



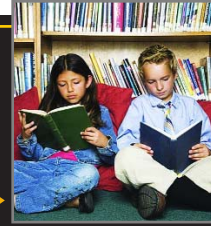
THE TIMES OF INDIA

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**TODAY'S
EDITION**

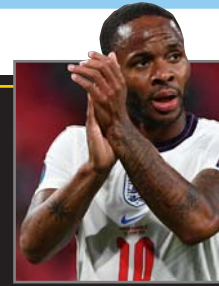
➤ As the unlocking process in many states begin, experts tell us about the precautions we need to take while stepping out
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STUDENT EDITION

THURSDAY, JUNE 24, 2021


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

Jammu and Kashmir delimitation

WHAT

Prime Minister Narendra Modi's invitation to 14 key leaders from J&K for a meeting in New Delhi on June 24 has raised speculation about a possible scheduling of the Assembly elections in the Union territory. On the Independence Day last year, Modi had said that the elections would be held in J&K after the delimitation process in the Union Territory was over. Delimitation is crucial for kick-starting the political process in J&K. Delimitation is an act of redrawing boundaries of an Assembly or Lok Sabha seat to represent changes in population over time.

HOW

IS IT DONE: This exercise is carried out by a Delimitation Commission. Its orders have the force of law, and cannot be questioned before any court. The objective is to redraw boundaries (based on the data of the last Census) in a way so that the population of all seats, as far as practicable, be the same throughout the state/UT. Apart from changing the limits of a constituency, the process may result in a change in the number of seats in a state/UT.



Photo: Ajit Ninan

J&K DELIMITATION PROCESS

To carry out the exercise in Jammu and Kashmir in the aftermath of its special status revocation, a Delimitation Commission was set up on March 6, 2020. The commission is headed by Justice (retired) Ranjana Prakash Desai, and includes an election commissioner, along with the state election commissioner, as well as five associate members for J&K.

Under the Jammu and Kashmir Reorganisation Act, 2019, the number of constituencies in the Union Territory are to be raised from 107 to 114. But this also takes into account the 24 seats falling under Pakistan-occupied Kashmir (PoK). Excluding these 24, the effective strength of the Assembly would become 90 as compared to 83 earlier


FACTOID
\$64 BN


The amount of Foreign Direct Investment (FDI) that India received in 2020— the fifth largest recipient of inflows in the world, according to a UN report. The report said in India, the FDI increased 27 per cent to \$64 billion in 2020 from \$ 51 billion in 2019, pushed up by acquisitions in the information and communication technology (ICT) industry. The pandemic boosted demand for digital infrastructure and services globally. This led to higher values of greenfield FDI project announcements targeting the ICT industry, rising by more than 22 per cent to \$81 billion.



Centre proposes ban on mis-selling, fraudulent flash sales on e-commerce platforms

THE PROPOSAL

1 The amendments talk of a ban on 'flash sales' on e-commerce platforms, if such sales are organised by fraudulently intercepting the ordinary course of business, using technological means with an intent to enable only a specified seller or group of sellers managed by such entity to sell goods or services on the platform

2 The government has proposed that e-commerce entities should

ensure that registration number and invoice of orders are displayed prominently to its users in a clear and accessible manner on its platform

3 It has also proposed a ban on display and promotion of misleading advertisements. E-commerce entities offering imported goods/services will also have to mention the name and details of the importers and the 'country of origin'

The government has proposed a series of amendments in the Consumer Protection (E-Commerce) Rules, 2020, including a ban on mis-selling and fraudulent flash sales on e-commerce platforms. All measures have been taken after the Centre received several representations from aggrieved consumers, traders and associations, complaining against widespread cheating and unfair trade practices being observed in the e-commerce ecosystem, it said in an official release.

Comments and suggestions on the proposed amendments have been sought within 15 days by email to the consumer affairs ministry

VIEWPOINT



Q: IS IT A GOOD MOVE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

NASA's Ingenuity helicopter completes 8th flight on Mars

NASA's Ingenuity helicopter completed its eighth flight on Mars on Monday, according to NASA. It flew for 77.4 seconds and

travelled 160 metres to a new landing spot, about 133.5 metres from NASA's Perseverance rover. Ingenuity arrived at Mars' Jezero crater on Feb 18, attached to the belly of the Perseverance rover. The helicopter is a technology demonstration with a

planned test flight duration of up to 30 Martian days. The Mars helicopter was built by NASA's Jet Propulsion Laboratory in Southern California, which also manages this technology demonstration project for NASA Headquarters.

