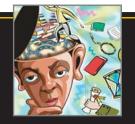
THE TIMES OF INDIA

Check out on how to deal with second-hand stress



Students share their views on why they miss their school days, and much more



India beat Bangladesh in FIFA World Cup qualifier



STUDENT EDITION

WEDNESDAY, JUNE 9, 2021



CLICK HERE: PAGE 1 AND 2

The finance ministers from the **Group of Seven** (G7) rich nations have said that they are close to a landmark accord setting a global minimum corporate tax rate, an agreement that could form the basis of a worldwide deal. It is a tax aimed at discouraging multinationals from shifting profits and tax revenues to low-tax countries regardless of where their sales are made. In other words, it will squeeze more money out of multinational companies such as Amazon and Google and reduce their incentive to shift profits to low-tax offshore havens. This essentially means hundreds of billions of dollars could flow into the coffers of governments left cash-strapped by the pandemic.

According to experts, the current global tax rules, which date back to the 1920s, struggle with multinational tech giants who sell services remotely and attribute much of their profits to intellectual property held in low-tax jurisdictions. Therefore, major economies are aiming to discourage multinationals from shifting profits. It has led to income from intangible sources such as drug patents, software and royalties on intellectual property to



migrate to these jurisdictions, allowing companies to avoid paying higher taxes in their home countries.

will it work: The global minimum tax rate would apply to overseas profits. Governments could still set whatever local corporate tax rate they want, but if companies pay lower rates in a particular country, their home governments could "top-up" their taxes to the minimum rate, eliminating the advantage of shifting profits.

WHAT DOES ALL OF THIS MEAN FOR INDIA?

For India, if an income is paid from here to a country where the rate of tax is less than 15% (Ireland, Luxembourg, Netherlands for instance) India will have the right to tax that income.

Ouote unquote

Eradicating Covid-19 from the world is not currently a reasonable target. People will have to learn to live with the infectious disease, as there will be new variants emerging. This will be the pattern for the future. This virus isn't going away any time soon, there will be variants emerging. Humanity will have to learn how to co-exist with this virus, preventing it from spiking and then surging and causing hotspots of disease, and we're going to have to be able to do this for the foreseeable future. When we're dealing with pandemics, it's a joint effort between the national governments and the WHO. We are mutually dependent on each other and no nation is let off the hook **David Nabarro, special** envoy to the World Health



WhatsApp unveils new **'Fast Playback' feature** for voice message



allow the users to increase the playback speed of voice messages, Facebook-owned WhatsApp has rolled out a new 'Fast Playback' feature aimed at those who rely on long voice messages. WhatsApp's Fast Playback feature lets you change playback speed between the default 1x setting, to 1.5x speed or 2x speed, without changing the pitch of someone's voice. It is simple to use - as you press play on a voice message you will see the playback speed appear, which is set to 1x by default. Simply touch the speed to increase the speed to 1.5x or 2x, the company said in a statement.

■ WhatsApp voice messages let you speak to friends and family whenever it suits you and lets them listen whenever it suits them, while still giving everyone a more personal connection than you get from a text message

■ Users can simply open an individual or group chat, touch the microphone icon and slide up to lock hands-free recording. However, it can be hard to find the time to listen to a long voice message



he dress which Princess Diana wore at her 1981 wedding to Prince Charles went on public display recently at the late princess' former home in London. The taffeta-ruffled white dress designed by David and Elizabeth Emanuel, with its 25 foot (8 metre) sequinencrusted train, helped seal the fairytale image of the wedding of Lady Diana Spencer and the heir to the British throne. Her sons, Prince William and Prince Harry, have loaned their mother's wedding dress for the exhibition 'Royal Style in the Making'. The exhibit also features sketches, photographs and gowns designed for three generations of royal women, including Princess Margaret and the Queen Mother. It runs until January 2, 2022.

Even though conditions on Covid may decline, do not be lax: **Amitabh Bachchan**

ctor Amitabh Bachchan has reminded netizens that they ■ should not be lax about Covid protocols even if restrictions are being eased. "Even though conditions on CoviD, in some locations may be seeing a decline .. PLEASE DO NOT be lax .. keep the protocol .. Wash hands, wear masks, keep the distance, control travel to the very essentials, and follow the time limits .. and get VACCINATED," Amitabh Bachchan tweeted on Tuesday.

