



# THE TIMES OF INDIA

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TODAY'S EDITION

Check out five musical podcasts that have the potential to teach and delight audience  
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Explained: How the failure of India's top order to get big 100s is hurting the team  
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STUDENT EDITION

THURSDAY, FEBRUARY 11, 2021



WEB EDITION

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## FSSAI NOTIFIES REGULATIONS TO LIMIT trans fat in food items



The food regulator Food Safety and Standards Authority of India (FSSAI) has said that regulations to limit the content of trans fat in all the food items have been notified...

1 Under the regulation notified on December 29 last year, the FSSAI said, it has limited industrial TFA (trans fatty acids) to not more than 3 per cent in all fats and oils by January 2021, and not more than 2 per cent by January 2022

2 The Food Safety and Standards (Prohibition and Restrictions on Sales) Second Amendment Regulations, 2021, was notified earlier this month

3 This regulation states that all the food products, in which edible oils and fats are used as an ingredient, should not contain industrial trans fatty acids more than 2 per cent by mass of the total oils/fats present in the product, on and from January 1, 2022

4 It also defines industrial trans fatty acids as "all the geometrical isomers of mono-unsaturated and polyunsaturated fatty acids having non-conjugated, interrupted by at least one methylene group, carbon-carbon double bonds in the trans configuration." It, however, excludes trans-fatty acids from dairy, meat, fish and their products

Industrial trans fats are produced by adding hydrogen to liquid vegetable oils to make them solid, thereby increasing their stability at room temperature

Trans fats are largely present in partially-hydrogenated vegetable fats/oils, vanaspati, margarine and bakery shortenings. They are found in baked and fried foods

According to 2017 estimates, every year more than 1.5 million deaths in India is attributed to coronary heart diseases, of which nearly 5 per cent (71,000) are due to trans fats intake



Elimination of industrial TFA has been recognised as one of the modifiable risk factors to prevent heart diseases

In 2018, the WHO had called for the elimination of industrially-produced trans fat from the food supply by 2023 and released an action package 'REPLACE' for the same

India joins the club of around 40 countries that have already enacted policies best suited to eliminate trans fats, and would be among the first countries in Asia after Thailand in achieving policies to eliminate trans fat



'JALLIKATTU' OUT OF THE OSCARS RACE, FAILS TO MAKE THE CUT

Jallikattu, India's official entry in the Best International Feature category at the 93rd Academy Awards, is out of the Oscars race but the country is still in the fray, with short film 'Bittu' advancing to the next round in the Best Live Action Short Film segment. Thomas Vinterberg's 'Another Round' has made it to the shortlist.



Now, a made-in-India WhatsApp alternative for govt officials

If reports are to go by, some government officials have started using a desi alternative to WhatsApp. Called Sandes, it could change the game for WhatsApp, feel many. The government had confirmed on working on a WhatsApp-like feature last year. With the latest developments, it seems that the app is ready and going through the initial testing phase by the ministry officials. According to a report, currently, the use of Sandes is restricted to government officials only.

ICC TEST RANKINGS: VIRAT KOHLI DOWN TO FIFTH, JOE ROOT MOVES UP TO THIRD

Indian skipper Virat Kohli was on Wednesday pushed to the fifth spot by his English counterpart Joe Root, who rose two rungs to third in the latest ICC Test rankings for batsmen, even as Jasprit Bumrah and R Ashwin moved up in the bowlers' chart.



Kohli, who scored 11 and 72 in the opening Test against England, has 852 points. Root, who helped his team to a memorable 227-run victory in Chennai that kept England in contention for the ICC World Test Championship final, has reached 883 rating points



### ELON MUSK TO OFFER \$100 MILLION PRIZE FOR 'BEST' CARBON CAPTURE TECH

Tesla Inc chief and billionaire entrepreneur Elon Musk, who had promised a \$100 million prize for the development of the "best" technology to capture carbon dioxide emissions, few days back, has now revealed more details about the competition. In his tweet, he has mentioned that the 'XPrize team will manage the \$100mn carbon capture prize.'

