

DISCOVER
Superfood

Fitness secrets of celebs? It's Nachni...



KIARA ADVANI
Actress Kiara Advani is a fitness freak and loves to indulge in ghar ka khana. The actress was heard saying, "Of late, I am having all my meals with nachni rotis."

Heard of nachni rotis? No, it has nothing to do with dance. These are basically ragi (also known as nachni or finger millets) rotis, which are not only tasty, but also a healthy alternative to wheat-based breads. To enhance the taste of nachni rotis, you can add different seasoning to the dough. Even Bollywood celebs swear by its weight-loss properties. Here's more on the fitness-friendly dough that Bollywood celebs can't get enough of!



PRIYANKA CHOPRA JONAS

"I am eating Nachni rotis these days. They are healthy and taste good as well," said she recently. She loves to have these rotis for both lunch and dinner and enjoys it with dal, sabzi, curd."

Nutritional value of Nachni Rotis

One nachni/ragi roti has 118 calories. Out of that, carbohydrates comprise 83 calories, proteins account for 8 calories and fat for 26 calories. So, one serving of nachni roti provides around 6% of the total calorie requirement of an adult's diet, which is 2,000 calories.



KARTIK AARYAN

When actor Kartik Aaryan is following any kind of diet, his meals comprise of either nachni or jowar rotis.

5 Health benefits of nachni flour

1. Is rich in calcium and protein
2. Has high fibre content
3. Helps battle anaemia
4. Regulates blood sugar levels
5. Is beneficial for weight loss

HOW TO EAT

Nachni can be consumed in many forms. However, the most popular items come in the form of rotis, porridge, ladoos, chips and biscuits. A local cereal in the southern parts of India, ragi has slowly gained popularity up north and in other parts of the country for its varied health benefits.

MILIND SOMAN

Giving us major fitness goals every day, Milind Soman prefers unpolished grains and millets, like bajra and ragi/nachni in his diet, apart from mom-made khichdi.

SONAM KAPOOR

Sonam Kapoor loves to eat nachni rotis and she often mentions how it helped her lose a lot of pounds before she made her big Bollywood debut in 'Saawariya' (2007).

Quiz? Just the opposite!

SURYAKUMARI DENNISON, teacher, Avishkar Academy, Bengaluru

- Replace the underlined word in each of the following with its antonym, so that the sentence means just the opposite. Choose from the four options.
- 1 He was unperturbed to hear the bad news.
A. displeased B. dumbfounded C. disturbed D. downhearted
 - 2 The solution she proposes to this problem seems illogical.
A. rational B. remunerative C. resourceful D. ridiculous
 - 3 There was insufficient food for the hundreds invited to dinner.
A. authentic B. aesthetic C. affable D. ample
 - 4 She is known to be extremely uncharitable.
A. belligerent B. beneficent C. buoyant D. boisterous
 - 5 Those children display a disrespectful attitude towards elders.
A. deferential B. dictatorial C. domineering D. deplorable
 - 6 What this person is saying seems quite irrelevant to our discussion.
A. placatory B. positive C. pertinent D. puerile



ANSWERS: 1) C. disturbed 2) A. rational 3) D. ample 4) B. beneficent 5) A. deferential 6) C. pertinent



Let's talk about the Moctezuma's headdress

WHY?

Andres Manuel Lopez Obrador, Mexico's president has said that he had given his wife the "almost impossible mission" of persuading Austria to return a feathered headdress said to have been worn by Aztec emperor Moctezuma. He announced on Twitter that he had asked Beatriz Gutierrez, a journalist and writer, to appeal to Austria to give back the pre-Hispanic relic during her cultural tour of Europe. Lopez Obrador's plea came on the anniversary of Christopher Columbus' arrival in the Americas in 1492, which in Mexico is marked as Day of the Race in recognition of the country's mixed indigenous and European heritage.

"I recommended that she insist on the Moctezuma plume, although it is an almost impossible mission, since they have completely appropriated it," he wrote after posting a photograph of Gutierrez with Austrian President Alexander Van der Bellen.

The ancient headdress is made of hundreds of long quetzal feathers and more than 1,000 gold plaques

WHAT IS IT?

The ancient headdress is made of hundreds of long quetzal feathers and more than 1,000 gold plaques, ended up in Austria, where it is on display at a museum in Vienna. Historians believe that Emperor Moctezuma, who ruled from 1502 to 1520, probably gave the plume to Spanish conquistador Hernan Cortes who took it to Europe.

