2 inch margin from the edges.

6 Finally, grate or shred the dairy-free cheese on the pizza crust generously. Afterwards, add veggies of your choice as topping and shred more cheese on it. (Tip: If you like dark crust, you can brush the pizza

crust with a little olive oil before baking.)

7 Now, place this crust in the oven again and bake for about 20-30 minutes. Make sure you check after 20 minutes to prevent it from burning.

8 If the pizza is done, take it down and let it cool a little. Season it with oregano and pepper. Serve hot with ketchup and chilli flakes.

## GO DESI WITH MILLETS

For Indian palates, who cannot find gluten-free all-purpose flour easily, there is something super easy that can be done. Natasha Gandhi, who rose to fame with MasterChef Season 6, and is the founder of House of Millets says, "All you need to do is make a thick millet roti and use your favourite cheese for that cheesy touch to your pizza. Add the toppings of your choice and voila, you have the Indian way of making gluten-free pizza ready in a few minutes." This desi recipe is something we can make when we want to eat a healthy pizza as millet is a gluten-free grain and is very rich in nutrients.





## Highlighting the role of legal services



**Delhi Public School  
Nacharam**

National Legal Service Day was observed by students and teachers of Delhi Public School, Nacharam on November 9, a day that is marked to spread awareness among the general public about the fair and just practices in the judicial system.

Students of class III highlighted the significance of Legal Service Day through role play and poster-making. Students donned the role of legal advisors and narrated a few points on the history of this day.

Students gifted the posters they made to the person whom they felt were helpful. Teacher promoted the worth, services offered by the Legal System of India and emphasized how one can support and help others in diverse ways. A lot of people think of legal proceedings as time consuming, but the day attempts to modify this credence and makes people aware that getting justice is crucial for all.

## National Education Day

National Education Day to celebrated on November 11 every year to mark the birth anniversary of Maulana Abul Kalam Azad, the first education minister of independent India, who served from 15 August 1947 until 2 February 1958.

The students of Delhi World School Shadnagar conducted a special assembly on the occasion.

**Delhi World School  
Shadnagar**



## THE EDUCATIONIST



# The 'L' Board

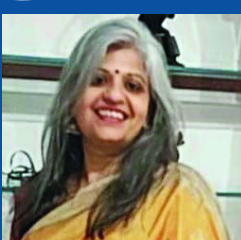
The economy is on its way to recovery or so it seems to my untrained eyes. I might be under this illusion given the number of new cars on the roads of Hyderabad with the 'L' board.

Recently, as I drove to school, I happened to pass three cars being driven by novices. It was peak hour, most of us were racing to meet the punch-in deadlines, and traffic was surging by the minute. Clearly, the ones who were learning did not have an easy time. There were loud honks, exasperated looks and dangerous swerves as the professional driver within many of us rose to the fore.

The look of fear on the face of one such novice with an 'L' board took me back to 1998, the year we had bought our first car - a second hand red Maruti. It was our pride - the first car that anybody in our family had owned. I remember going for driving classes with my one year old baby and my Ammaji in tow. All of us looked forward to that one hour of empowerment, confident that the instructor would take care if I didn't press the brakes on time. Very quickly, the fifteen day training got over and I was certified a good driver though in my heart of hearts, I knew that I still could not start the car without giving a minor heart attack to its passengers except my baby who would chortle with glee every time the car jumped.

And, then, began my challenge. I couldn't release the clutch and brake and start the car at the same time. I forgot to lower the hand brake. The loud honking on the roads made my heart beat faster. The angry look of my fellow drivers added to my confusion. Back-seat driving by my family members added stress rather than helping me out. Once while driving up the gentle slopes of JNU, when my mother admonished me to be careful, I slammed the brakes and halted in the middle of the road to ask her how exactly should I be careful! In the meanwhile, my car began to slide back and I was at the receiving end of loud honks, angry looks and a swear word or two! Those were one of the scariest minutes of my life as guilt, fear, anger and not being in control of myself or my machine seeped through every pore in my body.