IMPORTANT NOT TO IMPOSE YOUR AMBITIONS ON CHILDREN: SHEKHAR KAPUR



Filmmaker Shekhar Kapur took to social media recently to talk of how parents often tend to impose their unfulfilled desires and ambitions on children. "It's really important not to impose your ambitions and desires on your children, for, your unfulfilled desires are filled with fear and apprehension. So, your kids grow up trying to prove themselves to you long after you're gone. And carry your fear for the rest of their lives," Kapur tweeted.

Celeb talk

Sharing another piece of life lesson for netizens, Kapur expressed that while having a creative ego is good for one's creativity, it should not be confused with personal ego. "There is no creativity without your creative ego. Yet, how do you tell the difference between your creative ego and your personal ego?" he wrote.


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HEALTH

Try a Sugar Detox today to feel fitter

RETHINK

Adopt art therapy as self-care

TRIVIA TIME

On June 26, 1997 the first Harry Potter book was released – and a cultural phenomenon was born

ETIQUETTE

Do you know where your napkin should go when you sit down at the dinner table? Do you know how the practice of pulling chair out for ladies started?

FILMS, BOOKS

Coming-of-age films and books

SPORTS

India's first Olympic medals and the likely winners at Tokyo

STUDENT EDITION

SATURDAY, JUNE 26, 2021


Your Weekender


Positive Parenting

Keep your kids safe during unlocking

With many states in the country in the unlocking process in phases, people have begun stepping out once again. The process of limited socialising – be it for work or with families or friends – has also started as adults get fully or partially vaccinated. But is it advisable to let our kids, the only age group that cannot be vaccinated currently, go out and socialise as well? Here's what the experts have to say

KEEP SOCIALISING LIMITED TO BUBBLES

"Though everything is opening up, now is the time to take utmost precautions when it comes to our kids. Whether it is about schools reopening or not, vacations or no vacations, we need to make sure that masking and social distancing is followed whenever outside, and that their interactions are limited to a certain social bubble," shares Dr Ilin Kinimi, consultant, paediatric pulmonology, Manipal Hospitals, Bengaluru. Another paediatrician Dr Rachna Sharma, BLK Max Hospital, Delhi, adds: "At parks, make sure the area is big enough for the children playing there to maintain sufficient distance. But kids should not wear a mask while playing as they may have difficulty breathing."

ALWAYS SUPERVISE CHILDREN OUTDOORS

Both parents and children need to follow Covid appropriate behaviour "Since children won't be getting vaccines any time soon, they need to follow CAB (Covid Appropriate Behaviour), and they will need to be supervised by parents whenever they go out. Parents will also have to ensure they take care of themselves and don't bring the infection home. They need to follow all the Covid protocols even after they get the jab," explains Dr Krishn Chugh, director and HOD, paediatrics, Fortis Memorial Institute, Gurgaon. At the same time, doctors advise parents not to panic, and also not to pass on their fear to children because of speculations about a third wave.

TEACH KIDS ABOUT FACE MASK AND HYGIENE

Dr Sharma explains, "With regard to children below five years of age, the WHO and UNICEF have said that they should not be forced to wear a mask. Children who are 6-11 years of age should be wearing a mask and adults need to show them how to use it." Delhi-based paediatric gastroenterologist Dr Anupam Sibal adds, "Masks are crucial. Of course, to get young children to wear them is hard. Attractive and colourful cloth masks with cartoon characters might be easier and will appear interesting to kids." It is also imperative, of course, to teach all the mask-related rules and overall Covid hygiene to kids.

DELHI TIMES

WAYS TO KEEP KIDS HEALTHY DURING PANDEMIC

- Encourage children to wash their hands with soap/hand wash and water for at least 20 seconds.
- Teach them how to wear a mask correctly and safely.
- Both you and your child should stay at least six feet away from people who don't live with you and people who are sick (such as those coughing or sneezing).
- Don't miss your child's routine and vaccine appointments even during the pandemic.
- Keep your child socially connected through video chats with friends and family.
- Take care of their mental health by learning about signs of stress and how to alleviate them.

