



THE TIMES OF INDIA

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TODAY'S EDITION

Martial arts is not just limited to self-defence. It also keeps your body and mind fit
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Students share their travel diary
Relive your school experiences with your friends
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England crush India by 227 runs in the 1st Test to take 1-0 lead
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STUDENT EDITION

WEDNESDAY, FEBRUARY 10, 2021



WEB EDITION

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VACCINE PASSPORT



X-PLAINED

WHAT

With countries across the world focussed on coronavirus vaccination, governments and airlines are resorting to 'vaccine passports' as a feasible certificate that would make travelling, amid the pandemic era, hassle-free. A **vaccination pass or passport** is a documentation, which states that an individual has been vaccinated against Covid-19. Some versions will also allow people to show that they have tested negative for the virus.

WHY Governments and the developers around the world are exploring the potential use of vaccine passports as a way to

reopen the economy by identifying those protected against the coronavirus. In fact, according to Zurab Pololikashvili, the secretary-general of the United Nations World Tourism Organisation, such passes could be essential to restart the tourism industry.

HOW THE PASS WILL BE MADE: There is no clarity as to how these passes will be developed. Biometrics company iProov and cyber security firm Mvive, which have built a vaccine pass, now being tested within Britain's National Health Service after receiving the UK government's funding, are of the view that apart from the facial identity of the traveller, such vaccine passports will require information on whether a person has been vaccinated.

TECH BUZZ

TELEGRAM BECOMES MOST-DOWNLOADED APP IN JAN, HIGHEST INSTALLS FROM INDIA

Driven by a renewed surge in India amid WhatsApp privacy row, Telegram has become the most-downloaded non-gaming app worldwide for January 2021, with more than 63 million installs, 3.8 times its downloads in the same month a year ago, according to latest data released by app analytics firm Sensor Tower.



- India, with 24 per cent, was ranked at number one, followed by Indonesia at 10 per cent
- Telegram reached the top position in the overall downloads (non-game) on Google Play Store, moving from ninth position in the previous month, December 2020
- The app also entered the list of top 10 most-downloaded (non-game) apps on the App Store, directly gaining the fourth position

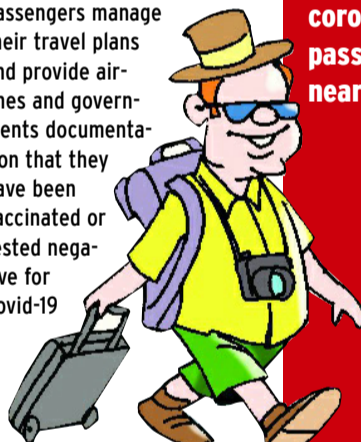
WHICH COUNTRIES & AIRLINES ARE LOOKING FORWARD TO IT?

US President Joe Biden has asked his government agencies to "assess the feasibility" of linking coronavirus vaccine certificates with other vaccination documents

Two Nordic countries, Sweden and Denmark, have announced that they would start the development of digital vaccine certificates to be used for travel, and potentially more. The countries said, the certificates would be designed to enable citizens to travel abroad. They have also hinted that they could potentially be used to check whether someone was vaccinated, and if they were attending something like

a sports or any cultural event

The Etihad Airways and Emirates are set to start using a digital travel pass, developed by the International Air Transport Association, to help passengers manage their travel plans and provide airlines and governments documentation that they have been vaccinated or tested negative for Covid-19



ARE THE PASSES AVAILABLE IN INDIA?

The Indian government is unlikely to issue coronavirus vaccine passports in the near future

WHAT DOES WHO HAVE TO SAY ABOUT THE PASSPORT?

While the World Health Organisation (WHO) is in favour of countries issuing vaccination certificates, the WHO Europe director Hans Kluge has said that he was opposed to the idea of vaccination passports required for travel. "We don't want to have a situation where there are so-called vaccine passports, as it will increase inequities," he said

MAJOR CHALLENGES

1 Some experts feel that vaccine certificates raise huge social and political issues. Potential issues could arise around discrimination, privilege, and exclusion of the younger generation, who would be last in line to be vaccinated

2 Moreover, experts apprehend that creating a document or app that is accepted around the world, which protects the privacy of the user and is accessible to people regardless of their wealth, or access to smartphones, is the biggest challenge. In a world, where more than one billion people aren't able to prove their identity because they lack passports, birth certificates, driving licenses or national identification cards, digital documents that show vaccine status may heighten inequality and risk, leaving many people behind



3 Technologists and travel industry experts believe that although it is possible to rush tech solutions that allow people to have one-use apps, creating long-lasting ethical technology or systems that will not store people's data, or make it possible to track where they are, will be time consuming

Henry Cavill's Superman not a part of 'Shazam! Fury Of The Gods'

Actor Henry Cavill will not appear as Superman in the upcoming film, 'Shazam! Fury Of The Gods'. In an attempt to address rumours of Cavill's appearance in the sequel, the film's director David F Sandberg tweeted: "Not going to comment on casting rumours for several reasons. One being you can't be sure about anything until it's happened. Halfway through shooting 'Shazam!', the plan was still for Cavill to be in it. Scoopers could have scooped that and been right at the time but wrong in the end," Sandberg posted.



