



THE TIMES OF INDIA

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**TODAY'S
EDITION**

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

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

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► Euro20: England aim to end semi-final jinx; Denmark prepare to outplay opponents

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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, Zebur 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 Sivakumar, 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



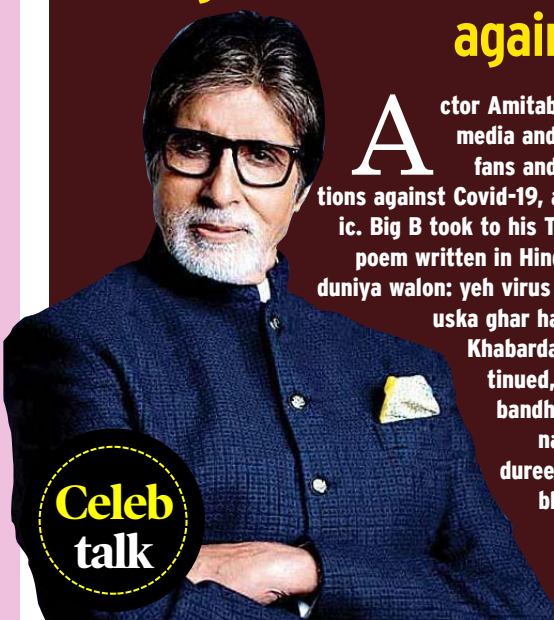
After Kalpana Chawla, Indian-origin Sirisha Bandla will become the second Indian-born woman to fly into space later this month. Bandla will be one of the six space travellers aboard 'VSS Unity' of Virgin Galactic, scheduled to blast off to space on July 11 from New Mexico.



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 rakho 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 enthralls 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

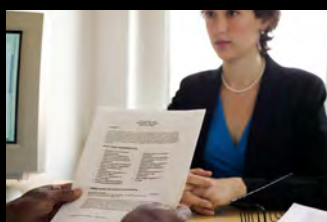


BEST IMPRESSION ALWAYS

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!

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.



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.

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.



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.

Photo: THINKSTOCK



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



Photo: THINKSTOCK

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

Photo: THINKSTOCK

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



Photo: THINKSTOCK

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

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.

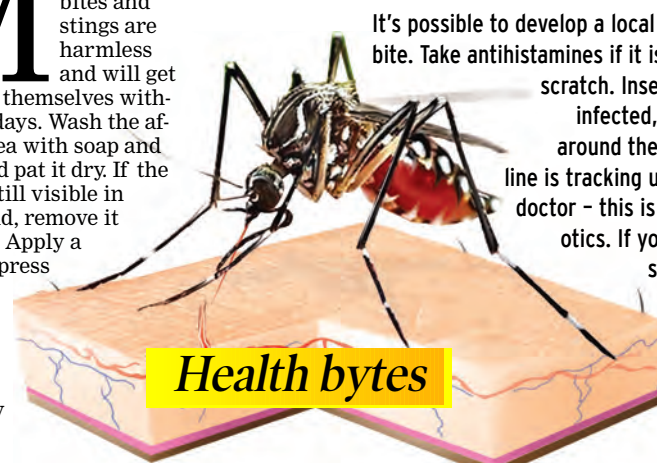
Insect sting? Here's what you can do

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



Health bytes

Enable yourself to make the right career choices. Register Now!

Times NIE in association with Bharath University is organising Virtual Career Counselling workshops for students who have passed out of class XII, 2020-21 batch from July 7 to 20.

Topic for the workshops is 'Jobs of Future' which will exclusively focus on Physics, Chemistry, Mathematics & Computer Science (Engineering stream). During the 40 minutes session, students will be informed about different undergraduate courses and career opportunities to choose from

catering to their area of interest. Eminent personalities from relevant industries and experienced educationists from the Bharat Institute of Higher Education and Research will share their insights into the subject. In these unprecedented times, ambiguity shrouds the future of students. It is imperative for them to take the right step. The programme is specially curated for students to provide them with the correct guidance.

The workshops are open to parents and faculty as well.

Please click on the link below to register and attend the virtual workshop on July 7 at 11:30 am.

https://timesgroup.zoom.us/join/register/WN-DPHkvezT_q-pGEIUKHIEQ

TO OUR DOCTORS, WITH LOVE



There are times when I had a bad cough
and my runny nose just didn't stop,
Maybe it's the ice-cream that I ate last night
with Hershey's syrup on top.
And at times my tummy feels just not right
and I keep saying mommy.. loo,
Maybe it's the pizza that I ate for supper or could be
the french fries too.
I tried to show off on the monkey bars once
And started swinging with all my might,
Oh boy!! I landed on the ground
and hurt my arm so tight.
So, what do I do now? Where do I go?
Who will care of me and make my pain go?
DOCTOR uncles and aunties,
You are our superheroes,
who come to our rescue without your capes,
and are always on your toes.
Your bitter medicines and prickly injections
do make us cry,
But your lollipops and broad smiles
are surely worth the try
You have magic in your hands and that's for sure,
for fighting COVID is not an easy chore
We will do what you say to help us stay healthy,
And from the bottom of our little hearts we say we
love you plenty.
Oh! What a cute little poem
from a kindergartner, you may all wonder,
for it comes straight from a teacher
moulding these hearts so tender.

