



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

> We share some tips on how to put your best personality forward while facing an interview
PAGE 2



> Social media: Is it a boon or a bane? Gen Z debates on various issues surrounding it
PAGE 3



> Euro20: England aim to end semi-final jinx; Denmark prepare to outplay opponents
PAGE 4



STUDENT EDITION

WEDNESDAY, JULY 7, 2021



STUDENTS REACT

> I welcome this decision, as the previous batch of students faced the uncertainty of exams. This new pattern provides us with flexibility and a proper schedule. Taking exams in two parts will give us enough time for preparation and the much-needed security. Giving equal weightage to both the terms, and an increase in objective questions come as a relief for all the students.
Rakshit Dubey, class X, Zebar School For Children, Ahmedabad



> The step taken by the CBSE will provide a level-playing field to the students appearing for their board examinations. The students can plan well in advance, and score marks accordingly.
Pranay Upadhyay, class X, MVN School, Sec 17 Faridabad



> With no overlapping of bifurcated syllabus, the new evaluation criteria will be beneficial for students. Apart from putting lesser burden on us, it will make our preparations more focussed.



Moreover, evaluation of both, practical application as well subjective knowledge, will go a long way in assessing the true talent of a student. **Samyukta Sivadikar, class XII, Ryan International school, Kandivali**

> There will be a lot of pressure on the students to perform well in both the exams. With inadequate information on the reduced syllabus, this decision seems unfair, and an added burden on the students. Results based on evaluation of internal exams and yearly activities seemed a better option.



V Dharshini, class XII, Lalaji Memorial Omega International School, Chennai

CBSE divides academic session for classes X, XII into two terms; exams at end of each term

IS IT A GOOD MOVE?

The Central Board of Secondary Education (CBSE) on Monday said that the academic session 2021-22 of classes X and XII will be divided into two terms, with approximately 50 per cent syllabus in each term. Exams will be conducted at the end of each term on the basis of the bifurcated syllabus. The syllabus for the board examination 2021-22 will be rationalised similar to that of the last academic session, and will be notified in July 2021, a CBSE circular said.

THE NEW PATTERN

At the end of the first term, the board will organise exams in a flexible schedule between November and December 2021, with a window period of 4-8 weeks for schools situated in different parts of the country and abroad.

The exams will have multiple choice questions (MCQ), including case-based MCQs and MCQs on assertion-reasoning type. The duration of the test will be 90 minutes, and it will cover only the rationalised syllabus of the first term. The question papers will be sent by the CBSE to schools along with the marking scheme.

The exams will be conducted under the supervision of the external centre superintendents and observers appointed by the CBSE.

The responses of students will be captured on the OMR sheets which, after scanning may be directly uploaded at the CBSE portal or alternatively may be evalu-

The CBSE has decided that in case the situation of the pandemic improves and students are able to come to schools or centres for taking the exams, the board would conduct Term I and II examinations at schools or centres, and the theory marks will be distributed equally between the two exams

ated, and marks obtained will be uploaded by the school on the very same day.

At the end of the second term, the board would organise Term II or year-end examination based on the rationalised syllabus.

This examination would be held around March-April 2022 at the examination centres fixed by the

board. The paper will be of two hours duration and have questions of different formats (case-based/situation based, open-ended-short answer/ long-answer type).

In case the situation is not conducive for normal descriptive examination, a 90-minute MCQ-based exam will be conducted at the end of the second term as well.

(Share your views at toinie175@gmail.com)



THE SYLLABUS PATTERN

The syllabus for the academic session 2021-22 will be divided into two terms by following a systematic approach by looking into the interconnectivity of concepts and topics by the subject experts

The CBSE will conduct the examinations at the end of each term on the basis of the bifurcated syllabus. This has been done to increase the probability of having a board-conducted

classes X and XII examinations at the end of the academic session

Schools will also use alternative academic calendar and inputs from the NCERT on transacting the curriculum

Efforts will be made to make internal assessment, practical, project work more credible and valid as per the guidelines and moderation policy to be announced by the board to ensure fair distribution of marks PTI

Spotlight

SIRISHA BANDLA

The second Indian-born woman to fly to space

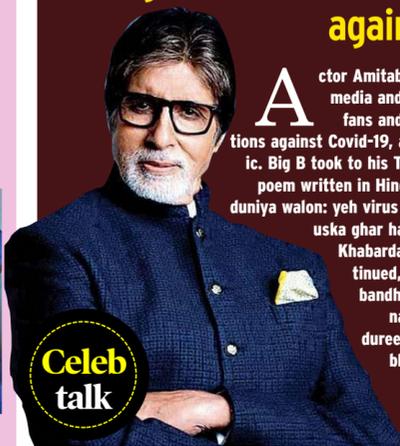


After Kalpana Chawla, Indian-origin Sirisha Bandla will become the second Indian-born woman to fly into space later this month. Bandla will be one of the six space travellers aboard 'VSS Unity' of Virgin Galactic, scheduled to blast off to space on July 11 from New Mexico.