It is important for all of us to support the young learners who are starting their journeys, whether in cooking, teaching or any other field...



**USHA RAMASWAMY,  
Senior School Head,  
The Shri Ram Universal  
School, Hyderabad**

Driving seemed like an insurmountable challenge which

I was incapable of aching. I swore to myself that if I ever learnt to drive, I would never intimidate a new learner on the road. Gradually, over a period of time, I learnt the ropes so much so that it comes to me as naturally as breathing or walking.

Seeing the new drivers on the road today reminded of my own struggles. Had I forgotten how difficult it could be? Had I forgotten the fight between the clutch, brake and the accelerator? How easy it is to look down on others who might just be starting their journeys, whether in driving, cooking, teaching or any other field? Why can't we be more understanding, more empathetic and more gentle? Why doesn't our struggle remind us of who we were once? Why do we become the all knowing supremos, always in control, tut-tutting at the frailties of others? This journey down memory lane has certainly been an awakening of sorts. It reminded of me of my first time in a new office, my first time as a teacher, my life as a new daughter-in-law, my first attempt at cooking, my unsuccessful attempts as a new mother, the first time I held a microphone and discovered that I had lost my voice.... the list is endless.

The person I am today is because someone was patient, tolerant and understanding, and encouraged me. I can remember so many mentors who have enabled me to be who I am. I promise myself that I am going to be more encouraging and empathetic when I see a learner on the road and off it. What about you?



## Children, seeds of mankind

*"While children are struggling to be unique, the world around them is trying all means to make them look like everybody else." - A P J Abdul Kalam*

Children are the seeds of mankind. Seeds grow depending on the resources provided to it, so is the case with children. Children get nurtured seeking the help of the environment to which they belong to. Thus, it becomes very crucial to support them with the best system of family, friends, education, morals and values.

Children are amazing, they need to be cherished.  
Children are believable, they need to be trusted.  
Children are conceivable, they need to be understood.  
Children are daring, they need to be freed to express.  
Children are energetic, they need to be conserved.  
Children are fallible, they need to be embraced.  
Children are gifted, they need to be unwrapped.  
Children are honest, they need to be appreciated.  
Children are innovative, they need to be given a chance.  
Children are joyful, they need to be celebrated.  
Children are kind, they need to be empathized.  
Children are loveable, they need to be loved.  
Children are musical, they need to be listened to.  
Children are naïve, they need to be considered.  
Children are optimistic, they need to be encouraged.  
Children are precious, they need to be treasured.  
Children are quick and rapid; they need to be directed.  
Children are resourceful, they need to be utilized productively.  
Children are sociable, they need to be governed.  
Children are thankful, they need to be accepted.  
Children are unique, they need to be affirmed.

Children are vulnerable, they need to be protected.  
Children are whimsical, they need to be acknowledged.  
Children are xenial, they need to be visited.  
Children are yearning, they need to be noticed.  
Children are zesty, they need to be lived for that moment.  
Sweet memories of childhood last throughout a person's life and the reminiscence of one's childhood doesn't vanish at all.  
As educators, let us owe the best to our children and let them enjoy their childhood to the fullest.

**T LALITHA KUMARI, Principal,  
Sister Nivedita School, Ameerpet**



# Express YOURSELF

## MY VOICE

I have a loud and deep voice, but sometimes it's no use. In situations where apologies are meant to ask, or have to refuse.

It has advantages you see, when attention to be paid. If I shout loud with my voice, everyone is afraid!

I love to sing loud with my voice, Speaking is with me too. A voice like mine is gifted, to a selected-very few.

I don't need a mike to be heard, all the words I say. Nothing can stop my courageous voice, nothing in my way.

**KATYAYANI, class VI, Bharatiya Vidya Bhavans, Vidyashram, Jubilee hills, Hyderabad**



## REDUCE, REUSE, RECYCLE

Reduce, Reuse, Recycle Words that we all know We might be only children But we will try, you'll see.

