



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Superheroes are not mere movie characters. They give us valuable life lessons too. Learn a few leadership skills from Thor
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➤ Practice Balasana regularly and keep yourself energised; it calms your mind and rids you of anxiety and stress
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➤ NZ all-rounder Michael Bracewell breaks record for most runs chased in final over of ODI cricket
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STUDENT EDITION

TUESDAY, JULY 12, 2022



The JEE (Main)- 2022 Session - 1 for paper 1 (B.E./B.Tech) was conducted by NTA from June 24 to 29

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Spotlight

NOVAK DJOKOVIC Wins seventh Wimbledon title

Novak Djokovic won the seventh Wimbledon title and 21st Grand Slam crown on Sunday with a four-set triumph over Nick Kyrgios. This was also his fourth consecutive title...

■ Top seed Djokovic won 4-6, 6-3, 6-4, 7-6 (7/3) to equal Pete Sampras's mark of seven titles at the All England Club and move within one of the men's record of eight held by Roger Federer

■ The 35-year-old Serb is now one Slam ahead of Federer in the all-time race and just one behind Rafael Nadal's record of 22 majors

■ He is also just the fourth man in the Open era to win four successive Wimbledon titles after Federer, Sampras and Bjorn Borg



I don't take any wins for granted, and particularly not [at] Wimbledon. It always has been and will be the most special tournament in my heart, the one that motivated me and inspired me to start playing tennis in a little mountain resort in Serbia. My first image of tennis was grass
Novak Djokovic, after the win

JEE main result 2022 session 1 declared

The National Testing Agency (NTA) has declared the JEE Main result 2022 for session 1 on their official website jeemain.nta.nic.in.

Sneha Pareek from Guwahati, who has topped the JEE Main exam by scoring full 300 marks (100th percentile), gave credit to self-study, NCERT books, solving previous years' sample papers and mock tests for her success. Pareek, the only girl topper, wishes to pursue B.Tech in computer science from any IIT.

As many as 14 students have got 100 percentile in the JEE Main 2022.

It may be noted that the JEE Main 2022 answer key was released on July 2 and candidates were allowed time till July 4 to raise challenges against the answer key.

Meanwhile, the NTA has also reopened the application window for session 2 exams. Candidates were given time till July 9 to register for the session, which is scheduled to be held from July 21 to 30.



After the JEE Main results are declared, qualified candidates will be eligible to apply for the IIT-JEE Advanced. Short-listed candidates will be able to apply for IIITs, NITs and other government-aided technical institutions to participate in Joint Seat Allocation Authority (JoSAA) counselling

The Amarnath Yatra, which was partially suspended after a cloudburst incident near the holy cave, resumed on Monday...

CLOUDBURST

X-PLAINED


WHAT HAPPENS WHEN THERE'S A CLOUDBURST?

As cloudbursts are accompanied by heavy rainfall, it can be quite dangerous. If cloudbursts stay for long hours, it can result in flooding, sweeping away people, animals and land on its way. Landslides, land caving, mud-flows are also some of the consequences of cloudburst



WHAT IS A CLOUDBURST: As the name suggests, cloudburst refers to extreme heavy rainfall in a short span of time. It is sometimes accompanied by hail and thunder. The India Meteorological Department (IMD) defines cloudburst as an unexpected precipitation exceeding 100mm (or 10 cm) per hour over a geographical region of

approximately 20 to 30 square km.

■ **HOW DOES A CLOUDBURST OCCUR:** According to Britannica, most of the cloudbursts are accompanied by thunderstorms. In these storms there are violent uprushes of air, which at times prevent the condensing raindrops from falling to the ground, thereby, accumulating a large amount of water at high levels,

which falls at one time when the upward currents are weakened.

■ **HOW IS IT DIFFERENT FROM RAINFALL:** While rainfall means rain falling from the cloud, cloudburst refers to a sudden heavy rainstorm. Experts say the amount of recorded rainfall distinguishes a cloudburst from rainfall. Rain over 100mm per hour is categorised as a cloudburst, they add

■ **WHY DO CLOUDBURSTS OCCUR IN HILLY AREAS:** According to experts, cloudbursts are especially common in hilly areas. This is probably because the warm air currents of a thunderstorm tend to follow the upward slope of a mountain. The effects of heavy rain are especially striking on mountain slopes because the falling water is concentrated in valleys and gullies. In fact, a study published in 2020, which examined the meteorological factors behind the cloudburst over the Kedarnath region, found that during a cloudburst, the

In India, cloudbursts frequently occur in Himachal Pradesh, Uttarakhand and Jammu and Kashmir during the monsoon

relative humidity and cloud cover was at the maximum level, with low temperature and slow winds (Britannica/agencies)



India likely to surpass China as most populous country in 2023: UN report

India is projected to surpass China as the world's most populous country next year, according to a report by the UN, which said that the world population is forecast to reach eight billion by mid-November 2022. According to the report, India's population stands at 1.412 billion in 2022, compared to China's 1.426 billion. India is projected to have a population of 1.668 billion in 2050, way ahead of China's 1.317 billion by the middle of the century.