(THE US CENTRES FOR DISEASE CONTROL AND PREVENTION)

Wellness

Home-made Hair Oils for bouncy hair

Natural ingredients found in Indian kitchens are best for hair growth and lustre. Wellness expert Shahnaz Husain shares some DIY oil recipes to strengthen hair and also to add a lot of body and bounce to tresses

ALOE VERA HAIR OIL



Aloe Vera is great for preventing hair fall, dandruff and for treating dry scalp. It also restores the pH balance of your scalp and hair.

RECIPE: Take one whole aloe vera leaf and slice it open into two halves. Scoop out the gel from the leaf. Take half cup of this gel and mix it with half cup of coconut oil (the mixture must be 50-50). Heat the mixture on low flame for 5-7 minutes and allow it to cool completely. Add to this cooled mix 5 drops of rosemary essential oil. Store this oil in a dark bottle and place it in a cool place for two weeks before you start using it.

AMLA (GOOSEBERRY) HAIR OIL

This home-made hair oil can be used by both men and women suffering from damaged hair, early greying, and excess hair loss. Amla oil helps stimulate hair growth, cools the scalp, and makes your hair shinier as well as darker.

RECIPE: Chop 2 amla fruits into 4 slices each, and leave them to dry under a shade. Allow at least 1 hour for drying. Add 2 tablespoons of sesame oil and 4 tablespoons of extra virgin coconut oil to the dried pieces of amla. Heat the mixture on low flame until it starts bubbling. Let it cool in the pan itself. Pour this mix into a dark bottle and store it away from the sun in a cool spot for one week before using it.



HIBISCUS HAIR OIL

Hibiscus is loaded with vitamin A, C and other nutrients that promote hair growth, improve volume and make your hair soft and shiny.

RECIPE: Take 1 cup of hibiscus leaves and 2 hibiscus flowers. Wash and dry them. In a pan, add half cup of organic coconut oil and half cup of almond oil. Heat mixture and add dried hibiscus petals and leaves. Heat for 5 minutes on low flame and let cool. Strain the oil and store in a bottle. Warm the oil every time you use it.



APPLY HAIR OIL GENTLY

While applying these home-made hair oils, be gentle. Rubbing them hard over the scalp aggravates hair loss and promotes frizziness as the hair cuticles don't get the required amount of hair oil. Take a cotton ball and dip it in hair oil and place it all over your scalp by parting your hair side by side. Cotton helps cuticles in absorbing the sticky hair oil.

History of fashion

5 Indian Maharanis who redefined Indian fashion

Between the late 1800s to early 1900s, these royal ladies have been revolutionary, changing the fashion world with their timeless looks. Take a look at the simplistic, classic, and elegant side of imperial Indian fashion.

Maharani Gayatri Devi

She was the epitome of grace and was considered a fashion icon in both India and Europe. With her pastel, chiffon saris, pearl necklace, and long-sleeved blouses, she used to inspire women to emulate her dressing style. Gayatri Devi loved wearing handloom saris and her bob hair cut screamed unapologetic glamour.

Maharani Indira Devi of Baroda and Cooch Behar

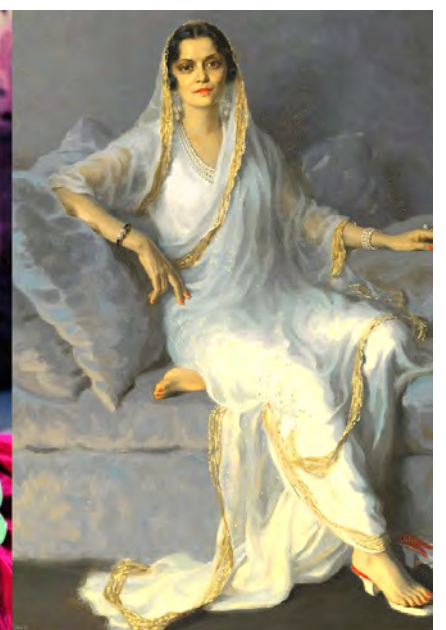
Also known as Indira Raje, she brought the trend of wearing silk chiffon saris. Indira Devi was a non-conformist, a strong-willed woman, who wore diamond shoes and visited the casinos in London. Her social life was colourful and her taste for fine fashion could be seen in her collection of beautiful saris and neckpieces.