MOVIES

- Actor Zachary Levi will reprise superhero Shazam in the film that also stars Asher Angel, Jack Dylan Grazer, Meagan Good, and Faithe Herman
- The film was originally scheduled to release in April 2022, but has been pushed due to the Covid outbreak
- The first Shazam was released in 2019, and the film went on to make \$365 million at the box office

Stephen King's 'Rita Hayworth' out as standalone book

Acclaimed author Stephen King's 'Rita Hayworth and Shawshank Redemption', a tale of unjust imprisonment and offbeat escape, which was the basis for Oscar-nominated 'The Shawshank Redemption', is now available for the first time as a standalone book.



BOOK

- 'Rita Hayworth and Shawshank Redemption' is regarded as one of King's most-iconic stories, and it helped make Castle Rock a place readers would return to over and over again
- Suspenseful, mysterious, and heart-wrenching, this novella, populated by a cast of unforgettable characters, is about a fiercely-compelling convict named Andy Dufresne, who is seeking his ultimate revenge
- Originally published in 1982 in the collection 'Different Seasons' (alongside 'The Body', 'Apt Pupil', and 'The Breathing Method'), it was adapted on the big screen in 1994. Starring Morgan Freeman and Tim Robbins, it was nominated for seven Academy Awards, including the Best Picture
- This new book is published by Hodder & Stoughton, an imprint of Hachette

Amanda Gorman becomes first poet to perform at the Super Bowl

Amanda Gorman, the 22-year-old poet, who stirred America at the inauguration of President Joe Biden last month, again commanded the spotlight on one of the country's biggest stages, the Super Bowl.

Gorman read an original poem on Sunday during the pre-game festivities in Tampa, Florida

The poem, titled 'Chorus of the Captains', was a tribute to three people for their contributions during the pandemic: educator Trimaline Davis, nurse manager Suzie

Donner and Marine veteran James Martin

Gorman, previously the country's first National Youth Poet Laureate, was the youngest person to ever recite a poem at the US presidential inauguration

Her reading of 'The Hill We Climb' at the Capitol immediately became a sensation



NEWS IN CLUES

In which country is Asia's highest-volcano located?

- CLUE 1:** It's home to the third-highest number of UNESCO World Heritage Sites in Asia.
- CLUE 2:** It's also known as the 'nose job capital of the world'.
- CLUE 3:** 70% of the world's saffron is produced here.

ANSWER: Islamic Republic of Iran. The country's Supreme Leader Ayatollah Ali Khamenei has said that Iran will return to compliance with the 2015 nuclear deal, only if the US lifted the sanctions imposed on it by the Donald Trump administration in 2018

Climate change may have directly influenced the emergence of Covid virus

Researchers at the University of Cambridge have revealed a mechanism that suggests how climate change could have played a direct role in the emergence of SARS-CoV-2, the virus that caused the Covid-19 pandemic. The new study revealed large-scale changes in the type of vegetation in the southern Chinese Yunnan province, and adjacent regions in Myanmar and Laos, over the last century

- According to researchers, climatic changes, including an increase in temperature, sunlight, and atmospheric carbon dioxide, which affect the growth of plants and trees, have changed natural habitats— from tropical shrubland to tropical Savannah and deciduous woodland, creating a suitable environment for many bat species that pre-dominantly live in forests
- The number of coronaviruses in an area is closely linked to the number of different bat species present
- The study found that an additional 40 bat species have moved into the southern Chinese Yunnan province in the past century, harbouring around 100 more types of bat-borne coronavirus, becoming a global hotspot
- This 'global hotspot' is the region where genetic data suggests SARS-CoV-2 may have arisen
- As climate change altered habitats, species left some areas and moved into others, taking their viruses with them. This not only altered the regions where viruses are present, but most likely allowed for new interactions

between animals and viruses, causing more harmful viruses to be transmitted or evolve

An increase in the number of bat species in a particular region, driven by climate change, may have increased the likelihood that a coronavirus harmful to humans is present, transmitted, or evolves in that region