The global population is growing at its slowest rate since 1950, having fallen under one per cent in 2020. The latest projections by the United Nations suggest that the world's population could grow to around 8.5 billion in 2030 and 9.7 billion in 2050. It is projected to reach a peak of around 10.4 billion people during the 2080s and to remain at that level until 2100



Political leaders ASSASSINATED over last 50 years

Former prime minister of Japan Shinzo Abe was assassinated on Friday on a street in western Japan by a gunman, who opened fire on him from behind as he delivered a campaign speech. Abe was Japan's longest-serving leader when he resigned in 2020. We take a look at other leaders who were assassinated...



Benazir Bhutto, former PM, Pakistan, 2007
Pakistan's former prime minister Benazir Bhutto was assassinated on December 27, 2007, after a suicide bomber shot at her during a campaign rally in Rawalpindi. It was two months after the former PM returned from exile for a political comeback



Yitzhak Rabin, PM, Israel, 1995
Israeli PM Yitzhak Rabin was shot by a Jewish extremist on November 4, 1995 at the end of a peace rally in Tel Aviv. The killer shot Rabin thrice at close range shortly after he had given a speech

Rajiv Gandhi, Former PM, India, 1991
Rajiv Gandhi was assassinated on May 21, 1991, by a female LTTE suicide bomber during a poll campaign in Sriperumbudur, TN



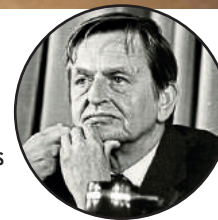
Indira Gandhi, former PM, India, 1984
Indira Gandhi was shot dead in New Delhi on October 31, 1984 by two of her Sikh bodyguards. The killing was to avenge the operation on the Golden Temple in Amritsar to flush out militants



Anwar al-Sadat, President, Egypt, 1981
Militants fatally shot Egypt's prez Anwar al-Sadat at a military parade in Cairo on October 6, 1981, three years after he signed the Camp David Accords that led to a peace treaty with Israel. It was the first peace treaty between Israel and an Arab country



Olof Palme, PM, Sweden, 1986
Olof Palme, Sweden's prime minister, was shot dead on February 28, 1986 by a lone attacker, shortly after leaving a Stockholm cinema to walk home with his wife. The murder remains unsolved



TICKER-TAPE

Rupee hits record low versus broadly stronger US dollar

The Indian rupee weakened to a fresh record low against the US dollar on Monday amid weakness in the domestic share market and as concerns about global economic growth continued to support the safe-haven greenback. The partially convertible rupee was trading at 79.38/39 per dollar by 0436 GMT, compared to its close of 79.25 on Friday.



Emmy nominations to be revealed as 'Squid Game' eyes history

This year's Emmy contenders will be unveiled today, with 'Squid Game' tipped to become the first non-English-language drama series ever nominated at television's equivalent of the Oscars. This South Korean smash hit is expected to compete with returning heavy hitters, such as 'Succession', as TV productions delayed by early-pandemic lockdowns returned to our screens. Nominees will be announced in a live-streamed ceremony starting at 1530 GMT, after which final-round voting begins for the 74th Emmy Awards, set for September 12.



STRESS BUSTER

DEALING WITH RESULTS' ANXIETY



Waiting for results can be extremely stressful for both students and parents, but it does not end there. Post-result stress and admission worries are no less painful. On such days, spending a bit more time in the gym can be a good stress buster. As admission season begins, here are some tips that can help relieve anxiety for parents and students.

What can be stressful? Consulting psychologist Prashant Bhimani says that bouncing back can be a bit difficult when the re-

sults have not been up to expectation. "It is difficult for children to deal with unexpected results because the idea of facing their parents and talking to them can be stressful," he says, adding that this is when they need their friends. "But considering that it's holiday season, their friends might not be a call away, and this makes students withdraw into a shell. The parents should make sure the children talk it out as it will help relieve stress. Remember, criticism can worsen things and make any discussion difficult," adds Prashant.

