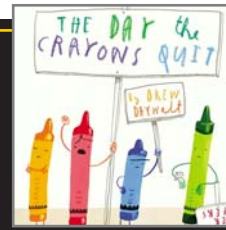




THE TIMES OF INDIA

www.toistudent.com
TODAY'S EDITION

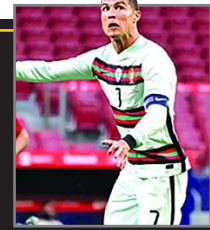
➤ Check out some of the best selling picture books for tiny tots

PAGE 2


➤ Students and teachers express their views on issues engulfing the country and the world

PAGE 3


➤ Football heavyweights set to collide at European championship

PAGE 4

STUDENT EDITION

MONDAY, JUNE 7, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

TIMES NIE Answers Your Query

Hina Naela,
class XII, G D Goenka Public School, Lucknow


ASK THE EXPERT

A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,

➤ **'CLICK HERE'**

OR VISIT

<https://bit.ly/331Rx0n>

Q As a teenager, how can one deal with loneliness during the lockdown?

In the present scenario it is but natural for everyone to be anxious and lonely. One should be encouraged to resort to hobbies and think positive. Involve your parents in 20 minutes 'gadget-free time'. Family bonding and support to each other will keep members happy and stronger even in the toughest time.



Udishia Tiwari,
class X, CMS GN2, Lucknow

Q I am feeling very anxious about the third wave with news that kids may get affected next. What am I to do?

By following all precautions like wearing masks, sanitising, social distancing and most importantly, getting vaccinated, it will keep the third wave at bay. Hopefully, if we are well prepared and follow the Covid protocol rigidly, nothing will affect our health.

EXPERT ADVICE GIVEN BY

Dr Tauseef Ahmed, general physician, Nishat Hospital, Lucknow



NOVELIST DAVID DIOP AWARDED INTERNATIONAL BOOKER FOR WWI NOVEL

French novelist David Diop has won the prestigious International Booker Prize for books translated into English with his World War I-set novel, 'At Night All Blood is Black'. The Paris-born writer became the first French winner of the prize, awarded for a book translated into English and published in the UK or Ireland, in a ceremony broadcast online from Coventry Cathedral in central England. The book's translator Anna Moschovakis won half the £50,000 (\$70,850) prize, which recognises the major role of translators.

BOOK

Record 63 Indian varsities make it to Times Asia University Rankings 2021, IISc country's best

A record 63 Indian universities have made it to the Times Higher Education Asia University Rankings 2021, with three new universities figuring among the top 200. Fourteen Indian institutions debuted in this year's rankings, released by the UK-based publication. India is third overall in terms of representation, behind Japan (116 universities) and Mainland China (91).


Education

In the overall rankings, which have representation from 30 countries and regions, mainland Chinese universities - Tsinghua University (1st) and Peking University (2nd) - claimed the top two positions for the second year in a row

■ While Indian Institute of Science (37th) remains the country's highest ranked university for the seventh year in a row, Indian Institute of Technology,

Ropar (55th) and Indian Institute of Technology, Indore (78th) have also made it to the top 100 this year ■ King George's Medical University

(139th), Indraprastha Institute of Information Technology Delhi (143rd) and Mahatma Gandhi University (154th) figure among the top 200 for the first time

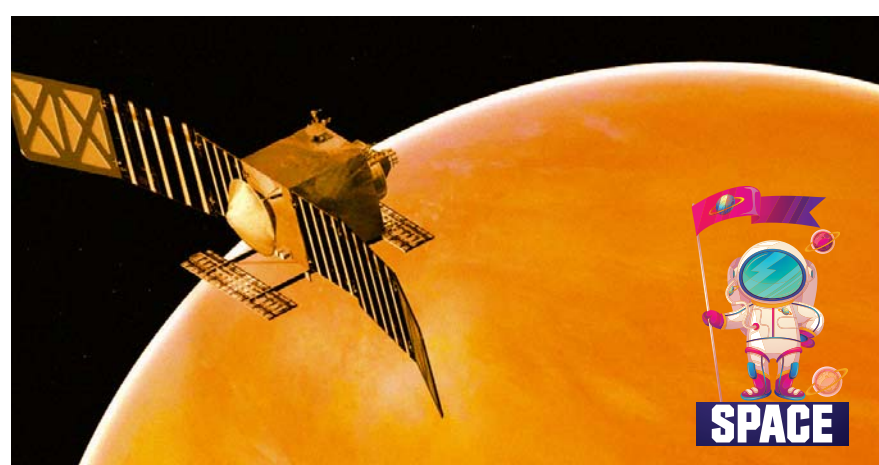
ICC CONTEMPLATES MOVING 2021 T20 WORLD CUP FROM INDIA TO UAE



This year's men's T20 World Cup could be moved from India to the United Arab Emirates, the International Cricket Council has said. The move appears to have been prompted by the rising number of Covid-19 cases in India, although this was not mentioned directly in a statement issued by the global governing body. The ICC added that a final decision on the host country for the October-November event would be taken later this month.

