



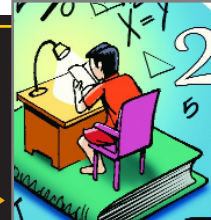
THE TIMES OF INDIA

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TODAY'S EDITION

➤ Check out what experts say on fitness regime after Covid recovery

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➤ Educators and students share their views on issues engulfing the country and the world

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➤ French Open 2021 on the verge of creating records

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STUDENT EDITION

MONDAY, JUNE 14, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2
QS WORLD RANKINGS

IISC WORLD'S TOP RESEARCH UNIVERSITY

The Indian Institute of Science (IISc), Bengaluru, has been ranked as the 'world's top research university,' in the Quacquarelli Symonds (QS) World Rankings 2022, an annual publication of university rankings. "According to the Citations per faculty (CPF) indicator, IISc, Bangalore, ranks as the world's top research university, achieving a perfect score of 100/100 for this metric," a press statement issued by QS stated. In overall global university rankings, while IIT-Bombay secured 177th position, IIT-Delhi and IISc-Bangalore, were ranked 185th and 186th position, respectively.



➤ QS uses six indicators to compile the ranking: academic reputation (AR), employer reputation (ER), citations per faculty (CPF), faculty/student ratio, international faculty ratio and international student ratio

DID YOU KNOW? IISc was conceived in the 1800s by renowned businessman and philanthropist JN Tata. From Homi Bhabha and Vikram Sarabhai to U Ramamurthy, some of India's most-brilliant minds have been associated with this premier institute

The top three institutions globally are the Massachusetts Institute of Technology (MIT), University of Oxford, and the Stanford University, ranked at number one, two and three, respectively

I'm proud to share that India is taking a leap in the field of education and research, and is emerging as a VISHVAGURU. Initiatives such as the NEP (National Education Policy) 2020 and IOE (Institute of Education) are instrumental in ranking our colleges and institutes globally. This can be felt by looking at the university rankings declared by QS and Times Group

Ramesh Pokhriyal,
Union education minister

TIMES NIE Answers Your Query

Avani Pandit,,
class X, Apeejay School, Nerul, Mumbai



ASK THE EXPERT
A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,

➤ **'CLICK HERE'**
OR VISIT
<https://bit.ly/331Rx0n>

Q Are blood clots common during Covid? What can be done to prevent them?

Microscopic blood clots are common during Covid infection, and also bigger clots causing strokes and heart attacks may occur up to months

after recovery from acute phase. All patients with moderate to severe status are given blood thinners to prevent this.



Pia Oza,
class X, SSPM'S Sri Sri Ravishankar Vidya Mandir (Borivali East), Mumbai

Q How long will it take for Mumbai to go mask-free?

For Mumbai to go mask free, over 60-70 % of its citizens should be immune to the disease either by way of past infection or vaccination. As of now, out of two crore Mumbai citizens, 20 lakhs have been given at least one dose i.e., 10% of the population only in almost five months. Therefore, it will depend on the pace of acquiring immunity for the citizens of Mumbai to predict when it will go mask-free.

EXPERT ADVICE GIVEN BY

Dr Amita Patel,
MD, DA, Mumbai



Quote unquote

Climate conservation has become the most important focal point of conversation in the world. I thank the youth of the world for uniting on this issue. They have made this happen, and inspired many others to come forward and speak up on climate change. The fact that Climate Warrior GIFs have crossed one billion views means the youth of the world have found them useful to raise their voice for climate justice. It is really amazing to know how these assets have become tools in the hands of the youth to tell the world how urgently we need to save our planet and all animals, who have an equal right to live on the Earth

Bhumi Pednekar,
actor & environmentalist



TECHAWAY NEW FACEBOOK SMARTWATCH WILL LET USERS SCROLL ON INSTAGRAM

Facebook has confirmed that it is working on a smartwatch that might connect with augmented reality glasses being developed by the leading social network.

- Smartwatch features will include cameras, and it will integrate with Facebook apps such as image-centric social network Instagram, according to Verge
- Facebook went public a while ago with plans for a launch this year of smart glasses, which connect to smartphones as part of an alliance with eyewear titan EssilorLuxottica

Covid more likely to spread indoors through maskless interaction

Speaking without masks in confined spaces poses the greatest risk of spreading SARS-CoV-2, the virus that causes Covid-19 to others, according to a study. The study describes how different-sized respiratory droplets emitted while speaking, have a range of

sizes, and can carry different amounts of virus. According to the researchers of the study, the most concerning droplets are those of intermediate size that remain suspended in the air for minutes. These droplets can be transported over considerable distances by air currents, they noted.