WHAT CAN BE DONE?

■ **Practising yoga/exercise.** Exercise can be a big stress and anxiety buster. There are many places where morning and evening yoga classes are held in the country. There are also special swimming classes for women and children.

■ **Sleep more.** Trying to sleep more can also help relieve stress. Lack of sleep can hamper metabolism and create health issues for both parents and students. Many also use sleep as a way of escapism.

■ **Go out with friends/siblings.** "After my exams got over, I would make it a point to meet my friend's place, go out with them, hangout in a café or just watch a movie. It took my attention away from the results. After the results were out, I continued the same pattern, even though there was no longer any expectation, just the reality in front of me," says Vishwa Vaghela, who's just received his Class XII results.

■ **Positive mindset helps.** It is good to be realistic with the goals that one sets for oneself and one's children. It is useless to expect too much out of a situation or a person. Being positive might not change the result, but it can help make one think better and clearer.

■ **Make a plan B.** Though post results is a bit late for making a plan B, one should make a list of possible colleges that they can get admission in, even before filling out forms in colleges. When you have a back-up plan, things seem easier.

■ **Join classes together.** Joining a painting class or going to the flea market can be a good way of bridging the gap that the results have created. There are various flea markets and many places offer short-term courses, which can help both parents and students.



WATCH AND LEARN



5 FACES PROBLEMS: Thor himself says, "I try to run towards my problems, not away from them because that's what heroes do." This is the mark of a confident leader who will lead their team to greatness and joy. In 'Ragnarok', Thor decides to fight his powerful sister Hela who was destroying Asgard. He knows that she is extremely dangerous, and she can ruin Asgard's people. The hero could have just left Asgard and stayed in Sakar, where he could enjoy his life without meaning. But he knew that he had to do the next right thing.

4 A GOOD PERSON: Thor is also the kind of person that does the right thing, not only for himself but also for his people. In 'Avengers: The Endgame', the way he made Valkyrie the ruler of Asgard was touching. We see him change drastically through the movies from a proud, irresponsible, self-obsessed prince to a selfless, responsible, gentle Avenger and King. He has also said, "I'd rather be a good man than a good king."

3 BRAVERY: It is no surprise that the God of Thunder is brave. Thor is both physically and emotionally courageous. In 'Avengers: The Endgame', even though Thor becomes an alcoholic, he gets back in the game and fights Thanos. He was brave to go through the pain and sacrifice required. In 'Avengers: Infinity War', he fights Thanos, even though he has already seen what he did to his brother.

FIVE LEADERSHIP qualities to learn from



Unnati Gusain

Marvel universe dropped in another treat-for-the-eyes last weekend. 'Thor: Love and Thunder', released on July 7, 2022, tells the story of superhero Thor, Odin's son and former king of Asgard, who has not only once but multiple times protected the earth or Midgard from the dangers.

In his last appearance in 'Avengers: the End game', pot-bellied Thor had no hope, which was observed to be the total opposite of his character. But towards the end, he regained hope and fought with other Avengers to save and bring back the lost lives.

HERE IS WHY THOR MAKES A GREAT LEADER

1 SELF CONFIDENCE: Thor is very confident about his powers and of Asgard's. He believes that Asgard is mighty and that the people can do anything. In 'The Avengers' (First part), Thor speaks highly of his kingdom, about their unity and strength proving him loyal. Every leader's loyalty must lie with the team and the leader must believe in his team's capabilities the way they believe in themselves.

2 RIGHTS HIS WRONGS: There are many moments where Thor realises that he was wrong. For example, in 'Thor' (Part 1), he knows that he has disobeyed his father which led to his exile. Every leader should have the courage to right their wrongs, no matter how hard it may seem.



Shilpa Shetty teaches us not to 'detour from fitness road'

Fitness diva and reality TV show judge, Shilpa Shetty is an ardent follower of yoga and loves to practice it on a daily basis to keep herself fit. Shetty often posts her yoga videos on social media. On her Twitter profile, she recently shared a video where she and her sister Shamita Shetty can be seen doing intense workouts even when they are on vacation.