Maharani Sita Devi of Baroda

The queen who died at the age of 72, had lived a fine life in Paris with her dressing room containing thousands of saris, matching shoes, and purses. She used to travel with hundreds of saris, shoes, and furs, and even her cigarette holder was studded with rubies. She was largely known for her lovely French chiffon saris and royally exquisite pieces of jewellery.

Princess Niloufer Farhat Begum Sahiba

Married at 16, princess Niloufer was



rebellious and believed in following her own sense of style in the conservative society of that time. She redefined the Indian sari by blending eastern and western cultures together and therefore westernising the designs of our traditional saris. With her curly bob hair and embroidered saris and elaborate neckpieces, she could make anyone swoon over her style. Princess Niloufer also looked fabulous in stylish gowns and off-shoulder dresses.

Maharani Jind Kaur

Her prominence prevailed in recent years due to numerous enriching books and plays being written on her struggles and love life. The rebel queen was unconventional and wore crinoline (structured petticoat meant to hold out a woman's skirt) over her traditional outfits. Emerald jewels and seed pearl necklaces under her dupatta, choli, odhani, and Punjabi ghagra were her timeless styles that mused the fashion world. TNN

Season's Offering

Why you need to eat Jamun in summer

The deep purple, almost black juicy summer-monsoon fruit is delicious and loaded with health benefits. Get your share of these seasonal goodies this season – here are reasons why they will do you a whole lot of good.



LOW CALORIE FOOD: The tasty fruit is rich in vitamin C, iron, calcium, phosphorus, magnesium and folic acid. The verdict: jamun is great for overall health.

IMPROVES HAEMOGLOBIN COUNT: Being rich in vitamin C and iron, jamun can increase the haemoglobin count. Iron is a blood purifier that provides oxygen to organs to keep you healthy.

GOOD FOR SKIN: Jamun has astringent properties, which protects the skin from blemishes, wrinkles, acne and pimples. Vitamin C also purifies the blood and makes your skin radiant.

ONION HAIR OIL

The high sulphur content in onion helps in treating many hair problems including thinning and dandruff. It is also an effective antibacterial that can effectively combat scalp infections.



RECIPE: Chop a small onion finely and add 6 tbsp coconut oil and 2 cloves of garlic to it in a pan. Heat the mixture until it begins to bubble and then allow it to cool down. Add 3-4 drops of lavender or rosemary essential oil and store the mix in a refrigerator for 10 days before you start using it. TNN

Giving back to society

Although racked with personal pain, trying to heal other's wounds is something Holy Mother English School in Malvani, Malad, is doing relentlessly for some time now.

It has been striving hard to dispel plights of others that are affected grievously by the outbreak of the pandemic Covid-19 for more than a year and a quarter.

It has paid heavy, irreparable dividends to wipe others' tears.

The school has run 18 ration relief drives at school from March '20 till date, benefitting more than 12000 families of the students and neighborhood. They distributed more than 125 tonnes of dry ration.

The principal went out of his way by attending to various requests for ration from desperate and needy individuals and help with cash for medical emergencies

Moreover, hygiene kits comprising masks, sanitisers, hand washes, etc. were provided to the school staff and students.

They waived off an entire year's school fees for 660 students attending online education to help them to be in school and not drop out.

They got beyond Samaritans' acts when the principal, also one of the founders of the school, had to mortgage his wife's gold for 3.5 lakhs in March last year, to manage the running cost and for teachers' salaries.

They also arranged monthly ration kits and cash for 30 staff members of the school.

They had to let out one of the classrooms which were meant for the science lab, library and activities on rent on a heavy deposit of Rs 5 lakhs to release the mortgaged gold, to be able to pay salaries and utility bills of the school.

The principal went out of his way



by attending to various requests for ration from desperate and needy individuals and help with cash for medical emergencies.

Although there were stories of the exodus of many labourers, migrating due to the lockdown owing to unemployment and food supplies crises - in Malvani many parents, who are migrants, did not board the Shramik trains last year because of the ration supplies relief received from the school.