Sirisha Bandla, astronaut number 4 on the crew, was born in Andhra Pradesh, and grew up in Houston. She is also the Vice President, Government Affairs and Research Operations at the Virgin Galactic

The July 11 mission will be the 22nd flight test for VSS Unity and Virgin Galactic's fourth crewed spaceflight

Amitabh Bachchan pens poem, urges fans to take precautions against Covid-19



Celeb talk

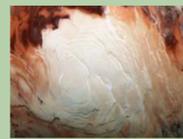
Actor Amitabh Bachchan took to social media and shared a poem urging his fans and followers to take precautions against Covid-19, amid the ongoing pandemic. Big B took to his Twitter handle to share the poem written in Hindi. It read, "Suno suno aye duniya walon: yeh virus ghar dhoond raha hai; aur uska ghar hai insaan ke phepre, lungs! Khabardar!! The poem further continued, "Darwazein khidkiyan sab bandh kar do, ghar mein ghusne na do usse! Mask pehno aur duree banaye rakkho dusron se, bhid se, party se! Aur haan, hath-wath dhote rehna barabar! Ok!"

'LAKES' UNDER MARS SOUTH POLE MAY NOT BE REAL

Subsurface lakes found under Mars' south pole, using data from the European Space Agency's Mars Express orbiter, may not really be lakes at all, argue researchers. Two research teams in 2018, working on data from the Mars Express orbiter have announced a surprising discovery: The signals from a radar instrument reflected off the Red planet's south pole appeared to reveal a liquid subsurface lake. However, a team of scientists at NASA and Arizona State University (ASU) found dozens of similar radar reflections around the south pole after analysing a broader set of Mars Express data.

The radar signals, originally interpreted as liquid water, were found in a region of Mars, known as the South Polar Layered Deposits. The areas originally hypothesised to contain liquid water, span about 10 to 20 kilometres in a relatively small region of the Martian South Polar Layered Deposits

It revealed dozens of additional bright radar reflections over a far greater range of area and depth than ever before. In some places, they were less than a mile from the surface, where temperatures are estimated to be minus 63 degrees Celsius



FACTOID £2k

Price of a handwritten letter written by author Roald Dahl to a student, which was sold recently at an auction. The 1989 letter was written to Christine Wotton, now a librarian and housekeeper. In it, Dahl tells Christine of Chagford, Devon county in England, "Never shelter children from the world. The content of any children's book is of no importance other than it enthral the child, and thus it teaches or seduces him or her to 'like' books and to become a fit reader. The book-reading child will always outstrip the non-book-reading child in later life."

BEST OUT OF WASTE

AN ARTWORK WITH PLASTIC

Delhi-based artist, Manveer Singh, has created artwork by using plastic waste as a raw material. In fact, he has utilised 250 kg of plastic in three years, diverting it from being dumped at landfills. The artist, who started this innovative eco-friendly work in April 2018, has till now sold three artworks overseas - two in Abu Dhabi and one in Germany. "I have completed 11 artworks made out of plastic and I am

working on my 12th piece," he said. Doing his part in lifting the burden of the non-biodegradable commodity from nature, he said, "At present, we are observing that there are many kinds of pollutants in the environment and plastic is on the top of the list. Every citizen is responsible for it. I noticed that multilayer plastic cannot be segregated and people are unable to recycle it. So, I started using it for my artwork."



MANVEER ON HIS JOURNEY...

In the beginning, I thought that I will use the plastic, which I am consuming. So, I washed it and started making it but it wasn't enough. Therefore, I thought of asking people living in my building and nearby areas. Soon, it also got used up. Then, I spoke to rag pickers, but they refused to give it as it was a loss of money for them. After rag pickers refused to give plastic to me, I started collecting it door to door. This helped in creating awareness about plastic menace and I got clean polythene, which in turn reduced my work to some extent.