■ It also said the Board of Control for Cricket in India (BCCI) would remain the hosts of the tournament, regardless of where it is played

■ The statement came days after Indian cricket chiefs announced that the Indian Premier League T20 franchise tournament, suspended after a new Covid-19 wave hit India, would be finished in the UAE in September and October



NASA GETS READY TO HEAD TO VENUS

NASA has announced plans to launch two new scientific missions to Venus between 2028 and 2030, its first in decades, to study the atmosphere and geologic features of the Earth's so-called sister planet. The US space agency said it was award-

ing about \$500 million for the development of each of the two missions, dubbed DAVINCI+ (short for Atmosphere Venus Investigation of Noble Gases, Chemistry and Imaging) and VERITAS (an acronym for Venus Emissivity, Radio Science, InSAR, Topography and Spectroscopy).

➤ DAVINCI+ will measure the composition of the dense Venusian atmosphere, seeking to improve understanding of how it evolved, while VERITAS will map the planet's surface from orbit to help determine its geological history, and why it developed so differently than the Earth, NASA said

➤ DAVINCI+, consisting of an orbiter and an atmospheric descent probe, is also expected to return the first high-resolution images of unique geological characteristics on Venus called "tesserae." Scientists believe those features may be comparable to Earth's continents and suggest that Venus has plate tectonics, according to NASA's announcement

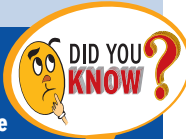
1 Earth's closest planetary neighbour and the second planet from the sun, Venus is similar in structure but slightly smaller than the Earth, with a diameter of about 12,000 km

2 Above its foreboding landscape lies a thick, toxic atmosphere consisting primarily of carbon dioxide with clouds of sulphuric acid droplets. The consequence is a runaway greenhouse effect that bakes the surface of Venus at temperatures as high as 471 Celsius, hot enough to melt lead

3 Venus has lately received less scientific attention than Mars, Earth's next-closest planetary next-door neighbour, and other solar system destinations

■ NASA's Magellan spacecraft, which reached Venus in 1990, made the first global map of the Venusian surface as well as global maps of the planet's gravity field

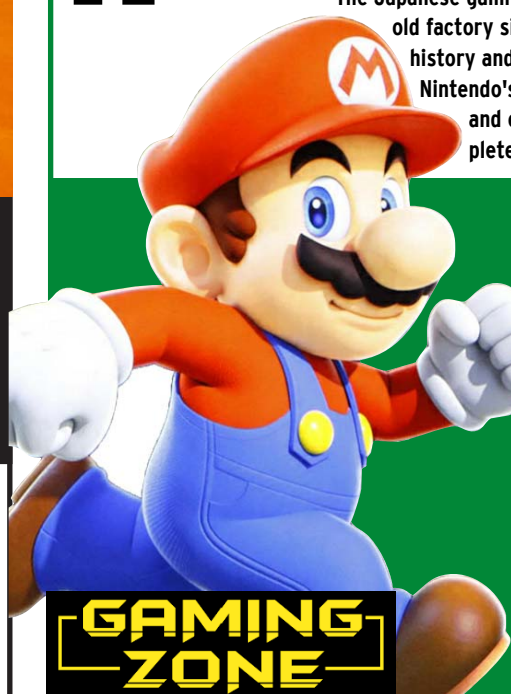
■ In 1994, the Magellan spacecraft was sent to plunge into the surface of Venus to gather data on its atmosphere before it ceased operations



Fans can meet Super Mario at 'Nintendo Gallery' museum in 2024

After opening its first-ever theme park this March, Nintendo is giving fans something else to get excited about: a planned 'Nintendo Gallery' museum set to open by spring 2024.

The Japanese gaming giant has announced that it plans to repurpose an old factory site in Kyoto, where the firm is based, to exhibit its history and beloved gaming products. The facility "where Nintendo's historical products will be showcased and exhibits and experiences will be available" is expected to be completed by March 2024



■ Nintendo began life in 1889 as a manufacturer of hanafuda cards and launched its first home video game machines, known as TV Game 15 and TV Game 6, in 1977

■ The Super Mario Bros games were launched in 1985, two years after the company began selling its Nintendo Entertainment System console

■ Super Nintendo World, the company's first theme park, opened in March after months of pandemic delays. It is part of the Universal Studios Japan complex in Osaka, and features a Mario Kart ride with a real-life Bowser's Castle

Twitter rolls out 'Birdwatch' fact checks inside tweets

Twitter has announced that it is rolling out the Birdwatch notes inside tweets for pilot participants across iOS, Android and desktop platforms

■ Birdwatch is a community-based programme that allows people to identify information in tweets they believe is misleading, and write notes that provide informative context