Many children who otherwise would have dropped out of school remained in school due to fees waiver

from school.

The long list of human service by Holy Mother English School cites that it has gone the extra mile to save lives, provide food, not just education.

But it all happened despite the several crises the school itself has been weathering through.

It has been struggling hard to make ends meet and keep up the good work for humankind. These efforts taken by the school authorities are indeed inspiring for one and all. It helps each one to introspect and think about how one can do our bit for the society.

YOGA DAY CELEBRATIONS

Sharda Mandir High School, Gamdevi

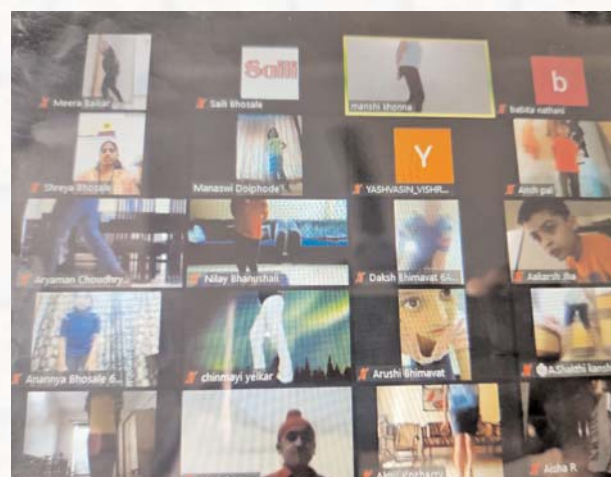
Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'Yoga' derives from Sanskrit and means to join or to unite, symbolising the union of body and consciousness.

The students of Sharda Mandir High School enthusiastically participated in the virtual celebration of International Yoga Day with the theme, 'YOGA AT HOME AND YOGA WITH FAMILY'. They demonstrated warm-up exercises, sitting and standing asanas which will help in improving concentration and in attaining inner peace.

Yoga helps a person im-

prove life physically, mentally and spiritually as well.

The virtual classes were truly resembling the symbol of union of mind and body and truly created a healthy environment.



Ryan International School, Chembur

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, Ryan International school, chembur organized a virtual yoga workshop on 19th June, 2021, for the students of secondary wing through a virtual platform. The yoga instructor, Ms. Mansi Khonna, took yoga session with great dedication. The students participated with full interest, enthusiasm and eagerness.

The session began by welcome speech and started with warming up and stretching. These were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, to enhance concentration and the flexibility of the back were also done for the benefit of the students.

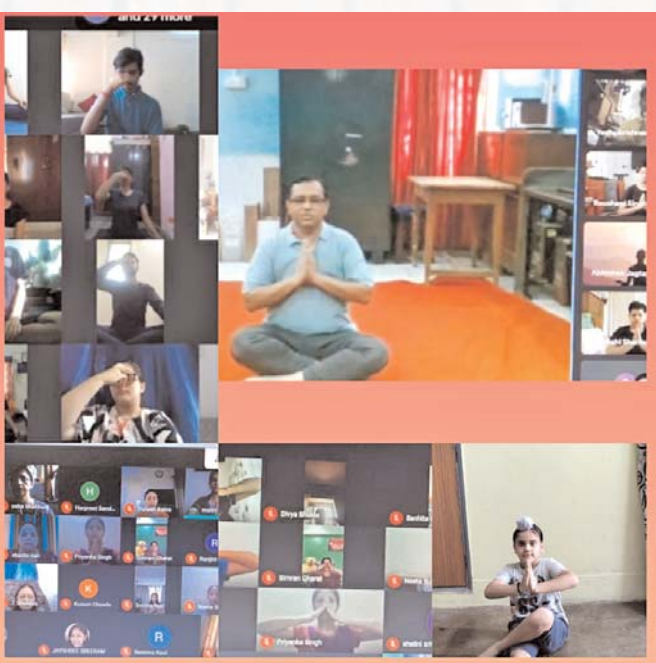
The session concluded with an interactive session between the instructor and the students in which the queries of the students were addressed satisfactorily. The session was very refreshing, reviving and relaxing.

