

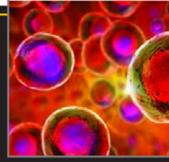


THE TIMES OF INDIA

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TODAY'S EDITION

► Learn more about the role of cells in human body
► An expert tells how to master maths
PAGE 2



► A student tells us why actor Priyanka Chopra Jonas is a role model for many youngsters
PAGE 3



► Euro20: Gear up for an exciting clash, as top four teams enter the semi-finals
PAGE 4



STUDENT EDITION
TUESDAY, JULY 6, 2021

Spotlight

My ultimate goal is to become world champion: Youngest Grandmaster Abhimanyu Mishra



Abhimanyu Mishra, who recently became the youngest chess Grandmaster in history, said that his ultimate goal is to be the World Champion. Abhimanyu, who started playing chess when he was two-and-a-half, idolises World Chess Champion Magnus Carlsen. Talking about his passion for chess, he

The 12-year-old player from New Jersey recently scored his third GM norm in Budapest, having already crossed the required 2,500 ELO rating barrier

said, "What I like about chess is that you can crush your opponent without doing any harm to them. My role model is Magnus Carlsen..... the way he has been dominating after becoming the World Champion is amazing," said Abhimanyu. Thanking his parents for supporting him, the young lad said, "My parents have been supporting me tremendously, without them I cannot imagine coming up this far". And how did he feel when five-time world champion Viswanathan Anand congratulated him? Abhimanyu said, "It is a different feeling when a person of his calibre congratulates you. I wish to meet him soon."

CLICK HERE: PAGE 1 AND 2

Education

CISCE REVIEWS SYLLABUS TO REDUCE LOAD FOR '22 ICSE, ISC



The Council for the Indian School Certificate Examinations, which holds the ICSE and the ISC examinations nationwide, has started reviewing the syllabus to reduce the load in both ICSE and ISC examinations to be held in 2022. The first such re-structuring of the English language and literature syllabus and that of Indian languages has been announced on the Council's website. This has been done keeping the pandemic situation in mind, since physical teaching-learning is suspended, and the online mode is on.

- The circular says that the revised syllabus of other subjects will also be announced shortly
- The reduction has been done in such a way that the quality of the academic intent will not be compromised while helping students to cope with the online mode
- The reduced English literature syllabus for the ICSE will now have just three Acts from 'Merchant of Venice', four poems, and four short stories
- Similarly, in ISC, there will be just three Acts from 'The Tempest', five poems, and five short stories



DID YOU KNOW?

EARTH'S CRYOSPHERE shrank by 87,000 sq kms per year in last 37 years!

WHERE DID IT OCCUR?

- 1** The shrinkage primarily occurred in the Northern Hemisphere, with a loss of about 102,000 square km each year. Those losses are offset slightly by growth in the Southern Hemisphere, where the cryosphere expanded by about 14,000 square kilometres annually. This growth mainly occurred in the sea ice in the Ross Sea around Antarctica, likely due to the patterns of wind and ocean currents and the addition of cold meltwater from the Antarctic ice sheets
- 2** The estimates showed that not only was the global cryosphere shrinking but that many regions remained frozen for less time. The average first day of freezing now occurs about 3.6 days later than in 1979, and the ice thaws about 5.7 days earlier

The global cryosphere—the areas with frozen water on the Earth—shrank by about 87,000 square kilometres per year on average between 1979 and 2016, as a result of the climate change, according to a new study. Researchers from the Lanzhou University in China calculated the daily extent of the cryosphere and averaged those values to come up with yearly estimates. While the extent of the cryosphere grows and shrinks with the seasons, they found that the average area covered by the Earth's cryosphere has contracted overall since 1979, correlating with the rising air temperatures.

A CAUSE OF CONCERN?