Since the beginning of the Covid-19 pandemic last year, researchers have argued that Covid-19 was not airborne. However, US Centers for Disease Control and Prevention (CDC), in May, announced that exposure to respiratory fluids, very fine respiratory droplets and aerosol particles, present in air and which carry viruses, are the main reason for contracting Covid-19 infection



In India, the government has, also in an advisory, stated that aerosol and droplets are key modes of transmission of the virus. It added that the aerosol

can travel up to 10 metres from the infected person, and that aerosol through the infected person can fall within two metres but can be carried to ten metres through the air

The advisory said, to prevent it, people should continue wearing masks- double masks or a N95 mask. Introduction of cross ventilation and exhaust fans will be beneficial in curtailing the spread of the disease, it said

Mattel launches Barbie loves the ocean

Mattel, Inc has introduced 'Barbie loves the Ocean', its first fashion doll line made from recycled ocean-bound plastic. The launch is in line with Mattel's goal to achieve 100% recycled, recyclable or bio-based plastic materials across all its products and packaging by 2030.



The collection includes three dolls whose bodies are made from 90% recycled ocean-bound plastic parts,

and an accompanying Beach Shack playset and accessories, made from over 90% recycled plastic

INDIAN-ORIGIN journalist wins Pulitzer

Megha Rajagopalan, an Indian-origin journalist, along with two contributors has won the Pulitzer Prize for innovative investigative reports that exposed a vast infrastructure of prisons and mass internment camps secretly built by China for detaining hundreds of thousands of Muslims in its restive Xinjiang region. Rajagopalan from BuzzFeed News is among the two Indian-origin journalists who won the US' top journalism award.



Tampa Bay Times' Neil Bedi won for local reporting. Bedi, along with Kathleen McGrory, has been awarded the prize for the series exposing a Sheriff's Office initiative that used computer modelling to identify people, believed to be future crime suspects

FACTOID \$18.87 mn

Price of a 1933 US gold coin that was sold at a Sotheby auction recently. The auction house described the 1933 Double Eagle, the last US gold coin made and intended for circulation, as "one of the most-coveted coins in the world"

➤ The \$20 coin, designed by an American sculptor Augustus Saint-Gaudens, sailed past its pre-sale estimate price of between \$10 million and \$15 million

➤ It also smashed the record for the most-expensive coin in the world, set by a 1794 Flowing Hair silver dollar that sold for \$10 million in 2013

➤ The Double Eagle has an image of Lady Liberty on one side, and an American eagle on the other

➤ The 1933 Double Eagles were the last American gold coins intended for circulation by the United States Mint but were never legally issued for use

➤ In 1933, president Roosevelt removed the United States from the gold standard, in a bid to lift America's battered economy out of the Great Depression

➤ All of the coins were ordered to be destroyed, except two, which were given to the Smithsonian Institution



How long should one wait after Covid recovery to start working out?



There is no one-size fits all answer to this question, according to experts. "Recovering from Covid-19 can be a gradual and long process. For some, the duration of recovery can even extend up to two-three months. Symptoms like stress, fatigue, body ache,



muscle/joint pain and fever might occur in the process," says Dr Sueranjit Chatterjee, senior consultant of Internal Medicine at Apollo Hospitals. He adds, "An individual must first understand their strength before get-

ting back to a strenuous exercise. Covid impacts the respiratory system and some patients might have a compromised lung even after recovery. Once you start exercising, keep your heart rate and oxygen saturation under check with pulse oximeter. Normal breathing exercises do not have much impact on the pulse rate. So, start with easy breathing exercises."

Ease back into your Fitness Regime after Covid recovery

Restarting your fitness regime can seem daunting after Covid recovery. 'Taking it slow' is a piece of advice doctors, trainers and athletes are unanimous on when it comes to post-recovery workouts...

Kickstart your fitness routine with yoga and breathing exercises

Supplement your workouts with a healthy diet

What workouts should one begin with?

Dr Suranjit Chatterjee suggests starting with yoga and breathing exercises like Pranayam. He says, "You can increase the intensity of your workout on a weekly basis till you are back to your normal strength. In the recovery phase of Covid-19, jumping back to rigorous forms of exercises immediately is not advisable." Siddharth Singh, a martial artist and fitness trainer based in Delhi, says he



relied on his experience during recovery to create a rough plan for people with mild symptoms that can be customised as per individual requirements. So, listen to your body and bounce back step-by-step.

NOIDA TIMES

WHAT TO KEEP IN MIND WHEN RESUMING WORKOUTS

DOs

- People with mild symptoms can begin working out a week after recovery; those with moderate to severe symptoms should consult their doctor first.
- In the first week, limit workouts to only yoga and basic breathing exercises.
- Make sure your progress is gradual and you stick to one level of exercise for about a week.
- Focus on functional fitness i.e performing household tasks without getting tired.

DON'Ts

- Do not do any weight training with any equipment for about two weeks after you test negative.
- Don't push your body when you work out for at least the first 2-3 weeks.
- Do not continue to workout if you feel dizzy or light-headed as that can be a sign of lowered oxygen saturation levels.

(Tips from Mohit Suri and Siddharth Singh, both are athletes and fitness experts)

Are you up to date on SNEAKER SLANG?

