



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Did you know you can reduce carbon footprints by promoting and using local brands?
PAGE 2



➤ Students and teachers share their views on issues engulfing the country and the world
PAGE 3



➤ Euro20: Kane leads England past Ukraine and into semi-finals
PAGE 4


STUDENT EDITION

MONDAY, JULY 5, 2021


TOKYO OLYMPICS
**THE
COUNTDOWN
BEGINS**

**MAANA PATEL
BECOMES FIRST
INDIAN FEMALE
SWIMMER TO
QUALIFY FOR TOKYO
OLYMPICS**



Maana Patel has become the first Indian female swimmer to qualify for the upcoming Tokyo Olympics through universality quota, confirmed Sports Authority of India (SAI) on Friday. Maana is the third Indian swimmer, who will take part in Tokyo 2020, as earlier Srihari Nataraj and Sajan Prakash have earned the automatic qualification (A time) for the Olympics.

Last week, Sajan Prakash became the first Indian swimmer to qualify for the upcoming Olympics as he clocked 1:56:38 in men's 200m butterfly at the Sette Colli Trophy

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

Spotlight WALLY FUNK

Trailblazing pilot, 82, to fly into space with Jeff Bezos

Barrier-breaking woman aviator, Wally Funk, 82, will join Jeff Bezos this month on the first crewed spaceflight for the billionaire's company Blue Origin, the firm has announced. The trip is 60 years overdue for Funk, who was one of the Mercury 13 – the first woman trained to fly to space from 1960-1961, but excluded from flight because of gender.

On July 20, she will become the oldest person-ever to go to space when she takes part in the journey aboard the New Shepard launch vehicle along with Bezos, his brother Mark, and another traveller, who paid \$28 million at an auction for the seat. "I can hardly wait," Funk said in a video posted on Bezos's Instagram account



■ The Bezos brothers and Funk, who was also the National Transportation Safety Board's first female air safety inspector and a Goodwill ambassador, will be joined by the unnamed winner of the online auction, who paid for a seat
■ Taking off from a desert in western Texas, the New

The reusable suborbital rocket system was named after Alan Shepard, the first American in space 60 years ago

Shepard trip will last 10 minutes, four of which passengers will spend above the Karman line that marks the recognised boundary between the Earth's

atmosphere and space

■ The passengers will then be able to float weightlessly for a few minutes and observe the curvature of the Earth
■ Then the capsule will begin a free fall back to the Earth, braked by three large parachutes and retrorockets before landing back in Texas



GREEN PASS

WHAT Amid the ongoing tussle between India and the European Union over the 'green pass' for Covid vaccines, nine European countries have added Covishield to their list of approved vaccines. The European countries that have cleared Covishield include seven EU member states: Germany, Slovenia, Austria, Greece, Ireland, Estonia and Spain, and two non-member states: Iceland and Switzerland. The EU Digital Covid Certificate, known informally as the 'green pass', is a means to reduce the hassle that travellers coming to the EU countries face. Essentially, it acts as a digital proof that an individual has been vaccinated against Covid-19, received a negative RT-PCR test result, or has fully recovered from the infection. It includes details like name, date of birth, vaccine administered, the date of issuance, negative test result or proof of recovery.

WHY According to the EU health authorities, the digital certificate will streamline the process of clearance of passengers entering the region, as member-countries were earlier (in some cases even now) using national certificates that were creating barriers for region-wide travel. The EU member-states argue that the move is necessary to deal with countries that are said to have "virus variants".

INDIA'S RESPONSE

India is pushing hard to get locally-administered vaccines approved by the EU. Recently, India said, it will not recognise EU's digital Covid certificate until the EU includes Indian vaccines Covishield and Covaxin in the certificate


X-PLAINED

THE CONTROVERSY AROUND THE COVISHIELD VACCINE

From July 1, travellers to the EU countries are being allowed entry into the EU region only if they have taken vaccines cleared by the European Medicines Agency (EMA). Its list of certified vaccines include: Pfizer/BioNTech's Comirnaty, Moderna's Spikevax, Oxford-AstraZeneca Vaxzevria and Johnson & Johnson's Janssen.

