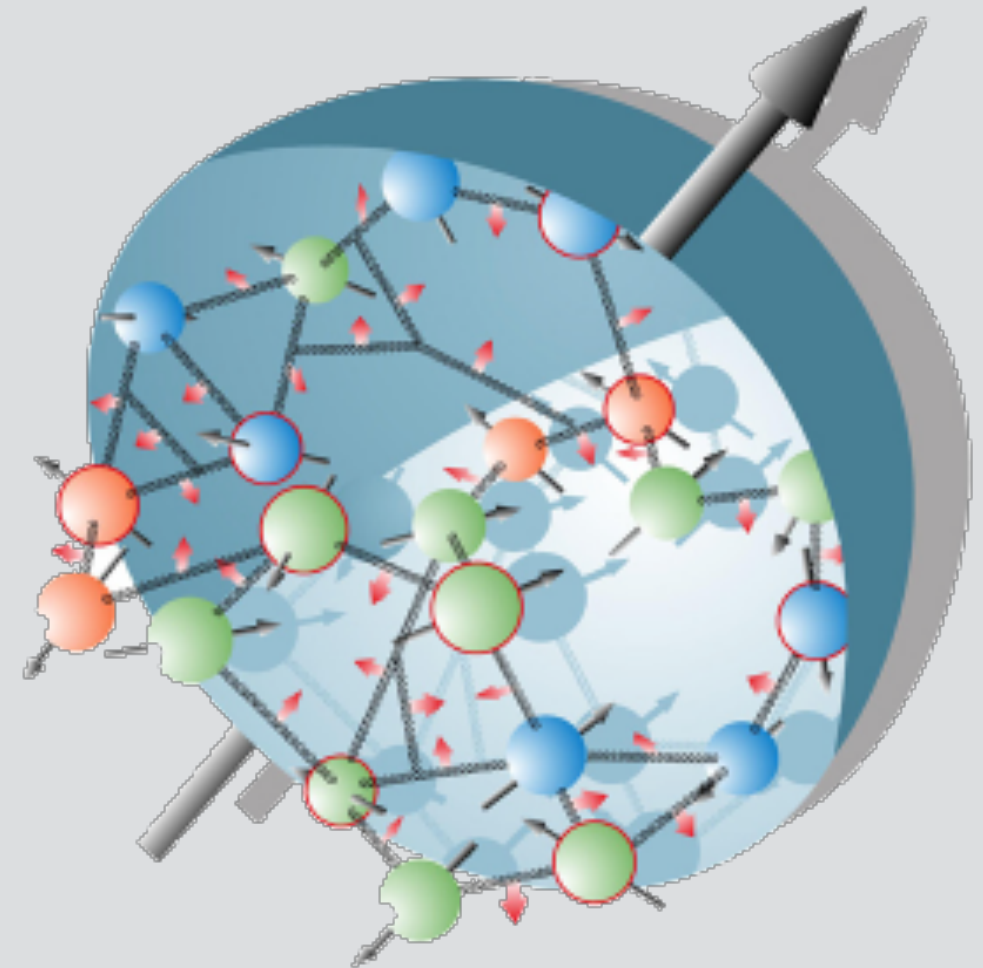


# Decomposing the proton spin to quark and gluon contributions

*Where is the  
proton spin?*



Kyriakos Hadjiyiannakou  
*University of Cyprus and  
Computation-based Science and Technology Research Centre (CaSToRC),  
The Cyprus Institute*

**LaMET 2020**  
**Sept. 7-11**

## In collaboration with

- C. Alexandrou (University of Cyprus, The Cyprus Institute)
- S. Bacchio (The Cyprus Institute)
- M. Constantinou (Temple University)
- J. Finkenrath (The Cyprus Institute)
- K. Jansen (NIC, DESY)
- G. Koutsou (The Cyprus Institute)
- H. Panagopoulos (University of Cyprus)
- G. Spanoudes (University of Cyprus)

Work published in:

- ➔ **Phys. Rev. D 101, 094513 (2020)**
- ➔ Phys. Rev. Lett. 119, 142002 (2017)

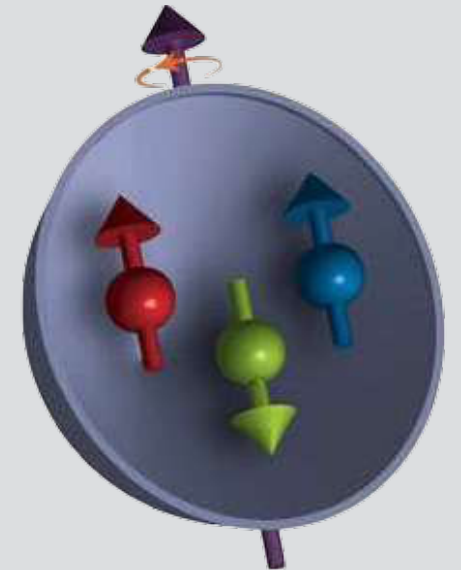


# Proton Spin Crisis

- Up to 1980s physicists expected that quarks carry all the proton spin

Non-relat. quark model

$$\frac{1}{2} (\Delta u_v + \Delta d_v) = \frac{1}{2}$$



# Proton Spin Crisis

- Up to 1980s physicists expected that quarks carry all the proton spin

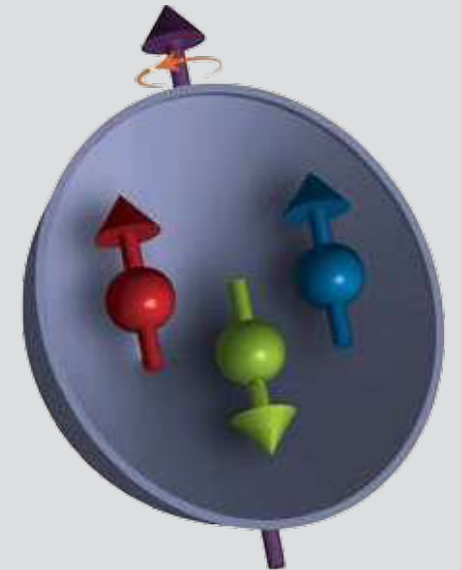
Non-relat. quark model

$$\frac{1}{2} (\Delta u_v + \Delta d_v) = \frac{1}{2}$$

- EMC experiment in 1987 found an astonishing small contribution from the quarks, compatible with zero