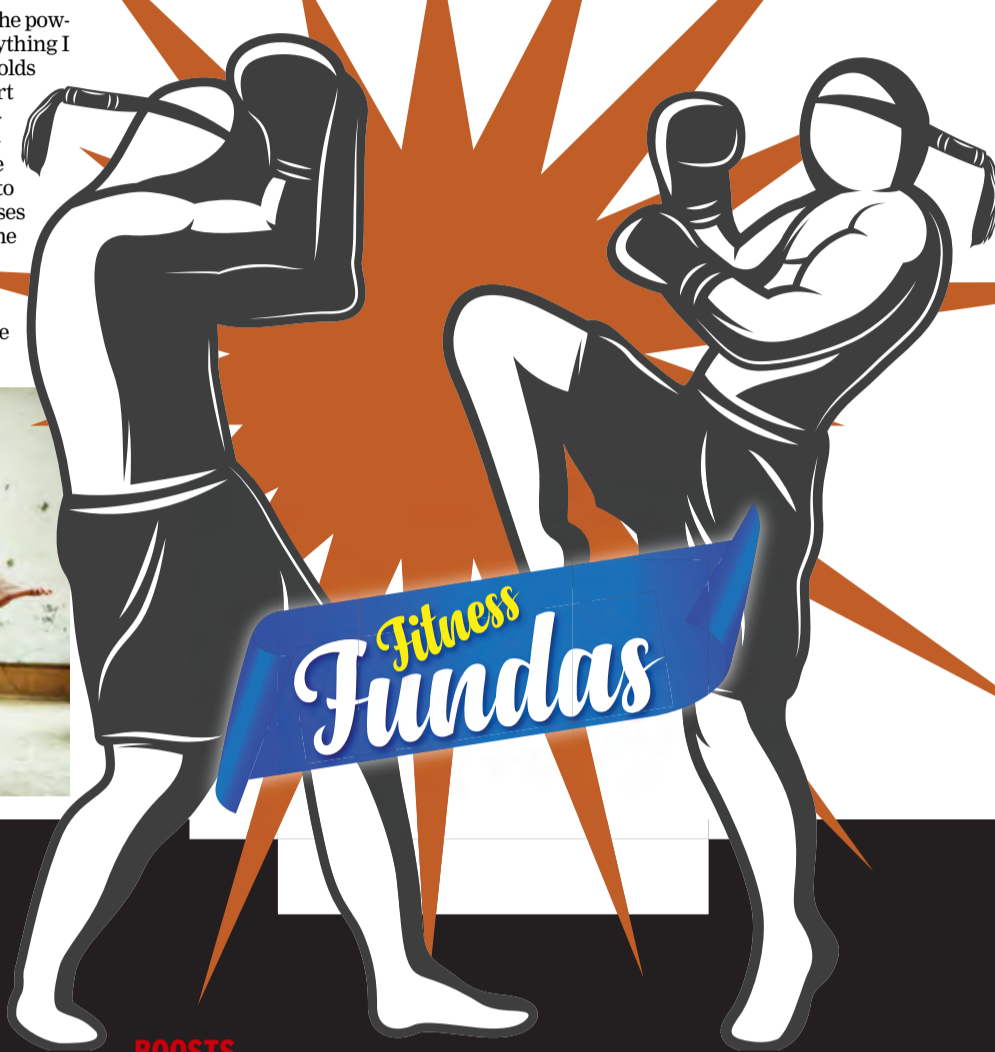
DID YOU KNOW?

The world's bat population carries around 3,000 different types of coronavirus, with each bat species harbouring an average of 2.7 coronaviruses, most without showing symptoms

5 reasons why learning MUAY THAI is good

Martial arts is not just limited to self-defence. It comes with a lot of benefits for your body and mind and who better than India's fittest actor Akshay Kumar to tell you this. The actor and father of two is proficient in martial arts and has been learning this sport from an early age. He has always spoken about the importance of the same in old interviews. He famously said: "My passion for martial arts goes back to my early teens when I went to Bangkok to master them. Even today, I practice for two hours. It disciplines me. Martial arts is not just about

violence and fighting, but about the power to change your life. I owe everything I am to martial arts." Kumar also holds a black belt in another martial art combat form, Muay Thai. The traditional sport is now gaining popularity all over the world and is the preferred way for a lot of people to stay in shape. The combat sport uses the power of the limbs to deliver the best results. So, it is also called the 'Art of Eight Limbs', which utilises all major parts of the body, giving you more flexibility and fluidity.



MORE ABOUT IT...

Muay Thai is a popular martial art form preferred by many because of its simplicity. Children, men, and women of any age can start learning the craft. It combines the benefits of running, jumping rope, kickboxing and shadowboxing to give you a more intense, fulfilling workout. It works towards making you healthier, stronger, sharper and sounder in one go. Here are more specific benefits of Muay Thai.

PROMOTES WEIGHT LOSS

A martial art form like Muay Thai lays stress on the core muscles around the abdomen, chest and thigh area, all those places where it is easy for the fat to deposit. It also burns a lot of calories in less time, so it is one of the best ways to burn fat and maintain your weight.