PADMINI KARTHIK, Pre-Primary teacher, Gitanjali Devshala, Hyderabad

Make learning fun with technology

The COVID-19 pandemic not only challenged the medical and economic domain worldwide but also the academic domain. Even before the pandemic, there was a significant growth and adoption of technology in education, but the usage has surged since the pandemic began.

Educational institutions were forced to shift online due to the lockdown and this transition from an offline mode of teaching/learning to an online mode was not a bed of roses. It was initially intimidating and took a while for everyone to get ac-



ASMA DURDANA, Vice Principal, Insight International School, Mehdiapatnam

customised to, but the circumstances deemed it necessary. Parents were also hesitant about online education,



THE EDUCATIONIST

as they had their concerns about the children's health, but eventually had to comply, for fear that further delay might cause hindrance in the students' academic growth.

Online classes were the first step towards this transition. We at Insight International School, began online classes soon after the lockdown was imposed, through Zoom meetings that proved to be a success.

Students were given homework and assignments via Google classroom. Exams

were also conducted online through Google forms, which made sure that the students didn't miss out on any part of their learning process for that year.

Apart from this, we organised webinars which played a part in familiarizing teachers with different aspects of online teaching methods which they could incorporate in their teaching.

The school app had a huge role to play in communication between students/parents and teachers.

Since face-to-face doubt clarifying sessions were not possible, this app proved vital during the situation.

It is clear that this pandemic disrupted the monotonous education system. The transition from offline to online opened up a whole new world of opportunities which made learning a more fun process not only for the students but also for the teachers.



Social Media Can Be Potentially Dangerous

Judges should not be swayed by the "emotional pitch of public opinion which is amplified by social media," Chief Justice of India N V Ramana had cautioned last week. We debate: Social media can be potentially dangerous.

Social media with all its glory and usefulness has a series of disadvantages, one of it being cyberbullying. Even though many rules have been passed to curb it, it continues unabated. Once a person is cyberbullied, the damage done to the mental health of the person is unerasable. Hacking personal data can

FOR

cause severe privacy and financial loss to a person. Also, addiction and health issues go hand-in-hand with social media. People have begun to judge their importance on the basis of arbitrary likes/subscribers; if a person has less likes then they become prey to depression and if they have a considerably huge number of likes then they are on the 7th heaven. Everything has its advantages and disadvantages, but social media's disadvantages seem to outweigh the advantages.



ANAM MOHIUDDIN, class X, Gitanjali Senior School, Hyderabad



DEBATE

Any form of technology can be used or abused depending on the audience using it. With the evolution of social media, people interested in a particular field can access all the material online.

Social media is not dangerous, provided the user is mature and has the ability to deal with unexpected, undesirable situations. The advantages outweigh the drawbacks. For instance, it helps connect with people and establish a network for job opportunities. Companies like LinkedIn contribute to this. Also, you do not even require to build a website to market your products. You can simply create an account on Whatsapp, Instagram, etc. and effectively showcase them. Social media ecommerce is picking up rapidly. Companies are expanding their ecommerce sites to social media commerce, thereby increasing their customer reach.

AGAINST

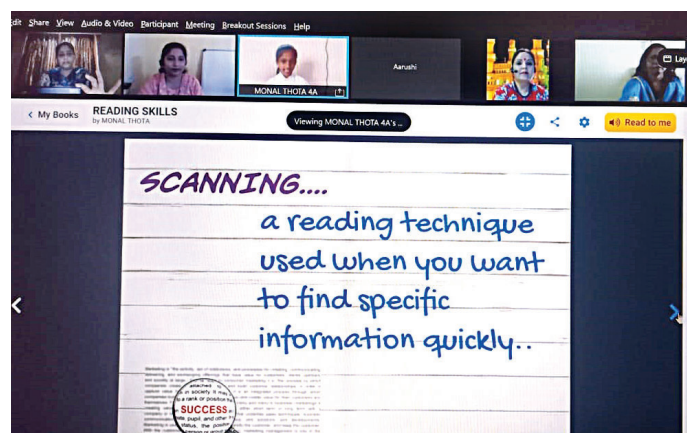
NIMISHA T, class XI, Fiitjee Narayanaguda, Hyderabad



IMPORTANCE OF READING



Pallavi Model School, Alwal



"Readng is a passport to countless adventures." Reading brings us unknown friends. To let students know the importance of reading, a virtual webinar on 'Importance of Reading' was conducted at Pallavi Model School, Alwal for the primary wing. The orator of the webinar for classes III and IV was Ekyom Kaur, junior head girl, while Monal Thota, junior cultural captain, was the orator for classes I and II.