The actress posted a short video where she can be seen doing a core-strengthening workout. She had captioned it saying, "Even if you're in

#VacayMode Don't take a detour from your 'Fitness Road'~That's my motivation to start my day (even if I'm on a holiday with a 3-times-a-week fitness routine). Today, it is

MOTIVATION

core strengthening with the Gatyatmak Eka Pada Uttanasana Pawanmuktasana. (1/3)."

The actress explained about the exercise postures and how they are beneficial for the body. She wrote, "It helps improve the digestive sys-

tem and is beneficial in controlling acidity, gases, & constipation. Following it up with Naukasana and some variations. It is one of the best asanas to strengthen the Core, because it is extremely beneficial for the liver, pancreas, & kidneys and strengthens the muscles of the arms, thighs, and shoulders. However, anyone suffering from slip-disc, back pain, or cervical problems should avoid this asana. Make sure to spend a few minutes focusing on yourself before you delve into the day."



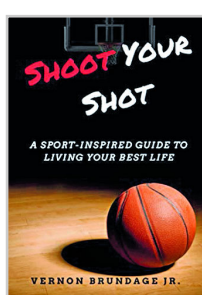
BOOKS FOR TEENS TO LEARN LIFE LESSONS AND BECOME FUTURE LEADERS

TOP READS

**"Not all readers are leaders, but all leaders are readers."
-Harry S Truman**

Reading is an essential life skill. It's how we record our history and share stories. Sure, there are countless books jam-packed from cover to cover with valuable facts. But there are also limitless volumes containing invaluable insights into the human experience. Besides other advantages, reading makes you a better thinker and a better writer and allows you to experience other points of view. These things help people in becoming better leaders.

HERE ARE 5 BOOKS THAT WILL HELP YOU IN BECOMING SUCCESSFUL & GOOD LEADER



SHOOT YOUR SHOT

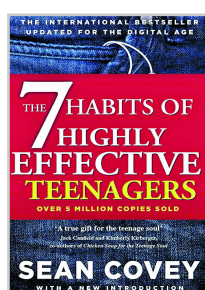
By Vernon Brundage Jr

Throughout the book, readers learn some of the life lessons gained and practiced by some of the greatest athletes of all time, including Michael Jordan, Kobe Bryant, LeBron James, and Stephen Curry. 'Shoot Your Shot' aims to embolden readers to find success in anything they do in life, whether it's athletics, academics, the arts, or something in between.

THE 7 HABITS OF HIGHLY EFFECTIVE TEENS

By Sean Covey

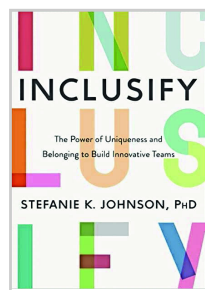
Some of the habits included in the book include being proactive, prioritisation, and practicing understanding. The book highlights some of the more important things in life, like relationships and staying hopeful when things get tough. It's the kind of book that's encouraging in so many different situations and can be read over and over again.



INCLUSIFY: THE POWER OF UNIQUENESS AND BELONGING TO BUILD INNOVATIVE TEAMS

By Stefanie K Johnson

In this groundbreaking guide, a management expert outlines the transformative leadership skill of tomorrow—one that can make it possible to build truly diverse and inclusive teams that value employees' need to belong while still being themselves.



WELLBEING at WORK

FROM GALLUP
Based on Over 100 Million Gallup Interviews

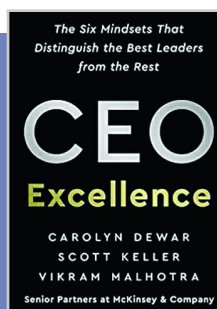
How to Build Resilient and Thriving Teams

Jim Clifton | Jim Harter

WELLBEING AT WORK

By Jim Clifton and Jim Harter

Wellbeing at Work explores the five key elements of wellbeing—career, social, financial, physical, and community—and how organisations can help employees and teams thrive in those elements.



CEO EXCELLENCE: THE SIX MINDSETS THAT DISTINGUISH THE BEST LEADERS FROM THE REST

By Carolyn Dewar, Scott Keller, and Vikram Malhotra

From the world's most influential management consulting firm, McKinsey & Company, an insight-packed, revelatory look at how the best CEOs do their jobs based on extensive interviews with today's most successful corporate leaders—including chiefs at Netflix, JPMorgan Chase, General Motors, and Sony.

Sportsmanship spirit on display at inter-school football tourney

The more difficult the victory, the greater the happiness in winning.
-Pele



Keeping this spirit alive, the Nasr Education Society conducted the 61st CISCE Pre-Sub-rotto Cup 2022 tournament in a grand manner to foster a sporting spirit among schools.