Army Public School, Colaba

Arrmy Public School celebrated the International Yoga Day on 21 June 2021 with enthusiasm and fervour. The covid-19 Pandemic could not dampen the spirit of celebration. The Yoga and Fitness Club teachers Ms Maitri Soni and Mr Afroz Alam conducted the session for the staff and students respectively. The faculty and students wholeheartedly performed the asanas. The asanas were conducted online through Google Meet thus seeing that all safety protocols were followed. Pranayama, Vajrasana, Kapalbhati, Om chanting, laughter yoga and stretching exercises were done.

Different videos were shared showing the benefits of yoga in daily life.

The aim was to ignite a passion for fitness and raise an awareness for physical and mental wellbeing.



WEEKEND PLAN

After this hectic week has come to an end, all you need is a relaxing weekend. So if you believe that waking up behind time is going to help you relax then you're erroneous. You must wake up early or you'll lose your valuable time to make the most out of your weekend. Now, take a hiatus from your work or studies, and watch some of your favourite series or shows. Then, Unplug from social media. Now I think that this is something that is very important for all of us. Because this will provide you an opportunity to do things that you've been neglecting, this will also give you a peace of mind, it will reduce your stress and anxiety. Now that you have disconnected from your socials, you must start reading a book! Reading books takes you to a whole differ-

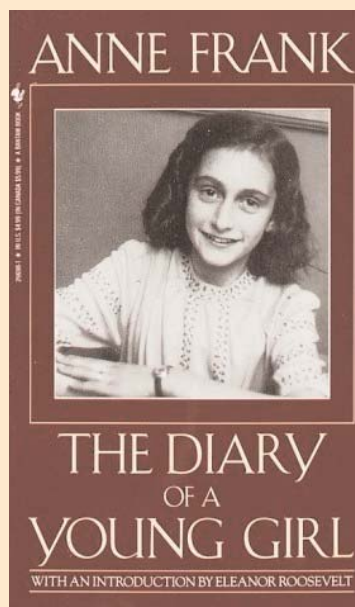


ent world that distracts you from your daily stressors. It calms your mind. And will help you find inner

peace.
Angelina Pandey, class X, NES High School



BOOK: THE DIARY OF A YOUNG GIRL BY ANNE FRANK



"People can tell you to keep your mouth shut, but that doesn't stop you from having your own opinion." - Anne Frank

Not a fiction mystery book or a deep rooted novel, this book is the tales of a thirteen year old girl called Anne Frank who records her experiences while hiding with her family from the Nazi Occupations in Netherlands.

One would expect the thoughts of a thirteen year old to be naive or not of a great importance but on reading this diary one would clearly realize how different she was for her age. Not only does it capture the horrific experiences of the Jewish during World War II but it also has some deep meaningful messages hidden underneath for people of even this generation. The realis-

tically detailed yet innocent writing of the book is what makes it unique and worth a read. Also it is suitable for all ages so everybody can understand the book at their own level.

Personally, this book has been an eye-opener for me and changed my outlook on the world completely. Anne has managed to explain some lessons of life with such a great ease which even the biggest of scholars still fail to recognise, aweing and inspiring me to a great extent. I would recommend this book to especially teenagers since they could understand and relate to small musings of her life along with the general story of her life, making it an interesting yet worthwhile read.

Noyonika Sharma, class XI, Apeejay School, Nerul



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For age group 4 - 13 years



ENGLAND CLINCH TOP SPOT, CROATIA REACH LAST 16

England bag first place in Euro 2020 Group D with a 1-0 win against the Czech Republic, while Luka Modric's rocket propels Croatia into the last 16 with a 3-1 victory over Scotland

Already assured of playing in the last 16, England made certain that the knockout tie will be played in front of their own fans at Wembley thanks to Raheem Sterling's first half winner against the Czechs. England will face the second-placed team in Group F on June 29, with France, Germany, Portugal or Hungary all potential opponents.

There remains much for Southgate's men to work on, but England coped efficiently after a disrupted build-up that saw Mason Mount and Ben Chilwell forced into self-isolation after Scotland's coronavirus woes. Southgate selected Jack Grealish to replace Mount and the Aston Villa midfielder provided a spark as his perfectly-flighted cross to the far post was headed in by Sterling in the 12th minute. Arsenal's 19-year-old winger Bukayo Saka, also given a surprise start by Southgate in place of Phil Foden, added pace and invention.