FOR A CAUSE

The \$100 million prize will be given away in a four-year global competition to find a way to reduce carbon dioxide from the Earth's atmosphere. "This is not a theoretical competition; we want teams that will build real systems, which can make a measurable impact and scale to a gigaton level," Musk said in a statement

receive \$1 million, while 25 student scholarships worth \$200,000 will also be distributed to the competing student teams

The grand prize winner will get \$50 million, while the second place holder will get \$20 million; \$10 million will go to the third place holder

Full guidelines of the competition will be announced on April 22. The competition will last for four years through the Earth Day, 2025, XPrize, which will be organising the competition, said

To win the competition, the teams would have "to create and demonstrate a solution that can pull carbon dioxide directly from the atmosphere or oceans and lock it away permanently in an environmentally-benign way," XPrize added



Capturing planet-warming emissions is becoming a critical part of many plans to keep climate change in check, but very little progress has been made on the technology to date, with efforts focussed on cutting emissions rather than taking carbon out of the air. The International Energy Agency said late last year that a sharp rise in the deployment of carbon capture technology was needed, if countries are to meet net-zero emissions target



### RANVEER SINGH-STARRER '83 TO RELEASE IN THEATRES IN JUNE 2021: REPORT



MOVIES

If Bollywood sources are to go by, Ranveer-starrer '83 is all set to release in theatres in June this year. "Reliance, along with the many other producers of the film, have decided to release the sports flick in the month of June. It makes sense, as normalcy would have kicked in firmly by then. Also, getting it in theatres before, in April, is not feasible, as 'Sooryavanshi' is releasing on April 2," Bollywood Hungama quoted a source as saying.

The sports drama film, which was earlier scheduled for a theatrical release on April 10, 2020, was pushed to December 25 due to Covid-19 pandemic. In November 2020, the film was again delayed to the first quarter of 2021. The makers are yet to give a final release date

### TOM HOLLAND would love to play JAMES BOND

'Spider-Man' star Tom Holland says he would love to suit up and play British spy James Bond in future. The 24-year-old actor, who is best known for essaying the role of Peter Parker/ superhero Spider-Man in the Marvel Cinematic Universe, quipped, at 5' feet-6 inches, he will be a "really short" Agent 007. "Ultimately as a young British lad, who loves cinema, I'd love to be James Bond. So, you know, I'm just putting that out there. I mean I look pretty good in a suit! I'd be like a really short James Bond," Holland said.



The actor was last seen in the psychological thriller 'The Devil All the Time', which released on Netflix in

September

Before starring in the third chapter of 'Spider-Man', Holland will again change gears with crime drama 'Cherry', in which he will reunite with Russo Brothers after 'Avengers: Endgame', and 'Chaos Walking', a sci-fi action adventure thriller



### FACTOID

£2,62,000 (₹2.61 CRORE)

Price of a cow bred in Central England that was sold at an auction recently. Named after Spice Girl, Posh Spice, the four-month-old Wilodge Poshspice, a pedigree heifer, has broken the world sales record. The previous best breed was sold for £1,31,250 in 2014.

Post Spice has not only broken the world sales record but has also become UK and Europe's most-expensive bovine animal



# FIVE MUSIC PODCASTS

Good news parents! There is a way to give kids a screen break without forgoing engrossing and educational content. Podcasts, and in particular musical ones, offer a dynamic, attention-grabbing learning opportunity that by their very nature, incite a theatre in the minds of little listeners. Below are some hidden gems of musical podcasts that have the potential to teach and delight...

## for Kids

### DAVID WALLIAMS' MARVELLOUS MUSICAL PODCAST

**1** David Walliams, the English comedian, children's author and television personality, is perfectly suited to host this utterly silly yet somehow thorough romp through classical music history. Walliams deftly engages his audience with historical adventures, telling stories of the piano, Franz Liszt and Wolfgang Amadeus Mozart with the help of cartoonish scenes and goofy reenactments from across the eras of musical history. This 10-part program manages to pack a joke into every beat without feeling forced, and provides a rare example of humour in a children's program that tickles kids and adults alike.



### THE MUSIC PODCAST FOR KIDS!

**3** In this music education podcast, the hosts explain a different musical topic every episode. Whether its tackling rock, jazz or country, or instruments like the trumpet and electric guitar, this podcast explores the history, mechanics and application of every musical topic imaginable. With a joke of the day submitted by young listeners and silly antics between the hosts, this show balances information and entertainment.