- Scientists said the cryosphere is one of the most-sensitive climate indicators, and the first one to demonstrate a changing world
- Its change in size represents a major global change, rather than a regional or local issue
- The overall shrinking of the cryosphere was a signal of climate change, they added

The cryosphere is intended to reflect sunlight from its surface to cool the Earth. Therefore, the study says that the shrinking of this area could lead to global changes in air temperatures, sea levels and ocean currents

NOW, A BATTERY-OPERATED REUSABLE MASK



Scientists at the NMIMS University, Mumbai, have developed a battery-operated reusable mask that offers protection from airborne human pathogens. The four-layered new mask is made of cotton with a metallic mesh, which acts as an electrical filter. During inhaling and exhaling, the pathogens coming in contact with the mask get neutralised instantly, ensuring complete protection to the user.

TECH BUZZ

- The mask is reusable, self-sterilising, and environment-friendly. The battery lasts for more than six months, if used with proper care, and is replaceable. This mask replaces more than 240 regular masks, reducing the environmental burden, and is thus eco-friendly
- The masks will be commercially rolled out and marketed by pharma company, Milton Group. It will be priced between ₹ 800 and ₹ 1,000

Third wave of Covid-19 may hit its peak between October-November: Govt panel scientist

The third wave of Covid-19 may hit its peak in October-November this year, if Covid-appropriate behaviour is not followed, Manindra Agarwal, a scientist of the government panel in charge of modelling Covid-19 cases, has warned. However, it is likely to see half the number of daily cases that were recorded during the second surge, he said, adding that if a new virulent variant of SARS-CoV-2 emerges, the infection will spread faster during the third wave.



WhatsApp will soon let users choose video quality before sharing

WhatsApp has started testing a new feature that lets users share videos in high quality. Named 'Video Upload Quality', it's currently under development and therefore, not available for the public.

- In a future update, users will be able to choose the video upload quality by picking one of the three options, namely, auto (recommended), best quality, and data saver
- In the case of auto, WhatsApp will detect the best compression algorithm for that specific video.
- The best quality lets WhatsApp always send the video using the best

quality available. The data saver option allows WhatsApp to compress videos before sending them. This new feature will come handy to the users, as WhatsApp users currently don't have the option to select the quality of videos before sharing them with their contacts



Dia Mirza shares five ways to keep OCEANS HEALTHY



Environment activist and actor Dia Mirza has reiterated her concern over marine ecosystems, habitats and resources being vitiated and destroyed by pollutants, plastic waste, overfishing and unsustainable business practices. She shares tips that will help you do your bit to keep the oceans clean and healthy...

STOP USING SINGLE USE PLASTIC THAT ENDS UP IN OCEANS AND LANDFILLS

1 Straws, coffee cups, takeaway containers and plastic bottles, etc, that we throw away after using, end up in oceans, which in turn are ingested by marine organisms. To avoid this, carry your own water bottle, a metal straw, cutlery and a coffee cup everywhere you go. Switch to biodegradable toothbrushes and sanitary products, and refuse plastic shopping bags, and carry your own.



VOLUNTEER FOR BEACH CLEAN UPS

2 If you live in a city like Mumbai, where beaches are an intrinsic part of life, you can volunteer for beach clean up drives. If you are a tourist, you can make sure you don't litter, clean up after yourself, and pick up trash if you come across any. Donating to organisations that are fighting to keep the oceans healthy, can be another good way to help.

MAKE SUSTAINABLE CHOICES IN EVERYDAY LIFE

3 Harsh detergents that we use for washing clothes can harm marine life by entering oceans through our sewer systems. We can prevent that by finding organic alternatives. Our

food choices also affect marine health directly as unsustainable fishing practices are depleting fish population. While consuming products and delicacies, we can be a little mindful and ensure that we are not enjoying the exploitation of endangered species. Remember also to not flush sanitary napkins and pet litter down the toilet.

REDUCE YOUR CARBON FOOTPRINT

4 Greenhouse gases like carbon dioxide trap heat in the atmosphere and warm our planet. Carbon dioxide is also known to make our oceans more acidic and cause damage to corals globally. We can help change that by reducing our carbon footprint and energy consumption. Turning off the lights when they are not needed is just one way to start making a difference but the more you study how vital and vibrant our oceans are, the more ways you will find to cut down on energy consumption at home and while travelling.