Many schools were part of the event including Nasr Boys School, Gachibowli, Gitanjali Senior School, Begumpet, Hyderabad Public School, Begumpet, Abhayasa Residential School, Toopran, International School, Shaikpet and The Future Kids School, Nanakramguda.

The occasion was felicitated by the Secretary & Treasurer ASISC, Maruthi Ram Prasad, Principal, Nasr Boys School, Mir Hafeezuddin Ahmed, Principal, Nasr

Nasr Boys School
Gachibowli

School & Director Academics Nasr Education Society, Mir Mohiuddin Mohammed, Executive Director Finance, Nasr Educational Society, Mir Jamaluddin Hammad, Headmaster Reniv Thomas, Nasr Boys School, Headmistress Ayesha Fatima, Nasr School Boys. The chief guest addressed the players and inspired them to show their talent in the true spirit of sportsmanship.

The first match

was played between Nasr Boys School and Gitanjali Senior School where Nasr Boys won with an impressive score. On the second day, the final match was played between The Future Kids School and HPS where The Future Kids Schools won in the penalty shootout.

As winning and losing is a part and parcel of the game, what was impressive to watch was how the players were competing with each other and appreciating each other's wins.

Nasr Education Society was lauded for having given a chance to the players to re-energize themselves after this pandemic.

SWACHH AWARD



NSR International School won the prestigious "Swachh Vidyalaya Puraskar" award from the Department of School Education & Literacy, Ministry of Education, Government of India, among 980 schools in Warangal.

The school achieved five star rating with an overall score of 96% in district

NSR International School
Warangal

level for the academic year 2021-22. The administrative contributions and innovative ideas of NSR organisation which were implemented made it possible to achieve this unique distinction.

School celebrates decennial investiture ceremony



DSE Manikonda's Decennial Investiture Ceremony was celebrated on July 7 at Sunder Gardens, Manikonda in a manner befitting the decade long journey.

Delhi School of Excellence
Manikonda

Chief Guest Raghav Puvre, CEO OrangePeople, California, the Vice Chairperson of the school Shilpa Ravi, Secretary of D.S.E Group of Institutions Ramadevi and Academic Director Shashikala along with the other dignitaries were welcomed with a grand Guard of Honour. The new members were duly inducted into the Cabinet in a formal ceremony and were administered the oath of office by the chief guest.

Cultural programme that was an amalgamation of motivational songs, dance

paying obeisance to the Devi and a grand finale added colour to the ceremony.

As the chief guest took the salute, the entire audience was captivated by the marching students and the hall reverberated with claps. The chief guest in his inspiring address to the Cabinet members, urged them to be themselves rather than trying to be someone else and spoke about the necessity of being humble, grateful and principled.

Principal Sistla Hemalatha congratulated the Cabinet members on behalf of everyone and asked the students to wear their badges with pride and fulfill their responsibilities with honesty. The former cabinet members of the school who represented the school in various capacities from the years 2012 to 2021 were invited to witness the memorable Decennial Investiture Ceremony and the pleasure on their faces and nostalgia was evident at being a part of the ceremony.



Glam-Up Day!

Fashion Day is celebrated on July 9th every year. The day showcases the unique aesthetic styles in vogue, be it through clothes or accessories. Little Gitanjali's of class I turned models displaying their innovative ideas at the 'Glam it Up' competition held on the occasion. The young and enthusiastic children walked the ramp, some feeling shy, and some beaming with joy looking all confident to win the competition. It was indeed a delightful sight to behold.

Gitanjali Devakul



STEPPING INTO LEADERSHIP ROLES

Bharatiya Vidya Bhavan's Atmakuri Rama Rao School celebrated its 14th Foundation Day and Investiture Ceremony on the school premises.

D Prabhakar Rao, Chairman, Bharatiya Vidya Bhavan, Hyderabad Kendra, Chairman and Managing Director, TSGENCO and TSTRANSCO, Ex-Officio Special Chief Secretary, Govt. of Telangana was the chief guest on the occasion.

S Gopalakrishnan, I.A. & A.S.(Retd.), and Chairman-School Managing Committee, C Rama Devi, Director (Academics), Bharatiya Vidya Bhavan, Hyderabad, and other dignitaries graced the occasion.

Dr R A Rani, Principal,
Bharatiya Vidya Bhavan's
Atmakuri Rama Rao School
Hyderabad

Principal Dr R A Rani welcomed the guests and congratulated the students and staff for their excellent performance during the last two academic years.