The actor also shared his prayers for those who are suffering. He wrote: "Yes for those that suffer and have suffered our prayers are relent-

less .. the loss is immeasurable and beyond repair .. the concern for them shall continue in whatever way we can...

I wonder where the green grass went: Ruskin Bond shares a poem on environmental loss in the hills

uthor Ruskin Bond has made hundreds of readers fall in love with forests. mountains and nature through his writings. But in a new poem that he shared on the occasion of World Environment Day on June 5, Bond lamented

Remembering the good old days of Dehradun, the poem reads: "I wonder where the green grass

All buried under the new cement. I wonder where the birds have flown, They have gone to find

another home. I wonder where the footpath's happiness", Bond shared a poem titled 'Dirge of Dehra Dun' on his official Instagram account **BOOK**

the present-day situation of Dehradun and

Mussoorie. Calling them the "Twin cities of

Right underneath your car, my son.

I wonder where the old folks go, The nursing homes GB surely know. What grows so fast before my eyes? A garbage dump, a million flies. Is this the place you celebrate? In prose you made it sound so great! It was.....before I

knew it was fate."

CBSE 12 BOARD EXAM 2021: PRACTICAL TO BE HELD ONLINE; LAST DATE TO UPLOAD MARKS EXTENDED

Central Board of **Secondary Education** (CBSE) had instructed its schools to upload the schoolbased assessment of class XII by June 11 through the Board's website. However, some schools have not been able to complete the school-based assessments in various subjects due to the pan-



demic. Therefore, CBSE now permits schools (pending with practicals/internal assessment) to conduct the same in only online mode and upload marks by June 28. "In subjects where the external examiner has not been appointed, the concerned school teacher of the subject will conduct the internal assessment based on the instructions given in curriculum in an online mode and upload the marks awarded at the link provided by the Board," said CBSE in a letter sent to schools.

HOW TO DEAL WITH SECOND-HAND

Soaking up on other people's negative emotions hugely impacts our own well-being. But there are ways to identify and control it

notions are contagious Just like the flu, we 'catch' and absorb what others are actually feeling. There's a term for it, too - second-hand stress. In other words, the tension and pressure we experience because of other people's

Psychologist Dr Courtney Raspin explains, "Your body goes into a fight or flight response to manage the stress cues from others, just as if you were experiencing your own anxiety. Second-hand stress can have the same effect on your body, too, causing your heart to beat faster, etc. It can negatively affect your physical and emotional health." These six steps will help you spot the signs:

IDENTIFY IT - WHOSE **STRESS IS IT?**

"If you notice yourself feeling overwhelmed and tense, the first thing to do is try to locate the triggers," says Dr Raspin. "Is it due to your personal pressures, or could you be absorbing other people's distress? Identifying whether it's 'your stuff' or 'their stuff' can help you feel in control

and ready to devise a plan and

move forward."

DECIDE THE NEXT STEP

If you identify that the stress is because of other people's behaviour, you have some choices. "Your imme-

diate instinct may be to solve the problem (fight), or avoid the source of stress (flight)," says Dr Raspin. "Both responses are normal. It will depend largely on how you usually cope with stress." "If someone close, who's normally relaxed, is going through a tough time, it's reasonable to try to help. However, if you constantly have a negative person near you, it's in your best interest to step away - view it as self-protec-

inate the second-

hand stress coming

your way."

tion from this negativity."



TAKE SOME TIME OUT

"If you feel bombarded by toxic negativity, it may be time to create space away from source," says Dr Raspin. "You might need to let the other person know you are unable to help them and advise them to seek help elsewhere," adds Dr Raspin. "This can feel mean, but it's essential to maintain your own mental health."

KNOW HOW TO HELP OUT

'Sometimes, it takes very little to reduce another person's stress levels," says Dr Raspin. "By successfully helping them, you will boost your connection to them, and you can elim-

SET BOUNDARIES Be careful not to continue taking on

other people's problems. "Pay attention to your body when it tells you that somebody's invading your emotional space. This includes demands on your time and energy and not taking no for an answer. If you constantly put your needs aside to deal with theirs, it's a sign that your emotional boundaries are likely being pushed."

BE KIND - TO YOURSELF AND OTHERS

"It's frustrating wanting to help but not being able to. We can end up getting angry with ourselves for not being good enough and angry with others for draining us," says Dr Raspin. "Neither of these responses are good for our own stress levels. It takes time to learn healthy boundaries. It's essential you forgive yourself if you allow those boundaries to be violated," he adds.