MIND TEASERS (MATHS QUIZ)

Q.1 There are three consecutive positive integers such that the sum of the square of the first and the product of the other two is 154. What are the integers?
A. 8, 9, 10 B. 7, 8, 9 C. 6, 7, 8

Q.2 A school bus transported an excursion party to a picnic spot 150 kms away. While returning, it was raining and the bus had to reduce its speed by 5 km/hr, and it took one hour longer to make the return trip. Find the time taken to return.
A. 569 B. 859 C. 861

Q.3 Find the least number which when increased by 5 is divisible by each one of 24, 32, 36 and 54.
A. 569 B. 859 C. 861

ANSWERS: 1) (A) 2) (B) 3) (C)

Indoor Gardening HANGING PLANTS TO GREEN YOUR SPACE



Now that home is your school, workplace and chill out zone, making it comfortable and congenial will only add to your productivity. A green patch at home always brings in positivity. While rows of potted plants can adorn your balcony or terrace, hanging planters can jazz up your empty vertical space. Here are a few easy-to-grow plants that can you decorate your corner with:

MONEY PLANT

Popularly known as money plant, it is the easiest home plant. Just put it in a pot and hang it near your window or in your balcony. This plant is easy to maintain and does not require watering every day. Money plant needs moderate light, so make sure you place it in a brightly-lit room.

BOSTON FERN

Commonly grown in indoor spaces, the Boston Fern is thick with a bushy appeal. It loves moist soil, but does not prefer soaking-wet soil. Use a mist spray

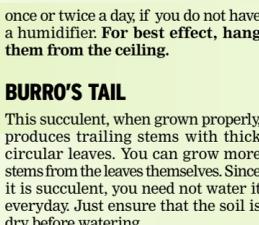


SPIDER PLANT

This plant adds freshness and greenery to your home and it is also known to purify air. This variety loves bright light (read sunlight) and looks beautiful when hung from a pot.

DID YOU KNOW?

Plants are going extinct 500 times faster than they should



BURRO'S TAIL

This succulent, when grown properly, produces trailing stems with thick circular leaves. You can grow more stems from the leaves themselves. Since it is succulent, you need not water it everyday. Just ensure that the soil is dry before watering.



Was 2019 WC final better or KXIP vs MI?

After witnessing a nerve-wracking encounter between Mumbai Indians (MI) and Kings XI Punjab (KXIP), former Indian cricketer Yuvraj Singh compared the game to the ICC 2019 World Cup final between England and New Zealand. This was the first time in history that two Super Overs were needed to determine the outcome of the match. Let's analyse how KXIP showed nerves of steel to down MI...

Rahul's scintillating knock puts KXIP in the driving seat

Chasing the challenging 177-run target, KXIP skipper bludgeoned the potent Mumbai attack spearheaded by the likes of Jasprit Bumrah, Trent Boult, Coulter-Nile, and Rahul Chahar. Rahul's batting onslaught turned the tide on its head as the premier batsman's majestic 77 off 51 almost paved the way for Punjab to scale the competitive target of 177 in 20 overs. However, Rahul once again failed to take Punjab over the finish line, courtesy Bumrah's bowling masterclass.

THESE ARE THE RULES IF A SUPER OVER IS TIED

- 1 Any batsman dismissed in any previous Super Over shall be ineligible to bat in the following Super Over.
- 2 Any bowler who bowled in the previous Super Over shall be ineligible to bowl in the subsequent Super Over.
- 3 In all other ways, the procedure for a subsequent Super Over shall be the same as for the initial Super Over.

Economical Bumrah sets up a dramatic finish

Known for his pinpoint accuracy and lethal pace, Bumrah breathed fire in the closing stages of the contest. Mumbai's death overs specialist staged an eventful duel with Rahul after taking crucial wickets of Mayank Agarwal and Nicholas Pooran. Disturbing the timber in the 18th over, Bumrah cleaned up an on-song Rahul with a peach of a delivery and staged an impressive comeback for Mumbai. KXIP batsmen Deepak Hooda and Chris Jordan then only managed to end the tie in a stalemate as the game went into a Super Over.