If you are someone who has recently developed an interest in sneakers, you should ace up your sleeves with some terms which may come handy



RETRO: As the name suggests, 'Retro' is a re-launch of a colourway that takes place after the shoe model's initial release.

OG: This is the fresh design of the pair that has not been released. The first release of a shoe is called OG.

GR/LIMITED: 'GR' simply means General Release. The price of resale will depend on the kind of the 'Limited' of a release. GR are rare and usually is custom-made to the celebrity's needs and specification.

BEATERS: They are already worn-out sneakers or torn ones. These shoes are sold, although not as expensive as the new ones. They may get costlier if they are some legendary models.

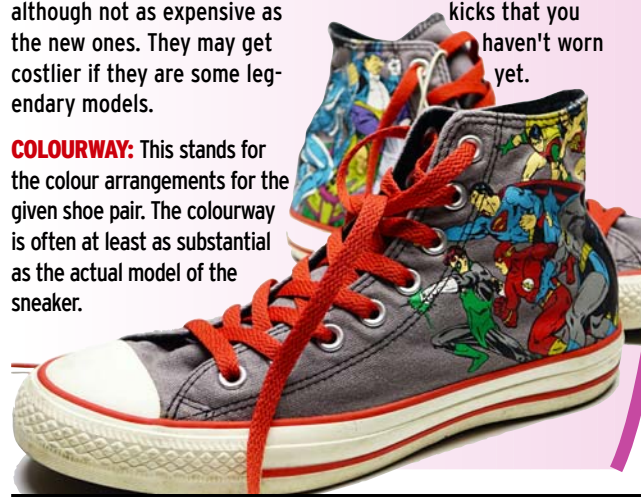
COLOURWAY: This stands for the colour arrangements for the given shoe pair. The colourway is often at least as substantial as the actual model of the sneaker.

GRAILS: It is a pair of sneakers that people desire to have more than any other pair even if they have to spend way more than the retail price. Grail status is generally reserved for more limited shoes.

HYPEBEAST: A person who likes to keep up with the current trends and is too cool go for Hypebeast.

HYPERSTRIKE: Among all releases, Hyperstrike is the most limited and is kept under wraps as long as possible. They are released in extremely limited numbers.

ON ICE: Having a pair 'on ice' means a pair of deadstock kicks that you haven't worn yet.



HEAL YOUR BODY WITH FLOWERS

A flower might look fragile, but it has the power to cure infections, ranging from skin issues to mental health problems

The inclusion of flowers in Ayurveda dates to centuries ago and is called Pushpa Ayurveda; it actually mentions using flowers to cure diseases. Some popular health conditions that can be healed with the pretty blooms are as follows:

Ayurveda believes in flower power!



Manage vertigo with CHRYSANTHEMUM

The juice of chrysanthemums can reduce incidence of vertigo and also hypertension. A serving of piping hot tea made from its petals can also reduce high fever. If you don't like the taste of this tea, dip a cotton pad in it after it's cool to soothe tired and puffy eyes. It is also used to heal digestive disorders and is a laxative too.

Reduce headaches, heal acne with ROSES

One of the most popular flowers, roses are rich in vitamins A, B and C as well as tannins. The juice of rose is used to reduce body heat and headaches.

NOTE: If you are on any medication, it is advised to consult a doctor and seek professional advice before you try anything new like flower concoctions. This is not an alternative to medical advice.

Say no to nausea with PLUMERIA

These are fragrant yellowish to orange flowers used in Ayurvedic medicine for various ailments like skin diseases, wounds and ulcers. The decoction of plumeria is used for treating nausea, fevers, vertigo, cough and bronchitis.

Lower high BP with HIBISCUS

The petals and leaves of this flower can be found in red, pink, white, yellow and orange colours. Hibiscus is widely used in Ayurvedic teas, which help lower blood pressure. It also helps heal diarrhoea, reduces cough and controls excessive hair loss.



Fight jaundice with GOLDEN SHOWER TREE

These are yellow flowers that hang from its tree in long drooping chains. They are especially useful in the treatment of jaundice, constipation and even ear pain.



Reduce high body temperature with LOTUS

The white and pink solitary flowers, are effective in reducing high temperature due to fever, heals inflammation of boils and is also used for making under eye creams.



Calm down anxiety with JASMINE

The fragrant jasmine is great for managing mental health problems. Jasmine tea has long been used by many cultures to ease off anxiety and insomnia. TNN

RECIPE

TIRAMISU-VANILLA SMOOTHIE

THIS SMOOTHIE IS THE BEVERAGE FORM OF THE DELICIOUS ITALIAN DESSERT. HERE'S THE RECIPE FOR YOU TO TRY IT OUT

INGREDIENTS

- 1 tablespoon coffee powder
- 2 tablespoon whipping cream
- 4 crackers
- 150 gm cream cheese
- 2 cup Vanilla ice-cream
- 1/2 cup banana
- 2 tablespoon cocoa powder
- Sugar to taste



HOW TO MAKE

Step 1: Blend in the ingredients

- To prepare this delicious

smoothie, in a blender combine the coffee powder, ice cream, cream cheese, whipping cream, sugar (optional) and banana.