Chief Guest Prabhakar Rao pinned the badges and administered the oath to the newly elected leaders of the school. The programme was followed by prize distribution ceremony by the chief guest to Class X students for the academic

years 2019-2020 and 2020-2021 and class XII students for the academic year 2020-2021 for their outstanding performance in the Board exams.

The chief guest in his speech congratulated all the award recipients. He emphasized that the school is an embodiment of discipline, best faculty, supportive management and positive environment.

Gopalakrishnan appreciated the students, staff and parents for their diligent efforts for the success of the students and the school in turn.

The programme concluded with vote of thanks proposed by the new Head Girl Jessica Alexander.



Monsoon Masti!

Rain Rain... Come again!
Pitter patter...
Chitter Chatter,
Monsoon is getting better!

Gitanjali Devshala
Hyderabad

It was raining laughter, mischief and joy at Gitanjali Devshala. The PP1 children soaked themselves in happiness by marching in the school grounds with their raincoats and umbrellas. They jumped into the puddles and sailed their colourful paper boats in the water. Later, they relished the yummy corn and pakoras in their tiffin boxes while watching and singing along to the tunes of rain fun rhymes. Welcome Monsoon!!



BALASANA

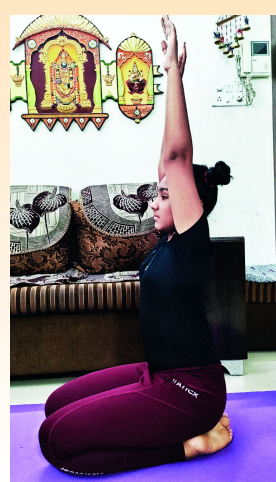
BALASANA (CHILD POSE)

Balasana is also known as Child's pose. Bala stands for child and Asana means pose. Child's Pose is a gentle stretch for the back, hips, thighs, and ankles. It can help relieve back pain. Steps of Balasana - How to do Child Pose:

STEP 1: Kneel down on the floor & sit on your feet. Keep your big toes touching each other.

STEP 2: Place your knees hip-width apart and inhale.

STEP 3: Now bend forward and exhale as you lay your torso between your thighs and swing your hands forward.



STEP 4: Hold this position for 2-3 minutes.

STEP 5: At last, breathe-in slowly and return to the

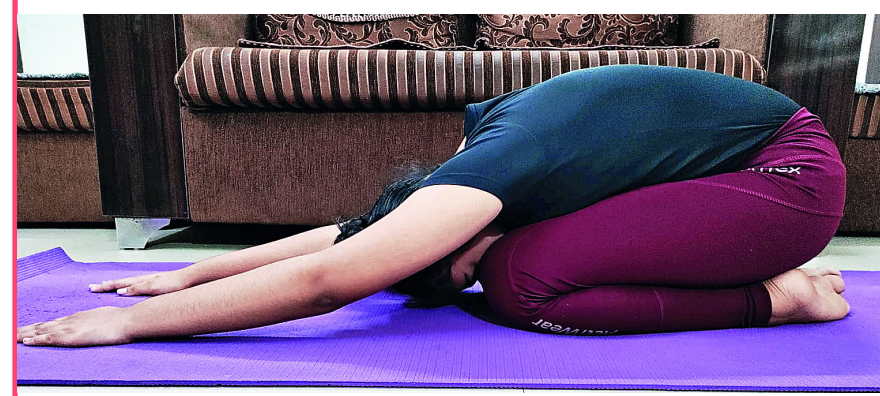
starting position.

STEP 6: You can repeat it for 5 to 10 times.

PRECAUTIONS to take while doing Balasana (Child's pose)

As simple as it may seem to be, Balasana also comes with some precautions to take. The precautions to take while doing Balasana are:

1. Avoid doing Balasana if you have heavy knee or back pain.
2. Practice child's pose in empty stomach.
3. Do not practice it if your blood pressure is low or high.
4. If you're suffering from



Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.



diarrhoea, do not perform Balasana.

ANVI SIKCHI,
class V, Pawar Public School, Amanora, Pune

BENEFITS

- Promotes blood circulation in the whole body
- Relaxes the abdomen and chest
- Balasana keeps you energized
- Cures back pain
- Helpful if you feel dizzy or fatigued, it is therapeutic for digestion
- Calms your mind and the body
- Reduces stress & anxiety
- Child's pose helps in alleviating the hip pain and maintains the health of the posterior.
- Improves your respiratory system and helps you breathe deeply

MAKE ME PROUD



Sitting in the front of my computer, I'm wondering about my future. I'm wondering if I'll ever make it through, I'm wondering about you.