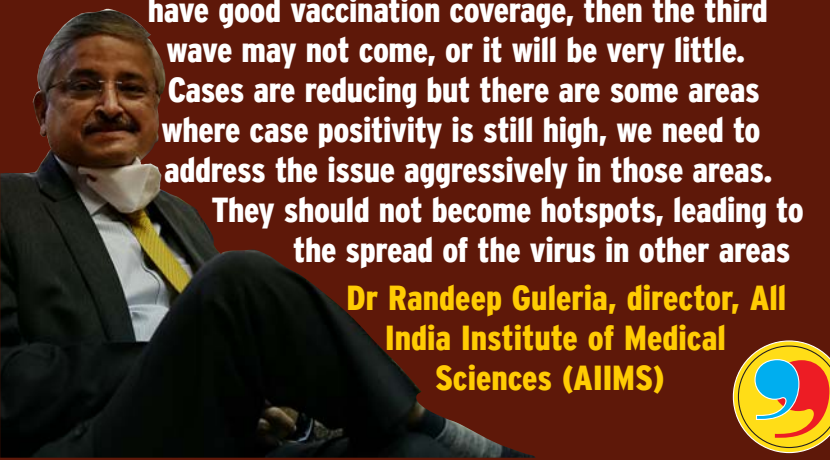
As per the European Commission, of the 27 member-states, 16 have already started using the EU Digital Covid Certificate (EUDCC) through the EMA's approved list of vaccines. Though the EMA has cleared Oxford-AstraZeneca's Vaxzevria, which is the European variant of the AstraZeneca doses, it has not cleared the Covishield injections, which are manufactured by the SII under license from Oxford-AstraZeneca, as it did not have an application for market authorisation from Covishield

**Quote
unquote**


The third wave of Covid-19 pandemic in India depends on how we

behave. If we are careful, and we have good vaccination coverage, then the third wave may not come, or it will be very little. Cases are reducing but there are some areas where case positivity is still high, we need to address the issue aggressively in those areas. They should not become hotspots, leading to the spread of the virus in other areas

Dr Randeep Guleria, director, All India Institute of Medical Sciences (AIIMS)



Sherlock Holmes goes digital with GenZ in frame

The world famous Sherlock Holmes, who has mesmerised generations of readers with his uncanny knack of solving cases that completely confound everyone, is back to entertain in the form of audiobooks. Swedish audiobooks platform, Storytel has signed a deal with Conan Doyle Estate for new stories in audiobooks. These will be written by the popular novelist, Anthony Horowitz, the Swedish audiobooks platform said.



➤ Horowitz, who is recognised as one of the most-versatile, prolific and successful authors in the United Kingdom, has the unique distinction of working across varied mediums ➤ The author's Alex Rider series has sold around 20 million copies worldwide, and he enjoys the

credit of being a writer, who has encouraged an entire generation to read ➤ Horowitz has, so far, penned more than 40 books. These include new Sherlock Holmes and James Bond novels, and also an award winning television series Midsomer Murders and Foyle's War



Mithali becomes top run-getter in women's international cricket

Indian women's cricket team skipper Mithali Raj has become the top run-getter (10,277) in international cricket across all formats. She surpassed former England batter Charlotte Edwards, who had scored 10,273 runs. Interestingly, the bulk of Mithali's runs have come in ODI cricket in which she has collected over 7,200 runs. She has scored 669 runs in Test cricket, and 2,364 in T20 International cricket.

RECORD HOLDER

■ Mithali is the only woman cricketer to have scored over 6,000 runs, and averages over 50 in ODI cricket. Charlotte is the next best on the list of ODI run-getters with 5,992 runs.
■ On June 26, Mithali, who was playing her 217th One-day International at Worcester, had become the second international cricketer after Sachin Tendulkar to complete 22 years in ODI cricket

First human-rated test flight for India's Gaganyaan not in 2021

The first test flight of Geosynchronous Satellite Launch Vehicle-Mk III (GSLV Mk III) that will carry the Indian astronauts to space later will not happen this year, owing to Covid-19 pandemic and the lockdown, said a top official of the Indian space agency. He also said that most of the design and documentation activities have been completed for the rocket. The first human-rated unmanned GSLV-Mk III, first of the two test flights, was scheduled to fly by the end of 2021.



WhatsApp rolling out 'view once' mode to Android beta testers

Facebook-owned WhatsApp is rolling out a new 'View Once' mode for Android beta testers that wipes photos and videos as soon as you view and dismiss them...

- When you send photos and videos using view once, they can only be viewed once, and you're notified when the recipient has opened them
- If you disable read receipts, the recipient will still see if you have opened the photo or video set to view once, but you cannot see when the recipient opens yours
- In groups, you can see when


TECHAWAY

other participants open expiring photos even if you have disabled read receipts
■ The recipient might save the photo or video taking screenshots or video captures, and WhatsApp won't notify you because there isn't a screenshot detection

GO LOCAL

WAYS TO SUPPORT YOUR LOCAL BUSINESS

OPEN

It's always a good idea to buy more things from local brands to reduce your carbon footprints and also to help these businesses survive and prosper in pandemic time

SUPPORT Local BUSINESS

Change your mindset
Put small, local businesses at the forefront of your mind and your shopping list. Although large retailers offer speed and convenience, local brands can offer unique products and a more personalised experience.