Step 2: Add the crumbled cookies and pour the blend
• Pour the smoothie in the serving glass. Crumble the crackers and add it to the glass.

Step 3: Enjoy it

- Sprinkle cocoa powder on top and serve chilled.

TNN

QUIZ TIME (NATURE)

Q.1) Trees are leafless for a shorter or longer season of the year in...

- A. Mangrove forest
B. Evergreen forest
C. Scrub jungle forest
D. Deciduous forest

Q.2) Oxygen liberated during photosynthesis is coming from

- A. Break down of chlorophyll

- B. Water C. Carbon dioxide
D. Atmosphere

Q.3) Stilt roots are found in...

- A. Banyan B. Maize
C. Mango D. China rose

Q.4) With which one of the following is Dalbergia species associated?

- A. Flower B. Leaf
C. Fruit D. Flower bud

ANSWERS

1. C) Scrub jungle forest 2. B) Water 3. B) Maize
4. A) Rosewood 5. B) Leaf

Success Mantra: Will Power & Self Discipline

THE EDUCATIONIST

How many of us finish a project or reach a target which we fix by ourselves, on time? Why is it so easy to start a project but difficult to finish it? It's time to seriously introspect.

What is required to finish a project is all known to us but somehow in between we either lose interest or focus and quickly jump to some other work. To continue a simple task like going to the gym, morning walk or enjoying nature in the morning hours requires a lot of will power and self discipline. Now, how to develop these two most important traits?

Think little more than what you can and develop a plan. Do little more than what you can but step by step analyse non-negotiable recurring things in a day, control the flow of awareness to understand the manifestation of life like, where am I going?

What am I doing? How best can I give the output? Create a schedule of all the plans and try to accomplish it and make a note in the diary of what you started and what you finished without fail thus giving yourself an opportunity to pat yourself and feel great at the end of the day. It is the self-contentment and satisfaction which will finally decide how successful you are. So, be strong willed and modestly disciplined to execute the tasks that come your way to be a winner. Always remember that you are working for yourself and anything that comes your way is worth it.



ANITHA KOSURI,
Admin Head,
Johnson
Grammar School,
ICSE, Habsiguda,
Hyderabad

Express YOURSELF

The magic of music

There is a saying, 'Music is the strongest form of magic.' Is it true? Well, of course it is! I have always believed in the power of music. But, what power does music have exactly? Let me tell you. I play the keyboard. At first, I didn't have much fun, because it was just the beginner's stuff. But I worked my best, all the same. After a few weeks, when I was on my third or fourth lesson, I felt something different when I touched the keys of the keyboard; and to this day I get that feeling

whenever I touch the keyboard. It is a feeling of joy, enthusiasm and, believe it or not, a feeling of self-esteem. This feeling has always come over me, not only when I play the keyboard but also when I sing or listen to any music. This feeling has made me believe in the saying "Music is the strongest form of Magic".

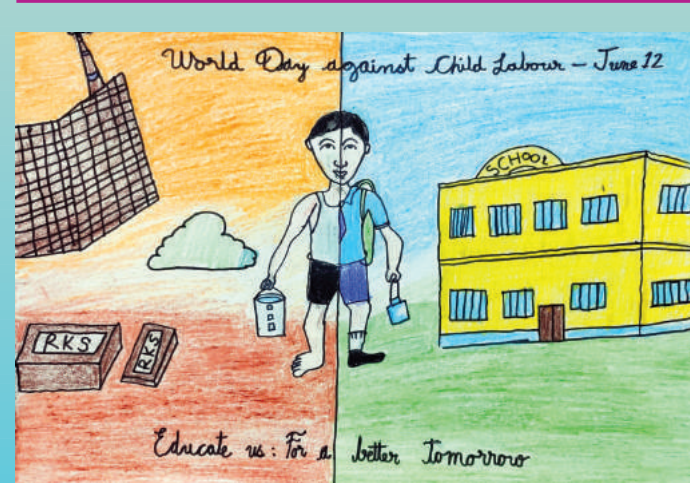
BHAVYA MANGRAUTHIA,
class VIII A, Delhi School of
Excellence, Attapur



Best Friend O' Mine

I Met You When We Were So High,
And You're Still By My Side,
What More Can Someone Ask For.....
Than A Friendship This Pure,
Even though You're My Senpai And I'm Your Khai.
I'm Taller Than You And More Of An Extrovert,
But I'll Always Love You,
It Began When We Were Little,
It May End Some Day, But I'm Telling You
Not Even God Can Break This Bond,
And That Is My Promise To You.