ASK FOR GREENER POLICIES THAT SUPPORT OUR ENVIRONMENT

5 Use your voice and your vote to choose public officials, who will work for and not against our oceans, forests and ecosystems. Research if your representatives are doing enough to protect marine life and demand better practices from businesses as well.

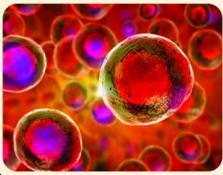
Celeb talk

LIVING ORGANISM & ENERGY PRODUCTION

Just as living things consume food to replenish their energy supplies, cells must constantly produce energy to replenish that used by the chemical reactions taking place.

All living organisms require energy to perform their life processes. Energy is the ability to do work or to create some kind of change. There are many processes that require energy:

- Movement
- Reproduction
- Maintaining homeostasis of many different conditions
- Acquiring and digesting food
- Producing proteins



All chemical reactions that take place inside cells, including those that consume or generate energy, are referred to as the cell's **metabolism**.

Living cells accomplish energy using ATP (adenosine triphosphate), which can be used to fill any energy need of the cell. How? It functions like a rechargeable battery. When ATP is broken down, energy is released. This energy is used by the cell to do work. For example, in the mechanical work of muscle contraction, ATP supplies energy to move the contractile muscle proteins.

CELLULAR RESPIRATION

The living cells of every organism constantly use energy to survive and grow. Cells break down complex carbohydrates into simple sugars that the cell can use for energy. Just as energy is required to both build and demolish a building, energy is required for both the synthesis and breakdown of molecules.

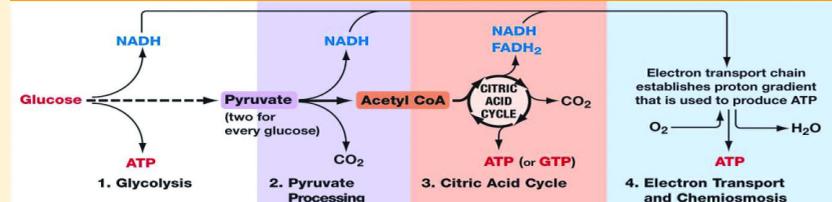
The processes to harvest energy from biomolecules are called cellular respiration.



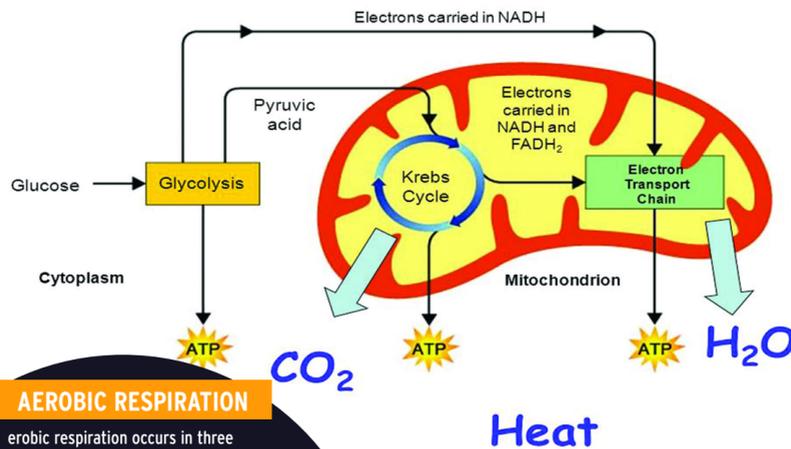
Cellular respiration occurs in both autotrophic and heterotrophic organisms, where energy becomes available to the organism most commonly through the conversion of adenosine diphosphate (ADP) to adenosine triphosphate (ATP).

There are two main types of cellular respiration: aerobic respiration and anaerobic respiration. Aerobic respiration is a specific type of cellular respiration, in which oxygen (O_2) is required to create ATP. In this case, glucose ($C_6H_{12}O_6$) can be oxidized completely in a series of enzymatic reactions to produce carbon dioxide (CO_2) and water (H_2O).

PROCESS: OVERVIEW OF CELLULAR RESPIRATION



WHAT'S THE BIG PICTURE?