HEALTH BYTES

Are you ready for



Pet's Corner Summer diet

Like us, our pets too need good food to stay fit in warm summer months. Here are healthy and safe foods that are great to cool down your pet and keep them nourished and strong



Watermelon

Watermelons are 90% water and so they make an ideal summer food for all pets. They are super hydrating, packed with potassium and vitamins like B6, A and C. But always remember to remove all the seeds from the watermelon before letting your pet eat it. Watermelon seeds, actually any kind of seeds in fruits, can cause intestinal blockage and are harmful for pets.

Cucumber

This water-rich veggie contains vitamins like B1, B7, C and K along with copper, magnesium and potassium. This is the perfect snack for your pet during the summer, especially if they need to lose a few kilos. The carbohydrates content and sugar level in cucumber is very low and that makes it guilt-free and a healthy snack.

Coconut water

It's well known that coconut ral probiotic water is a refreshing summer and keeps the drink, but did you know gut healthy and that your pet can enjoy it too? Coconut water is completely safe for your pets, is full of electrolytes, calcium, potassium and Vitamin C and that Ripened mangoes minus their will keep your pet well hydrated. If your pet is unwell, you can dilute coconut water with 25% of water to make it easier to drink

Yoghurt and buttermilk

Buttermilk and yogurt are a must-have for the summers. The cool bacteria solves a lot of problems related to heat. The lactic acid bacteria present in yoghurt and buttermilk are

for your pet's

gastroin-

testinal sys-

tem. It is

also a natu-

Mango

seed and outer peel is com-

pletely healthy for pets. Mango

is rich in vitamins like A, B6,

C, E, antioxidants, flavonoids

and fibre. All this goodness

packed together makes mango a great summer food for pets.

Blueberries

These berries are full of nutrients and loved by most pets! Blueberries are high in fibre and vitamin C and low in fat, they also help in increasing antioxidants in the blood. Since they are low in calories and sugar, they make a perfect feel good treat for summer.

Ginger

Ginger is soothing for your pet's stomach and has anti-inflammatory properties. You can add ginger in the frozen treats you make for them or in coconut water. Adding ginger to your pet's regular diet helps in keeping their tummy

lce cream

Pets can be

given an oc-

casional scoop of vanilla ice cream or mango slush, but not frequently as most pets can't handle lactose. Check for petfriendly ice cream or make one at home. RECIPE: Puree a ripe banana with some frozen yogurt and refrigerate for a day. Add a pinch of cinnamon powder for taste and nutrition. TNN

CHILDREN! Makhija also informed via her post that 85% people think pro-

tein leads to weight gain and is important only for bodybuilders. Clearing all the myths regarding protein, she mentioned that proteins are crucial macro nutrients and are important at all stages but especially in growth phases for children. So, children and teens should have enough protein-rich foods for good growth. Here's a simple, healthy and delicious 'Protein Pizza' recipe made with moong dal. Try it out and

get your share of protein.

PROTEIN IS CRUCIAL

FOR GROWING

rotein is the building block of the human body. And it often happens that in the rush of life we don't calculate our daily protein intake. According to a recent post by nutritionist Pooja Makhija, 73% of Indians are deficient in protein and more than 90% are unaware of its daily requirement. The post also mentions that 72% of people believe protein is difficult to digest and so must be avoided at night completely, while 79% believe that protein is expensive to procure.

WHAT DO YOU NEED?

- ➤ 1 cup soaked green moong dal
- > 2 green chillies
- ➤ 1-inch ginger
- ➤ 2 tbsp coriander leaves
- ➤ Salt to taste
- ➤ 1/2 tsp baking soda

> 2 tbsp pizza sauce

- ➤ 2-4 mushrooms
- ➤ 2 jalapenos
- ➤ 2 olives ➤ 2 tbsp green
- capsicum > 2 tbsp cheese

- 1. Take a blender jar, add soaked moong dal, green chillies, ginger, and coriander leaves and blend it to a smooth paste.
- 2. Now add salt and baking soda.

MAKE THIS PIZZA IN 5 STEPS

- 3. Heat a pizza pan, and pour the paste in the form of a pizza and cook on both sides, using enough oil.
- 4. Once done, add pizza sauce and toppings of mushroom,
- jalapeno, olives, green capsicum and cheese. 5. Cover the lid and cook for another 3-5 minutes.
- Serve hot.