PRAGATI KATTA, class IX C, Gitanjali Devshala,
Secunderabad



Painters' Gallery

EDUCATE ALL:
ELUPARAMBIL
RANJIT
EESHWAR NAIR,
class IV, Sister
Nivedita School,
Hyderabad

HOPE SPROUTS:
TAPAS PARASHAR,
class V F, Bharatiya
Vidya Bhavan
Bhavan's Sri
Ramakrishna
Vidyalaya, Sainikpuri



CELEBRATING THE GLORY OF TELANGANA



The management and staff of Delhi Public School, Mahendra Hills celebrated Telangana Formation Day this year by conducting a virtual special assembly. Students and teachers participated and paid respects to the architects of the state.

The assembly started with the traditional lighting of the lamp to invoke the blessings of the Almighty followed by presentation of songs, dances and speeches by students and

Delhi Public School
Mahendra Hills

teachers. Principal Sunitha Rao, while addressing the gathering, asked them to cherish, remember and take pride in the rich culture and heritage of the state.

The heritage, culture, and rich history of Telangana was reiterated through online presentation made by students.

The school also organised

various level-wise competitions to instil patriotism in students through artwork, poetry, video making, and talks.

Topics that were given included Heritage of Telangana, State Symbols, My State My Pride, The Rise and Development of the Youngest State of India.

Students from all the classes actively participated in the event. An online quiz was also conducted for the students of higher classes.

Marking the freedom and glory of Telangana State, Pallavi International School, Gandipet proudly celebrated the state's Formation Day. Even though the Covid-19 pandemic affected most of the events, the school did not let it bring down its spirit of celebration. The students of all classes participated in virtual events along with their parents. The event was hosted by head girl E Harini Sri Reddy and head boy Mustafa Hashmi.

Principal Meethali Archit addressed the gathering and expressed her happiness on seeing all the students come together for the celebrations.

The virtual assembly was an infotainment to all those who were present. Students performed folk songs, folk dances reflecting the state's culture and tradition.

Pallavi International School
Gandipet

Students from classes VIII to X shared a compilation of the great icons of the state and also their thoughts on the eminent personalities and important places in the state. A quiz was conducted on the occasion and students were given away participation certifications.

"The event was a great learning experience about the state of Telangana. Good to know about the famous personalities, places and culture of Telangana. I think the time was also managed well," said parent of Spoorthi of class VIII. The programme concluded with a vote of thanks and parent testimonials followed by a rendition of the national anthem.

Delhi Public School **Nadergul**

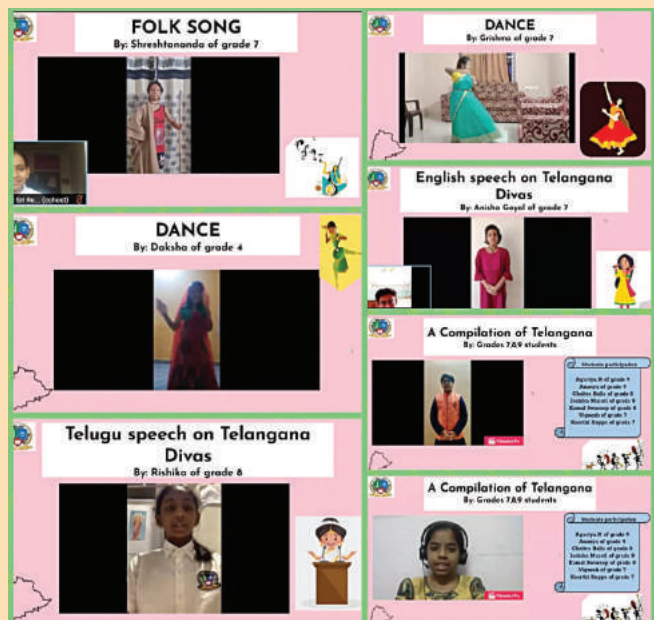
"Foundation of the state ushers the beginning of a new era for its people."

A state is not merely a geographical area. It signifies a shared socio-cultural web that binds humans together-history, food, custom, climate and most importantly language. The Formation Day of a state is the beginning for the common threads that hold together its people.

The youngest of all the states in the country, Telangana, marked its 8th Formation Day on June 2. To mark the occasion, Delhi Public School Nadergul showcased the rich cultural tapestry of Telangana. Painting competitions and Podcast were organised for the students from classes I to X, the underlying theme being the cultural aspects of the state. The contest witnessed enthusiastic participation of children along with their parents and grandparents. The Formation Day accompanied by all its creative activities motivated and inspired the younger generation not only to value the cherished ideals of the state but also to involve themselves in nation building activities.