### KIDS Q THE MUSIC

**5** Should you name your instrument? How can you tame the butterflies in your stomach before a performance? And how can you make instruments sound like animals? On this show, the mother-daughter duo Rebecca and Zara Lane ask musical performers, composers, conductors and young musicians all the right questions about classical music learning and performance. Whether they are asking conductor Andrés González what he is actually doing when he waves his arms around in front of the orchestra, or composer Iman Habibi how he can tell if his work will sound good before it has ever been played, their interviews are always imbued with the unique fun and curiosity of a program made for and by kids.



### SPARE THE ROCK, SPOIL THE CHILD



**2** Every Sunday tap into an indie music hour that just so happens to be made for kids but has the vibe of a local college radio station (one with age-appropriate subjects, lyrics and guest DJs). Each weekly episode is organised into 'sets' and has well-curated tunes to help introduce your child to cool bands like They Might Be Giants and musicians such as Andrew Bird, guaranteeing your child will stay engaged. And if you have a budding DJ on your hands, check out 'The Saturday Morning Cereal Bowl' which provides two hours of 'kindie music from today to yesterday' once a week out of Chattanooga State Community College in Tennessee.

### NOODLE LOAF

**4** Noodle Loaf is a play based world of music, created by musician, early childhood music educator and children's book author, Dan Saks. In roughly 12-minute bites, this interactive podcast lets younger children participate in the 'Noodle Loaf Choir'. Hosted by Saks, a musician and music education specialist (as well as a dad), this show uses 'echo songs' to get those 6-years-old and under to participate in the singalongs, themed in such a way that they provide both learning and great rhythmic practice. If you haven't heard it yet, include in your to-do list.



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### RECIPE

## Healthy Beetroot Halwa

If you have only tried gajar halwa before this, get set for this recipe where instead of carrots, beetroots are used to make a delicious halwa.

#### INGREDIENTS

- ▶ Grated beetroot (approximately five) - 4 cups
- ▶ Ghee - 2 tbsp
- ▶ Sugar - 5 tbsp
- ▶ Cardamom powder - 1 tsp
- ▶ Finely chopped cashew nuts (fried or roasted) - 2 tbsp
- ▶ Full fat milk - 1 + cups
- ▶ Handful of cashew nuts - for garnishing

#### HOW TO MAKE

Wash beetroot in running water. Peel them and slice off the bottom part and grate



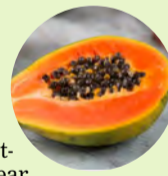
them. Now, heat some ghee in a non-stick frying pan. Add grated beetroot and cook for about three to four minutes, stirring occasionally. Add sugar, milk, cardamom powder, and cover with a lid. Let it simmer for 10 minutes. Stir occasionally. Remove the lid, stir continuously and cook till the liquid mostly evaporates. Garnish with cashew nuts and serve hot or freeze for a while if you like it cooler. TNN

### STAY HEALTHY

## Foods with more Vitamin C than an orange

#### PAPAYA

Studies show that eating papaya can improve your digestion, brighten your skin, clear your sinuses and strengthen your bones. One cup papaya has 88.3 mg of vitamin C.



#### PINEAPPLE

Pineapple has bromelain, a digestive enzyme that helps break down food and reduces bloating. Bromelain acts as a natural anti-inflammatory agent that helps you recover faster after a tough workout. One serving of pineapple contains 78.9 mg of vitamin C.



## than an orange

**K**eeping our immunity up and about has been one of the top priorities since the onset of the coronavirus pandemic. Vitamin C has a big role in boosting immunity. Talking about vitamin C, the first food that comes to our mind is orange. No doubt orange is abundantly rich in vitamin C, but there are many other daily foods that are packed with more vitamin C than an orange. Check them out and include in your daily diet for your share of vitamin C.



Photo: GETTY IMAGES

#### RED BELL PEPPER

Red bell pepper is low in calories and densely rich in various nutrients. This helps improve your mood and thus make for ultimately happy food. 100 grams of red bell pepper contains around 127.7 mg of vitamin C.