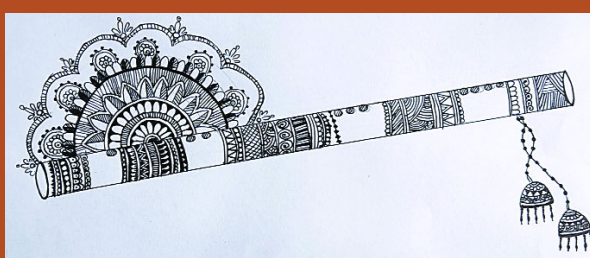
We recycle what we use. Separate things and you should too Glass and paper, plastic, tin Go in your recycle bin!

We must start now. We can't wait Quick. Or it will be too late And we can save Diwali It starts with you and me.

**TANVI, class VI-B, Delhi School of Excellence, Banjara Hills, Hyderabad**



## Painters' Gallery



**FINE TUNES: LEORA, class VI-C, Gautami Vidya Kshetra, Hyderabad**



**ART OF LIVING: V RISHABH, class VI-B, Ganges Valley School, Hyderabad**



**NATURESCAPE: PRAKHYA VAISHNAVI ATLURI, class V, Silver Oaks International School, Bachupally**



**DANCING FEET: NIHIRA V, class VII-D, Bharatiya Vidya Bhavan's Public School, Hyderabad**



**PURPLE HAZE: SAAIMAH KHAN SHOUKATH, class IX-B, Madina High School**

## NOTHING AT ALL



She is trying to be perfect enough, For no one to notice her flaws. She is trying her best, To stand tall.

She is trying to be happy, But, ends up being abruptly silent. She's trying to heal from wounds, Yet they leave behind scars that never heal.

She is struggling, She is fighting, So far so good, It all goes unnoticed.

You see her smile? That's a mask for her dejected self. You see her laugh? It's for hiding her stress. You ever see her and think she is happy? That's deceiving, for joy never found her.

One minute, There are endless possibilities. The next minute, A last chance to prove yourself.

You talk about trust, Yet all she knows is that She gave it too much, People work for their own profits, Yet it's unwise to be stabbed in the back, My friend.

"What if they think I am weird? Will anyone remain friends? What if I fail to overcome these fears? I am tired of backup plans."

What do they know About the darkness that engulfs her? What do they know, About the constant worries that cloud her? They know nothing, Nothing at all.

**SAMRIDHI NARWADE, class X-B, Pallavi Model School, Boduppal**





# BARCA BAG FIRST LA LIGA AWAY WIN

## Leave it late to beat Villarreal 3-1, end goalless run



Memphis Depay

**B**arcelona notched their first away win in La Liga this season in Xavi Hernandez's first away game in charge as late goals from Memphis Depay and Philippe Coutinho secured a 3-1 victory over Villarreal. Barca had gone five away matches in the league without a win but Xavi had the magic touch, with the 41-year-old over-seeing his second victory out of two in La Liga, either side of a midweek goalless draw at home to Benfica in the Champions League.

The score at La Ceramica flattered Barca, who could easily have lost a frantic game in which Villarreal spurned a number of excellent chances, only to commit a dreadful mistake at the back that allowed Depay to score in the 88th minute. Coutinho added a third from the penalty spot in injury-time after Samuel Chukwueze had earlier cancelled out Frenkie de Jong's opener early in the second half. "It was the game we dominated the

least, but we won," said Xavi. "On Tuesday we deserved to win and we drew, today it could have been a draw, and we got the win. It's a tremendous victory for us."

One blot on the evening was an injury to Jordi Alba, who had to be replaced in the second half, with his fitness now a concern less than two weeks before Barca's pivotal final Champions League group game at Bayern Munich.

Barcelona cut the gap to Atletico Madrid in fourth to three points. They are still seven points behind leaders Real Madrid.