IMPROVED CARDIOVASCULAR HEALTH

Regular practice of Muay Thai also keeps you from developing cardiovascular complications and keeps the heart healthy. If this is started in teens, the benefits will be seen even in old age.

BOOSTS SELF-CONFIDENCE

The intense training with Muay Thai makes you look for challenges, find opportunities, stay on top and also stay one step ahead of the opponent by teaching some core self-defence moves involving the knees and elbows.

MAKES YOUR MIND SHARPER

Muay Thai is a gruelling sport. However, regular practice does a lot more for you than conditioning your body. It aligns the body and the mind and makes you better equipped to deal with stress. It also forces you to give your 100% in a given situation, making you better equipped to handle extreme situations. TNN

STAY HEALTHY

CASE FOR CRUCIFEROUS VEGETABLES



Cruciferous veggies belong to a special vegetable group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, brussels sprouts, collards, watercress and radishes. The reason behind the name is that 'cruciferous' is an informal categorisation for members of the mustard family and comes from the Latin word 'Cruciferae', which means 'cross-bearing', as the four petals look like a cross. These veggies are very beneficial for health, so include them in your regular diet and reap the benefits.

DISHES WITH CRUCIFEROUS VEGGIES



CAULIFLOWER: You can roast it, make a puree of it and also steam it. Cauliflower puree is the healthiest alternative for cream sauce and you can add it to your soups to give them a rich texture.



RADISH: Radishes are perfect as a salad. You can also add it to your soups, barbecue it or stir-fry in it with some butter. You can also make radish pickle by soaking thin slices of radish in 2-3 cups of vinegar.



BROCCOLI: Just cut broccoli into small pieces, stir fry in 2 tablespoons of butter, sprinkle salt, pepper as per your taste and enjoy the crunchy snack. You can also make broccoli soup or broccoli sabzi by mixing some other veggies with it.



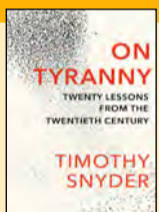
CABBAGE: You can eat cabbage raw, cooked, half-boiled or as many other ways you want. Cabbage leaf can be used as a food wrapper; diced cabbage can be added to salads and you can even make a sabzi by mixing it with potatoes and peas. TNN

HEALTH BENEFITS

- Cruciferous vegetables are rich in vitamins and minerals such as folate, vitamin K and calcium.
- Dark green cruciferous veggies like broccoli and kale also are good sources of vitamins A and C. These vitamins help in lowering inflammation and reduce the risk of cancer.
- These veggies are rich in fibre and low in calories, which means they will give you full for long without taking a toll on your tummy.

BOOKS

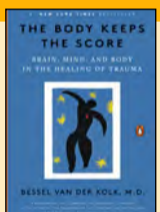
Have you read this bestseller?



ON TYRANNY

by Timothy Snyder

Twenty lessons from the 20th century about the course of tyranny.



THE BODY KEEPS THE...

by Bessel van der Kolk

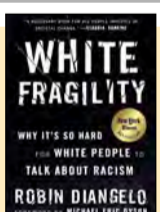
How trauma affects the body and mind, and innovative treatments for recovery.



THE TRUTHS WE HOLD

by Kamala Harris

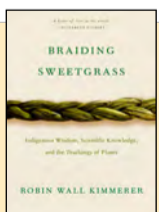
A memoir by the daughter of immigrants who is currently serving as the 49th vice president.



WHITE FRAGILITY

by Robin DiAngelo

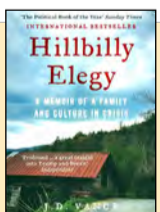
Historical and cultural analyses on what causes defensive moves by white people...



BRAIDING SWEETGRASS

by Robin Wall Kimmerer

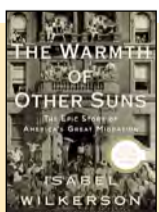
A botanist and member of the Citizen Potawatomi Nation espouses having an understanding.



HILLBILLY ELEGY

by J.D. Vance

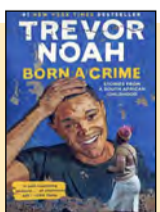
A Yale Law School graduate looks at the struggles of the white working class...



THE WARMTH OF OTHER...

by Isabel Wilkerson

An account of the Great Migration of 1915-70, in which African Americans abandoned the South.



BORN A CRIME

by Trevor Noah

A memoir about growing up biracial in apartheid South Africa by the host of 'The Daily Show.'

SOME SHUT EYE

Try Brahmi Almond Milk to sleep soundly!

Are you struggling to sleep peacefully at night? Worry not as there is an ayurvedic concoction that helps in relaxing nerves and inducing sleep. The combination of almond milk and brahmi is a great sleep supporter. Check the recipe that uses these two wonder ingredients to improve your sleep cycle naturally.