Do your research
Explore your local area, browse for small businesses online and, if you travel, check out the businesses in those areas too.

Tell a friend
Don't underestimate the power of word-of-mouth marketing. Tell your friends, family members and co-workers about your favourite small businesses. If you have a particularly enjoyable visit or purchase, create a post and be sure to tag the business online.

Think creatively
If a store near you is struggling, consider launching a fundraising campaign to support them. When in doubt, talk to local small town business owners about what they need and where you can help. AP

HEALTHY LIFE

Gain control over stress eating

After hours of doom scrolling, that packet of chips or biscuits always spells comfort, doesn't it? The fact that we learnt to whip some banana bread, *panipuri* and dalgona coffee over the course of the last year, is only adding to indulgence. Dealing with panic and uncertainty inevitably leads to stress eating. However, if you often find your home littered with chips, chocolates and namkeen packets – you are literally eating your stress and emotions.

FIGHT EMOTIONAL EATING

The most important step is learning to differentiate between emotional and physical hunger.

Psychiatrist Dr Sayal Das explains, "If your stomach is grumbling, or a headache is coming and you feel light-headed – then you are actually hungry. But if you are eating when you are low, lonely, bored, unhappy and have specific cravings like chocolates, ice cream, cakes or



IN THE PANDEMIC

- 27% are eating less healthy
- 48% do not feel motivated enough to eat well
- 63% state boredom as the reason for eating unhealthy food

Source: YouGov survey of 2000 people by British Nutrition Foundation

pizza – you may not actually be hungry; you are just trying to soothe an unpleasant or unwelcome feeling." She adds that once this difference is established, countering it becomes easier. "Overdoing any kind of emotional eating – even if it is salads – can be detrimental. People need to find

intervention for the negative emotion, not food," she says.

BREAK THE CYCLE OF EMOTIONAL EATING

Nutritionist Gauri Anand says, "Breaking the cycle of emotional eating will take time. While you are working towards it, be kind to yourself, try to meditate, take up some form of physical activity and stay hydrated." Here are her suggestions:

It seems very natural to seek comfort in 'eating good food' when faced with big stressors like pandemic and lockdown. They appear like the only good thing happening to you. But this coping strategy is very harmful in the long run."

SARVESH RANA,
CLINICAL PSYCHOLOGIST

- Identify the problem. Find out what's making you binge eat. Then change the environment around you to counter that emotion.
- Process your emotions. Try journaling, venting or accepting.
- Indulge in healthy, yet balanced food. If you go on fad diets, you will end up messing your body even more. Focus on eating right and have a balanced diet.
- Don't get caught in the guilt of gaining weight. Shift towards feeling fit.
- Having meal plans and routine is key in breaking the cycle. Stock up your pantry and plan meals to avoid eating junk.

NOIDA TIMES

RECIPE

WHOLE WHEAT VEGGIE MOMOS

Who said momos can't be healthy? Just replace the all-purpose flour with whole wheat flour and you are good to go. Here's the recipe. Try it on a rainy day and enjoy



INGREDIENTS

- 1 cup whole wheat flour
- 1/4 cup chopped bean sprouts
- 1 teaspoon minced garlic
- Sugar as required
- Salt as required
- 1/2 cup blanched and chopped
- fresh broccoli
- 1/4 teaspoon ginger paste
- 1 teaspoon crushed to paste
- green chilli
- 1/4 cup chopped cabbage
- Black pepper to taste

HOW TO MAKE

Step 1: Knead the momo dough

In a bowl, add whole wheat flour and salt (a pinch). Mix everything well. Using water, knead the ingredients into a dough form. Keep it aside for a while.

Step 2: Prepare the filling for the momos

Now, add cabbage, bean sprouts, broccoli, ginger paste, garlic, green chilli paste, salt, pepper and a pinch of sugar in a bowl. Mix everything well. Keep aside.



Step 3: Roll the dough

Divide the whole wheat dough into 12 parts and then roll the individual doughs into a 3" diameter circle. For rolling, use wheat flour if required.

Step 4: Stuff in the prepared filling

Now, add 1 tbsp of filling in the centre of the circle prepared from the whole wheat dough. Make a semi-circle by folding it over. Seal it using your fingers by pressing the edges gently. Now, fold the semi-circle again and seal it.