BEST BODY LANGUAGE TIPS FOR YOUR INTERVIEW



Working hard for your upcoming interview is a must, especially, if you have just finished school/college and are looking at internship. Remember that interviewers pay special attention to one's body language during the interview, which can tell a lot about a person. How you communicate and present yourself plays a major role in getting selected. Here are some tips to put your best personality forward in the interview



BEST IMPRESSION ALWAYS

Your interview shouldn't be the only time when you appear confident, but also when you talk to the recruiter. Making eye contact and appearing confident in front of everyone will leave a lasting impression on the people you meet there. And you never know, someone significant in the office might even take notice of you!



DON'T WEAR ANYTHING NEW

This isn't to discourage you from wearing your brand new shoes to your big interview, but you might want to consider rethinking the decision. New clothes or accessories usually seem to take time to get comfortable with and if you wear anything new, there are chances you might start fidgeting with it often, making you look pretty clumsy.

HAND TRICKS

It's natural when you move your hands accordingly as you speak. While this practice is known to be quite expressive, it can be a bit too much at times when you're moving your hands way too frequently. Keeping it to a minimum or keeping it at a neutral stance maintains your hand posture.



YOUR POSTURE

As mentioned before, the way you present yourself matters a lot during interviews. Your posture specifically tells a great deal about your personality. For instance, if you are shy, you will tend to have a retreating posture whereas if you are confident, your posture will be engaged and the shoulders will be straight and held back. Being too stiff can also be uncomfortable, it's always better to loosen up a little bit.



HAVE A STRONG EXIT

Don't appear dejected if the interview didn't go well. Keep a strong and confident persona even while exiting the room. Do a firm handshake with the interviewer and thank them for the opportunity. If you are in a remote interview, then smile and exit the interview properly. Even if you don't make it, first impressions do make a difference at some point. TNN



Recipe

OATS & COCONUT TIRAMASU

Nutritionist Pooja Makhija recently shared a quilt-free dessert recipe on her social media handle. It's healthy and delicious - try it out

INGREDIENTS

- 1 cup roasted steel oats
- 2 tbsp chia seeds
- 5 dates
- 2 tbsp peanut butter powder
- 2 sweet biscuits
- 2 tsp coffee powder
- 1 cup coconut yogurt
- 2 tsp maple syrup



Made with coconut milk, starch, and live cultures, Coconut Yogurt is packed with good bacteria, which is good for the digestive system

HOW TO MAKE

To begin with, grind roasted steel oats, soaked chia seeds, dates and peanut butter powder to a fine paste. Layer it in a serving cup, and add the biscuits soaked in coffee concoction. Now, add maple syrup and top it with coconut yogurt. Repeat the layering in the same order. Garnish with coffee and unsweetened cocoa powder. Chill overnight and serve.

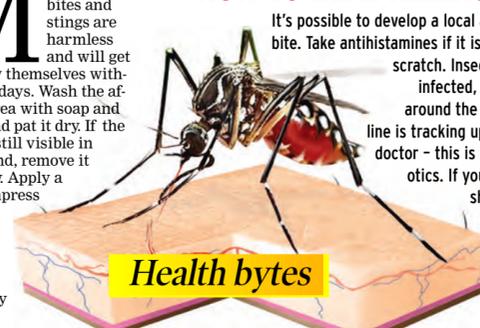
Insect sting? Here's what you can do

Now that monsoon is here, there are insects around that can sting and bite, leading to rashes, itchiness, hives and sometimes serious allergic reactions too. Know about how to tackle those troublesome stings

Most insect bites and stings are harmless and will get better by themselves within a few days. Wash the affected area with soap and water and pat it dry. If the sting is still visible in the wound, remove it carefully. Apply a cold compress to the area if it is swollen. Do not burst any blisters.

HOW TO HEAL ALLERGIC REACTIONS

It's possible to develop a local allergic reaction to an insect bite. Take antihistamines if it is very itchy and try not to scratch. Insect bites can sometimes get infected, so if a red ring develops around the bite, especially if the red line is tracking up your arm or leg, contact a doctor - this is urgent and requires antibiotics. If you experience wheezing, shortness of breath, swelling of the face, lips and tongue, dizziness, confusion or collapse, call a hospital emergency helpline. DAILY MIRROR



Wellness

Meditation tips for beginners

At a glance, it might look like a simple activity, but it's easier said than done. It is a real challenge for all beginners to calm the mind and begin the meditation journey. But begin you must as it's great for your physical, mental and emotional health. Learn more about how to start.