■ The micro-blogging platform launched a pilot version of the programme in January this year with select users in the US

■ Birdwatch wants to help people stay informed by adding helpful context to Tweets

➤ If a Tweet has a Birdwatch note that is "currently rated helpful", then you'll see that note right there on the Tweet, and you can rate it to help elevate the most helpful notes

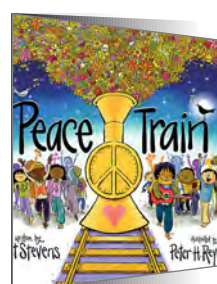
➤ "If the Tweet has multiple notes that are 'currently rated helpful', the card will rotate between these 'currently rated helpful' notes at periodic



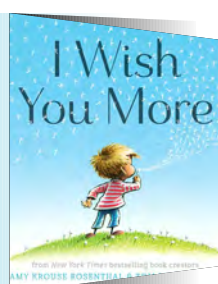
intervals, and you can tap to rate those notes on the Birdwatch site," Twitter explained

➤ If a Tweet has notes but none are yet "currently rated helpful", you'll see the number of notes written, and you can tap to rate those notes on the Birdwatch site

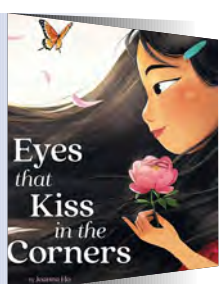
BESTSELLING PICTURE BOOKS FOR TINY TOTS



PEACE TRAIN
by **Cat Stevens**
Illustrated by **Peter H Reynolds**
A visual interpretation of the classic 1971 song.
(AGES 4 TO 8)



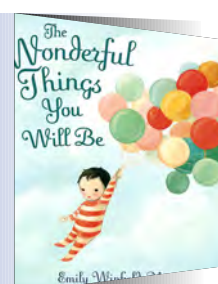
I WISH YOU MORE
by **Amy Krouse Rosenthal**
Illustrated by **Tom Lichtenheld**
A bounty of good wishes.
(AGES 5 TO 8)



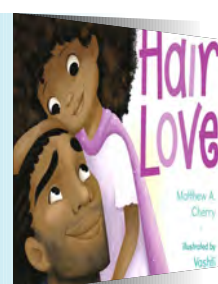
EYES THAT KISS IN THE...
by **Joanna Ho**
Illustrated by **Dung Ho**
A tale of self-acceptance and respect for one's roots.
(AGES 4 TO 8)



WE ARE WATER PROTECTORS
by **Carole Lindstrom**
Illustrated by **Michaela Goade**
Standing up for environmental justice.
(AGES 3 TO 6)



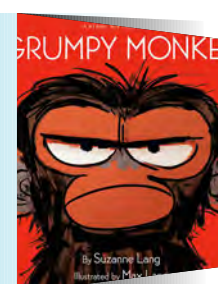
THE WONDERFUL THINGS YOU...
by **Emily Winfield Martin**
A celebration of possibilities.
(AGES 3 TO 7)



HAIR LOVE
by **Matthew A Cherry**
Illustrated by **Vashti Harrison**
A father and daughter work together on an extra-special hairstyle.
(AGES 4 TO 8)



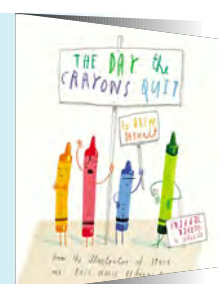
DRAGONS LOVE TACOS
by **Adam Rubin**
Illustrated by **Daniel Salmieri**
What to serve your dragon-guests.
(AGES 3 TO 5)



GRUMPY MONKEY
by **Suzanne Lang**
Illustrated by **Max Lang**
Jim Panzee is having a bad day.
(AGES 3 TO 7)



THE ONE AND ONLY SPARKELLA
by **Channing Tatum**
Illustrated by **Kim Barnes**
Ella embraces her individuality.
(AGES 4 TO 8)



THE DAY THE CRAYONS QUIT
by **Drew Daywalt**
Illustrated by **Oliver Jeffers**
Problems arise when Duncan's crayons revolt.
(AGES 3 TO 7)

Etiquette around globe

Unique food traditions followed in Japan



SEATING STYLE

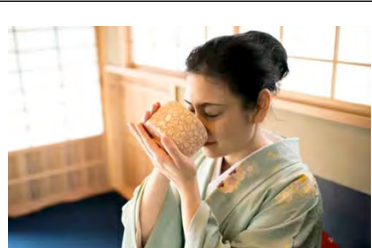
Traditional Japanese meals are taken by sitting on the ground in a 'seiza position' (on heels with your legs tucked underneath). Low tables are arranged and a mat called the tatami is laid down for people to sit. You may have seen this in Japanese movies, where everyone sits down together on the ground for eating.