Step 5: Steam the whole wheat momos

Repeat the above step for the rest of the momos and put all of them in a steamer for about 10-15 minutes. Check if they are soft and cooked well. Your whole wheat momos are ready. Serve these delicious momos with a spicy dip.

TNN

FITNESS FUNDAS

SPORTS SUITABLE FOR KIDS WITH AUTISM

Autism is predominantly a developmental dysfunction where an individual struggles to carry social interaction and communication. Sports being a great activity for people of all ages, it can significantly help to improve a person with autism. Here are some helpful sports for those on the spectrum...



SWIMMING

IT IS NOT only a life saving sport but has the ability to provide self control and cognitive skills. Swimming includes repetitive motion of the body especially the limbs which is easy to grab for the kids with autism. Even when going deep inside the water, it completely soothes the mind and provides relief from stress.



MARTIAL ARTS

THIS COMBAT SPORT thoroughly enhances mental and the physical stimuli. In the training process, a student would be required to synchronise the brain-body coordination. This too involves a repetitive pattern of attack and defence, which is unchallenging for the autistic kid. This helps kids in overcoming sensory and motor difficulties while improving their confidence, alertness and other mental functions.

HORSE RIDING

MANY DOCTORS RECOMMEND horse riding as a therapeutic training for children with autism. This positive activity allows to build connectivity 'horsemanship' since it would certainly require the person to take care of the horse and build connection while riding them. This gradually works on the socialisation and the independence aspect very well. Also, do allow your autistic child to create fun moments while enjoying this sport.

HIKING

WHAT NO THERAPY can offer, can be achieved through nature. Hiking is the best sport to enjoy while being in close proximity to nature. Moving to a far more beautiful and natural world for a walk can be a great stress reliever. Take your autistic child towards the countryside and allow him/her to bond and connect with nature rather than imposing the need of social interaction in a noisy and messy environment. TNN

BOWLING

THIS IS THE easiest sport for an autistic child. It is simple as it requires the same repetitive actions of delivering or rolling a ball in the lane. Since an autistic child has a genuinely less amount of self control, this is a very safe sport to opt for. However, the affected kid can imbibe many social skills such as allowing others to take their turn and celebrating when hitting the ball right.



CHECK WITH YOUR DOCTOR

Before deciding on a sport that needs expertise like horse riding and swimming, consult your child's doctor if it's safe for the child. Some autistic kids have issues with certain body movements and may need special training to learn a tough sport. Also, the doctor can tell you if your child is old enough (age wise, physically and mentally) and ready enough for a certain sport.

THE EDUCATIONIST

LIVING IN FAITH EVERY DAY

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

-Denis Waitley, American Writer

Life is a riddle. One never knows when it can make you laugh or cry. Such is the scenario in the present era. We don't know where this journey called LIFE is taking us. What twists and turns awaits us at every juncture! <

So, in this uncertainty, what is the one thing which can keep us going. For me as a daughter, a sister, a wife, a mother, a teacher, a friend, it's loving and caring for one another. It is in giving that one receives and it's this one thing that can makes you feel you have made a difference at the end of the day.

I would like to share an incident that happened quite recently. As you are aware that we teachers have now become tech-savvy and conduct our classes online. So on one such day after the students left the online class after saying their enthusiastic 'bye-byes,' I found one little girl impatiently waiting for the others to leave the class. It was clear that she wanted to share something important with me.



ZENOBIA LAKHDAWALA,
Teacher,
Gitanjali
Primary
School,
Hyderabad

She finally gathered courage and confided in me that her mother was in the family way and that she was very excited about having a sibling. Her confiding in me struck a chord. It made me realise that in this pandemic we are able to make a difference in the lives of our dear students. We are their confidants and they are able to share their feelings with us.

The short break is another time when they share their joys and difficulties. Even their little siblings come over to say 'Hello' or to display what they had done in their online class.

LIFE is too short for nurturing bitterness and anguish. We don't realise that we may not be here tomorrow. So let's SHARE and CARE and spread cheer everywhere.

Express YOURSELF

IS IT JUST THIS, JUSTICE?

The word "justice" forms in our minds images of aggressive adults wearing black capes and arguing in a courtroom. It also evokes far more complex emotions - rage, contentment, disappointment, conviction - depending upon our experiences with it. So, how exactly do we evaluate the elusive concept of justice - do we rely purely on constitutional laws?

Take the common "crime" of plagiarism for instance. You have formulated an ingenious piece of work and another party comes along and steals your idea. Unless you accumulate substantial evidence against this party, they can legally go scot-free. However, morally, the idea-theft is definitely in the wrong.