TELANGANA FOLK ART: MUHAMMAD ABDUL MUQSIT, class VIII B, DPS Nadergul

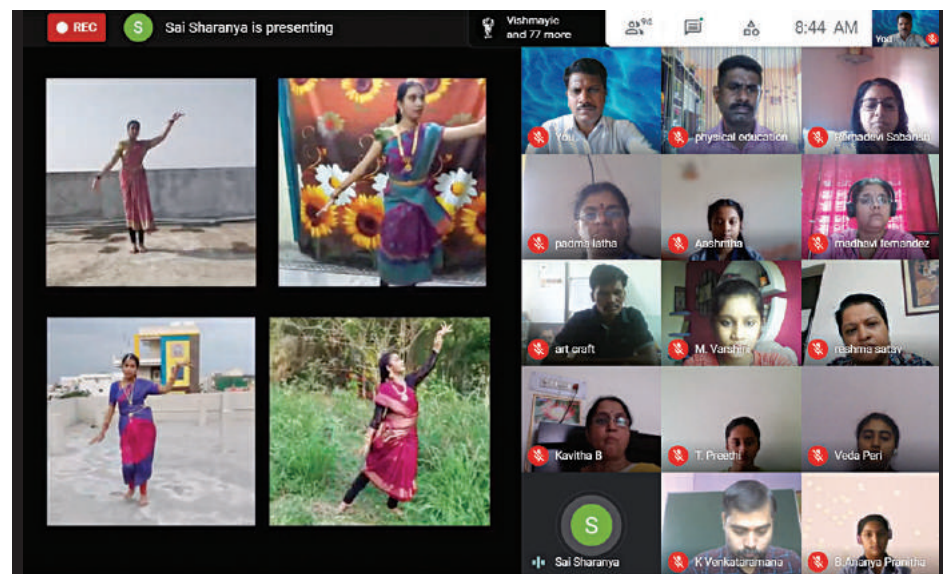


Students and teachers of Gitanjali Primary School celebrated the 8th Telangana Formation Day through video presentations made by the students. The glorious history of Telangana was recalled, highlighting the struggles of the state freedom fighters like Komaram Bheem, Chityala Ilamma and Kothapalli Jayashankar.

The iconic symbols of the state and their significance brought out the beauty of the state, instilling a sense of pride in everyone towards the state of Telangana.

The state folk song and dance added more flavour to the celebrations.

Gitanjali Primary School
Hyderabad



Morning assembly holds the numero uno position out of all the routine activities in a school. It encourages students to participate in school events with confidence. The students of class X conducted a special assembly on the occasion of Telangana Formation Day.

The programme commenced with a prayer song invoking the blessings of the almighty. Taking the pledge,

T Preethi, class X A,
Unicent School
Nagole

knowing the news, learning the importance of the day were part of the formal assembly. It was followed by a dance performance by the girls of class IX about the greatness of Telangana. Later, there was a speech about the history of Telangana.

To entertain the audience further, melodious songs were sung by students which praised the eminence and beauty of the state. There was a video presentation by one of our faculties which elucidated the culture and tradition of Telangana. It was a feast for the eyes to watch the programme. This assembly reminded us to protect the rich culture and heritage of our state as we are the bearers of this legacy.

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EURO 2020 CAMPAIGN KICKS OFF WITH ERIKSEN ON MIND

Denmark players overwhelmed, lose to Finland



Christian Eriksen

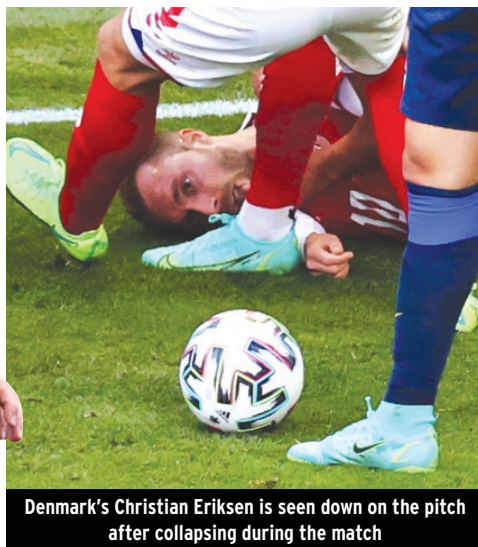
Denmark coach Kasper Hjulmand said several of his players were too overwhelmed with emotion to finish their opening Euro 2020 match

against Finland on Saturday, after teammate Christian Eriksen collapsed on the pitch and was rushed to the hospital. Eriksen was surrounded by his teammates while being treated on the pitch and then stretchered away. The game was eventually restarted an hour and 45 minutes later after news came through that he had regained consciousness.

Finland won 1-0 with their only goal attempt of the match. "I completely understand that you can't play a soccer match at this level after watching one of your best friends fight for his life," a visibly drained Hjulmand said after the game. Players were given the option to finish the game on Saturday evening or on Sunday, Hjulmand said, adding there had been no pressure from UEFA to finish the match on Saturday. "It was more manageable to go in again and honestly just get it over with," Hjulmand said.

Players too upset

Several players, including captain Simon Kjaer who plays for Milan in Italy, were too upset to finish the game, he said. "Simon Kjaer was deeply, deeply touched. He



Denmark's Christian Eriksen is seen down on the pitch after collapsing during the match

was in doubt whether he could continue and gave it a shot, but ultimately he couldn't. I completely understand that," Hjulmand said.