AEROBIC RESPIRATION

Aerobic respiration occurs in three stages. A process called glycolysis splits glucose into two three-carbon molecules called pyruvate. This process releases energy, some of which is transferred to ATP. Next, pyruvate molecules enter the mitochondria to take part in a series of reactions called the Krebs cycle, also known as the citric acid cycle. This completes the breakdown of glucose, harvesting some of the energy into ATP and transferring electrons onto carrier molecules. In the last stage, known as oxidative phosphorylation, electrons pass through an electron transport system in the mitochondrial inner membrane, which maintains a gradient of hydrogen ions. Cells harness the energy of this proton gradient to generate the majority of the ATP during aerobic respiration.



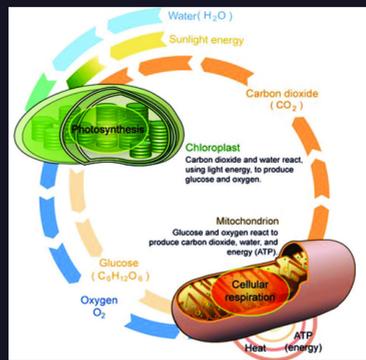
ANAEROBIC RESPIRATION

Aerobic respiration requires oxygen, however, there are many organisms that live in places where oxygen is not readily available or where other chemicals overwhelm the environment. Extremophiles are bacteria that can live in places such as deep ocean hydrothermal vents or underwater caves. Rather than using oxygen to undergo cellular respiration, these organisms use inorganic acceptors such as nitrate or sulphur, which are more easily obtainable in these harsh environments. This process is called anaerobic respiration.

A special anaerobic respiration called fermentation occurs. Fermentation starts with glycolysis to capture some of the energy stored in glucose into ATP. However, since oxidative phosphorylation does not occur, fermentation produces fewer ATP molecules than aerobic respiration. In humans, fermentation occurs in red blood cells that lack mitochondria, as well in muscles during strenuous activity generating lactic acid as a by-product, therefore it is named lactic acid fermentation. Some bacteria carry out lactic acid fermentation and are used to make products such as yogurt. In yeast, a process known as alcoholic fermentation generates ethanol and carbon dioxide as by-products, and has been used by humans to ferment beverages or leaven dough.

INTERESTING FACT

Interestingly, the processes of cellular respiration and photosynthesis are directly opposite of one another, where the products of one reaction are the reactants of the other. Photosynthesis produces the glucose that is used in cellular respiration to make ATP. This glucose is then converted back into CO_2 during respiration, which is a reactant used in photosynthesis. More specifically, photosynthesis constructs one glucose molecule from six CO_2 and six H_2O molecules by capturing energy from sunlight and releases six O_2 molecules as a by-product. Cellular respiration uses six O_2 molecules to convert one glucose molecule into six CO_2 and six H_2O molecules while harnessing energy as ATP and heat.



RECAP QUESTIONS

- The organelle where cellular respiration takes place-
 - nucleus
 - mitochondria
 - ribosome
 - endoplasmic reticulum
- In addition to glucose, cells need _____ to carry out cellular respiration
 - oxygen
 - carbon dioxide
 - hydrogen
 - water
- Another process of making ATP without oxygen is called-
 - breathing
 - fermentation
 - eating
 - glycolysis

Sunanda K Nair, Science teacher, St Therese Convent, Dombivli



Practice to put your ideas into words

Here are some key points I try to keep in mind while answering an English paper...

1 Sequencing the answers according to the question: Flow of events must be established.

2 Using a wide range of vocabulary, expand your vocabulary pertaining to emotions as well, for instance, words such as euphoric, melancholic, sceptical, infuriated.



3 Grammatical accuracy, relevancy, and subjectivity towards the question are absolutely indispensable.

4 Never keep an answer open-ended (don't keep it for the teacher to decipher).

6 Reading and understanding the question (its tone and requirement) is very important.

5 As a CBSE student, one golden rule is to use key words. Underlining main points and along with key words will fetch you direct marks.



7 Word limit must be maintained. This particularly is quite hard to follow through. To know the cut off point in an answer is extremely crucial and is what determines you as a writer. Knowing and practicing this is incredibly important.