So, while it is safe to say that the generic legislation of a country has its roots in morality, not everything that is legal is morally justifiable. This is the primary cause of variation in people's judgement - their morals, or lack thereof.

Morally upright persons are steered by their conscience and mindful of the impact of their actions.

At the end of the day, we must remember that even though we cannot cherry pick the kind of justice that the universe bestows upon us, we can choose to be conscientious and cognisant members of society.



V KRISHNA SAI GAYATRI, class XII-A,
Bharatiya Vidya Bhavan's
Public School
(Vidyashram), Hyderabad

DOCTOR, OUR WELL-WISHER

Doctor - our well-wisher, you are our guide,
You are the one who leads our health
Take a bow for your hard work
Your sleepless nights have saved plenty of lives
Medicines cure diseases, But not the patients
You are the one who does it with your smile!
Your white coat is a pride and dignity for the world
"DR" is just not a title it's a superpower
Which can rescue tons of lives, You are needed for the world
Your endless work towards the health of the public is always remarkable.



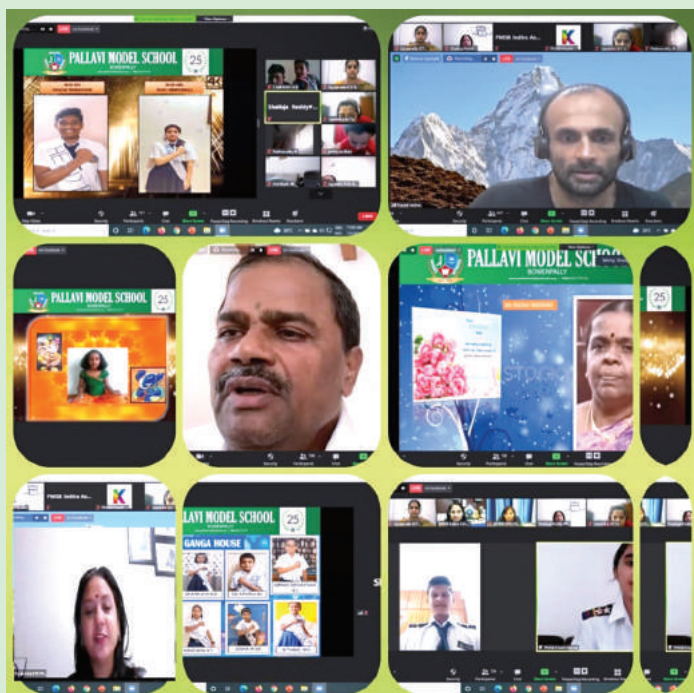
R SREE LASYA, class VIII, Sister Nivedita School, Ameerpet

TO ALL THE STUDENTS OUT THERE

Going through different ordeals, here's a poem for you my friend,
Hope it helps you ascend, when people try to bring you down,
Handle it with class, wear a gown, remember dearest one,
That is not all that can be done, you are stronger than you look,
That fact alone leaves them shook, you can't erase the past,
But what you can do, is inhale the future and exhale the past.
If someday down the lane, they come back and apologize to you,
Remember this saying in your head, when one forgives, two are healed.
In the mean time don't just sit around, it's time to study a little harder,
Stay up a little later, and shine a little brighter,
Inhale the future and exhale the past.

NIMISHA T, class 11, Fiitjee, Narayanaguda

AN EVENTFUL DAY



Pallavi Model School, Bowenpally celebrated its 27th Founders Day with much jubilation. The chief guest for the function was renowned mountaineer Kuntal Joisher. He has been instrumental in spreading awareness on overcoming dementia. The investiture ceremony was also conducted on this day. Students had electronically voted for Vignesh as the head boy and Insyia as the head girl. The Prefect Council was administered the oath by principal Shailaja Reddy. She honoured the teachers who have rendered their services for long period of time.

An insightful and interactive session with Kuntal Joisher was conducted who shared his experiences of climbing

Pallavi Model School
Bowenpally

the Mount Everest, urging everyone to set the goals and work towards it with perseverance. M Komaraiah, chairman of Pallavi Group of Schools congratulated the staff and students on the achievements of the school.

"I gave up my life to learn how to save yours." This saying is so apt to describe the medical fraternity. Doctors' Day was celebrated on the same day by presenting a video to highlight the efforts of the medical community. A video of the years gone by and the progress of the school was also shown.