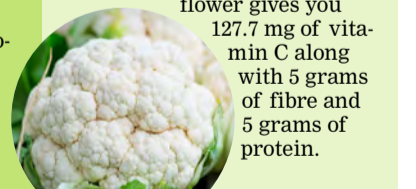
#### MANGO

Mango is abundantly rich in Vitamin A. One medium-sized mango has around 122.3 mg of vitamin C.



#### CAULIFLOWER

Whether roasted or steamed, eating a small head of cauliflower gives you 127.7 mg of vitamin C along with 5 grams of fibre and 5 grams of protein.



#### BROCCOLI

Broccoli has cancer-preventing properties. One serving of this cruciferous vegetable has 132 mg of vitamin C and fibre.



#### STRAWBERRIES

One cup of strawberries has around 87.4 mg of vitamin C. Not just this, strawberries provide you with decent doses of folate and other compounds that promote heart health. Strawberries can also make your pearly white shine.



### THE ULTIMATE READING LIST FOR

## MIDDLE GRADE BOOKWORMS!

### THE ICKABOG

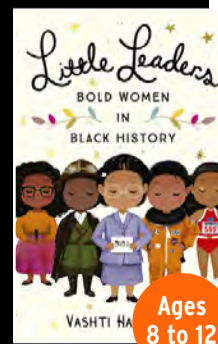
by J K Rowling  
A fearsome monster threatens the kingdom of Cornucopia.



Ages 8 to 18

### LITTLE LEADERS

by Vashti Harrison  
The biographies of 40 African-American women who made a difference.



Ages 8 to 12

### AMARI AND THE NIGHT BROTHERS

by B B Alston  
Amari Peters competes for a spot at the Bureau of Supernatural Affairs.



Ages 8 to 12

### WONDER

by R J Palacio  
A boy with a facial deformity starts school.



Ages 8 to 12

### REFUGEE

by Alan Gratz  
Three children in three different conflicts look for safe haven.



Ages 9 to 12

# SCHOOL LEADERSHIP IN CRISIS SITUATION

DR MINAXI UPADHYAY,  
HEAD MISTRESS,  
SMT. SURAJBA VIDYAMANDIR



"A leader is one who knows the way, and shows the way." - John C Maxwell

School leadership in a crisis situation calls for additional responsibility and innovative thinking. In these difficult times of COVID 19, the schooling process has changed drastically. Face-to-face teaching and learning processes have been replaced with online mode. On one hand, students cannot come to school and on the other hand, head teachers and teachers are faced with an unprecedented challenge of engaging students in teaching and learning processes along with completing administrative tasks.

**The critical attributes of school leadership in times of crisis include**

- Draw on a toolkit of skills and approaches, which are reactive and proactive
- Prioritise open communication
- Leverage expertise and experience from multiple stakeholders to facilitate transition from a crisis
- Develop ICT skills - use of Google meet, Zoom, Microsoft teams and other apps
- The ability to cope and thrive on ambiguity.
- Decisive decision making and an ability to respond flexibly and quickly and to change direction rapidly if required.
- A strong capacity to think creatively and laterally and question events in new and insightful ways.

■ The tenacity and optimism to persevere when all seems to be lost..

■ Strong communication and media skills

During these times, school leaders have provided clarity and direction, built resilience and instilled hope as they remained focused on the best possible outcomes for their students and school communities. An effective school leader can adapt 3Ts - A phased approach to leading through crisis like COVID 19.

In this way, the 3Ts is a framework that may be useful for schools: Triage, Transition, Transform (Lenhoff et al.). The 3Ts can be used to reflect on a crisis situation, both during and after the event.

**1 Triage** refers to an initial sorting process on the basis of urgency. Taking decisive action, the focus is on safety and wellbeing for everyone who is immediately affected. The school leaders in this case would rapidly share up-to-date gov-

ernment advice to school communities and proactively implementing changes in their schools. This action of a leader would ensure physical safety and psychological safety as the absolute first priority as people need to feel safe to ask questions, raise concerns, and propose ideas.

**2 Transition** - Once lockdown is over, and people's basic physical and security needs have to be attended to, the leader's focus is to increase stability, and reduce uncertainty for teachers, other school staff, students and their families. In this phase of transition, during the current pandemic, leaders have to involve a combination of remote learning and a transition back to socially distanced classrooms.