QUIZ TIME (BOTANY)

Q.1) What is the meaning of Alstroemeria?

A. Purity B. Love C. Friendship D. Honesty

Q.2) Which are the most popular spring

of all time? A. Tulip B. Rose

flowers

C. Marigold D. Lotus

Q.3) What is the genus name of sunflower? A. Viola

B. Dianthus C. Nelumbo **D.** Helianthus

Q.4) Female parts of a flower are called...

A. Carpels B. Sepals

Q.5) Which of the following flowers does not bloom throughout the year i.e., is season-specific?

A. Gerberas B. Delphiniums C. Carnation D. delphiniums

ANSWERS

1. C) Friendship 2. A) Tulip 3. D) Helianthus 4. A) Carpels

5. B) Delphiniums C. Branch D. petal

KNOWLEDGE BANK (NATURE)

Amanita phalloides

Commonly known as death cap, it is a deadly poisonous basidiomycete fungus mushroom. Widely distributed across Europe, ingesting one death cap mushroom is enough to kill a healthy adult. In fact, people are also advised not to tough it. In some cases, the death cap has been introduced to new regions with the cultivation of non-native species of oak, chestnut and pine.



GRAMMATICAL MISTAKES

1. CENT/SCENT

■ 'Cent' a monetary unit in various countries, equal to one hundredth of a dollar, euro, etc. <a>"Scent" a distinctive smell, especially one that is pleasant, etc.

HOW NOT TO DO IT: ■ It was taken at a Lakers game with 50 scent and Kobe

Bryant. The room was filled with the cent of roses. HOW TO DO IT PROPERLY:

■ It was taken at a Lakers game with 50 Cent and Kobe Bryant. The room was filled with the scent of roses.

WORD WISE

ly ugly or distorted, a very ugly or comically listorted figure or image. eral adjective for the

Hideous, Abnormal, Odd, Strange, Weird

profiteering aside, life release ceremonies can devastate the eco-system. ■ At least Jake Gyllenhaal shaved off his gr face scarf this year.

WEDNESDAY, JUNE 9, 2021

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

the clinking of mugs together, I don't recall a sweet

offee. I don't recall the whirling of a coffee machine, or first flavour, confident and unconventional. I sparred with

barista handing out saucers and COFFEE

sugar to her customers. Coffee. I however recall, the torn and rushed spirit of mine, the feign smell of crushed and processed coffee beans. And my ivory cup of coffee by the window

Evidently, people and I perceive coffee as different realities, neither is incorrect and neither is to be hailed

wonder, often, if we humans share this beauty of different perceptions with this beverage of commonality. I wonder often if I am a different cup of coffee, a distinct flavour to all those

Some perceive me to be confident and unconventional, the other says I feel deep through people and woods. Some might see me as a boulder and the rain while others might talk of me to be weak and frail... I always fought myself, to be the real me. she was the

myself for when being any other cup of choice. I kept idealis-

ing that one flavour and deceived myself to believe that it is the only cup that exists or is allowed to. I forgot however, that there is

"real me". I don't have to be a solitary persona throughout life, neither can I be one. I'll see myself in different mirrors with different shadows. I just have to pick the best light, the best me...the best flavour. And so I drift in pondering again. Am I equitable, slashing myself for not being the idealised self in the name of being the best? are others wrong for seeing me in different cup

too much or are others struggling ust the same? I lose again as I take another sip from my cup of coffee!

and not one? Am I thinking

Kritika Agrawal, class X, Ryan International School

ENGLISH: FROM SUGAR TO SHOWER CAP

ly I realised, oh my God! These barbarians actually understand English. This miraculous language saved my life on that particular

trip". This is the expected content every time the 'How English language helped me in foreign' topic crops up. Here I am today,

providing a different perspective. On my last foreign trip, I can say that English helped me to some extent. In Sri Lanka, the people speak English with a highly South Indian dialect. A few people we met could actually decipher and communicate in some broken Hindi.