INTO THE INSPIRING WORLD OF SHAKESPEARE

To lose ourselves in books is the only way to find ourselves. And if those books are based on the plays of Shakespeare, you will want to read them, again and again," said headmistress Rajkamal Matthews, as he encouraged students to celebrate the works of Shakespeare. The Department of English, Meridian School, Banjara Hills, conducted various competitions and events based on Shakespeare. Prizes were given away during an enlightening programme, 'To the Bard of Avon, with love.'

The chief guest of the occasion was Rohit Kumar, a professional actor from the field of theatre. Attended by students, parents and teachers, the event depicted the love and admiration that the world of literature bestows upon Shakespeare. Arjun Ramakrishna, Dilip and Pratibha Kulkarni were the judges for various competitions held on the occasion, like the Elizabethan style Calligraphy Contest, the Video competition on Shakespearean Charac-



Supriya Karunakaran, HOD English,
Meridian School
Banjara Hills

School. Devi Kashyap and Maddala Siri Varshini of class IX hosted the event and poured out their love and admiration for Shakespeare by dressing in Elizabethan attire.

The event was both educational and inspiring. Anne Anthony, parent of Ashwin of class IV, said it was a good idea to introduce Shakespeare to younger children and added that her son has left reading Enid Blyton and started his journey with Shakespeare after attending this event.

Principal D Usha Reddy expressed her appreciation for the initiative and applauded the Department of English for successfully conducting the programme. Vice-principal, Rahat Rashed announced the results.

ters, the PPT Competition on the Works of Shakespeare and the Art Contest based on Shakespeare's Globe Theatre. There was also a Ramp Walk of Characters from Shakespeare's plays by the students of primary wing, which was coordinated by

Sailaja Koduri, IBYP coordinator and In-charge primary. The junior and senior wings of the Meridian Reading Club, 'Under the Mango Tree', had a special session on Shakespeare which was chaired by Padmashree Madabhushi, In-charge Middle

THE POWER OF MUSIC



Gitanjali Devashray

The tiny tots of PP II of Gitanjali Devashray celebrated World Music Day with full gusto and enthusiasm.

Music has been a unique and constant method of teaching as it makes learning a pleasure for both teachers and students. Children enjoy the process of singing along as they learn new things.

To make this occasion special, children sang songs using different musical instruments. They were melodious, and their energy was highly contagious.

Showing their love and affection for their music teacher, they made 'Thank You' cards for him. The activity was a wonderful way to encourage children to actively participate and also enjoy their classes.

Appreciating the selfless service of doctors

Gitanjali Devakul



To show gratitude towards doctors, students of Gitanjali Devakul celebrated Doctors' Day with lots of enthusiasm. Children participated in a role play activity and enjoyed being dressed as doctors. They took keen interest and explained the importance of first aid. They watched a presentation on how to maintain good hygiene and protect themselves from coronavirus.

Dr SKN Bhargava graced the occasion and interacted with the students and parents of class I about immunity building and eating healthy.

THE TIMES OF INDIA

presents



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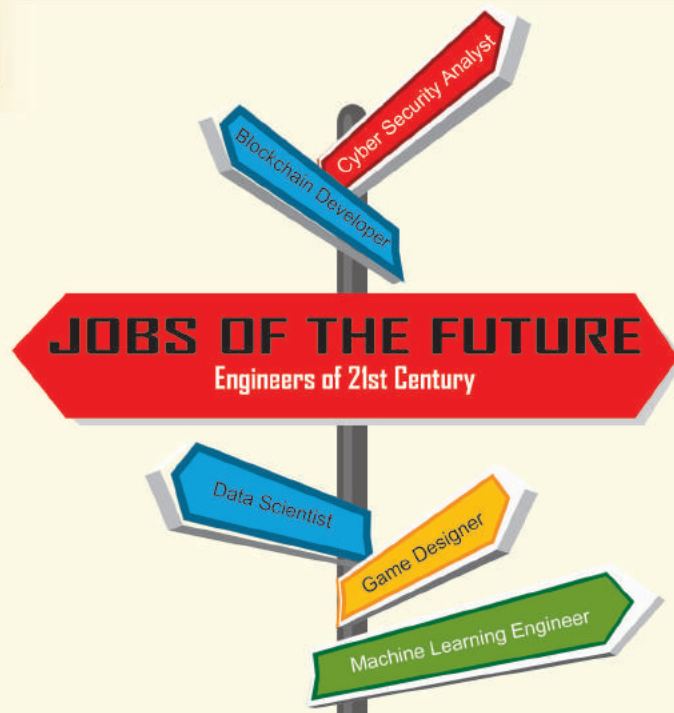
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KANE LEADS ENGLAND INTO SEMIS

Harry Kane scored twice as a buoyant England cruised through to the semi-finals of Euro 2020 with a one-sided 4-0 win over Ukraine in Rome on Saturday



Photo: AFP

Kane ended a worrying international scoring drought by netting in the 2-0 last-16 defeat of Germany in midweek and he put England ahead inside four minutes on a sweaty evening in the Italian capital. Gareth Southgate's side then put this quarter-final tie out of sight with two more goals early in the second half, one from Harry Maguire before Kane netted again. Substitute Jordan Henderson got the fourth, and as Denmark lie in wait in the Wembley semi-final on Tuesday, England will be confident of going on to reach a first ever European Championship final and even now claiming a first major international title since 1966.