INGREDIENTS

- 5 sprigs of brahmi
- 4 almonds
- 1 teaspoon sugar/honey
- 180 ml almond milk

METHOD

Wash Brahmi leaves and soak almonds for a few hours. Add

The amalgamation of Brahmi and almond milk helps in healing the nervous system and relaxing the nerves, which helps in improving sleep



these ingredients in the blender with sugar/honey and blend until frothy. Have this 30 minutes before bed

time and enjoy restful sleep. Good Night. This is a great alternative to prescribed sleep medication and has no side effects. TNN

Don't cry like a girl.
Don't chatter like a girl.
Will you sit like a girl.
Oh, please dress like a girl.
All these weasel words made my mind whirl,
what is it like to be a girl?

"I am different than others",
I went through that phase,
because to be like 'one' seemed more like insult than praise.
Fragile, timid, dramatic and delicate,
were all that I associated being a girl with,
without realising I was brewing hate,
against my own being for just a myth.

When will this mystery unfurl,
what is it like to be a girl?
"Must be a lady driver",
uncle said,
as the road was blocked by the car ahead.
I was then determined to drive like a man instead.
To win a fight or to fix a light,
the solution to every plight,
seemed to require the

What is it like to be a girl?

arrival of my knight.
My mind was in a constant burl,
what is it like to be a girl?

To be manly is honourable,
but to be girly is not admirable.
What femininity allegedly implied,
was everything I ever despised,
until this year opened my eyes.
Leaving the clichés behind,
I started to look

around.
Every woman had power and courage abound.
Not a sight of a damsel in distress,
in no need of a king, each was an empress.
From beneath the fallacy, the truth started to unfurl,
what is it like to be a girl.

To be emotionally vulnerable,
to share feelings that are intense is not being dramatic but it's actual strength.
Bold, confident, ability to reach the zenith,
is all that I now associate being a girl with.

My respect towards being womanly has had a hike,
as being tough yet kind, is all ladylike.

Late but the journey has begun,
to love being like any other 'one'.
Rare, unique and bright like a pearl,
I finally understand what is it like to be a girl.

BHAVYA RAWAT, Class XII A,
The Pace Junior Science College,
Andheri, Mumbai

QUIZ TIME (MIXED BAG)

Q.1) Upamanyu Dutta is associated with which of the following sports?
A. Carrom B. Judo C. Sailing D. Wrestling

Q.2) Which Asian country hosted the Special Olympics World Summer Games 2019?
A. UAE B. India C. Indonesia D. Vietnam

Q.3) The United Kingdom has issued a new 'black hole' coin in honour of which of the following renowned personalities?
A. Isaac Newton B. Charles Darwin C. Stephen Hawking D. Time Berners-Lee

Q.4) Which Indian sportsperson has been selected as a Barbie role model?
A. Saina Nehwal B. Dipa Karmakar C. Mithai Raj D. Mary Kom

ANSWERS

- C) Sailing
- A) UAE
- C) Stephen Hawking
- B) Dipa Karmakar

AWARDING LEADERSHIP

NUPUR SARAL, INFANT JESUS SCHOOL, AMBERNATH

"Awards can give you a tremendous amount of encouragement, to keep getting better, no matter how young or old you are." - Alan Alda.

The CED Foundation held the CED Edu leaders Annual Conference in its 6th Leadership Conclave in New Delhi on the 27th of January, 2021. This annual awards ceremony is an initiative to recognise and appreciate the work done by educational institutions across the globe.

In recognition of its work in the field of education, Infant Jesus School, Ambernath received FIVE STARS as a PROGRESSIVE SCHOOL. Director of the institution, Deepa Edwin proudly received the award from Sri Anurag Tripathi, Secretary, CBSE and eminent members of the CED Foundation in a glittering function held at Gurgaon.

Director Deepa Edwin was overjoyed and felt elated to have received the award. She thanked the Almighty Lord for granting her the day. She thanked all the dignitaries for selecting her school for the prestigious award. She said that she felt blessed to have Principal Shanti Rao and a qualified and hardworking staff who have worked to bring the school to its present status.

Infant Jesus School is also proud to have three very senior and dedicated teachers who received awards for



excellence in their work. Pinky Iyer Sr. Co-Ordinator was awarded "Shiksha Gaurav", Jyothi Nair received "Shiksha Gaurav" and Shoma Das was awarded the "Shiksha Ratan" for 20 years of service as a teacher.

The school is blessed to have seen this day. Thanks to an able leadership and devoted workforce. This award surely proves that Infant Jesus School is working true to its motto - "Aim for the Stars".