### FRANTIC START

In a frantic opening nine minutes, Barcelona hit the post twice while Villarreal were gifted a golden opportunity as Abde Ezzalzouli's header was tipped onto the crossbar by Geronimo Rulli before Gavi's drive brushed the outside of the far post. In between, Eric Garcia's backpass was intercepted by Arnaut Danjuma but his shot was blocked by the sliding Gerard Pique, who was lucky not to concede a penalty after making the stop with his right hand.

The chances kept coming for both

teams as Depay scuffed wide after being slid through by De Jong before Jeremy Pino and Pau Torres both headed over when left free in the box, Torres from five yards out.

### VILLA DOMINATE FIRST HALF

Villarreal were rampant down Barcelona's right-hand side and finished the first half the stronger. But Barca survived and took the lead three minutes after the restart, Alba volleying Abde's cross back in for De Jong to tap home after Depay's initial finish was saved. Alba went off injured, replaced by Oscar Mingueza, and Villarreal continued to stretch Barcelona, who never looked in control of their lead.

They could not even keep hold of a throw-in, Villarreal regaining possession and hooking the ball towards the penalty area, where Chukwueze nipped in ahead of Mingueza and poked into the corner.

### BARCA CAPITALISE ON MIX-UP

Villarreal fancied a winner as Manu Trigueros twice went close and then Danjuma shot just wide of the post after a weaving run in from the left. Instead, it was Barcelona who struck after capitalising on a Villarreal mix-up at the back. Pervis Estupinan flicked Barca goalkeeper Marc-Andre ter Stegen's punt towards his own goal and Raul Albiol slipped as Depay darted through, rounded the goalkeeper and finished through the legs of Estupinan on the line.

Disheartened, Villarreal conceded a third in added time as Juan Foyth hacked down Coutinho, who planted the penalty into the bottom corner. AGENCIES



Philippe Coutinho

Photos: AP

### LEWANDOWSKI TIPPED FOR BALLON D'OR

**R**obert Lewandowski threatens to deny Lionel Messi a record-extending seventh Ballon d'Or title as the prestigious awards ceremony returns Monday after it was cancelled last year because of the pandemic. The Bayern Munich and Poland striker pilfered a Bundesliga record 41 goals in just 29 games last season to eclipse the long-standing mark set by the late Gerd Mueller. Lewandowski, 33, scooped FIFA's prize for best male play-

er of 2020 and has the backing of coach Julian Nagelsmann and Bayern team-mate Thomas Mueller. He has 25 goals in 20 appearances this season. "Lewy has to win when you see the way he is playing at the moment," Mueller said. Messi and Cristiano Ronaldo have combined to win 11 of the 12 editions of the Ballon d'Or, the lone exception in 2018 when Luka Modric helped Real Madrid to another Champions League triumph and inspired Croatia to the World Cup final.



# DJOKOVIC'S SERBIA STUNNED BY GERMANY

## Could progress if they emerge one of the two best runners-up; Medvedev leads Russians to winning start

**N**ovak Djokovic and Nikola Cacic lost a dramatic deciding tie-break in their doubles rubber as Serbia suffered a shock defeat by Germany in the Davis Cup Finals, while Daniil Medvedev helped the Russian team to an opening win. World number one Djokovic had drawn Serbia level in their second group-stage tie by beating Jan-Lennard Struff after Filip Krajinovic's loss to Dominik Koepfer. But the 20-time Grand Slam singles champion and Cacic slipped to a 7-6 (7/5), 3-6, 7-6 (7/5) de-

feat by Kevin Krawietz and Tim Puetz, who got over the line on their third match point in Innsbruck.

The matches in Austria are being played behind closed doors due to new coronavirus restrictions in the country. Germany will qualify for the quarter-finals from Group F if they beat Austria, which would leave Serbia waiting to see if they progress as one of the two best runners-up.

Djokovic is hoping to cap a brilliant season, by helping his country win the Davis Cup for the first time since 2010. He missed out on a calendar Grand Slam with a defeat by Medvedev in the US Open final.