But it was a total madcap on my trip to China. It was told to us by our guide (who could mercifully speak some English) that only about 10% Chinese understand English, with the lingua franca being Mandarin. And this was

when my English skills surrendered for the duration of the trip. While in the hotel, the room had no sugar packets, so we called for the reception to kindly provide us 'sugar'. After several attempts at describing and pronouncing sugar over the telephone, the receptionist rambled something to us in a soothing tone, probably assuring us that we'll have our need taken care of. After few moments the bell rang and with a pounding heart I reached for the door, hoping for something at least close to

was stuck in this random country, and sudden- sugar. But I kept my expectations too high. The room servant had brought a shower cap. It was only after calling our guide could I sip my tea (with sugar) in peace.

In this mortal world, Chinese in the most widely



spoken language, followed closely by Spanish. English gets the third spot. But most of the countries we travel to nearby, have got the majority folks conversing in English daily. Hence, everyone has this notion that English will always help to survive on foreign soil. So all those anglophiles out there, beware! English may not be your surviving grace everywhere.

Sanisa Patrikar, class X, DAV Public School, Thane

PERFECT DEFINITION OF PERFECTION!

According to google, having all the required or desirable ele-

One might say perfection depends on the society or the time period but how can we set it as definite when both

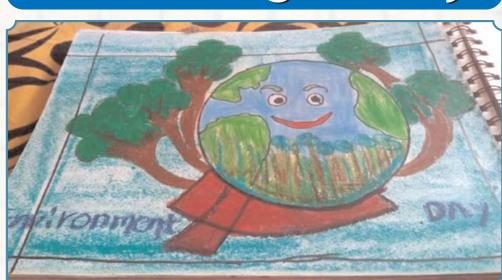
best for whom? Society, time, generation or ourselves? That is when we

Perfection is how we see it. It is how we choose to define ourselves. The limit is above the sky till where we choose to change ourselves for the better. Nobody can set the standards for us

CALING NEW HEIGHTS

other than us because everyone is selves and that is the limit. So make the perfect definition of perfection for yourself conquer all your

Painters' Gallery



ARNAV BHIWAPURKAR, class I, Naravana e-Techno School, Kalvan



Pencil sketch by Rajlakshmi R, former student of DAV Public School, Thane

hat is the definition of 'perfect'? of them keep changing? Perfection is often perceived with being the best, but unique. All we can do is be our best

ments, qualities, or characteristics; as good as it is possible to be. But where does it end? How do you know it's complete?

realise the true meaning behind all this.

selves only and see yourdreams! Noyonika Sharma, Class X,

Apeejay School, Nerul

FIRST DAY OF SCHOOL

TRAVEL

DIARY

Aarya Bhanushali, class X,

S.V.D.D. English medium secondary high school

School days never come back in life and this batch has lost over a year due to the pandemic

But unfortunately in

COVID this one memory of life

to the online classes. We surely

have a new class again but the

feelings are not the same which

we all shall always miss.

etting up early in the morning after a monthlong holiday, wearing the cleanest uniforms and tidiest shoes along with a new bag filled with empty notebooks and heavy textbooks. A new excitement shining in our once again; that was the first day of

The awe and pride of sitting eyes with the familiar faces all around in an unknown grown up class with a new class teacher greeting us while a new class after the summers. we once again see some old faces but are also introduced with some new ones. This cannot be recreated on a screen, no matter how hard we try. This is a memory I shall always cherish and regret that I missed a few years

ature trails and treks are always a source of wonder and adventure. They give you an adrenaline rush. And so, when I decided to go for a trek for the first time during my summer vacation, I ended up choosing the

tallest peak in Maharashtra. A mistake that I do not regret looking back as, I was

It was a night journey by bus and we started early in morning upon reaching there.

I was so exhilarated to attempt a trek for the first time. The climb was easy in the begin-

ning as it always is. As we went higher and higher, we even had to climb ladders at some places. And it was amazingly beautiful. The views were stunning but the height was dizzying. Finally, I did manage to gather some courage to reach the Kalsubai temple at the peak! Yes! It had been built way back. And this is how, I managed to do a trek while being absolutely terrified of heights! I will only end on this note that sometimes certain experiences may seem terrifying at the time but later, they become memorable!

barely a beginner.

of living them again. Noyonika Sharma, Class X,

Apeejay School, Nerul



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WEDNESDAY, JUNE 9, 2021



Talisman Sunil Chhetri handed India the first win in six years in FIFA World Cup qualifiers as his brace downed Bangladesh 2-0 in their preliminary round match on Monday qualifiers away from home in 20 years. Their last victory in World Cup qualifiers was a 1-0 result against Guam in November 2015 in Bengaluru.