But England couldn't find a killer second as Harry Kane's Euro goal drought extended to three games. Kane was brilliantly denied by Tomas Vaclik's first-half save as he finally had his first shot on target in the tournament. The Tottenham striker played the full 90 minutes for the first time in the tournament, but once again was a shadow of the player who finished as the Premier League's top scorer this season.

England yet to concede goal

■ Southgate will take heart from England's solid defence. They have yet to concede a goal in the tournament, with Harry Maguire returning from ankle ligament damage to partner John Stones in central defence and shutting out the Czechs.

First defeat for Czechs

■ At Wembley, the Czechs also knew they were sure to advance before kick-off, but their first defeat of the tournament left them in third place. Their next opponent will be decided when the final two groups conclude on Wednesday. Having started Group D by narrowly beating Croatia 1-0 before being booted off after a draw 0-0 against Scotland, England produced a slightly more cohesive display against the Czechs. The Czechs could have snatched a draw that would have given them top spot, but Tomas Soucek and Tomas Pekhart shot just wide.

I think there is more to come from us definitely, we haven't scored from a set-play yet, we are not fluent but we have moments when we look a good side. We've set out to win the group and we've done that. Can we play better? Of course we can. Will we improve? We'll do everything we can. Three clean sheets, been solid. The fundamentals are there and now we've got to tidy up in every part of our game. In tournament football it's about big moments in big games and not giving the opponents big moments to score from and at the moment we are doing that well. At some point you have to face the best teams. It is about challenging yourselves.

GARETH SOUTHGATE, England manager



■ Croatia leapfrogged the Czechs into second place with a commanding second half display in Glasgow featuring one of the goals of the tournament from Real Madrid midfielder Modric. The 2018 World Cup runners-up will play the second placed team in Group E, which features Spain, Slovakia, Sweden or Poland, in Copenhagen on Monday.

■ Scotland's first major tournament since the 1998 World Cup ended in heartache as they failed to meet their target of reaching the knockout stages of an international competition for the first time. At Hampden Park, Callum McGregor cancelled out Nikola Vlasic's early opener to give Scotland hope heading into half-time.

Modric on a roll

■ Modric showed the class that made him the man to break Lionel Messi and Cristiano Ronaldo's grip on the Ballon d'Or in 2018, a stunning strike with the outside of his foot just after the hour mark restoring Croatia's lead. Ivan Perisic's header rubbed salt into Scottish wounds 13 minutes from full time.

■ Scotland finished with only one point and the abiding memory of their tournament will be the news on Monday that Chelsea midfielder Billy Gilmour had been ruled out of the Croatia game after testing positive for the coronavirus. Without Gilmour, who had been the man of the match on his first Scotland start in Friday's draw against England, Steve Clarke's team lacked the quality to compete with Croatia.



England's Raheem Sterling celebrates after scoring his side's opening goal

ARGENTINA SECURES COPA AMERICA KNOCKOUT SPOT

Messi makes record 147th cap for national team in victory over Paraguay

Papu Gómez scored in the 10th minute as Argentina beat Paraguay 1-0 and secured its place in the Copa America knockout stage. The result at the Mané Garrincha stadium in Brasilia moved Argentina atop Group A with seven points from three matches. The game also gave Lionel Messi a record 147th cap for the national team, equalling the mark of retired defender Javier Mascherano. Chile, which also advanced to the quarterfinals, is second in the group with five points after the 1-1 draw with Uruguay. Paraguay has

three points, followed by Uruguay (1) and Bolivia (0).

Captain Messi, seeking his first major title with the national team, had to work with a team impacted by six changes in the starting lineup. Defenders Germán Pezzella and Nicolás Tagliafico, midfielders Rodrigo de Paul and Leandro Paredes; and forwards Sergio Aguero and Ángel di María started. Nicolás Otamendi, Marcos Acuña, Leandro Paredes, Giovani Lo Celso, Lautaro Martínez and Nico González were left out of the starting lineup. The changes did not stop Argentina from starting strongly. Ear-

ly in the game, Messi found Di María on the right, and the veteran winger eluded the Paraguayan defense with an assist to Gómez. The striker lifted a shot over Paraguay goalkeeper Antony Silva.