When is meditation effective?

You cannot just randomly meditate and claim all its psychological, neurological, and cardiovascular benefits. Scientists confirm that meditation only plays an advantageous role if you are consistent. So, do the following:

- Maintain proper frequency of meditation.
- Regulate time or length of meditation.
- Determine the reason for your practice.
- Follow correct instructions whether you are listening to an audio guide or have joined an online class.

Do you know about meditation

competence?

To achieve mastery in meditation is not easy. You can improve your meditation skills but it is hard to define something that is called perfect or having proficiency in it. Some religious texts equate true meditation as the highest state of mental concentration where the body unites with the soul and is undisturbed by every worldly noise.

How long should you meditate?

An ideal length of the meditation is something he/she can regulate daily. It shouldn't be something that's fluctuating way too often. Hence, it is vital to design your meditation in a realistic way. TNN

When you practice meditation in an orderly manner and continue it for a longer duration of time, it is bound to give you positive outcomes. If you meditate regularly for an hour in the evening daily, you will start feeling healthier and

Stay fit

WATCH THOSE STEPS

It's where you walk that counts

Walking is great exercise for the mind and body, and dozens of studies have confirmed its health benefits. Walking at least four hours a week reduces the risk of heart attacks or strokes by a third, improves blood glucose levels, lowers blood pressure, combats depression and delays dementia

Where do you walk?

However, latest science has suggested that it's not only the amount you walk, but also the route you take. A pre-pandemic study published in 'The Lancet' looked at two groups of people aged above



Walking in a busy street does not yield great results for your body and mind. On the other hand, walking in green areas such as parks and green stretches is what really benefits and boosts your physical and mental health



60. One group walked in a park, while the other walked down a busy street. The former group saw its lung capacity increase by 7.5 per cent and arterial stiffness reduce by 5 per cent. The latter group showed a brief increase in lung capacity, while their arterial stiffness got worse.

Walking in green spaces provides a mental boost, too, reducing stress and improving working memory. Surfaces also make a difference. A University of Michigan study revealed that uneven ground increases activity in seven muscles and calorie burning by 28 per cent. Walking on cobblestones for 45 minutes a week has been shown to improve well-being and balance. DAILY MIRROR

INVESTITURE CEREMONY

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.

The Investiture Ceremony held in schools is not only about providing titles, but also about conferring responsibilities on the students.

Prior to the coveted ceremony at NHSS, a school prefectorial body was formed after scrutinous interviewing and selection of the nominated candidates, which gave them a feel of an official administrative body.

The selected students were then honoured with their respective badges commencing with the Head Girl, Head Boy, Jr. Head Boy, Jr. Head Girl and all other student council members, who took an oath thereafter to faithfully discharge their duties and work diligently for the school.

The Online Ceremony, on 23rd of June, commenced with the comperes wishing all a pleasant afternoon followed by a beautiful Prayer, a Prayer Song and an in-

vestiture Dance by the students. They took over the virtual stage to welcome the next participant for an invigorating speech to enlighten the audience with the relevance of the Day. This was followed by an outstanding mono-act by a student apt for the occasion.

The comperes also welcomed the Chief Guest, Regional Director and Principal of New Horizon Scholars School, Kavesar, Thane, who in her address encouraged the Council members to put in their honest efforts for every endeavour and become an inspiration for others. She added, "Great leaders don't set out to be leaders, they set out to make a difference. It's not about the role, it's about the goal..."

The comperes finally called upon a student for the Vote of Thanks which concluded the virtual Investiture Ceremony for the year, only to continue with the ongoing journey with another 'Set of Leaders' to fulfil the School's mission to excel in the years to come.



Working towards cleaner cities

Project Mumbai a non-profit organisation strives to identify challenges which people face every day and find realistic solutions for the same. Their aim is to create a collaboration between People (the citizens), Public (The administration) and Private entities to make things work. Project Mumbai was conferred the United Nation SDG Solidarity Action Award 2020 for its humanitarian work during Covid-19.

The Mumbai Plastic Recyclothon, a unique and award winning initiative started in 2018 aims to encourage people of Mumbai. That is the school children, young and old, corporate citizens, housing societies and institutions to reduce the consumption of harmful plastic. In the previous edition, Project Mumbai collected over 2,800 kgs of plastic from over 1.25 lakh people which was converted into 40 benches, 50 garbage bins and 3,500 pencil boxes.