8 Ncert book is the only rule you have to follow as a student from CBSE. Re-read it, stick to it and know the content well. Don't forget to title the writing skills and practice the format well in advance.

9 Do not take English to be an additional subject. It is an incredibly scoring subject which will give your entire percentage a huge lift if practiced well. Solve question papers. Read answers from reference books or the Internet.

10 Keep calm. The last and most neglected rule. English surely has some rules, but the point really is to put the idea into words. You can't be wrong with an idea as long as it's relevant to what's asked.

KRITIKA AGRAWAL, class X G, Ryan International School, Kandivali East



Master Maths with time & patience

Mathematics is considered a tough subject by many students. Some love Mathematics, but many others hate it. Mathematics has a wide application in our day-to-day life and we need to learn it. Here are some easy techniques for studying Maths that you can follow and practice daily.

PRACTICE, PRACTICE AND MORE PRACTICE

Reading and listening are not enough to study Maths, you have to practice regularly by solving as many problems as possible. The more you practice the better. Each problem has its own characteristics and it's important to have solved it in numerous ways.

MASTER THE KEY CONCEPTS

Do not try to memorise the processes. Remember Maths is a sequential subject so it's important to have a firm understanding of the key concepts that underpin a mathematical topic before moving on to more complex solutions which are based on understanding the basics.

UNDERSTAND YOUR DOUBTS

Sometimes you can get stuck trying to solve a part of a problem and find it difficult to move on to the next step. It's common for many to skip that question and move on to the next. You should avoid doing this and instead spend time trying to understand the process of solving it.

Once you have grasped an understanding of the initial problem, you can use this as a stepping stone to progress to the remainder of the question. Maths requires time and patience to master.

REVIEW ERRORS

When you're practising with the problems, it's important to work through the process for each solution. If you have made any mistakes, you should review them and understand where your problem-solving skills let you down.

APPLY TO REAL WORLD PROBLEMS

Try to apply real-world problems when approaching maths. Maths can be very

abstract at times so looking for a practical application can help change your perspective and assimilate ideas differently.

CREATE A DISTRACTION-FREE STUDY SPACE

Mathematics is a subject that requires more concentration than any other. A proper study environment and a distraction-free area could be the determining factor when solving complex equations or problems.

JAYASREE K, PGT(Maths), Kendriya Vidyalaya, INS Dronacharya, Ernakulam



BIRLA HIGH SCHOOL KIDS OBSERVE WORLD YOGA DAY



Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony. June 21 is observed as International Day for Yoga to celebrate the ancient Indian art of healthy living. The benefits of yoga are boundless. Practicing yoga everyday can boost our mental and physical health and well-being. It has multiple gross and fine rewards which can ensure the holistic development of children.

The tiny tots of Nursery at Birla High School were encouraged to do a few yoga postures and breathing exercises under the guidance of the teachers. They also made stick figure yoga images using ear buds.

The 'young yogis' of Kindergarten performed simple yoga poses like the triangle pose, chair pose, star pose, lion pose and frog pose to grow into a better individual with a sharp mind, a good heart and a healthy body.

The students of class I were taught simple asanas by Nidhi Shah to keep them healthy and fit. It included controlled breathing, simple meditation and the adoption of specific bodily postures.

The students of class II enthusiastically participated in the Yoga Day activity conducted by Padmini Jog who demonstrated a variety of asanas and enlightened the students about the benefits of practicing yoga.

Under the able guidance of Chandana Cheadella from Mumbai students of class III learnt asanas like chakrasana, ardhha chakrasana etc. They understood that asanas bring together physical and mental disciplines in order to achieve a peaceful body and mind.

Swati Goel, a well-known yoga instructor, taught the children of class IV various asanas like tree pose, warrior pose, cobra pose, bridge pose, dhanur asana and the butterfly pose which are excellent for physical fitness and mental harmony. Shonali Srivastava (based in California, USA), introduced the Science of Yoga to the students of class V by explaining the meaning of the word 'yoga' and the crucial role played by yoga in enabling human beings to attain a sound mind in a sound body. The children enthusiastically and diligently practised some of the postures along with her.