CELEBRATING MIND AND BODY FITNESS

"He who has health has hope, and he who has hope has everything." - Arabian Proverb

Fitness is a state of mind. It evokes a positive sense of self and allows a human being to live and not merely survive the journey of life. Thus, fitness is more than just doing physical activities, it is wellness redefined. This notion was challenged further during the lockdown with restrict-

ed physical movement. In order to enlighten the students and the parents about the significance of being fit, Diamond Jubilee High School for Girls, Mumbai (DJG), managed by Aga Khan Education Services, India (AKESI), celebrated 'Fitness Week' inspired by the nationwide Fit India Movement.

During the Fitness Week celebrations at Diamond Jubilee High School for Girls, Mumbai,

the pre-primary section organised various activities for the students and parents centered around the theme of healthy living. Both parents and students performed yoga asanas, danced during the Music & Movement program, made healthy food without using fire, exercised and listened to stories & rhymes around the theme. Interestingly, parents participated as well as facilitated sessions with their child by sharing healthy recipes and performing different exercises. As the week drew to a close, parents and children participated in a Fancy Dress where they dressed up as sports personalities.

One of the parents, Kauser Qureshi was thrilled with the effort made by the school to engage the students and parents constructively during this period. She said, "We are thankful to the school and teachers for introducing our kids to yoga, nutrition and dance as a form of exercise at such an early age. It has been a great motivation for a healthy lifestyle and well-being of our kids. It has made them aware of the importance of health." This excitement was shared by the teachers as well. Teachers used this opportunity to strengthen their relationship with the parents and engage with the stakeholders in a child's life in an informal environment.

Through this transformative period, fitness has assumed a significant relevance. A kind of fitness which exercises every facet of the being and encourages us to bring our best selves to the fore, in the hope that we achieve more.



VIRTUAL ANNUAL DAY ROCKS

The Covid-19 pandemic has sparked a global realisation to value everything. It has broken the perception of what is normal.

CNMS every year has its Annual Day Celebrations that brings teachers, students, school management and parents on the same platform to have a good time together.

To continue giving students this feel of normalcy, the school recreated the physical annual day to a virtual one where every student could showcase their enactment potentials. This annual day had to echo the contribution of every common person and inspire hope and desire for a new and positive beginning. Thus, the theme was set as 'Asha aur Abhilasha'. The team under the dynamic guidance of principal Kavita Sanghvi, vice-principal Aditi Vajandar and primary in-charge Alka Tandon progressed from the planning stage to the stage of execution.

The students enacted the script cre-



ated by our own teachers from the comfort of their homes. They were trained and guided online by the teachers who invested hours to compile the individual videos. The entire team worked relentlessly to present a grand virtual Annual day. The message of Asha aur Abhilasha was clearly reflected through the gamut of displays in the songs, dances and drama.

The secondary section too celebrated its Virtual Annual Day on the same day. Auditions followed by meticulous practice online and offline gave the stu-

dents the impetus and confidence to exhibit their talents through the vibrant dances, and humorous skits.

School authorities appreciated the dedication and passion with which the parents, teachers and students contributed whole-heartedly for this event. Thus, each one saw that where there is teamwork and collaboration, wonderful things can be achieved.

As rightly said by A.P.J Abdul Kalam "Excellence is a continuous process and not an accident" and at CNMS they strongly believe in it.

PRELUDE

Am I the one your eyes are looking at?

Will I be only visible if I enclose myself in the conventional format?

Are the unconsolidated parts of my existence, alluring enough?

Are my crippled pieces only meant to be kept together by a handcuff?

I am amiable together, but my halves have their beauty too,

Yet turning heads and pointing fin-

gers draw me into a deja vu
Sit and wonder I do, should it matter if I am caught up in knots?

Should it matter if I keep running round and around the same spots?

Are my feet bound to meet the only marked clouds?

Can my reality and fragments only be remembered buried in shrouds?

Should I be only seeing the colours I am accustomed to see?

Or can a rainbow bloom out dark from a dawn made of shades set free?

Am I supposed to only tap to the beats I am told to?

Or can I swing and and lose to the melodies alike old and new?

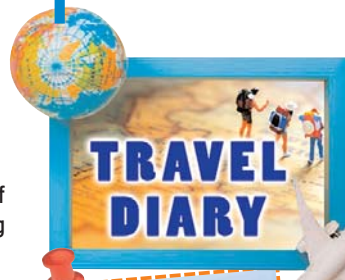
Sit and wonder I do, if I were being stated these clues

Tangled in my thoughts was I, but remain, do u too?