A hush fell over the crowd of 16,000 fans while Eriksen received treatment on the pitch, and outside around central Copenhagen people gathered, many in tears, while the player's condition remained unclear. Hjulmand said the players came together in the dressing room, supporting each other and allowing themselves to show their emotions. "I cannot be more proud of this group of people who take such good care of each other at this time, when a loved one is fighting for his life," he said. "It was a very tough night and we were all reminded what's the most important in life."

Team doctor Morten Boesen said at the press conference that Eriksen received life-saving cardiac massage on the pitch. Boesen added that he talked with Eriksen before he was taken to the hospital, while soccer officials said the player's condition was stable.

Lukaku eases Belgium past Russia

Romelu Lukaku struck twice as Belgium confirmed their status as one of the favourites for Euro 2020 with a confident 3-0 victory over Russia. Despite being without key performer Kevin De Bruyne, world number one ranked Belgium were rarely in trouble against a Russian side that struggled to impose themselves.

Roberto Martinez's Belgium top Group B on three points, ahead on goal difference of Finland who beat Denmark in the group's other game in Copenhagen. The Red Devils are unbeaten in 10 games in all competitions and have suffered just one defeat in their last 24 outings. They have also scored in each of their last 31 games. The visitor's grabbed the lead in the 10th minute when Andrei Semyonov failed to deal with a ball into the box from Leandro Dendoncker, and Lukaku turned and fired into the bottom corner.

Lukaku celebrated his goal by running to the television camera and shouting "Chris, Chris, I love you" in tribute to Christian Eriksen, the Danish midfielder and his club team-mate at Inter Milan, who had been rushed to hospital after collapsing during the earlier game in the group. Belgium were calm in possession and finding plenty of time and space against a Russia side who struggled to get a firm grip on the game.

Russia lack energy

The Russians reached the quarter-finals in the World Cup they hosted in 2018 but the energy of those performances was missing, despite playing at home in front of more than 26,000 fans. Stanislav Cherchesov struggled to find either the tempo to their attacks or a way to provide quality service to striker Artem Dzyuba who was too often left isolated. It was no surprise when the second goal came, in the 34th minute, when Russia keeper Anton Shunin could only parry Thorgan Hazard's shot towards

Thomas Meunier, who made no mistake.

Russia applied some pressure after the interval but the Belgians coped without too much panic and the game

I cried a lot because I was scared, obviously. You live strong moments together. I spent more time with him than with my family. My thoughts are with him, his two kids and his family. I enjoyed the game but for me, it was difficult to play because my mind was with Christian. I hope he is healthy and I dedicate this performance to him.

LUKAKU, on the Eriksen situation

already felt decided before Lukaku wrapped up the win with a well-taken effort after racing on to a through ball from Meunier. Cherchesov conceded his team had struggled after falling behind to Lukaku's opener. "Our tournament is continuing. We are doing our job. We chose our system, it worked partly but then started to break down. The Belgians scored and then it was difficult to get the ball off them."

The Russians host Finland on Wednesday and will need to quickly get their campaign on track.



Romelu Lukaku

Photos: GETTY IMAGES

BARBORA KREJCIKOVA WINS FRENCH OPEN

Dedicates the Grand Slam victory to former mentor, the late Jana Novotna

Barбора Krejčíková threw her head back and smiled before blowing kisses skywards. The 25-year-old, the world No.33, paid a moving tribute to Jana Novotna, her mentor, who lost her battle with cancer four years ago. Krejčíková was with the Czech champion in her final days. "Literally her last words to me was 'just enjoy, win a Grand Slam'. For the last two weeks, I felt she has been looking down on me. All this happened because of her." Krejčíková, who edged out the injured Russian Anastasia Pavlyuchenkova 6-1 2-6 6-4 in just under two hours to clinch her first major singles crown, was fittingly presented with the Coupe Suzanne-Lenglen by Czech-born American Martina Navratilova. Krejčíková, cheered on by compatriot Jan Kodes, is the first

OLD VS NEW AT MEN'S FINAL

As significant as it was for Novak Djokovic to eliminate Rafael Nadal in the French Open semifinals, it is the outcome of the final against Stefanos Tsitsipas that will matter the most. This is his 29th final, 28 more than his much younger opponent. He has made perfectly clear that all he really cares about at this stage of his career is winning. He is just one win away from the men's-record 20 accumulated by rivals, Roger Federer and Nadal and means he can join Rod Laver and Roy Emerson as the only men in tennis history to win each of the four major tournaments at least twice, something Federer and Nadal haven't done.

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Czech woman after Hana Mandlikova, in 1981, (playing for Czechoslovakia) to win the French Open.

Krejčíková got off to a good start. She was broken in the opening game of the match, but won six straight games to seal the set. On a 11-match win streak, she broke the Russian at love in the seventh of the decider.