Shishir Joshi the CEO and founder of Project Mumbai strives for social transformation, where People remain the Purpose and Positive change as the intended objective. He is of the opinion that 'The Mumbai Plastic Recyclothon' is not only about voluntary giving, but is a unique manner of contributing to

The voluntary initiative of Navodaya English High School and Jr. College was highly acknowledged and appreciated by Project Mumbai

the city's well-being.

A heartfelt gratitude goes to 'The Shakti Plastic Industries' the recycling partner who have actively participated in the Recyclothon, organised by Project Mumbai, between 2nd October and 8th October, 2019 to draw the attention of general public about the importance of Plastic Waste Management.

All around we know that there are so many who have lost their jobs, or suffered huge business loss. Families have lost their sole earning member; compelling children to discontinue studies. There are so many instances losing both parents to COVID as well. Project Mumbai has been relentless in its effort to support those in need.

The biggest Plastic Collection drive on June 5, 2021 celebrating World Environment Day, by Project Mumbai led a campaign to save our environment and inculcate voluntary behavioural change through

'reduce', 'reuse', and 'recycle'.

Covid-19 has taken a toll on one more academic year compelling children to remain indoors, study online. In such a grave situation, Navodaya English High School and Jr. College did not step back and left no stone unturned by voluntarily joining for a noble cause to donate plastic for the World Environment Day during the crucial period of pandemic. The students along with the staff and support pillars enthusiastically volunteered for this mission. A big thanks goes to Vitthal Dada for depositing the plastic bags at Mulund Gymkhana.

The voluntary initiative of Navodaya English High School and Jr. College was highly acknowledged and appreciated by Project Mumbai. We as 'Green Warriors' stood for the civic responsibility of donating plastic for the Mumbai Plastic Recyclothon June 2021.

A big word of thank you to Project Mumbai for making this World Environment Day meaningful. Needless to mention, such events, if organised on regular intervals would help a lot to educate the general public about the importance as well as necessity about disposal of plastic waste in an environment friendly manner and also ensure "Clean Mumbai" in the coming days.

A small step towards Sustainable Development

"The best way to predict the future is to create it."

To attain the annual theme of 'Sustainable Development Goal', Universal High School, had organized an edifying webinar that greatly emphasized on importance and conservation of water, trees, and the environment. The webinar was conducted by Subhjit Mukherjee, ambassador *Majhi Vasundhara Abhiyan*. It indeed evoked a sense of responsibility towards the environment and created a feeling that we can save ourselves by saving the ecosystem.



Learning from senior students

VIDYA SHETTY, TEACHER, BUNTS SANGHA'S S M SHETTY INTERNATIONAL SCHOOL AND JUNIOR COLLEGE, POWAI

An open discussion for students from Grades 8 to 12 was held on the topic 'My Passion, My Career.' This was an opportunity for students to engage with the school alumni and understand the scope of careers in creative fields. The insights from these conversations add depth to academic programmes as well. These niche subjects: Art & Design, Visual Arts and Media Studies: are offered at IBDP and A Level and are keenly sought after by students whose interests lie in the Creative Arts.

alumni for their valued inputs on university requirements, skills as well as for sharing their university experiences.

The session brought together alumni from India and abroad:

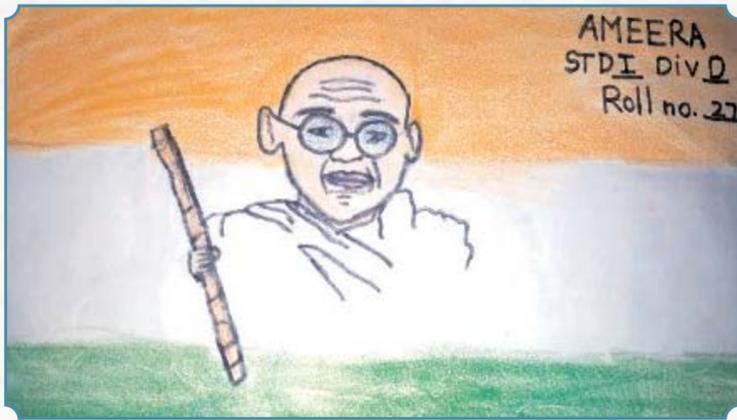
- Srushti Kakade studying 3D Animation, ESMA, France
- Aryan Ganesh who specialized in Animation Design at MIT Institute of Design, Pune
- Pooja Nair at University of Cambridge, England, Engineering

- Vedanti Bongaralla studying Fashion Communications at National Institute of Fashion Technology Kolkata,
- Nikhil Maheshwari who found his path with Sriшти School of Art, Design and Technology, Bangalore and is pursuing Film studies.
- Tithi Areakar studying Bachelor of Fine Arts at Parsons School of Design, New York,
- Sogand Fotoohi studying Graphic and Communication design at Pearl Academy.