Coffee and a cabin,
Will you own a business?
Broke and brave,
Will you be stuck in a mess?

But I know, You'll do what you love. You'll put effort, And show people what you're worth.

Dear future me,
Even if there's a storm cloud,
I know you'll be the victor,
And make me proud.

SWARA SATHE, class IX, Gitanjali Devashray, Hyderabad

FARMERS, THE MATH WIZARDS

To estimate the quantity of seed needed. The cost to plant their crop is based on the area of cultivable land they possess. To purchase equipment or tools needed and make payments for various purchases. To measure the distance between two plants. To calculate how much profit or loss they got from the sold crops.

SAI RAHUL, class VII L, Johnson Grammar School, ICSE, Habsiguda



I DON'T TAKE ANY WIN FOR GRANTED: JOKER

SERBIAN CLAIMS HIS 7TH WIMBLEDON, 21ST GRAND SLAM TITLE

After his thrilling 7th Wimbledon title victory on Sunday, Novak Djokovic said that he does not take any win for granted, and 'particularly not (at) Wimbledon.' The Serbian claimed his seventh Wimbledon title and 21st Grand Slam overall by defeating Australia's Nick Kyrgios in an exciting four-set final on Sunday at the Centre Court. With this Djokovic also went past Roger Federer's tally of 20 grand slam titles. He reached his fourth consecutive title after defeating his Aussie counterpart 4-6, 6-3, 6-4, 7-6(3).

ON CLOUD-NINE

"Obviously over the moon with joy and happiness of experiencing this moment once again. I've said it many times, this tournament is extra special for me because it has been the first tournament that I've ever watched as a kid that got me to start playing tennis," Djokovic said in a post-match press conference. "I don't take any wins for granted, and particularly not (at) Wimbledon. On the contrary, actually, every time feels a bit different, special in its own way. Of course, having family and close people in my life here to share this victory with them, it was beautiful," he added. This time one year ago, Djokovic earned his third major of the 2021 season and placed himself for a run at the Grand Slam-winning all four major trophies in a calendar year.



Serbia's Novak Djokovic poses with the trophy after winning the men's singles final alongside runner up Australia's Nick Kyrgios

Entering this edition of The Championships, however, he had only clinched one trophy for the season. "Coming into Wimbledon, I felt good for my tennis because I've won three titles in a row here prior to this year. I always liked playing on grass. I felt like each year I've been improving my tennis on grass," Djokovic said.

EMOTIONAL LOSS

"I came off Paris from a tough and emotional loss against Nadal that obviously was disappointing. But Rome, Paris, I was already playing the tennis that I want to play, that puts me in a position to compete for the greatest titles," the champion said. "I liked my chance coming into Wimbledon. As I always am, I'm very inspired to play my best tennis in London," he added. The Serbian has appeared in 32 major matches, the most of any man in history. Kyrgios pointed to the 35-year-old's calm as a key in the match, which the champion appreciated. "I'm obviously thankful to him for praising my composure. I knew that probably was one of the key elements today to win," Djokovic said. "Not that he's not composed, but he had never played in a Wimbledon final. We know that he has his ups and downs in the match. My experience of playing in this kind of occasion could eventually help to my advantage and favour," he added.

Obviously over the moon with joy and happiness of experiencing this moment once again. I've said it many times, this tournament is extra special for me because it has been the first tournament that I've ever watched as a kid that got me to start playing tennis.

NOVAK DJOKOVIC

BEST I'VE FELT IN TWO WEEKS, SAYS KYRGIOS

Nick Kyrgios shrugged off his Wimbledon final defeat to Novak Djokovic on Sunday, claiming: "This is the best I've felt in two weeks." The Australian, playing in his first Slam final at the age of 27, had Djokovic rattled in the first set on a sun-kissed, sweltering Centre Court. However, the Serb star hit back to claim a 4-6, 6-3,

6-4, 7-6 (7/3) win for a seventh Wimbledon title and 21st Grand Slam triumph. "I feel like there's so much weight on my shoulders all the time when I step out on the tennis court. Now it's just released and I feel amazing," said the maverick Australian. "This is the best I've felt the two weeks. I was obviously super-excited

to be here and I had some high hopes, but I've never felt good. "I just felt so much pressure. There's so much anxiety to do things or achieve things. So I feel unbelievable. Like I'm two beers deep." Kyrgios, ranked 40, carved a sometimes thrilling, often controversial path to the final at the All England Club.