Japanese tradition boasts of a rich food culture that is really popular around the world. From soups and sushi to ramen and soba, Japanese cuisine is famous for its uniqueness. When it comes to meals, either formal or casual, Japanese people strictly adhere to some table rules that are common in the country. Here are their off-beat food manners.



NEVER REST CHOPSTICKS ON THE BOWL

While eating food, Japanese never keep chopsticks on the bowl. If they wish to pause for a few minutes while eating, the chopsticks are kept on the side of the bowl or on a separate plate, but not on the bowl.



DRINK WITH BOTH HANDS

Japan is famous for its popular culture of tea ceremonies. During these ceremonies, they are expected to drink the tea by holding the bowl with both hands. This method helps in warming up hands and makes you look more refined.



SLURPING=APPRECIATION

In Japanese culture, slurping is equal to the sign of appreciation. You can either slurp the noodles by grabbing them with the chopsticks or slurp the soup by drinking it directly from the bowl. The idea behind this method is that slurping cools down the noodles and enhances the flavours by combining them with air.



Chopsticks come with a number of rules attached to them and there are certain chopstick manners that the Japanese follow rather seriously.

Firstly, don't tap the chopsticks against the bowls or

plate. Also, don't stick them straight in your bowl of rice or noodles.

You should also be careful while picking up food with

chopsticks. Don't stab your food with them, the movement of picking up food should be smooth and gentle.

Never chew on your chopsticks and also keep them back in the wrapper after finishing your meal.



DON'T USE YOUR HAND AS A SAFETY NET

Many times while eating, we usually cup our hands below the spoon while bringing it from the plate to our mouth. In Japanese culture, this practice is considered to be rude. If you use your hand to catch the falling food, it is bad manners!



TABLE MANNERS

Once done with lunch or dinner, Japanese are expected to return everything back to the initial position. This means replacing the lids of the serving bowls and keeping the plate, bowls and chopsticks neatly together. One thing you need to remember while eating with the Japanese is to never leave a messy plate behind.

At-home Hair-care routine this summer

Perform a hot oil massage

Utilise your time at home and massage your scalp with lukewarm oil, but, avoid applying too much oil on tresses as cleaning it may again lead to dryness and if left oily after wash, your hair will attract more dust, leading it to be greasy. A slow massage provides much-needed nourishment and hydration for your scalp; you will be rewarded with healthy hair follicles as well. A bhringraj and onion-based hair oil is a good option for deep nourishment of your hair follicles as it boosts blood supply and leads to good hair growth. Also, wrap your hair with hot towel for 10 minutes before shampoo for best results.

or dry hair. Conditioner increases shine and strength while creating a protective layer. Dry hair can also be benefitted by reverse hair washing or pre-wash conditioning method wherein conditioner is applied before you wash your hair and without rinsing the conditioner, directly apply shampoo and wash. If your hair is extremely frizzy, dry and damaged, hair mask is your go-to solution as it can be applied from root-to-tip to provide deep nourishment and repair. Masks should only be used once or twice a week unlike conditioner, which can be used after every wash.



Gentle wash

Always remember to use a mild shampoo, preferably paraben and sulfate-free, to wash your hair as it reduces the damage to hair. An ideal shampoo for daily wash should not have pH exceeding 5.5.

Use hair mask once a week and a conditioner regularly:

Using a conditioner can significantly repair the damaged hair but the frequency of using it, depends on whether you have oily

Avoid hair styling products

It is better to avoid using hair styling products like gel, sprays, etc. to reduce damage to hair. These styling products tend to attract more dust and does not allow your hair to breathe. Air dry your hair naturally post hair wash. Go for styling products only on very special occasions like a wedding or big party - it should be an occasional indulgence and not a part of your regular hair care regimen. TNN

Tips from ADITYA SINGH, brand-head, Atulya Herbals

QUIZ TIME (MIXED BAG)

SAMARTH JAIN, Class XII, BGS National Public School, Bengaluru

Q.1) Who wrote Ramcharitmanas?
A. Tulsidas B. Kabir
C. Valmiki D. Vedvyas

Q.2) Who was the first Vice President of Independent India?
A. Zakir Husain
B. Dr S Radhakrishnan
C. Dr V V Giri
D. C Rajagopalachari

Q.3) Which of the following is not a department of the ministry of finance?
A. Economic Affairs
B. Expenditure
C. Revenue
D. Foreign Investments

Q.4) Which Indian film of 2017 was nominated for the Oscars?
A. Dangal
B. Kabali
C. Pink
D. Newton



Q.5) Hindustan's first Olympic Individual Medal was won by whom and in which year?
A. K D Jadhav in 1952
B. Norman Pritchard in 1900
C. Leander Paes in 1996
D. Harihar Bannerji in 1952

ANSWERS

1. A) Tulsidas
2. B) Dr S Radhakrishnan
3. D) Foreign Investments
4. D) Newton
5. B) Norman Pritchard

KNOWLEDGE BANK (NATURE)

SHREYA RAVI, CLASS VIII, THE BRIGADE SCHOOL, MALLESWARAM, BENGALURU

Hammerhead sharks

They get their name from the unusual structure of their heads - flattened and laterally extended into a 'hammer' shape. They have white bellies, which help blend into the ocean and sneak on prey. Hammerheads swim in groups during the day, but go solitary during the nights to hunt. These sharks also have the ability to see at 360 degrees.