**3 Transform** - Leading the recovery of a school community after a crisis school leader would involve a delicate balancing act. Key role aftermath of crises would be more about the role schools play in emotional and social recovery, which can minimise longer term health concerns. During this phase the needs of those impacted by the crisis must be sensitively balanced with the community's (staff, students and parents)

Rebuilding during the transformation phase provides an opportunity for leaders to adapt "flexibly and strategically to changes in the environment, in order to secure the ongoing improvement of the school crises. The current COVID-19 pandemic demonstrates that rebuilding is not only about physical infrastructure, but about the health, safety and wellbeing of individuals and school communities.

# Celebrating Wisdom

LYNN CARVALHO, TEACHER

The unstoppable, enigmatic and thriving - Goddess of Wisdom - 'Athena' graced the portals of NL Dalmia High School by her exemplary high-flying virtues for the 5th consecutive year! NL Dalmia High School organised its quintessential inter-school event 'Athena 2020-21' on January 9th and 10th, in its endeavour to provide children with a virtual estrade to unleash their talents and marinate themselves in the positive spirit of the event.



The event commenced with the Declaration of Ceremony Open by the CEO and Principal of NL Dalmia Educational Society Ms. Seema Saini followed by her address to the virtual gathering. The Core Committee was then welcomed with floral bouquets. This was followed by the auspicious lamp lighting ceremony and a heart-felt prayer to God Almighty.

Over All School		
AT-10	NL DALMIA HIGH SCHOOL, MIRA ROAD	Winner
AT-14	CHILDREN'S ACADEMY, MALAD	1st Runner Up
AT-03	GREEN LAWNS SCHOOL, WORLI	2nd Runner Up

The Student Coordinators then welcomed the 23 participating Schools with an elegant display of each School's name. The Teacher and Student Coordinators walked the ramp welcoming yet another magnificent Athena (2020-21)!

The event was flawlessly conducted on a virtual platform for two consecutive days. It comprised 8 main events namely: Elegance, Artholics, Brain Boosters, Fast Track, Lights Camera Action, Masterchef, Rhythms and Teach o Tech. The passion and fervour with which each student participated was noteworthy. Indeed, all the participating schools exhibited great passion and zest in each event only uplifting the spirits of Athena 2020-21!

The Closing Ceremony ushered in with the introduction of the Core Committee, the guest and address by Seema Saini. This was followed by a mellifluous rendition by the Music Teacher Mr. Abhinav. The highlight of the closing ceremony was the much-awaited Prize Distribution Ceremony of each event. The announcement of Mst. and Ms. Athena and the Award for the Best School were something that everyone looked forward to!

Athena 2020-21 came to a closure with the Vote of Thanks being delivered by one of the student Coordinators and singing of the National Anthem.

# INVESTITURE CEREMONY



Chandulal Nanavati Vinaymandir observed the Investiture Ceremony for the session 2021-22 on 03 February 2021. The occasion was graced by the benign presence chief guest Mrs and Mr Shah parents of Head boy and Mrs and Mr Surani, parents of Head girl. The ceremony began with principal Neelam Moolchandani handing over the badges to the students. The Investiture Ceremony is a solemn occasion

where all the young students are prepared to don the mantle of leadership and discharge the responsibilities entrusted upon them by the school.

The school acknowledged the budding young leaders and reposed the trust in them. The council members and prefects marched and majestically in sync with the beating of the drums to receive their badges. The head boy and head girl administered the oath with a promise that they would carry out their duties with integrity, faith and excellence.

The Chief Guest congratulated the newly elected members and emphasised on the need to be humble while holding responsibilities. Secondary School Coordinator Ms. Preeti did the compeering of the ceremony. The programme culminated with the Primary School Coordinator, Ms. Bhavya proposing the Vote of Thanks.



# WEEKEND PLAN

Tired. Worn out by this past week. Looking ahead although, we'll have two days, not evidently different. But conventionally some resting time. And so might as well, ornament this weekend with some memories. Roll up the sleeves,

brush off the dust and collect all your photo albums. Talk, laugh hard and relive the 'ago'. It's scientifically established, that



you work for 60 days on average in order to acquire a new habit. So why not let this weekend be the inception of having learnt a new language? Finishing a "once commenced" artwork? Taking notes or calling loved ones?