England comes through

The draw here was kind for them, with Ukraine surely as weak an opponent as they could hope to face in a quarter-final, a stage at which they have lost to the likes of Italy and Portugal in recent European Championships. However the statistics are impressive, with England having come through five games at this tournament all without conceding a goal. Some of their play in wide areas was outstanding, with Raheem Sterling and Jadon Sancho making his first start at the Euro, too hot for Ukraine to handle.

⚡ We are in the semi-finals because of the spirit. Of course, the quality of our play is important, but I have seen lots of nations go out because they don't have the spirit of these boys.

Gareth Southgate,
England Coach

Kane ends goal drought

Kane, their captain, had gone close to eight hours without finding the net for his country but his opener here was his second in just eight minutes following the late strike that secured victory over Germany. Regardless of the opposition, their display at the Stadio Olimpico was a step-up in class in the final third to previous games at the Euro and they will be favourites at home against a Danish side who played their own quarter-final against the Czech Republic in distant Baku.

Ukraine falls behind

England fans had plenty to celebrate, unlike their Ukrainian counterparts, as Andriy Shevchenko's team came up short in their bid to take the country to a first ever major tournament semi-final. They scraped out of their group and then edged 10-man Sweden in extra time in the last 16, and their chances of shocking England looked dead and buried when they fell behind early on. Sterling, who terrorised the Ukraine defence down the left, played in Kane who poked the ball past Georgiy Bushchan. Ukraine's giant striker Roman Yaremchuk forced a save from Jordan Pickford and a Declan Rice piledriver was kept out by Bushchan, with England looking comfortable. However, Ukraine were a different proposition after injured defender Serhiy Kryvtsov was replaced by Dynamo Kiev winger Viktor Tsygankov in the 36th minute.

Impressive second half

England scored again less than a minute after the restart. From Mason Mount's resulting corner came the fourth goal, another header, this time from Henderson. **AFP**

COPA AMERICA: ARGENTINA ADVANCE TO SEMIS

Lionel Messi scored one goal and created two others as Argentina beat Ecuador 3-0 in Goiania on Saturday to reach the Copa America semi-finals

In Tuesday's last four match, the 14-time winners will play Colombia, who beat Uruguay on penalties earlier in the day. Messi teed up goals for Rodrigo De Paul and Lautaro Martinez before firing home an injury time free-kick to cap a stunning individual performance. The scoreline was harsh on Ecuador, who ended the game with 10 men after Pedro Hincapié's dismissal but had been competitive throughout.

Argentina had an early start

Argentina made a bright start and Martinez almost opened the scoring with a moment of brilliance. He chipped the ball over goalkeeper Hernan Galindez and then volleyed goalwards, only for Robert Arboleda to block the ball on the line. Moments later Martinez had a shot deflected wide and from the resulting corner, German Pezzella volleyed into the side netting.

Carlos Gruezo almost gifted Argentina a goal when his attempted back pass sent Messi clean through with only Galindez to beat, but the six-time Ballon d'Or winner saw his shot cannon back off the post. Up the other end, goalkeeper Emiliano Martinez had to be alert to parry a stunning 20-yard volley by Sebastian Mendez.

Argentina had their own let off seven minutes from half-time when Pervis Estupinan crossed from the left and Enner Valencia's flicked header narrowly evaded the sliding Alan Franco at the back post. Two minutes later Argentina were in front, with Messi the architect.

⚡ The truth is it was a very tough match. We knew the difficulty of playing Ecuador, who work hard with players who are fast, physically strong, young. It was a battle until we managed the (second) goal.

Lionel Messi

First he played in Nicolas Gonzalez on goal but when he was tackled by Galindez, Messi reacted quickest and teed up De Paul to score. There was still time before the break for Galindez to make an incredible double save from Gonzalez, before Valencia somehow headed wide from six yards out.