KRITIKA AGRAWAL, class X, Ryan International School, Kandivali

My Trip to Malvan

N o sophisticated travel destinations can replace the serenity of the small towns of India. I felt this most on my trip to Malvan, a well-secluded, tiny piece of heaven in Konkan. The clear waters of its beaches were invigorating, inviting me to take a dip and drown all my worries in it. The water sports on the Tarkarli beach fuelled my adrenaline and deeply impressed the adventurous beast in me. The crystal sands are just perfect to build grand sand castles. Moreover, an island entirely made up of seashells? Definitely up my alley! The seafood tastes so fresh, it seems that the fish have jumped out of the water and landed on the plate. The best part is the unique way of buying fish. Every morning and evening boatloads of fresh catch arrive on the beach and the sellers actually auction them!



This process called 'lilav' is very interesting to watch. The hospitality of the folks is as sweet as the mangoes and coconuts grown here, making every moment of this trip memorable.

Sanisa Patrikar, class X, DAV Public School, Thane



MY SCHOOL, MY HOME

School is a kind of a tiny world, which gives us all the experiences, the good, better and the best

I cannot believe it has been almost an entire year since we last went to school. Those irreplaceable times with our friends and the games period and the school trips were so much fun. I cannot begin to express how much I am missing seeing the friends. Sitting on those congested wooden benches, whispering and talking during classes, mischief with friends, sitting in those last benches and sneakily having tiffin. You are can relate to me, right? Then you know what I am talk-



ing about. In such times, those are the moments that bring a smile on my face. I cannot wait for the day school resumes offline and we can do crazy stuff like this. School is the best time of a person's life. If you haven't enjoyed it then I don't know whether you can experience it in your life or not. So, live your school life in the best way possible.

Radhika Chopra, class IX, Fr. Agnel Multipurpose School, Vashi



REPUBLIC DAY CELEBRATIONS



Pet Oxford School, Ulhasnagar



Al Barkaat Malik Muhammad English High School, Kuria



Anjuman I Islam Jan Mohd Cassum High School, Kuria



Pawar Public School, Dombivali



Alfa English High School, Kalyan



Guru Nanak Mission High School, Andheri East

WHAT WENT WRONG?



James Anderson rattled Shubman Gill, Ajinkya Rahane's stumps with scintillating in-swingers

Jack Leach picked four while James Anderson scalped three wickets as England defeated India by 227 runs in the first Test at the MA Chidambaram Stadium in Chennai. With this win, England has taken a 1-0 lead in the four-match Test series. The win has also propelled England to the top of the ICC World Test Championship standings. Let's analyse where it all went wrong for Team India?

Our body language and intensity was not up to the mark, second innings we were much better. We were better in the second half of the first innings with the bat, not the first four batters. We have to understand the things that we have done decently in this game and the things that we haven't and as a side we are always looking to improve. England were far more professional and consistent throughout the Test match than we were.

VIRAT KOHLI, INDIA CAPTAIN

1 AJINKYA RAHANE FLOP SHOW WITH BAT

Ajinkya Rahane drew many plaudits from the who's who of cricket after leading India to a 2-1 series triumph against Australia Down Under. Many even asked for Rahane to be made the captain in the longest format but it's his form with the bat that has got people worried. After the vice-captain was dismissed by James Anderson for a duck in the second innings at Chennai, Sanjay Manjrekar rose questions on Twitter: Rahane hasn't been as good in Tests at home as he has been away. In his last 7 innings at home, the veteran has only aggregated 64 runs at an average of 9.1. His last hundred came in Melbourne against Australia but barring that, Rahane didn't even manage to cross the 50-run mark. "My issue with Rahane the captain is Rahane the batsman. After that 100 his scores are - 27*, 22, 4, 37, 24, 1 & 0. After a 100, class players carry their form & carry the burden of players out of form," he tweeted.

2 WAITING FOR HIT-MAN SHOW

Veteran opener Rohit Sharma jeopardised India's chances of clinching the series opener against Joe Root's England as the premier batsman recorded another forgetful outing with the willow on Monday. Asked to chase down a challenging target of 420, Virat Kohli-led Team India got off to a worst possible start on Day 4 of the 1st Test match at the MA Chidambaram Stadium, Chennai. Rohit, who has failed to get going in the ongoing four-match Test series departed in the final session after a mediocre individual score of 12 off 20 balls. At a time when Rohit has failed to live up to expectations in the ongoing home series, the Indian opener was trolled by Team India fans following his lacklustre performances with the bat for the Kohli-led side. Virat Kohli called upon the top-four batsman to contribute more in the upcoming matches.

3 POOR BOWLING FROM NADEEM & SUNDAR

India's bowling unit failed to fire collectively as Shahbaz Nadeem and Washington Sundar were expensive in both innings. India were far from disciplined on the field. They conceded plenty of extras and failed to take their half-chances. "I don't think we put enough pressure on them with the ball. Collectively as a bowling unit. The fast bowlers and Ash were good but we needed all the bowlers to contain runs and create pressure. Having said that, it was probably a pretty slow wicket with not much happening in the first 2 days with the ball," Virat Kohli said. This is India's first defeat at Chepauk in 22 years and their first loss to England on home soil since Kolkata 2012. India will look to bounce back when they take the field for the second Test, which will be played at the same venue from February 13.