Let this weekend heal you, to begin the week with hope and optimism. Pick up a camera and click some pictures so you can relive, this beautiful "now" as a reminiscent "ago", sometime soon in the future!

Kritika Agarwal, class X, Ryan International School Kandivali



# BOOK: I AM THE MIND BY DEEP TRIVEDI

'I am the mind' by Deep Trivedi makes for a very deep and transformative read. It challenges all of the preconceived notions of the society and manages to make a very convincing and effective defense. The concepts of the book itself touch upon some of the most deepest, frightening and elusive questions that most of the people alive today have.

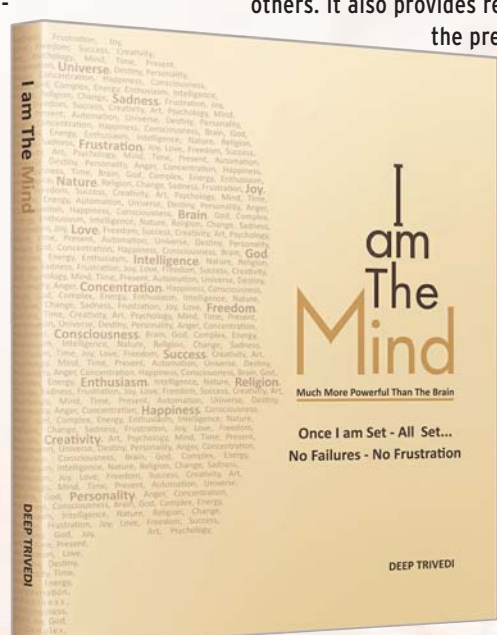
The book is narrated entirely by 'mind' who explores the differences between itself and the human brain. It also talks about the influence it exerts upon our lives and how disobeying or suppressing it leads to sorrows.

I will recommend this book for all those people who wish to be unconven-

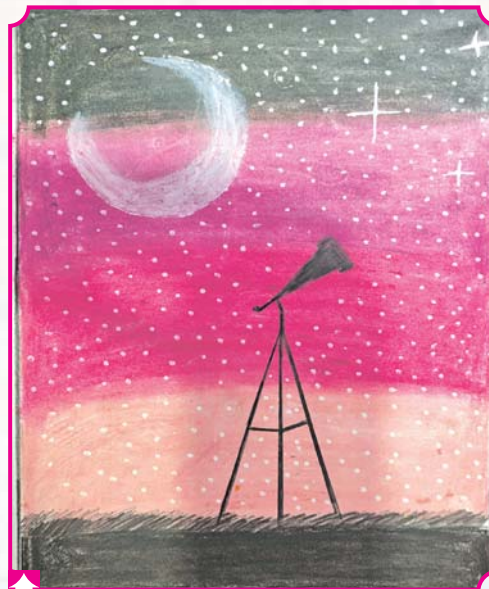
tional. This book manages to ingrain the idea of how each individual is born different from all of the others. It also provides remedies for overcoming

the pressure of society, it's expectations and above all, how to achieve peace, happiness and success by obeying the framework of rules within which 'the mind' works. I like how the author has taken an unconventional and bold approach to understanding the mind. This book is a must read if you're a restless soul searching for peace.

Aarya Bhanushali, class X, S.V.D.D. English Medium Secondary High School, Mumbai



# Painters' Gallery



COLOURS@NIGHT: RADHIKA CHOPRA, class IX, Fr. Agnel Multipurpose School, Vashi



ABSTRACT ART: TWISHA KARRA, class IX, Fr. Agnel Multipurpose School and Jr College, Ambarnath west

# WHERE ARE DADDY HUNDREDS?



Notwithstanding India's remarkable series win over Australia on the recent tour Down Under, their entire batting unit has managed just one individual century over the last 11 Test innings since the tour of New Zealand in February 2019

Former India spinner Pragyan Ojha believes it's only a matter of time before Shubman Gill hits a big knock

## ROHIT IS NOT EXACTLY A TEST OPENER: PRABHAKAR

Left-handed batsman Washington Sundar came close to scoring a ton in the first innings of the first Test against England, which ended with a 227-run defeat for India on Tuesday, but ran out of partners and remained unbeaten on 85. Rishabh Pant and Shubman Gill too have scored in the nineties. But a big innings like what England captain Joe Root has been playing over the last three Tests has eluded India.