The Russians make winning start. The Russians, among the title favourites, made a perfect start to their cam-

paign with a 3-0 victory over Ecuador. World number five Andrey Rublev overcame a second-set blip against 291st-ranked Roberto Quiroz to win 6-3, 4-6, 6-1 in the opening rubber in Madrid.

Medvedev then ensured his team would win the tie by thrashing Emilio Gomez 6-0, 6-2 in under an hour. Gomez was given a huge cheer by the crowd when he finally got on the board in the eighth game. "I was ready for it," said the world number two. "I wanted to keep it clean from the first to the last point of the match. 'I'm really happy to bring a point to the team.'"

Rublev and Australian Open semi-finalist Aslan Karatsev completed the whitewash by taking the doubles rubber against Gonzalo Escobar and Diego Hidalgo. AFP



Nikola Cacic (L) and Novak Djokovic speak during their match against Germany

Photo: AFP

## INDIA'S CAMPAIGN ENDS AS SATWIK-CHIRAG, SINDHU DROP OUT

**A**ce Indian shuttler P V Sindhu's impressive campaign at the Indonesia Open came to an end after she lost her hard-fought semifinal to former world champion Ratchanok Intanon, at Bali.

Third seed Sindhu, a two-time Olympic medallist, lost 21-15 9-21 14-21 to world number eight and second seeded Ratchanok in 54 minutes for her third semifinal finish on the trot. The 26-year-old Sindhu had made it to the last four in Indonesia Masters last week and also at the French Open in October.

World number 11 men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty, seeded sixth, exited the Super 1000 tournament after a 16-21 18-21 defeat to top seeded Indonesian combination of Marcus Fernaldi



Gideon and Kevin Sanjaya Sukamuljo in the semifinals. It was the 10th straight defeat for the Indian pair against the world number one pair, a two-time former All England Open champions and reigning Asian Games gold medallist.

It was thus curtains for India at the USD 850,000 tournament. PTI

## QUIZ TIME!

**Q1:** Who among the following was the first Indian to win an Olympic medal?

- a. K D Jadhav
- b. P T Usha
- c. Leander Paes
- d. Dhyan Chand

**Q2:** Which female Indian cricketer recently scored her first test century against Australia?

- a. Harmanpreet Kaur
- b. Smriti Mandhana
- c. Mithali Raj
- d. Punam Raut

**Q3:** In which year did Cheteshwar Pujara debut in test cricket?

- a. 2011
- b. 2014
- c. 2010
- d. 2012

**Q4:** Which player has scored the fastest double centuries in ODIs?

- a. Virender Sehwag
- b. Sachin Tendulkar
- c. Chris Gayle
- d. Fakhar Zaman

**Q5:** In which country was the Hockey World Cup trophy designed?

- a. India
- b. Pakistan
- c. Australia
- d. Belgium

**Q6:** Mithali Raj became the second female cricketer to achieve this milestone recently. What is the milestone?



Mithali Raj

Photo: GETTYIMAGES

- a. 4000 runs
- b. 5000 runs
- c. 400 wickets
- d. 10000 runs

**Q7:** Who is the founder of the Davis Cup?

- a. Dwight F Davis
- b. Bill Tilden
- c. Vincent Richards
- d. Bill Johnston

**Q8:** Who was the first male player to complete the Career Grand Slam on three different surfaces?

- a. Andre Agassi
- b. Roy Emerson
- c. Jim Courier
- d. Rafael Nadal

**Q9:** Who is the first Indian woman to win an Olympic silver medal?

- a. Saina Nehwal
- b. P V Sindhu
- c. Rituparna Das
- d. Tanvi Lad

**Q10:** In which year did the first Davis Cup take place?

- a. 1914
- b. 1938
- c. 1900
- d. 1966

**ANSWERS:** 1. a. K D Jadhav  
2. b. Smriti Mandhana 3. c. 2010  
4. c. Chris Gayle 5. b. Pakistan  
6. d. 10000 runs 7. a. Dwight F Davis  
8. a. Andre Agassi 9. b. P V Sindhu  
10. c. 1900