Pavlyuchenkova struggles with injury

Pavlyuchenkova, who turns 30 in three weeks, went for the lines, threw in drop shots and changed the pace of play to work her way back into the match. The Russian, who was clutching her leg between points, said she was "struggling to serve". Krejčíková has claimed the singles crown three years after becoming the Roland Garros doubles champion.



Barbora Krejčíková

'MIRABAI CHANU WILL FIGHT FOR GOLD'

Indian Weightlifting Federation's (IWLFF) secretary-general Sahdev Yadav feels weightlifter Mirabai Chanu will fight for gold medal in the upcoming Tokyo Olympics. The International Weightlifting Federation (IWF) confirmed that Mirabai has qualified for the Tokyo Games in the women's 49kg category. Mirabai had booked her place by winning a bronze medal in the Asian Championship in April with a world record in Clean and Jerk and she has now qualified on the basis of her standings on IWLFF's absolute ranking.

"It's very good news for the federation after a long time we have got this opportunity. Last time in Rio Olympics we had this chance but we didn't get



Mirabai Chanu

success at that time. Mira has worked hard in the last four years and I am sure this time she will get the success and will fight for gold," said Sahdev. "It is positive news not just for us but for the nation, she is training in America and I am closely watching the way she is working and I have no doubt she will fight for a gold medal," he added.

The IWLFF secretary-general said Mirabai will show her potential in the Tokyo Olympics. ANI

Photo: GETTY IMAGES

QUIZ TIME!

Q1: Who won the Azerbaijan GP 2021?

- a) Max Verstappen ☐ b) Sergio Perez ☐
c) Lance Stroll ☐ d) Esteban Ocon ☐

Q2: Which long distance runner broke the women's 10,000 meter world record set by Sifan Hassan only recently?

- a) Letesenbet Gidey ☐ b) Hellen Obiri ☐
c) Faith Kipyegon ☐ d) Genzebe Dibaba ☐

Q3: Which Russian tennis player reached the quarter finals of the French Open 2021 after a decade?

- a) Svetlana Kuznetsova ☐
b) Vera Zvonareva ☐ c) Anastasia Myskina ☐
d) Anastasia Pavlyuchenkova ☐

Q4: Who is the second fastest woman in history clocking a world - leading 20.63 seconds for the 100m?

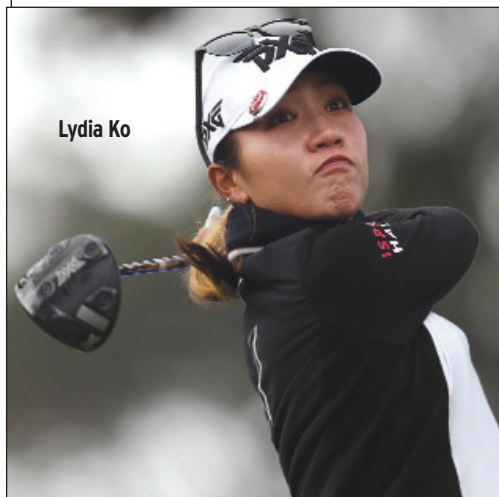
- a) Elaine Thompson ☐
b) Shelly-Ann Fraser - Pryce ☐
c) Allyson Felix ☐ d) Veronica Campbell Brown ☐

Q5: Who won the 2018 NBA most improved player of the year award?

- a) Victor Oladipo ☐ b) CJ McCollum ☐
c) Brandon Ingram ☐ d) Jimmy Butler ☐

Q6: Golfer Lydia Ko's world ranking this week dropped for the first time in 2021. Where is she now placed?

- a) 12th ☐ b) 8th ☐ c) 4th ☐ d) 16th ☐



Lydia Ko

Q7: Scott Dixon won on the IndyCars circuit, his first win of 2021. Where is he placed in the overall drivers' standings after four rounds?

- a) Third ☐ b) Fifth ☐
c) First ☐ d) Second ☐

Q8: Which team will Nelson cyclist George Bennett lead at the Giro d'Italia?

- a) Ineos-Grenadiers ☐ b) Jumbo-Visma ☐
c) Deceuninck Quick-Step ☐ d) Team BikeExchange ☐

Q9: How many players are on each side of the net in beach volleyball?

- a) Two ☐ b) Three ☐ c) One ☐ d) Four ☐

Q10: With which car did Fernando Alonso win his first title in Formula 1?

- a) Mercedes ☐ b) McLaren ☐
c) Renault ☐ d) RedBull ☐

Q11: Who was the champion of the Tour de France from 1999 to 2005?

- a) Lance Armstrong ☐ b) Jan Ullrich ☐
c) Luke Armstrong ☐ d) Floyd Landis ☐

ANSWERS: 1. b. Sergio Perez 2. a. Letesenbet Gidey 3. d. Anastasia Pavlyuchenkova 4. b. Shelly-Ann Fraser - Pryce 5. a) Victor Oladipo 6. b. 8th 7. c. First 8. d. Team BikeExchange 9. a. Two 10. c. Renault 11. a. Lance Armstrong