Argentina forced Silva to make important saves in the first half but the energy of the team waned in the second half, as it has in several recent matches. "I was waiting for this opportunity," Argentina's Gómez said after the match. "I am thinking of my family, my friends. It comes to your mind that you made a lot of effort (to be there). I had the patience to wait." Argentina coach Lionel

Scaloni said he was concerned about players being tired after a long season and three straight Copa America matches. "These conditions were not the best to play," he said. "The second half is also to Paraguay's merit. But we obviously have to improve." Messi had his least impressive performance at the tournament so far, but he still got praise from the previous holder of the record of most matches played for Argentina. Argentina's last group-stage match will be on Monday against Bolivia. Paraguay will take on Chile on Thursday. The top four in each five-team group will advance. AP



ANKITA BOWS OUT OF WIMBLEDON QUALIFIERS

Indian tennis player Ankit Raina's attempt to qualify for the women's singles main draw of Wimbledon failed after she went down in the first round of the qualifiers in London.

The 28-year-old Indian, lost 3-6 6-7 to a higher-ranked American Varvara Lepchenko in one hour 22 minutes. Unable to hold her serve in the opening set, she came back strong in the second before being completely outplayed (1-7) in the tiebreak. Ankit, ranked 182, had only one break point in the match, which she failed to convert.

In the men's qualifiers, Ramkumar Ramanathan advanced to the second round but Prajesh Gunneswaran was ousted on Tuesday. PT



Photo: GETTY IMAGES

QUIZ TIME!

Q1: In which year was the first Davis Cup held?

- a) 1914 ☐ b) 1938 ☐ c) 1900 ☐ d) 1966 ☐

Q2: Which Grand Slam tennis tournament is also known as Roland-Garros?

- a) French Open ☐ b) Australian Open ☐ c) Wimbledon Championships ☐ d) US Open ☐

Q3: Who was the first captain of India's national football team?

- a) Chuni Goswami ☐ b) Sailen Manna ☐ c) Talimeren Ao ☐ d) Krishanu Dey ☐

Q4: Which country houses Matthews Arena, the oldest ice hockey arena in the world?

- a) Canada ☐ b) United States of America ☐ c) Finland ☐ d) Sweden ☐

Q5: Who is the only tennis player who has completed a calendar year Golden Slam?

- a) Roger Federer ☐ b) Steffi Graf ☐ c) Serena Williams ☐ d) Rafael Nadal ☐

Q6: Who is the first Indian badminton woman player to earn an Olympic silver medal?

- a) Saina Nehwal ☐ b) Jwala Gutta ☐ c) Ashwini Ponnappa ☐ d) P V Sindhu ☐

Q7: How many International Cricket centuries has Sachin Tendulkar scored?

- a) 100 ☐ b) 90 ☐ c) 120 ☐ d) 64 ☐



Photo: T01

Q8: Which was the first multilateral competition in cricket at the international scale?

- a) The Ashes ☐ b) The World Cup ☐ c) World Series Cricket ☐ d) Triangular Tournament ☐

Q9: When was the Olympic flag created?

- a) 1912 ☐ b) 1914 ☐ c) 1915 ☐ d) 1913 ☐

Q10: When was the Thomas Cup founded?

- a) 1926 ☐ b) 1938 ☐ c) 1949 ☐ d) 1957 ☐

Q11: Who is the head coach of Indian National Football team?

- a) Sunil Chhetri ☐ b) Manvir Singh ☐ c) Igor Stimac ☐ d) Bob Houghton ☐

Q12: Which Indian Boxer has won the 5th successive medal at the Asian boxing championship?

- a) Manish Kaushik ☐ b) Shiva Thapa ☐ c) Vikas Yadav ☐ d) Narayan More ☐

Q13: How many teams participated in ICC Women's T-20 World Cup that was held during February-March 2020 in Australia?

- a) 15 ☐ b) 10 ☐ c) 9 ☐ d) 12 ☐

ANSWERS: 1) c. 1900 2) a. French Open 3) c. Talimeren Ao 4) b. United States of America 5) b. Steffi Graf 6) d. P V Sindhu 7) a. 100 8) d. Triangular Tournament 9) d. 1913 10) c. 1949 11) c. Igor Stimac 12) b. Shiva Thapa 13. b) 10