India's top five batsmen, who have the responsibility of scoring the bulk

of runs, managed just one hundred and nine half-centuries across seven innings in Australia, discounting the second innings in the second Test in Melbourne where India had a target of just 70.

The opening partnerships have been abysmal: 16, 27, 30, 8, 0, 7, 0, 16, 70, 71, 11, 18, 19 and 25, just two 50-run partnerships in 14 innings. "If you have someone like Rohit Sharma, who has not exactly been a Test opener, to face the new ball, then the batting structure gets affected. Opening in Test match-

es is a professional and specialised job. Rohit is a great batsman but he is not exactly a Test opener. He was not groomed as an opener," former India all-rounder Manoj Prabhakar, who has in the past opened for India, told IANS.

Rohit did well in 2019 when he was promoted up to open in Visakhapatnam against South Africa, getting scores of 176, 127, 14, 212, 6 and 21, totalling 556 at an average 92.66, at home. But since then, he has scored 26, 52, 44, 7, 6 and 12, at an average of 24.50.

## WE WANT BIG PARTNERSHIPS, FOCUS NOT ON CENTURIES: KOHLI

Gill, who made his debut at Sydney, has been getting half-centuries but the job of an opener is to get the ball off for the middle-order batsmen. Former India batsman Anshuman Gaekwad says the toss mattered in Chennai a lot. "It happens. I think it was the toss that made the difference. If India had won the toss, things might have been different," he said. India skipper Virat Kohli also hinted at it. "If you look at the second innings of both sides, they were both struggling," Kohli told the media on Tuesday.

However, that doesn't explain India's inability to get centuries in previous games. Kohli said that he is not overly worried about individual players' failure or ability to get centuries. "Whether someone has scored a century in the last five games doesn't matter to us. We want to be able to get long partnerships. In that process, if people get to a big milestone it is good," the India skipper said.

"Even if someone had gotten a hundred in either innings we would have

still pretty much been behind the game. That is something we need to understand rather than thinking about milestones instead of thinking about what we couldn't achieve as batsmen in terms of scoring centuries."

But as Joe Root has shown over the last three Test matches, two against Sri Lanka and one against India, big centuries do matter. His 228, 186 and 218 have helped England score big in the first innings and register big victories.

# Clamour for Kuldeep's inclusion in 2nd Test grows louder



If you are not confident about playing him, don't carry him as a tourist or a passenger. I can't think of a reason why he's not played, except that they might not be happy with his performance in the nets. And if that is so, the team management should inform the selectors. Yadav will be the X-factor (for England) as there are not many Chinaman bowlers around. Ideally, I would like to see a leg-spinner in the XI against England.

MANINDER SINGH, former India left-arm spinner

Maybe they will bring Kuldeep Yadav for the next Test in place of Nadeem or Washington Sundar, whoever it is. But they need to look at dismissing England for lesser than what they scored in the first Test. I think Shahbaz Nadeem got just a little bit nervous. I'm not even talking about the way he bowls but the no-balls, it's always an indication that the bowler is a little too anxious.

SUNIL GAVASKAR, former India captain

Chinaman bowler Kuldeep Yadav has played six Test matches in four different countries, since making his debut early in 2017. His last Test was the fourth and final match against Australia in 2019 in Sydney, where he took five wickets in the only innings he bowled. Since then he has been forgotten, though he watched India succumb to England from the dressing room in the first Test in Chennai

## INDIA HAS NO OPTION BUT TO PLAY KULDEEP YADAV: PRASANNA

In six Tests, 26-year-old Yadav has bagged 24 wickets at an average of 24.13, and is still reckoned as the X-factor and a dangerous bowler for batsmen around the world. After India's embarrassing 227-run defeat at the MA Chidambaram Stadium in Chennai on Tuesday, voices seeking Yadav's inclusion in the Indian XI for the second Test, beginning at the same venue on Saturday, have started growing.