The school thanks its

Painters' Gallery



AMEERA RAYIN, class I, Bunts Sangha's S.M.Shetty High School & Jr.College, Powai

Exploring the digital world for support staff

As it is rightly said "Nothing is impossible the word itself says 'I'm possible'."

The above quote rightly fits to our esteemed Institution 'Navodaya English High School & Jr. College' where the support staff took initiative to explore the dig-

ital world. The support staff who were totally unaware about the technology took up the challenge of learning to operate the Facebook, Instagram, Voice message etc. The age factor did not hamper their spirits as the youngest to the oldest member willingly took up the

lead and explored the technology with lot of enthusiasm and zeal and are ready to step into the digital world. A word of appreciation goes to the IT section of the school who wholeheartedly helped the support staff to accomplish their dream and step into a new avenue.

TRIP TO JAIPUR- BADAUN



I recently travelled to Jaipur for my mama's wedding. There were limited guests cause of corona. But we had a lot of fun. All my cousins had come and 'nani ka ghar' is always the best place to enjoy. So, my nani had hired the maid to cook food and it was really delicious. So, for the entire week we ate restaurant like food and it was so appetizing. Then on 26th we travelled to Badaun by bus for the wedding. It was a 8 hour journey without stops. And travelling by bus is always fun. We played antakshari, Dumsharats and enjoyed a lot. When we reached there, we stayed at the hotel for one night and the wedding



was next day. The food was finger licking good and we had prepared a theme-based dance for sagai. And everyone appreciated those dances. I was really looking forward to staying up all night for the Pheras. Well, I somehow kept myself awake the entire night without managing to fall asleep. The next day was really tiring and while returning back everyone slept in the bus. Because everyone was exhausted as the bidai was at 6am and 9am we left for Jaipur. But we all enjoyed a lot and that's what matters the most.

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

Freedom of expression on Social Media, where does it end

Is social media good, or bad? A question perpetually based on one's perception, encounters and notion about the system itself. There's more importance to social media than just trying to fit it in either the beams of good/acceptable or bad/un-acceptable.

Social media is the current reality for the worlds of arts and technology. Music or fine arts, entrepreneurs or socialists; each have made social media an aid, for propagating their work and ideas. We are connecting, expanding and progressing.

This however doesn't deny the existence of accidental encounters with inappropriate and deteriorating content on these platforms and yet! yet the choice still exists, to answer this question, Its YOUR willingness that decides which half of the social media you let yourself grow acquainted with.

Say you u happen to come across an unsettling post, or an inappropriate picture, its YOUR willingness and intention, to either press the back button or dwell onto these materials. At the end of the day the good in social media is way too crucial and indispensable for it to be condemned itself. We've come too far with it as our support, and we can only hope to make it better from here!

Kritika Agrawal, class X, Ryan International School, Kandivali East

Simply put, social media is bad. It is a hub for toxic haters, selfish, money-minded people and fools who merely want to stir things up. Social media platforms overflow with hate speeches, false news, fake propaganda/narratives and in some cases, illegal activities. Social media has created a world so false that people have forgotten how to live in the real world. Everyone

brags about their rich tastes, comfortable lives and desirable physiques, when reality is quite the opposite. What's worse, is people watching these posts grieve about their inability of enjoying these luxuries, leading to a massive increase in mental disorders like depression. The need to be seen and appreciated grips some people like a parasite, resulting in them resorting to extreme measures to get noticed online. Not only does it waste productive time,

but people also start getting conscious about their reputation online. Sure, social media might have brought the world closer, but it has distanced man from himself.

Sanisa Patrikar, class X, D.A.V Public School, Thane

AGAINST

DEBATE



Bukayo Saka

ENGLAND READY TO END SEMI-FINAL JINX

DENMARK EXPECT TO BE OUTNUMBERED IN THE STANDS, BUT PREPARING TO OUTPLAY THEIR OPPONENTS AT WEMBLEY IN A GO FOR THE FINALS

Gareth Southgate says England are ready to end their semi-final hoodoo as they prepare to face Denmark in the last four of Euro 2020, bidding to reach their first final at a major tournament since 1966. England topped their group and beat old foes Germany in the round of 16 before ratcheting up expectations with Saturday's thumping 4-0 quarter-final win against Ukraine in Rome.