The webinar started with how and why reading is important. Both the orators shared their experiences of reading and how it helped them. They suggested some of their favourite books to the audience to read.

Later, the orators interacted with the students and teachers on the importance of reading. The highlight of the webinar was a short story of Akbar and Birbal beautifully narrated by principal Sunir Kaur Nagi.

A special note to our superheroes

*"Only a dad, but he gives his all
To smooth the way for his children small,
Doing, with courage stern and grim,
The deeds that his father did for him.
This is the line that for him I pen,
Only a dad, but the best of men."*

This poem by Edgar Albert Guest beautifully captures the influence a father has on the life of his child. Fathers are the pillars of development, playing the role of protector, role model, teacher, and friend in our lives.

On this Father's Day, students of Gitanjali Vedika found various ways to creatively express their gratitude to their fathers.

There were an array of colourful cards and sweet words with which they showed the bond of love that they share with their fathers.

The tiny tots of pre-primary and primary wings made beautiful

Gitanjali Vedika School, Hyderabad

cards, gave activity challenge to their fathers, tried to get in sync with their super dad's personality, tied a tie on them and spent the best of times with them. The students of class IV brought out their inner Marco Mazzoni and sketched a portrait of their fathers. Their art expressed their love and adoration for their fathers. They also shared the lessons they have learnt from their fathers.

Similarly, the students of class VI had a



imagination. The students of class V brought out their inner Marco Mazzoni and sketched a portrait of their fathers. Their art expressed their love and adoration for their fathers. They also shared the lessons they have learnt from their fathers.

Similarly, the students of class VI had a

creative writing activity where they penned down a letter to their fathers while the students of class VII expressed how their fathers were the most influential person in their lives. They compared their fathers to famous personalities like APJ Abdul Kalam, Dhoni and even Ranbir Kapoor!



Gitanjali Devakul

Students of Gitanjali Devakul celebrated Father's Day by making greeting cards, badges, paper bouquets, trophies, and various tokens of appreciation for their fathers and father figures. They also put together a dance number to tap their feet with their fathers. A few students penned down poems and personalised messages for their dads and some prepared a special meal for them. The celebrations concluded with students sharing lots of joy and gratitude with their fathers.

Holistic activities keep students in good spirit

Delhi Public School, Nadergul

Implementation of extra-curricular activities for students instills confidence in them. Apart from education, these activities play a major role in shaping students' future. As a step in this regard, students of Delhi Public School, Nadergul celebrated Green Day by dressing up as trees. Green Day is significant as it teaches students the importance of sustainability. It is also a fun way to learn about the colour by mixing the shades of yellow and blue.

The school has always played an important role in instilling a holistic lifestyle of good health and well-being in students. The International Yoga Day was celebrated by the school which helped the students understand the importance of unity of mind and nature. Children wholeheartedly took part in the yoga demonstration making it a success.



'Music is to the soul what words are to the mind.' The young musicians of the school took part in the Music Day celebrations by playing makeshift instruments made of utensils and singing hymns and songs along with their teachers.

Music Day was organised to bring out the talent in each student in the form of singing, playing an instrument, debates and public speaking. This was also an important day to familiarise the little ones with famous singers and their compositions.

Close encounter with a wild elephant

We were travelling from Mysore to Udhagamandalam via the dense Mudumalai forest when we suddenly spotted an elephant calf! It looked very adorable and I think it was crossing the road to go to the other side, possibly with its mother to drink water from a nearby stream.

Until we came out of the forest our conversation was all about the elephant. We later halted at a small town for tea, when we saw a sign which read 'Mudumalai Forest Wildlife Sanctuary' with some pictures of elephants below it. We decided to explore and see the animals which were let to roam free in the sanctuary. They charged us Rs 500 to explore the sanctuary in a private jeep. We saw a herd of elephants walking across the road. Then something unexpected happened - one of the elephants stopped moving, turned and raced towards us! We

were in an open jeep! I was frightened and held on to my mother. The jeep driver revved up the engine and drove towards the elephant. Hearing the noise, the elephant started retreating.

Still in shock, the driver told us that whenever such an incident happens, we should stay calm and rev up the engine and drive steadily towards the elephant to show who is the boss. This memory will stay clearly printed in our minds forever!

VIJAYA KUMAR ARJUN, class X D, Bharatiya Vidya Bhavans Public School, Jubilee Hills, Hyderabad



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8 years and above

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AUTHOR OF YOU CAN HAVE A JUMBO MEMORY
INTERNATIONAL MEMORY ATHLETE & COACH

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

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

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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.

"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



Photo: ANI

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