Martin Gupthill

KIWIS BEAT IRELAND

BRACEWELL SMASHES 24 RUNS IN A RECORD LAST OVER

Michael Bracewell smashed 24 runs in the last over, including a winning six off the penultimate delivery, as New Zealand beat Ireland by one wicket with one ball to spare on Sunday in the series-opening one-day international. New Zealand finished on 305-9 in 49.5 overs in reply to Ireland's 300-9.

UNBEATEN 127 OFF 82

The Black Caps seemed well out of the contest at 120-5 in the 22nd over when opener Martin Gupthill was bowled for 51, but Bracewell took charge and blazed an unbeaten 127 off 82 balls, with the last of his seven sixes finishing the tense contest in style. The New Zealanders set a record by successfully chasing 20 off the 50th over. That surpassed the previous 50th-over

best in an ODI chase by England against Australia in 1987. Bracewell, who had two uncles and a cousin who played for New Zealand, sent Craig Young's first two deliveries for four, launched a six over mid-wicket and then found the legside boundary again before securing victory with a six which cleared the rope at long on. Young's bowling figures blew out to 1-78 from 9.5 overs. Bracewell's innings included 20 fours and key partnerships of 61 for the seventh wicket with Ish Sodhi (25) and 64 for the ninth wicket with Lockie Ferguson (8). He said he just "enjoyed every moment" of

The 31-year-old left-hander Michael Bracewell, appearing in just his fourth ODI, found the legside boundary one last time before finishing in style by clearing the rope at long-on to be 127 not out from just 82 balls faced, including 10 fours and seven sixes.

his first ODI century.

TECTOR EMOTIONAL

The result was tough on Ireland, particularly Harry Tector, who scored his first ODI century batting at No. 4 after New Zealand chose to bowl first. Tector's emotional celebration - his grandmother died last weekend - came after he brought up his hundred from 109 balls after hitting a fourth successive four off Blair Tinkler. He was eventually out for 113. Ireland captain Andy Balbirnie said Bracewell timed his run chase to perfection. "We pretty much went toe to toe with



Harry Tector

them all the way until the last few overs," Balbirnie said. "I can't really fault the guys today. They put in a great shift today, and unfortunately, we just didn't get over the line. "Very quiet dressing room at the moment." New Zealand is at the start of a white-ball tour of Ireland, Scotland and the Netherlands. AGENCIES

ARJUN BABUTA STRIKES GOLD IN 10M AIR RIFLE FINAL

Young Indian shooter Arjun Babuta won the men's 10m Air Rifle event to clinch the country's maiden gold medal at the ongoing ISSF World Cup at Changwon on Monday.

In a tensed gold medal clash, Arjun humbled Tokyo Olympics silver medalist Lucas Kozeniesky with a rather one-sided 17-9 effort. The 23-year-old from Punjab, who has been representing India since 2016, had earlier topped the ranking match with 261.1 points to qualify for the gold medal clash.

This is Arjun's maiden gold for the senior side. He had bagged the yellow medal at the 2016 Junior World Cup in Gabala, Azerbaijan.

The other Indian in the fray, Parth Makhija, who also qualified for the ranking event following an im-



Arjun Babuta

pressive show on Sunday, finished fourth with a score of 258.1, behind 33-year-old Israeli shooter Sergey Richter, who scored 259.9. PTI

WORLD GAMES - MULTISPORTS

Birmingham, USA



JUL 7-17

WOMEN'S HOCKEY WORLD CUP

Spain and Netherlands



JULY 1-17

UPCOMING SPORTS EVENTS

WORLD ATHLETICS CHAMPIONSHIPS

Oregon, USA



JULY 15-24

THE OPEN CHAMPIONSHIP - GOLF

St Andrews Fife Scotland



JULY 14-17

TOUR DE FRANCE, CYCLING

France



JULY 1-24

ISSF WORLD CUP RIFLE / PISTOL / SHOTGUN

Changwon, South Korea



JULY 9-22

UEFA EUROPEAN WOMEN'S FOOTBALL CHAMPIONSHIP

England



JULY 6-31

COMMONWEALTH GAMES- MULTISPORT

Birmingham, England



JULY 28 - AUG 8