Ready for next step

England have fallen at the penultimate hurdle at major tournaments on four occasions since winning the World Cup in 1966, including their defeat by Croatia at the World Cup in Russia three years ago. But Southgate believes his side have learned from that disappointment and are ready to take the next step. "We've knocked off so many hoodoos or perceived barriers already and I feel like this group of players will feel this is just the next challenge," he said.

"I guess the interesting part for us is we won't feel totally satisfied if it's just a semi-final for us, whereas maybe three years ago, although there was massive disappointment after the semi-final, there was a feeling we'd come a long way. Now we've replicated what we did there, but that won't be enough to fulfil the group. That's a positive sign."

High expectations

A key difference from 2018 is heightened expectation, with Southgate himself admitting their benchmark in Russia was to end England's 12-year wait for a knockout victory. The former international defender now has more knockout wins than any previous England manager and will go looking for another in Wednesday's semi-final bolstered by a boisterous partisan crowd of 60,000-plus at Wembley.

"It's great to be coming back now," said Southgate, who expects teenager Bukayo Saka to return to training on Monday after missing the Ukraine match with a



Photo: REUTERS

We talk about perspective in sport. This was a moment that brought it home for all of us. They are riding a wave of emotion and that's a powerful force that's coming to Wembley.

GARETH SOUTHGATE, England Manager

slight knock. "To go and have that different environment, preparation, focus was definitely helpful. But now to be coming back to Wembley is a great thing for us."

Power after crisis

Southgate says going through "real-life experiences together" such as the sickening racism experienced in Montenegro and Bulgaria in Euro 2020 qualifiers has helped create a bond among his players.

Semi-final opponents Denmark have also been brought closer together following Christian Eriksen's cardiac arrest in their group opener. The Inter Milan player needed resuscitation on the pitch before a successful operation in hospital.

"We talk about perspective in sport but we rarely have it," Southgate said. "This was a moment that brought it home for all of us. 'I can also imagine what it has done for the Danish team, their bond."

"We are talking about the things we have been through but what they went through that day - the way their captain was and the way the group was - and how that would have connected with their supporters. That's pretty powerful."

Preparing to outplay

Outnumbered in the stands, not outplayed on the field. That is the expectation of Denmark's players ahead of their European Championship semifinal match. Entry restrictions to Britain amid the pandemic are stopping Danish fans from traveling to London to cheer on their team. Only Danish people already in England, or who live in England, can buy a ticket from the country's allocation of about 5,800 from an expected capacity of 60,000 spectators.

Denmark midfielder Christian Norgaard is gearing up for a "hostile environment" at Wembley. That, though, might not be such a bad thing. "They'll get wild support," Norgaard said. "But maybe they'll turn on their own team if things don't go well for them. There is pressure on them," he added. "We can play more freely. We have always been able to do that, but we also have expectations of ourselves. We believe we can deliver something."

Like Norgaard, a defensive midfielder for newly promoted English team Brentford, Andreas Christensen also plays in England with Chelsea and has already been to Wembley twice this season in the FA Cup - for the team's win over Manchester City in the semifinals and a loss to Leicester in the final. The center back knows England's players well and doesn't see a massive gap between the teams.

"Player by player, they will probably say yes," said Christensen, when asked if England was the favorite. "I feel like we have the qualities to play against everyone. As a team, I would not say they are that much better." AGENCIES

NOT JUST ANOTHER MANIC MONDAY: FEDERER, DJOKOVIC WIN

Novak Djokovic marched into his 50th Grand Slam quarter-final while Roger Federer became the oldest man in the modern era to make the last-eight at Wimbledon on 'Manic Monday' at the All England Club



Photo: AP

Excitement and adoration greeted every point claimed by Roger Federer. It all got to be too much for his opponent at the All England Club, No. 23 seed Lorenzo Sonego. So in the latter stages of his 7-5, 6-4, 6-2 loss to the eight-time champion, Sonego would win a point and mark the occasion by waving his arms to ask the crowd for some love, as if to say, "Hey, I'm here, too, OK?"