'THIS IPL IS NOT FOR THE FAINT-HEARTED'

Super over pe super over! Three in a day, could it be more exciting then this? Great display by our indian fast bowlers. @MdShami11 vs @Jaspritbumrah93
Suresh Raina

Bhai logon, This is the IPL surely not for the faint-hearted #cricket
Mohammad Kaif

It's just not a bowler or a batsman who can influence a #SuperOver game. #MayankAgarwal superman act shows fielding is as important.
R P Singh

Nothing can beat @IPL it's always been and will remain the best thing on tv.. most entraining What a game.. unreal
Harbhajan Singh

Tested cricket skills and ability. Tested presence of mind and calmness even more....
Harsha Bhogle

SUPER OVER 1: Shami matches Bumrah in the battle of yorkers

For the second time, Bumrah nailed his yorker with uttermost perfection. Rahul's decision for unconventional stroke play in the sudden death stage backfired as KXIP set up a six-run target in the first Super Over. Accepting the yorker challenge, pace ace Mohammed Shami went on a yorker-bowling-spree to restrict Mumbai on same target. Shami defended the target, which led to a historic second Super Over.

You can never prepare for Super Overs. No team does. So you have to trust your bowler's gut. You trust your bowler, and let them believe their instinct and gut. He (Shami) was very clear he wanted to go with six yorkers. He has been phenomenal, and keeps getting better every game. It is important that senior players win the games for the team.

KL RAHUL, KXIP SKIPPER

SUPER OVER 2: Airborne Agarwal and Universe Boss showing nerves of steel

Pollard and Hardik Pandya opened for Mumbai. KXIP's Chris Jordan failed to match Shami's bowling and ended up leaking 11 runs. His final delivery had a clear six written on it but an airborne Agarwal produced a jaw-dropping save with a stunning dive. Showing nerves of steel, legendary West Indies batsman Chris Gayle clobbered a massive six the first Trent Boult delivery. Hitting the winning runs in style, Agarwal smashed two fours to wrap up the contest in Punjab's favour.

He (Bumrah) has been number one in a couple of formats for a long time. He has gone leaps and bounds for us at MI. We had a fit and fair Lasith Malinga and he (Bumrah) has taken over that mantle now.
KIERON POLLARD

TEST YOUR KNOWLEDGE

CRICKET QUIZ | Rohit Sharma

Q1: Against which team has Rohit Sharma taken a hat-trick in IPL?

- a) Mumbai Indians b) Chennai Super Kings c) Kolkata Knight Riders d) Kings XI Punjab

Q2: Against which side did Rohit Sharma open the innings in an ODI for the first time?

- a) South Africa b) Sri Lanka c) Australia d) England

Q3: In which year did Rohit Sharma make his Test debut?

- a) 2007 b) 2010 c) 2011 d) 2013

Q4: Rohit Sharma completed 5000 runs in ODIs in 2016 in a series against which team?

- a) South Africa b) New Zealand c) Australia d) England

Q5: In which year did Rohit Sharma make his ODI debut?

- a) 2006 b) 2007 c) 2008 d) 2009

Q6: Against which team did Rohit Sharma record his highest First-Class score?

- a) Mumbai b) Bengal c) Karnataka d) Gujarat



Q7: Which of these records did Rohit Sharma set during the 2019 World Cup?

- a) Most runs in a single edition b) Most centuries in a single edition c) Most catches in a single edition d) All of the above

Q8: Presently, Rohit Sharma holds the record of highest score in an ODI inning with how many runs?

- a) 248 b) 264 c) 289 d) 284

Q9: Which team has Rohit Sharma led to four title triumphs, the most by anyone in IPL history?

- a) Deccan Chargers b) Mumbai Indians c) Chennai Super Kings d) Royal Challengers Bangalore

Q10: What is Rohit Sharma's ICC ODI ranking?

- a) One b) Two c) Five d) Seven

Q11: Rohit Sharma has scored 9115 runs in how many ODI matches?

- a) 108 b) 224 c) 228 d) 104

Q12: Rohit Sharma has scored how many runs in 32 Test Matches?

- a) 1278 b) 2141 c) 2181 d) 1298

Q13: Rohit Sharma is the third-highest Indian century scorer in the ODIs after the Sachin and _____.

- a) Virender Sehwag b) Shikhar Dhawan c) Virat Kohli d) MS Dhoni

ANSWERS: 1- a) Mumbai Indians 2- a) South Africa 3- d) 2013 4- c) Australia 5- b) 2007 6- d) Gujarat 7- b) Most centuries in a single edition 8- b) 264 9- b) Mumbai Indians 10- b) Two 11- b) 224 12- b) 2141 13- c) Virat Kohli