FOOD TIPS THAT HELP IMPROVE MEMORY

Exam time brings a lot of stress for students as they have to stay up till late studying and retaining loads of information to perform well. To prevent exhaustion and keep your brain agile and sharp, nutritionist Ambika Tyagi shares tips on good eating habits.

Take frequent and small meals

Instead of having a traditional breakfast, lunch and dinner, eat five or six light meals to increase concentration level. A



large meal will slow you down physically and mentally as the process of breaking down and digestion of a large meal takes time. However, don't skip your meals.

BONUS TIP

Many students have the habit of studying late at night in order to pack more information into their already overworked brains. However, the night before your exam, go to bed on time and get enough sleep to feel fresh the next day and also to retain information.

Foods to avoid

Some food items like cookies, burgers, cakes, and muffins should be avoided before or during exams as they are brain blocking foods that require more time and energy to digest. Intake of too much carbs like rice and potato can also make you sleepy. Also, avoid consuming rich food from takeaways until your exam is on as it makes the body sluggish and less agile.

Stay hydrated

Drink enough water before and during your exam. Dehydration

can make you lose your concentration and lower your energy levels.

Eat brain-boosting foods

Protein-rich foods that help in mental alertness are eggs, nuts, yoghurt, cottage cheese. For breakfast, take almonds, walnuts, raisins, orange, banana, whole-grain cereal with low-fat milk, porridge, oatmeal.

Omega-3 for the brain

Have a diet rich in omega-3 fats that play an important role in boosting concentration. Good sources are salmon, tuna, flaxseeds, chia seeds and so on.

Winners of Young Kalam Contest



#RyanYoungKalam

"You were born with wings. Don't crawl. Learn to use them to fly and fly." - Dr. A.P.J. Abdul Kalam.

Ryan International Group, India's premier institute has always undertaken an enormous task of transforming our youth into the 'leaders of tomorrow', by administering powerful education. It helps bringing a spark that transforms the students and provides all-round development in their moral and social skills, providing a cutting edge above others. All India Ryan Young KALAM Contest was an initiative by Ryan Group of Institutions, under the guardianship of the Chairman Dr A.F. Pinto and Managing Director Dr. Grace Pinto, aimed at inspiring students to share exciting stories about inventions that surround us helping



them to unravel the world around them and know it better.

There have been numerous inventions since time immemorial. We being in the 21st Century have taken most of the things for granted. At Ryan, we encourage the students to look beyond the obvious. To have the ability to question and research in the best possible manner. To assess their skills, needs and desires in order to find that one object which intrigues them to the core.

Inspired by their Chairman twelve-point vision, Ryanites never limit themselves to one option and time old conditioning. They use value, holistic education, media, human resource development, leadership and experiential learning as their strength. With confidence and trust in themselves as "The top scientists in the making" with their undaunted spirit of "I Must be a winner". Ryanites from 75 Ryan Schools across India with 15000 enthusiastic Ryanites of grade 7 participated whole heartedly in that historic event.

The Backdrop of this event was methodical planned and effectively implemented by Utkarsh along with Arvinder Sir - initiating introductory workshops for training of the teachers, Beta Test, unveiling and explaining about Intra Class, intra School Competition, state level competition and the nationals. A fabulous explanation was given on the components of fantastic presentations, to finally conducting various review meetings, are just a few things to mention.

Ryan International School, Kandivali, grabbed this opportunity and made every possible effort to identify the potential Ryanites and start training them for this big contest! Each Ryanite has great potential, but in order to reveal the hidden talent and bring the best to lime-light - the dedicated teachers played a monumental role. Delving deeper into their passion, students began rigorous research to help them choose one object that they really wish to know more about. Day in and day out, in-depth research continued. Presentation was drafted, edited, rectified, reflected upon and finally prepared.

In the first week of April, 18 students from each section were selected and intra-class competition was conducted on 13th and 14th April.

ALL INDIA ROUND COMPETITION



Each Ryanite brought forth their unique object highlighting a completely different and unique question. It was a day of total excitement and enthusiasm among the students. Parents, appreciated the uniqueness and its long term benefits, actively supported their wards and wanted to support their child's scientific experiment.

The excitement among the students reached its peak when the young Ryanites showcased their latent talents creating unique inventions with recycled materials taking this competition to a different level.

Mentimeter was the most exciting part of the competition. Students carefully listened to all the six speakers along with their presentations and then voted for them consciously. Three students from each section were selected for the intra school competition round!