hhetri broke the deadlock in the 79th minute when he headed in Ashique Kuruniyan's cross from the left. He then sealed the result by curling in a shot from long range in added time. Starting the match on the bench, second-half substitute Ashique delivered a cross from the left for Chhetri, who, after a bursting run and from an acute angle, headed in brilliantly from behind Topu Barman, at the Jassim Bin Hamad Stadium. It was Chhetri again as he rounded off his night with another fine strike in extra time (90+2) after receiving the ball from Suresh Singh from the right flank. The double strikes meant India registered their first win in what was turning out to be one of their worst World Cup qualifying campaigns in many years. It was also their first victory in World Cup

India in the race for Asian Cup 2023

■ India are already out of contention for a berth in next year's World Cup but remain in the reckoning for a place in the 2023 Asian Cup. A confident India found themselves pressing in the opposition half after Chhetri's 73rd goal in international football and the move worked for beleaguered coach Igor Stimac as the captain scored his and the team's second just before the final whistle. Despite being ahead, India looked to add to their tally with both Ashique and Chhetri linking up well, even as most of the Bangladesh players moved up in search of an equaliser. In the end,

the equaliser did not materialise but India surely ended on a high, giving their campaign the muchneeded boost after a series of winless outings. With his two



It was tough, frustrating at times. We missed a lot of chances, could have done a lot of things better but in the end, we are happy that we got the three points which were needed. To win full three points and game is always sweet. I'm really happy that we also kept a clean sheet. **SUNIL CHHETRI**

tive players, Chhetri more than made up for the fumble in the 63rd minute when the unmarked captain missed a free header after a fine ball from Brandon Fernandes

India started off cautious

Stimac made three changes from the side that took on Qatar in the last match. The Blue Tigers made a cautious start, playing it among themselves while looking for gaps. In the 2nd minute,

Rakib Hossain was flashed the yellow for a tackle on Brandon Fernandes. India's first real chance came in the 15th minute when Brandon's through ball between the two central defenders found Manvir Singh in the clear inside the box. With only the rival goalkeeper Anisur Rahaman to beat, Manvir failed to go for it quickly enough and allowed the rival defence to regroup in time.

India faced early hiccups

■ Bangladesh had a close shave in the 35th minute when Chinglensana Singh's header off a Brandon corner was cleared on the line by Riyadul Hasan. Changing over, Mohammed Yasir came in for Udanta Singh, and Ashique replaced Bipin in the 46th minute. On the hour mark, India brought in their third substitute -- Liston Colaco coming in for Manvir. Almost immediately, rival captain Jamal Bhuyan was flashed the yellow after Suresh had sped past him on the right flank. Off the resultant free-kick, Brandon did manage to find an unmarked Chhetri in the box but his header was off target. Glan Martins long-range effort won India a corner in the 73rd when it deflected off a rival defender over the goal-line. But India's agony continued as Subhashish Bose, all unmarked, failed to guide his header into the goal. A minute later Asahique was shown the yellow card for a foul on Riyadul. India finally broke the deadlock when the skipper connected with an Ashique cross from an acute angle to send the ball past Bangladesh goalkeeper Rahman. Bangladesh began to throw bodies forward in search of the equaliser, but were often thwarted by the Indian defence

India to play Afghanistan next

India moved to six points from seven matches, while Bangladesh are at two points seven last group league match on June 15.

NADAL MARCHES INTO QUARTER-FINALS

Rafael Nadal reached the French Open quarter-finals for the 15th time with a straight sets win over Italy's Jannik Sinner

on course for a 14th Roland Garros title and record-setting 21st Grand Slam. Third seed Nadal downed 19-year-old Sinner 7-5, 6-3, 6-0 and goes on to face 10th-seeded Diego Schwartzman of Argentina who he defeated in the semi-finals last year. Nadal has now won 104 matches at Roland Garros against just two defeats since his 2005 debut while Monday's victory extended his run of consec-

he king of clay continues to stay utive sets won in Paris to 35.