By the end of the programme, students zealously pledged to make yoga a part of their daily routines. On the whole, the special event conducted on the occasion of World Yoga Day was a deeply enriching one for both students and teachers alike.



MATSYASANA - FISH POSE

Students are often unable to retain what they study due to factors such as stress, lack of focus, fatigue, lack of mindfulness, etc. Practicing Matsyasana can help as it improves blood flow in the head.



YOGA4ALL BENEFITS

- With regular practice of this asana, one feels relaxed and rejuvenated. Eliminates negative thoughts from mind.
- It activates the nervous system and stretches and strengthens the spine.
- The asana stimulates the pituitary gland and increases the blood supply into the head, which helps in maintaining good memory.

INSTRUCTIONS

- Sit in lotus posture.
- Bend slowly backward and lie on the floor without releasing the lotus posture.
- Lift the chest a little upward.
- Hold on to the big toes with elbows touching the floor.
- Breathe slowly. Stay here for 30-50 counts.
- To release the position, bring down the back to the floor and straighten the head.

WHO SHOULD AVOID THIS POSE

- This posture should be avoided if one is suffering from high or low blood pressure.
- Migraine and insomnia patients, those with serious lower back or neck injuries should not practice this.

SNEHAL GARG,
Yoga facilitator at
Birla Open Minds
International
School, Kollur, Hyderabad



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.

St Augustine's Day School Shyamnagar holds communication workshop

Words are the most singularly powerful force available to humanity. We can choose to use this force constructively with the words of encouragement, or destructively using words of despair. A well-timed positive word or compliment can change the course of someone's day.

With regards to the above, St Augustine's Day School, Shyamnagar, hosted a learning workshop on 'Effective Communication' with former RJ Roy recently and it gave us a wonderful opportunity to meet a very talented person in the field of communication. He is an emcee, anchor, TV host, voice artist, actor, Bengali word-game concept creator, entrepreneur, and even a voice actor.

The workshop began at 11am virtually on Google Meet. The entire session was recorded and put up on the school's YouTube channel for viewers. We learnt about verbal and non-verbal communication. RJ Roy exclaimed that we should take time to listen to what the other person is saying and practice active listening. One must pay attention to what the other person is saying, ask questions and clarify points and rephrase what they have said so that he/she can understand correctly. We have to judge ourselves. No one can judge us. One can be the best judge of himself or herself. He taught us the various implications of a simple "handshake" on communication. We never thought about it! We also learnt how we can overcome fear.

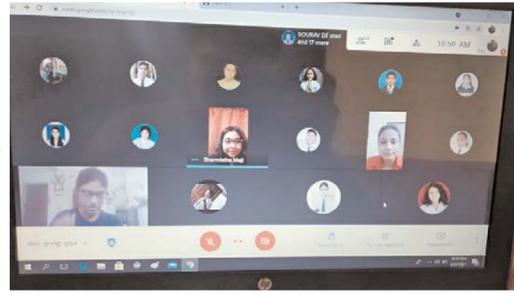
Roy asserted, "There is only one rule for being a good communicator- learn to listen. Being a good listener is one of the best ways to be a good communicator." A good communicator should enter into any conversation with a flexible, open mind. He threw some light on the inhibitions that students face in the recent online classes while asking questions to the respective teachers. He said no one is going to judge us, not

even teachers. They only judge us in the exam sheets for our betterment. "When you focus on how your words change people, not only does it benefit you, but the people and even the world at large." The ripple effect is real! There was a wonderful question and answer round where students as well as our school teachers participated. The resource person said, "The way we communicate with others and with ourselves ultimately determines the quality of our lives."

Communication is power: When communication is effective, it leaves all parties involved satisfied and feeling accomplished. By delivering messages clearly, there is no room for misunderstanding or alteration of messages, which decreases the potential for conflict.

It was a complete learning session with RJ Roy. We got to know the 7 C's of communication- Clear, Concise, Concrete, Correct, Coherent, Complete, and Courteous. We didn't know so many implications communication has! Assertive communication is about being non-reactive and still respectful. It was a thought-provoking workshop and thus an enriching experience for us. We met one of the 'masters of communication'. We concluded the workshop with vote of thanks by the headmaster.