The culmination of elation of this momentous event was reached when our three proud Ryanites - 1. KhianaPatil2. Soumya Kanojia 3. Pearl Vishwakarma were selected for the state level competition of Young KALAM Contest.

Finally, Khiana Patil and Pearl Vishwakarma competed with other proficient and aced competitors and qualified for the All India Round of the Young KALAM Contest. The prized moment for each Ryanite was when Khiana Patil and Pearl Vishwakarma were announced winners of the All India Young KALAM Contest getting a Golden Badge! Parent of Khiana Patil, Priyanka Patil expressed her gratitude to the Ryan school management and appreciated for all the support and the ideas shared not only in Academics but also the ALL ROUND DEVELOPMENT of her ward. Vijay Vishwakarma, parent of Pearl Vishwakarma expressed Gratitude to the Chairman and Managing Director for designing the activities keeping in mind the capability and psychology of a child where parents can utilise their energy for betterment and learning of their children.

This event has brought each Ryanite to think, analyse, research on different objects that we use in our daily lives yet never think about the nitty-gritty of these, with this competition children learnt how to create and master good presentation and deliver it flawlessly in front of the audience with confidence. They gained substantial experience and showcase skills.

THE EDUCATIONIST

'Online education can never match real classroom learning'

Principal Sangita Bhattacharya of St Joseph's High School shares her experiences with Aarya Bhanushali

Q: As the year 2020-21 nears the end, what was your experience of online teaching?

Firstly, online education could never match physical classrooms and we missed the enthusiasm of the students. But during online learning, we could stay in touch with students and connect on a deeper and personal level.

Q: The Board exams for grade 10th have been cancelled. What is your take on this?

I have mixed feelings about this decision. I am definitely happy for the kids and the teachers that they'll be safe at homes. But, the experience will be lost and further evaluation



tion is a tough question to answer.

Q: Did you arrange any special sessions for students to deal with the stress of the current situation?

Yes, we conducted an online emotional workshop for students and also, the teachers as well as parents of the younger kids. Emotional health workshops have been an integral part of our school.

Q: In what ways do you think college admissions for the next year will be affected?

Honestly, if only the school gives the marks, it'll be biased and unfair. A CET is a great option but it'll be an exercise but it is necessary for fair evaluation.

Virtual Farewell Session

ABDULADAR MANASAWALA, HOLY ANGELS' SCHOOL

When one door closes, another opens." This being said, their juniors, grade 9, bid Farewell to the students of grade 10. It was a fun, exciting, curious and proud moment for the 10th grade.

Considering the current situation, it was an online farewell and was conducted on YouTube by presenting a video. The farewell was a series of beautiful events which were carefully curated and crafted for everybody to have a good time. It all started with an invitation card. It was not truly an invitation, but loads of memories hidden in it. Some very motivational and admirable speeches from the administration and teachers followed it, wishing the students a golden future. Next was a fun and emotional performance by one student in 10th grade. Subsequently, there was a classical dance performed by the student of grade 9th. Following it was an attention-grabbing rap song. Then there was an alluring and flawless western dance by pupils of 9th. Upcoming was a sensational drama acted by 9th students unfolding the streams after 10th. Later, two melodic and tuneful singers vocalised mellifluous and euphonious songs. Succeeding, a theatrical and satirical caricature turned up. It then

popped into some never-fading photographic remembrances. To add some flavour of comedy, in presented, Harlequin Quipster. The ensuing rolled into a stimulating, motivational speech. Coming up was a pictorial memory expressing the grade 10 students' conglomeration. Soon, turned up in a peroration by a student in 10th grade. Consequently, there was a rich and impressive poem relating to the school. Subsequently, appeared Vaibhav Hari-

haran, demonstrating his strategy in achieving such a rank. And with a beginning, it ended. The dusk came, but dawn anticipated. And with these lines, the sumptuous farewell ceased.

"Cockcrow originated and twilight expires. Sphere of influence realignments. Ages come, and aeon goes,

An expedition halts and a newfangled one kicks off. And deviations become a fraction of our verve and existence."

THE MUSICAL EFFECT



Ranging from the soft soothing sounds to the late night party vibes, music has been a rather significant and huge part of our lives. Not only does it enrich our surroundings but they have a great effect on our moods too. A sad song can make us cry tears whereas a groovy song lets us discover our hidden dancing skills. But is it all it does?