After the break, Valencia remained Ecuador's most likely route back into the match and the livewire forward's near post shot hit Martinez's leg before going behind. A wicked Estupinan cross was then almost turned into his own net by Gonzalez. Messi came close to killing off the tie but his curled effort sailed just past the post, while Aston Villa goalkeeper Martinez denied substitute Gonzalo Plata an equaliser with a near-post block. Inter Milan forward Martinez finally ended Ecuador's resistance six minutes from time from Messi's pass after Hincapié was caught in possession by Angel Di Maria. And Hincapié completed a miserable few minutes as he was dismissed in injury time after dragging back substitute Di Maria when clean through, with Messi despatching the free-kick. **AFP**

ROGER FEDERER INTO WIMBLEDON FOURTH ROUND FOR 18TH TIME

Roger Federer reached the Wimbledon last 16 for the 18th time on Saturday with a four-sets win over Cameron Norrie, the last British man in the tournament. Eight-time champion Federer triumphed 6-4, 6-4, 5-7, 6-4 and will be playing in the fourth

round of a Grand Slam for the 69th time in his career. Federer is the third-oldest man to reach the round of 16 at Wimbledon in the Open Era - after Pancho Gonzales (41) in 1969 and Ken Rosewall (40) in 1975. Federer finished with 48 winners as he won his 104th Wimbledon match. He will face Italy's Lorenzo Sonego on Monday for a place in the quarter-finals. **AFP**

Photo: REUTERS

QUIZ TIME!

Q1: Who holds the current record for most runs in a single Cricket World Cup?

- a) Sachin Tendulkar ☐ b) Rohit Sharma
c) Chris Gayle ☐ d) Martin Gupthill ☐

Q2: Which sport's competition is the "Fight of the Century" match between Jack Dempsey and Georges Carpentier in 1921?

- a) Wrestling ☐ b) Boxing ☐
c) Weightlifting ☐ d) Tennis ☐

Q3: Which is the birthplace of boxing?

- a) Belgium ☐ b) Greece ☐
c) Sweden ☐ d) Spain ☐

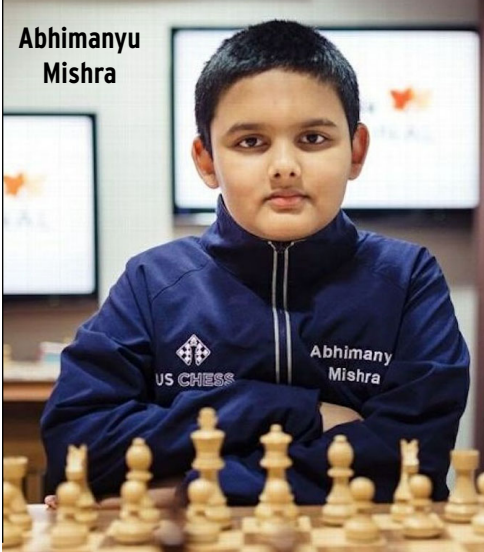
Q4: Which Indian players won the silver medal in table tennis women's doubles at the 2018 Commonwealth Games?

- a) Manika Batra and Sutirtha Mukherjee ☐
b) Mouma Das and Madhurika Patkar ☐
c) Sutirtha Mukherjee and Pooja Saharabudhe ☐
d) Manika Batra and Mouma Das ☐

Q5: Abhimanyu Mishra has become the world's youngest chess grandmaster.

Whose record as the youngest did he break?

- a) Parimarjan Negi ☐ b) Sergey Karjakin ☐



Q6: Sandy Storm is the autobiography of which of these veteran cricketers?

- a) Dilip Vengsarkar ☐
b) Mohinder Amarnath ☐
c) Sandeep Patil ☐ d) Roger Binny ☐

Q7: Who is the first Indian woman wrestler to win a gold medal at the Commonwealth Games?

- a) Sakshi Malik ☐ b) Geeta Phogat ☐
c) Divya Kakran ☐ d) Kavita Devi ☐

Q8: Who among the following Indian cricketers is the first Indian to score a century in Indian Premier League (IPL)?

- a) Gautam Gambhir ☐ b) Manish Pandey ☐
c) Sachin Tendulkar ☐ d) Rahul Dravid ☐

Q9: When did the World Chess Championship begin officially?

- a) 1946 ☐ b) 1925 ☐ c) 1899 ☐
d) 1886 ☐

ANSWERS: 1) a Sachin Tendulkar 2) b Boxing
3) b Greece 4) d Manika Batra and Mouma Das
5) b Sergey Karjakin 6) c Sandeep Patil
7) b Geeta Phogat 8) b Manish Pandey
9) d 1886