4 OMISSION OF KULDEEP YADAV

The left-arm wristspinner found himself excluded once again as Kohli's men went in with R Ashwin, Shahbaz Nadeem and Washington Sundar as the three spinners. Nadeem was drafted into the squad at the eleventh hour after Axar Patel complained of knee pain during training on Thursday. And yet, Kuldeep, who took a five-wicket haul in his last Test in Sydney more than two years ago, was overlooked. Former England skipper Michael Vaughan lashed out at the Indian team management for ignoring match-winner Kuldeep. Vaughan tweeted, "Ridiculous decision by #India not to play @imkuldeep18!! If he isn't going to play at home with the injuries they have when is he going to play!!!" Former England woman cricketer Isa Guha wondered why the Indians decided to bench the Uttar Pradesh spinner. The Chinaman could have been pretty effective on Chennai's placid track.

We are a proud team and it's important to keep finding ways to get better. The idea was to get to 400 and declare and it didn't materialise like that. The most important thing was to take the Indian win out of the equation and we could just focus on taking the wickets. I think the guys handled the pressure well and looking forward to the rest of the series.

JOE ROOT, ENGLAND CAPTAIN

HOW CAN INDIA QUALIFY FOR THE INAUGURAL WORLD TEST CHAMPIONSHIP FINAL?

With the huge win, England toppled India to claim the top spot in the ICC World Test Championship points table. England are now on top of the WTC points table with a PCT of 70.2% and 442 points from six series. India slipped to the fourth spot on the WTC points table after their crushing defeat. India have a PCT of 68.3%. They now face an uphill task ahead of them to qualify for the World Test Championship final. All is not lost for the Indian team yet as they



still stand a decent chance at making it to the final of the inaugural edition of the World Test Championship. India will have to win at least two of their remaining three matches against England in the ongoing Test series to make it to the summit clash, which will be played at the iconic Lord's Cricket Ground later this year. Meanwhile, England look all but certain to qualify for the final after getting off to a winning start in the Test series.

QUIZ TIME!

Q1: Who is the first cricketer to take 100 wickets in Men's Twenty20 Internationals?

- a) Rashid Khan b) Shakib Al Hasan
c) Shahid Afridi d) Lasith Malinga

Q2: Who was the first Indian shooter to win an individual gold at the Olympics?

- a) Gagan Narang
b) Rajyavardhan Singh Rathore
c) Anjali Bhagwat d) Abhinav Bindra

Q3: Which wicket keeper holds the record for most dismissals in One-Day

International (ODIs)?

- a) Jos Butler b) Kumar Sangakkara
c) Adam Gilchrist d) MS Dhoni

Q4: Which country won the most number of medals at the 2012 London Olympics?

- a) Great Britain b) Russia
c) USA d) China

Q5: Which cricketer has scored most fifties in IPL history?

- a) Virat Kohli b) Chris Gayle
c) Rohit Sharma d) David Warner

Q6: The most UEFA Champions League matches won by a team is 159. This record has been achieved by _____

- a) Real Madrid b) Manchester United
c) Arsenal d) Liverpool

Q7: The fastest recorded century in Test cricket in terms of balls faced is held by Brendon McCullum. In which year



did he score the century?

- a) 2014 b) 2016 c) 2018 d) 2020

Q8: Which cricketer has made the fastest 2000 runs in T20Is?

- a) Martin Guptill b) Brendon McCullum
c) Aaron Finch d) Virat Kohli

Q9: Who will enter the Tokyo Olympics as the first Asian tennis player to reach World No 1?

- a) Kim Clijsters b) Naomi Osaka
c) Li Na d) Simona Halep

Q10: Who is the first women cricketer to take 100 wickets in Twenty20 Intls?

- a) Katherine Brunt b) Anisa Mohammed
c) Anya Shrubsole d) Ellyse Perry

Q11: Who claimed his fourth CL title, when AC Milan beat Liverpool in 2007?

- a) Clarence Seedorf b) Paolo Maldini
c) Fabio Cannavaro
d) Alessandro Del Piero

Q12: Which country has won the most Olympic gold medals in hockey?

- a) Netherlands b) India
c) Pakistan d) Germany

ANSWERS: 1 d) Lasith Malinga

- 2 d) Abhinav Bindra 3 b) Kumar Sangakkara
4 c) USA 5 d) David Warner 6 a) Real Madrid
7 b) 2016 8 d) Virat Kohli 9 b) Naomi Osaka
10 b) Anisa Mohammed 11 a) Clarence Seedorf
12 b) India