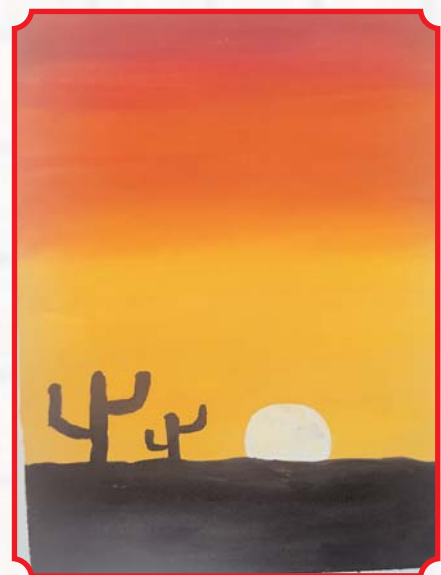
Several researches were conducted with astounding results for the same. A 2013 study in the

Journal of Positive Psychology found that people who listened to upbeat music could improve their moods and boost their happiness in just two weeks whereas an earlier study, published in the *Journal of Consumer Research*, found that people tend to prefer sad music when they are experiencing a deep interpersonal loss. Not just a timepass, it is a remedy for all on its own. So next time you listen to your favourite playlist remember the power it holds over you!

Noyonika Sharma, Class X, Apeejay School, Nerul



Painters' Gallery



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

Melio Interschool Championship

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HEAVYWEIGHTS SET TO CLASH AT EURO 2020

While four of the best third-placed teams are set to qualify for the quarter-finals, Euro 2020's Group F remains full of intrigue as reigning champions Portugal, World Cup holders France and Germany all face off, while Hungary could have their say too



Karim Benzema

Photo: REUTERS

The much awaited rescheduled European Championships is all set to kick off on June 11 in Italy with 24 teams in line to be crowned the kings of the continent. Portugal are reigning European champions and have reached at least the semi-finals in four of the last five Euros. They came second behind Ukraine in qualifying and, at 36, Cristiano Ronaldo is not getting any younger. However, Portugal also won the Nations League in 2019 and Ronaldo has arguably never been surrounded by so much talent: from Ruben Dias at the back to Bruno Fernandes, Bernardo Silva, Diogo Jota and Joao Felix. If they click, they could take some stopping.

Ronaldo set to create history

Given the talent in Portugal's ranks, perhaps it is unimaginative to single out Ronaldo, but it will be fascinating to follow his progress. At 36 this is probably his penultimate major tournament. Portugal's captain and most-capped player has 103 international goals, with 11 coming in the qualifying campaign. He is now just six shy of the all-time international scoring record of 109 held by Iran's Ali Daei.

Benzema recalled

"All the other countries envy us," shouted the front of French sports daily L'Equipe this week underneath pictures of Kylian Mbappe, Karim Benzema and Antoine Griezmann. In France they are understandable confident about their prospects of following

their 2018 World Cup triumph with Euro glory. Coach Didier Deschamps has a squad full of world-class talent. Competition for places was already fierce up front even before the decision to recall Benzema. Most countries would be delighted to have just one of Mbappe, Benzema or Griezmann, and maybe over-confidence is the biggest danger for France. At 33, the Real Madrid striker was recalled after an international exile of five and a half years. He had not been called up since a blackmail scandal over a sextape involving his former teammate Mathieu Valbuena broke in 2015. But Deschamps could no longer ignore Benzema's form after a season in which he scored 30 goals for his club.

Joachim Loew to step down

Germany are three-time European champions and have reached at least the semi-finals at each of the last three Euros. However, since their disastrous showing at the 2018 World Cup, when they went out in the group stage, Germany's fortunes have not improved much. They topped their qualifying group ahead of the Netherlands, but in recent matches they were trounced 6-0 in

Our performance at the tournament will also depend on what everyone brings. The midfielders, the full-backs. I don't want to dissociate the three forwards from the rest of the team.

DIDIER DESCHAMPS, France Coach

Spain in the Nations League and suffered a 2-1 home defeat by North Macedonia in World Cup qualifying. After 15 years in charge, coach Joachim Loew will step down after the tournament. He has recalled Thomas Mueller and Mats Hummels, who had previously been discarded after the last World Cup. Playing group games at home in Munich gives them an advantage, on paper at least.

All eyes on Mueller

Germany will rely heavily on the quality of players like Joshua Kimmich and Toni Kroos but a successful Euro may also depend on Mueller. The 31-year-old has been too good for Bayern Munich to be ignored any longer by his country and is back after two and a half years in the international wilderness.

Home advantage for Hungary

The Magyars reached a second straight European Championship via the Nations League play-offs - they finished fourth in their qualifying group but won play-off ties against Bulgaria and Iceland to qualify. Coached by the Italian Marco Rossi, Hungary will get to play their first two matches at home in Budapest but their best player, RB Leipzig midfielder Dominik Szoboszlai, is out injured. It would be an enormous surprise if they finished anywhere other than bottom of their group. Given the calibre of Hungary's opponents, Gulacsi could be a busy man. The 31-year-old, once on Liverpool's books, has gone on to be a fixture in goal for RB Leipzig in the German Bundesliga. His recent experience of the latter stages of the Champions League could come in handy. AFP



Cristiano Ronaldo

Photo: AFP

FEDERER WITHDRAWS FROM FRENCH OPEN

The Swiss player, targetting his 21st Grand Slam title at Wimbledon, says he needs to take one day at a time, not rush back into competition and listen to his body instead

Former world number one Roger Federer, who is targeting a record 21st Grand Slam title at Wimbledon, withdrew from the French Open on Sunday, a day after winning a tough third-round match, opting to save himself for the grass-court season. "After discussions with my team, I decided that I should withdraw from the French Open," Federer said in a statement released by the French Tennis Federation. "After two knee operations and more than a year of rehabilitation, it's important that I listen to my body and not rush back into competition."