Legendary Indian off-spinner Erapalli Prasanna said the team should play Yadav in the second Test. "Now, we have no choice but to give him a chance. He should be given a fair deal. There was a lack of spinning (penetration) in this particular first Test match," Prasanna told IANS.

Kuldeep was selected for Australia's tour recently but he wasn't played in any of the four Tests, despite all the preferred players being sidelined with injuries. India preferred off-spinner R Ashwin, off-spinner Washington Sundar, and Ravindra Jadeja while Yadav watched India win their second consecutive Test series Down Under from the dressing room. Former India left-arm spinner Maninder Singh, too, threw his weight behind Yadav, and said if he's not in the Indian team's scheme of things he should not be carried as a passenger.

"In the Chennai Test, (left-arm spinner) Ravindra Jadeja was missed. Had he been in the side, the game would have been far more interesting

than it was. And, if I were the captain, I'd have Washington (Sundar, off-spinner) at one end and specifically tell him to bowl a tight line," said 80-year-old Prasanna, who bagged 189 wickets in 49 Tests.

"I would tell him that because he is not a big spinner of the ball, and he couldn't turn the ball on this wicket; he's a tight bowler and definitely an excellent bat. So, Washington needs to be in the side, and I would preferably use him from the pavilion, and operate the two other spinners from the other end," said the Bangalore-based Prasanna. Will one of the 'other' spinners be Yadav in the second Test against Joe Root's England starting in Chennai on Saturday?

## QUIZ TIME!

**Q1:** Who took the fastest 150 wickets in One Day Internationals?

- a) Brett Lee  b) Mitchell Starc   
c) Trent Boult  d) Saqlain Mushtaq

**Q2:** Who won the 2016 US Open singles title?

- a) Rafael Nadal  b) Novak Djokovic   
c) Stan Wawrinka  d) Andy Murray

**Q3:** Which of the following two players hold the record of most ducks in ICC Men's T20 World Cup?

- a) Tanvir Afzal and Andre Fletcher   
b) Luke Wright and Ashish Nehra

- c) Lendl Simmons and Sanath Jayasuriya   
d) Shahid Afridi and Tillakaratne Dilshan

**Q4:** Who was the runner-up in the first Women's Wimbledon Cup?

- a) Maud Watson  b) Lillian Watson   
c) Blanche Bingley  d) Laura Knight

**Q5:** Who is the fastest to 7000 runs in Test cricket?

- a) Virender Sehwag  b) Steven Smith   
c) Sachin Tendulkar  d) Wally Hammond

**Q6:** Who is the 2014 NBA Rookie of the Year?

- a) Michael Carter-Williams  b) Ja Morant   
c) Karl-Anthony Towns  d) Andrew Wiggins

**Q7:** When did Garbine Muguruza win her 1st Wimbledon championship?

- a) 2016  b) 2017  c) 2018  d) 2019



Garbine Muguruza

**Q8:** Who won the 2017 Women's Australian Open singles title?

- a) Sloane Stephens  b) Jelena Ostapenko   
c) Garbine Muguruza  d) Serena Williams

**Q9:** Who is Russia's first-ever skater to achieve the feat of winning Olympic gold and the World Figure Skating Championship?

- a) Alexandra Trusova  b) Alena Kostornaia   
c) Evgenia Medvedeva  d) Alina Zagitova

**Q10:** Who holds the record of most catches in One Day Internationals?

- a) Mahela Jayawardene   
b) Sachin Tendulkar  c) Ricky Ponting   
d) Mohammad Azharuddin

**Q11:** Who was the youngest cricketer to have captained a team in Test matches?

- a) Mansur Ali Khan Pataudi  b) Rashid Khan   
c) Tatenda Taibu  d) Waqar Younis

**Q12:** Who was the runner-up in the first Men's Wimbledon championship?

- a) Frank Hadow  b) William Marshall   
c) Spencer Gore  d) John Hartley

ANSWERS: 1 b) Mitchell Starc

2 c) Stan Wawrinka

3 d) Shahid Afridi and Tillakaratne Dilshan

4 b) Lillian Watson 5 b) Steven Smith

6 a) Michael Carter-Williams

7 b) 2017 8 d) Serena Williams

9 d) Alina Zagitova

10 a) Mahela Jayawardene

11 b) Rashid Khan 12 b) William Marshall