The 35-year-old Spanish world number three is seeded to face Novak Djokovic in the semi-finals. Nadal had beaten Sinner in the quarter-finals in Paris in 2020 as well as at this year's Italian Open. Sinner, the 18th seed, led 5-3 in the first set but that was as good as it got as Nadal raced away with 16 of the last 19 games. He hit 31 winners with the Italian claiming just 10 points in the third set

I started well but was a little too defensive. I gave him the chance to come inside the court and play his best shots. That was a mistake. I broke back at 5-4 in the first set and the match changed after that. I played at a great level. RAFAEL NADAL

DJOKOVIC SURVIVES MUSETTI SCARE

If the first two sets of Monday's fourth-round meeting were a trailer to the 19-year-old Lorenzo Musetti's career, it might be a show worth waiting for. On court Philippe Chatrier, however, it was not to be. The world No. 1 Novak Djokovic stuck to his lines assiduously until the Italian threw in the towel and limped off the court. Djokovic came through 6-7 (7), 6-7 (2), 6-1, 6-0, 4-0 in three hours and 27 minutes to take his place in the last eight, where he'll play another Italian Matteo Berrittini.

INDIA'S TOUR OF SL IN JULY

Internationals in Sri Lanka between July 13 to 25, broadcaster Sony announced on Monday.

Indian selectors are expected to pick plenty of fringe players for the limited overs tour with Shikhar Dhawan and Hardik Pandya in the fray for leading the side. A fully-fit Shreyas Iyer

is another captaincy option. Sony Sports announced the schedule via social media. The ODIs will take place

ODIs and as many T20 July 21, 23 and 25. The venues for the the games are yet to be announced. It will be a rare occasion when two India squads will be playing in different countries at the same time. The Virat Kohliled side will be preparing for the five-match Test series against England at the same time.

The Test squad is already in the UK for the World Test Championships final against New Zealand from June 18 while the England series begins on August 4.



QUIZ TIME!

• In which country were the • first Olympic Games held?

a) Australia 🔲 b) Japan 🔲 c) Germany \Box d) Greece \Box

Q2. How long is an Olympic swimming pool?

a) 50 meters \Box b) 40 meters \Box c) 40 meters \Box d) 20 meters \Box

3. What term is used in tennis for 40-40? a) Deuce \Box b) Love \Box

c) Ace \Box d) None of the above \Box

Which one is the oldest 🕇 🛮 football club in India

a) Mohammedan S C 🔲 b) East Bengal F C 🖵 c) Mohun Bagan A C 🔲 d) Mahindra United 🖵

Q5. Who was the highest run scorer from India in World Cup Cricket final match, 1983?

a) M Amarnath 🔲 b) Kapil Dev 🖵 c) Sunil Gavaskar 🔲 d) K Srikkanth 🖵

Q6. With which Formula 1 team did Lewis Hamilton begin his career with?

c) Renault 🔲 d) RedBull 🖵

7. When Phil Mickelson won • the US PGA Championship, he became golf's oldest Major winner - beating who?

a) Tom Morris Snr 🔲 b) Julius Boros 🖵 c) Arnold Palmer d) Jack Nicklaus d



Who is the first Indian O. woman to win an Asian Games gold in 400m run?

a) M L Valsamma 🔲 b) Kamaljit Sandhu 🖵 c) P T Usha 🔲 d) K Malleswari 🖵

OO. Which player was the first 7. to win five straight Wimbledon tennis titles?

a) John McEnroe b) Jimmy Connors c) Bjorn Borg 🔲 d) Ivan Lendl 🔲

• Who holds the record for the youngest golfer ever to win the U.S. Junior Amateur title? a) Tiger Woods b) Rory McIlroy c) Phil Mickelson d) Earl Woods D

11. Which team clinched the . 2019 Ranji Trophy? a) Bengal 🔲 b) Saurashtra 🔲

c) Vidharbha 🔲 d) Railways 🖵

Q12: Which Indian squash player won the 2019 Seattle Open title?

a) Saurav Ghosal 🔲 b) Ramit Tandon 🔲 c) Cyrus Poncha 🔲 d) Harinder Pal Sandhu 🖵

• What is the total number 0 13. of gold medals won by the **Indian Hockey Team in the Olympics?** a) 8 b) 12 c) 6 d) 9

1. d) Greece 2. a) 50 meters 3. a) Deuce 4. c) Mohun Bagan A C 5. d) K Srikkanth 6. a) McLaren 7. b) Julius Boros 8. b) Kamaljit Sandhu 9. c) Bjorn Borg 10. a) Tiger Woods 11. c) Vidharbha