Federer suffered physically in his four-set, late-night victory over German Dominik Koepfer on Saturday and decided to end his Roland Garros campaign. "I need to decide if I keep on playing or not, or is it not too much risk at this moment to keep pushing or is this just a perfect way to just take a rest." REUTERS

NAOMI OSAKA THANKS FANS FOR SUPPORT

Four-time Grand Slam winner Naomi Osaka posted her first social media comments since pulling out of the French Open after a dispute over news conferences. Osaka, who also had revealed her ongoing battle with depression and anxiety, thanked her supporters in a brief message on Instagram. "Just want to say thank you for all the love. Haven't been on my phone much but I



wanted to hop on here and tell you all that I really appreciate it," she wrote. French tennis officials fined Osaka \$15,000 and threatened to remove her from the tournament for not honoring mandatory media commitments, prompting the 23-year-old to withdraw on her own. French Open officials said they tried unsuccessfully to speak with Osaka before she pulled out. AFP

MO FARAH FAILS TO QUALIFY

Four-time Olympic champion Mo Farah's hopes of ending his track career at the Tokyo Games suffered a huge blow as he fell short of the qualifying mark for the 10,000 metres in Birmingham. The 38-year-old finished eighth, behind fellow Briton Marc Scott, in the European Cup, which doubled as British Olympic trial. Farah's time in his first race at this distance for four years was 22 seconds short of the required standard of 27 mins 28 secs to qualify for the Games. He blamed a foot injury for his poor showing, which had prevented him from training over the last two weeks.

He has another three weeks to make the qualifying time and could also turn his attention to the 5,000 metres in which he won gold at London 2012 and Rio 2016. AFP



Mo Farah

Photo: REUTERS

QUIZ TIME!

Q1: Who is the youngest F1 driver to win a race?

- a) Max Verstappen ☐ b) Sebastian Vettel ☐
 c) Lewis Hamilton ☐ d) Kimi Raikkonen ☐

Q2: Who holds the record for most consecutive English Premier League appearances?

- a) Frank Lampard ☐ b) Brad Friedel ☐
 c) Ryan Giggs ☐ d) James Vaughan ☐

Q3: Lewis Hamilton won his first F1 world championship title with which team?

- a) Mercedes ☐ b) Renault ☐

- c) McLaren ☐ d) Sauber ☐

Q4: What American sister and brother won the mixed double championship at Wimbledon in 1980?

- a) Marat and Dinara Safina ☐
 b) Tracy and John Austin ☐
 c) Byron and Cara Black ☐
 d) Nancy and Cliff Richey ☐

Q5: Who was the first female driver to score points in a Grand Prix?

- a) Maria Teresa de Filippis ☐
 b) Giovanna Amati ☐ c) Lella Lombardi ☐
 d) Rolf Stommelen ☐

Q6: Italian Benedetta Pilato set a new world record in 50m breaststroke at European Swimming Championships 2021. Whose record did the teenager better?

- a) Abbie Wood ☐ b) Lilly King ☐
 c) Katinka Hosszu ☐ d) Anastasia Gorbenko ☐



Photo: AFP

Q7: Who won the LMA Manager of the Year after steering his team to the Premier League title?

- a) Marcelo Bielsa ☐ b) David Moyes ☐
 c) Pep Guardiola ☐ d) Brendan Rodgers ☐

Q8: When was mixed doubles in a medal sport at the Olympics?

- a) 2000 Sydney Olympics ☐
 b) 1992 Barcelona Olympics ☐
 c) 1996 Atlanta Olympics ☐
 d) 1998 Sydney Olympics ☐

Q9: Which team has the most wins in F1?

- a) Ferrari ☐ b) McLaren ☐
 c) Mercedes ☐ d) Williams ☐

Q10: Which country has won the ICC Women's T20 World Cup the most times?

- a) West Indies ☐ b) England ☐
 c) Australia ☐ d) New Zealand ☐

Q11: Who was All England 2020 Men's Singles Champion?

- a) Viktor Axelsen ☐ b) Kento Momota ☐
 c) Chen Long ☐ d) Srikanth Kidambi ☐

ANSWERS: 1 a) Max Verstappen, 2 b) Brad Friedel, 3 d) McLaren, 4 b) Tracy and John Austin, 5 c) Lella Lombardi, 6 b) Lilly King, 7 c) Pep Guardiola, 8 c) 1996 Atlanta Olympics, 9 a) Ferrari, 10 c) Australia, 11 a) Viktor Axelsen