Konishka Roy, Class X, St Augustine's Day School, Shyamnagar



QUEEN OF VERSATILITY

As we grow up, we set some goals and start to dream about them. In order to boost our skills, courage and knowledge we follow the person who is most inspiring in our life. I seek inspiration from actor, model, singer, producer Priyanka Chopra Jonas.

Whenever I see her achievements and listen to her, I get a strong feeling that I can do anything in my life. Priyanka has set a benchmark for everyone who wants to dream big and is willing to work hard enough to achieve it. She has proven time and again that nothing is impossible.

She is truly the 'Queen of versatility' and has prospered in every field she's passionate about. This woman with courage has taught us to never be afraid, to break stereotypes and to



INSPIRING ICONS
PRIYANKA CHOPRA JONAS

never say never. Her quote, "Don't try to squeeze into a glass slipper. Instead, shatter the glass ceiling", helps me realise the vast opportunities and to look at the bigger picture. This icon has an Indian restaurant, hair care brand, memoir and continues to do great things in every field. Being a public figure, she has stood up for gender equality and has inspired many by her work as a UN ambassador. She continues to ignite a spark in me and many others throughout the globe.

ISHITA PRASAD,
class XII, Gitanjali Senior
School, Hyderabad



Mad Ad Challenge

Little Leap



Grab an opportunity to show your creativity and work on it with experts.

Choose your favorite toy or book or gadget and advertise it in your own creative way!

Judgment Criteria: Creativity, Originality, Presentation and Speaking skills.

Free Entry & Win Prizes



FANTASTIC FOUR

Euro 2020 has been brimming with superlative goals and shocking results. The two semifinals _ Italy vs Spain and England vs Denmark _ promise to be exhilarating and unpredictable affairs. The desire and motivation to win would be fierce. Italy last won the Cup back in 1968, and Denmark in 1992. England have never played a Euro final. Among them, only Spain have lifted the trophy twice this century, in 2008 and 2012. Here's to more nights of nail-biting football. May the goals continue to rain. And no more 'own goals' please!

SPAIN vs ITALY

SPAIN

ROUTE TO SEMIS: Group E runners-up

ROUND OF 16: 5-3 in extra times vs Croatia. Quarters: 1-1 in extra time (3-1 on penalties) vs Switzerland

STRENGTH: Found their rhythm when necessary and six players, including midfielders, have scored

WEAKNESS: Wing-backs' overlapping adventures often leave them leaky at the back and the centre of defence is yet to face a severe test

OPPORTUNITY: When they score, they score big. Morata and Gerard cannot fail forever

THREAT: Inconsistent in front of goal. Missing too many chances means letting the opponent off the hook. Strikers are not good with aerial balls

COACH: Luis Enrique

WATCH OUT FOR: Simon (gk) Alba, Pedri

KEY FACT: Spain have benefited from 3 own goals scored by their opponents: 2 by Slovakia and 1 by Switzerland



DATE:
July 7, Wed,
12.30 am
VENUE:
Wembley Stadium,
London
**Over 60,000
fans allowed**



ITALY

ROUTE TO SEMIS: Group A winners

ROUND OF 16: 2-1 versus Australia in extra time. Quarters: 2-1 versus Belgium

STRENGTH: Fast and tricky goal-scoring strikers coupled with gallant defending. A midfield unit almost comparable to one successful for Spain a decade ago

WEAKNESS: Replacing attacking left back Leonardo Spinazzola may be a hard act to follow

OPPORTUNITY: Insigne's confidence likely to rub off on Ciro Immobile, who must come alive in front of goal

THREAT: High press poses a problem as Spain's Pedri and Busquets, are masters of finding way through

COACH: Roberto Mancini

WATCH OUT FOR: Insigne, Verratti, Chiellini

KEY FACT: Italy have won five consecutive matches for the first time at Euro; the overall joint longest streak in the competition

DENMARK vs ENGLAND

DENMARK

ROUTE TO SEMIS: Group B runners-up

ROUND OF 16: 4-0 vs Wales. Quarters: 2-1 vs Czech Republic

STRENGTH: Brave and compact team game with a focus on an organised defence. Unpredictable and inspired by a tragedy. Have come together after Christian Eriksen incident

WEAKNESS: Midfield often lacks ideas. The classy Joakim Maehle may find himself alone as they could go into a shell quickly under pressure

OPPORTUNITY: The forward line of Damsgaard, Braithwaite and Dolberg is quite a handful. Even Delaney showed he can chip in.