The match was the last at Centre Court on what was Wimbledon's last Manic Monday: As of next year, no longer will all 16

women's and men's fourth-round singles matches be scheduled on one day, a tradition vanishing along with that of a Middle Sunday without any play. Amid all the chaos of a packed schedule, one could be forgiven for imagining Federer held the stage to himself. He's coming off a pair of knee operations and he's participating in a Grand Slam tournament for the last time before turning 40. Who knows how many of these he has left?

"I guess to some extent it's nice to see that the work I put in paid off, that I'm able to play at this level," said Federer, who only played eight matches in 2021 till last week. "I can actually wake up in the morning and feel all right. ... It's very rewarding and it's a good feel-

ing," he said. At 39, Federer is the oldest Wimbledon quarterfinalist in the Open era, since 1968.

Djokovic untroubled

Djokovic made it to his 12th quarterfinal at the All England Club while continuing his pursuit of a calendar-year Grand Slam, never troubled while defeating No. 17 Cristian Garin 6-2, 6-4, 6-2. "It's not a secret that I am trying to win as many Slams as possible," said the top-seeded Djokovic, who needs to win three more matches to equal the men's record of 20 major singles titles, held by Federer and Rafael Nadal. Next up for him is Hungary's Marton Fucsovics. AGENCIES

STARTING FROM SCRATCH IN SL SERIES: YADAV

The high of a successful debut series behind him, Indian batsman Suryakumar Yadav on Tuesday said he would be looking to "start from the scratch" in the upcoming limited-overs assignment against Sri Lanka, eager to learn from "calm and composed" head coach Rahul Dravid. Yadav made his India debut in the T20 format during the home series against England, in which he scored a half century and was generally impressive. He is part of the Shikhar Dhawan-led second string India team, which will take on Sri Lanka in 3 ODIs and as many T20 Internationals starting July 13.



Photo: ANI

"Pressure will be there, because if there is no pressure, there is no fun, so as I said, it will be a great challenge and I am really looking forward to it," said the aggressive right-handed Mumbai batsman. Asked if a successful debut series would help him cope better with the pressure, Yadav said, "I think, that (debut series against England) was a completely different challenge and every-time you come, I mean for a batter, every-time you go in or play a different game, you start from scratch." PTI

QUIZ TIME!

Q1: Who has become the youngest-ever Grandmaster in chess history, breaking the previous record held by Sergey Karjakin?

- a) Anish Giri b) Abhimanyu Mishra
c) Nihal Sarin d) Samay Raina

Q2: Ezra Cup is related to which of the following sports?

- a) Polo b) Tennis
c) Cricket d) Football

Q3: Which among the following Indian players was famous as "Pocket Dynamo"?

- a) Leander Paes b) Vijender Singh
c) KD Jadhav d) Gurbux Singh

Q4: Which among the following games was previously known as Mintonette?

- a) Football b) Handball
c) Volleyball d) Tennis

Q5: Which football club was designated as the FIFA Club of the Century in 2000?

- a) Manchester United b) Liverpool
c) Real Madrid d) Arsenal

Q6: Who was the first international player to use a Kookaburra released carbon fibre-

reinforced polymer support bat?

- a) Virat Kohli b) Kapil Dev
c) Chris Gayle d) Ricky Ponting

Q7: Thisara Perera has announced his retirement from international cricket. He was playing for which country?



Photo: GETTY IMAGES

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

Q8: How many medals have been won by the India men's hockey team at Asian Games till date?

- a) 11 b) 9 c) 13 d) 15

Q9: Which athlete has been called the "Queen of the Track"?

- a) Merlene Ottey b) Marita Coach
c) Allyson Felix d) Jarmila Kratochvilova

Q10: Which of the following is the oldest Grand Slam tournament?

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

Q11: Who was the first Indian athlete to win a gold medal in the Asian Games?

- a) PT Usha b) Tintu Luka
c) Lavy Pinto d) Kamaljeet Sandhu

Q12: Which Indian player became the highest ranked badminton player in the world in April 2018?

- a) Srikanth Kidambi b) Ajay Jayaram
c) Sourabh Verma d) H.S. Prannoy

ANSWERS: 1. b. Abhimanyu Mishra 2. a. Polo 3. c. KD Jadhav 4. c. Volleyball 5. c. Real Madrid 6. d. Ricky Ponting 7. d. Sri Lanka 8. d. 15 9. a. Merlene Ottey 10. d. Wimbledon 11. d. Kamaljeet Sandhu 12. a. Srikanth Kidambi