THREAT: Had lost to Belgium in the group stage and the Czechs ran them ragged. Yet to win against a big team

COACH: Kasper Hjulmand

WATCH OUT FOR: Schmeichel (gk) Kjaer, Dolberg

KEY FACT: Faced fewer shots (24) than other sides



DATE:
July 8, Thursday
12.30 am
VENUE:
Wembley Stadium,
London
**Over 60,000
fans allowed**



ENGLAND

ROUTE TO SEMIS: Group D winners

ROUND OF 16: 2-0 vs Germany. Quarters: 4-0 versus Ukraine

STRENGTH: Both Kane and Sterling have found their scoring boots. Defence unscathed so far

WEAKNESS: Midfield has been combative, not creative. Weight of history and expectations are sky high. Home may not always be an advantage

OPPORTUNITY: Huge bench strength which can be put to use by Southgate. The vision of silverware seems real this time and a motivating factor.

THREAT: Seeing off Germany has boosted their confidence but they must take great care not to let their guard down

COACH: Gareth Southgate

WATCH OUT FOR: Kane, Sterling, Maguire

KEY FACT: England have kept seven consecutive clean sheets for the first time

QUIZ TIME!

Q1: Rahi Sarnobat has claimed a gold medal for India in which event?

- a) Shooting b) Archery
c) Boxing d) Badminton

Q2: Who has become the 1st Indian swimmer to qualify for the Tokyo Olympics?

- a) Sajjan Prakash b) Sandeep Sejwal
c) Shamsheer Khan d) Deepak Kumar

Q3: Who won the gold medal in men's individual compound archery at the Archery World Cup?

- a) Tarundeep Rai b) Abhishek Verma
c) Jayanta Talukdar d) Atanu Das

Q4: Who has become the youngest Indian cricketer to play in all formats?

- a) Sneha Rana b) Taniya Bhatia
c) Shafali Verma d) Smriti Mandhana

Q5: Who won the Austrian Grand Prix 2021?

- a) Lewis Hamilton b) Max Verstappen
c) Lando Norris d) Valtteri Bottas

Q6: Which cricketer became the top run scorer across all formats in women's cricket?

- a) Heather Knight b) Meg Lanning
c) Mithali Raj d) Amy Satterthwaite

Q7: How many times has Roger Federer reached the last 16 of Wimbledon?

- a) 10 times b) 12 times
c) 14 times d) 16 times



Photo: REUTERS

Q8: Who holds the record for most victories by a player in Euro Championships?

- a) Cristiano Ronaldo b) Andreas Iniesta
c) Cesc Fabregas d) David Beckham

Q9: Name the athlete who won the 100m and 200m titles at three consecutive Olympics (2008, 2012, 2016)?

- a) Justin Gatlin b) Yohan Blake
c) Tyson Gay d) Usain Bolt

Q10: Who is the first Saudi Arabian track and field athlete to participate in Olympics?

- a) Wojdan Shaherkani b) Sarah Attar
c) Maziah Mahusin d) Melissa Mojica

Q11: Who is the first Test captain in cricket history to score three centuries in the first three innings

- a) Kumar Sangakara b) Steve Smith
c) Virat Kohli d) M S Dhoni

Q12: The term CUE is related to

- a) Badminton b) Cricket
c) Tennis d) Billiards

ANSWERS: 1. a. Shooting 2. a. Sajjan Prakash
3. b. Abhishek Verma 4. c. Shafali Verma
5. b. Max Verstappen 6. c. Mithali Raj
7. d. 16 times 8. a. Cristiano Ronaldo
9. d. Usain Bolt 10. b. Sarah Attar
11. c. Virat Kohli 12. d. Billiards