$$\frac{1}{2} \Delta \Sigma = 0.060(47)(69) \quad (\text{EMC Nucl. Phys. B 328 (1989)})$$

***Proton Spin Crisis***



# Proton Spin Crisis

- Up to 1980s physicists expected that quarks carry all the proton spin
- EMC experiment in 1987 found an astonishing small contribution from the quarks, compatible with zero

$$\frac{1}{2} \Delta \Sigma = 0.060(47)(69) \quad (\text{EMC}) \text{ Nucl. Phys. B 328 (1989)}$$

## *Proton Spin Crisis*

$\Delta \Sigma_{q+}$  : Quark helicity

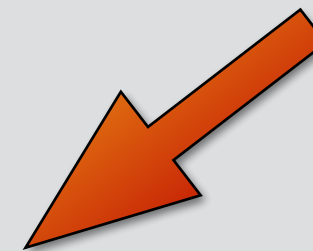
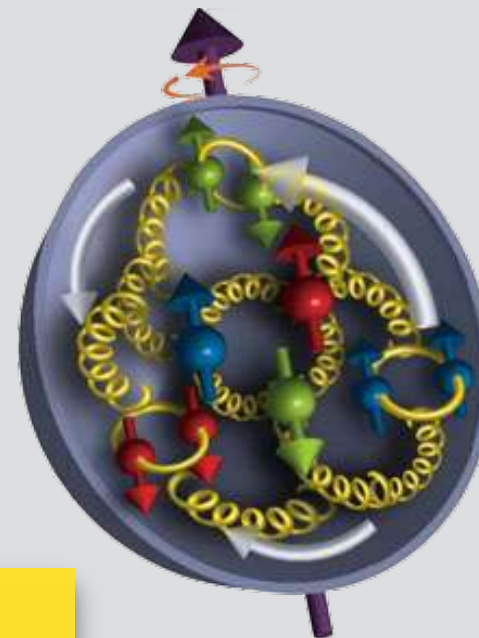
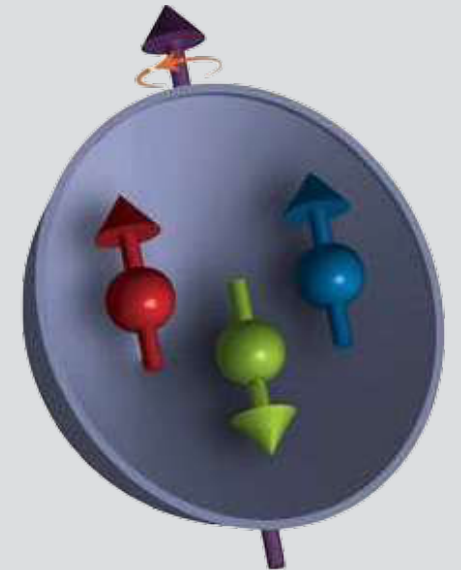
$L_{q+}$  : Quark orbital angular momentum

$J_g$  : Gluon contribution to the nucleon spin

$J_{q+} = \frac{1}{2} \Delta \Sigma_{q+} + L_{q+}$  : Total quark angular momentum

Non-relat. quark model

$$\frac{1}{2} (\Delta u_v + \Delta d_v) = \frac{1}{2}$$



Complete picture

$$\frac{1}{2} = \sum_q \left( \frac{1}{2} \Delta \Sigma_{q+} + L_{q+} \right) + J_g$$

*Ji sum rule*

Phys. Rev. Lett. 78, 610 (1997)



# Proton Spin Crisis

- Up to 1980s physicists expected that quarks carry all the proton spin
- EMC experiment in 1987 found an astonishing small contribution from the quarks, compatible with zero

$$\frac{1}{2}\Delta\Sigma = 0.060(47)(69) \quad (\text{EMC}) \text{ Nucl. Phys. B 328 (1989)}$$

## *Proton Spin Crisis*

$\Delta\Sigma_{q+}$  : Quark helicity

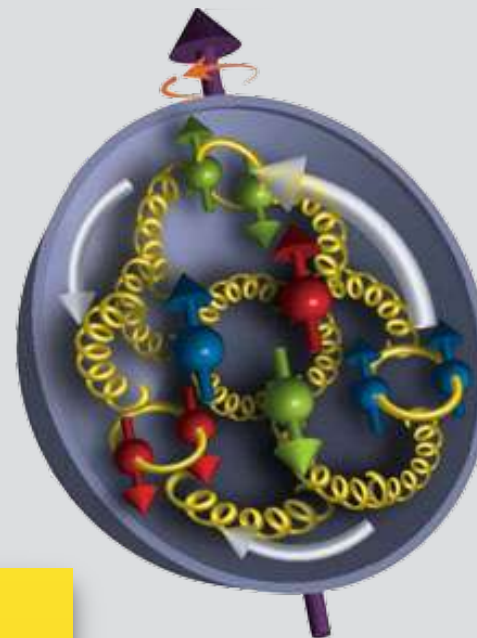
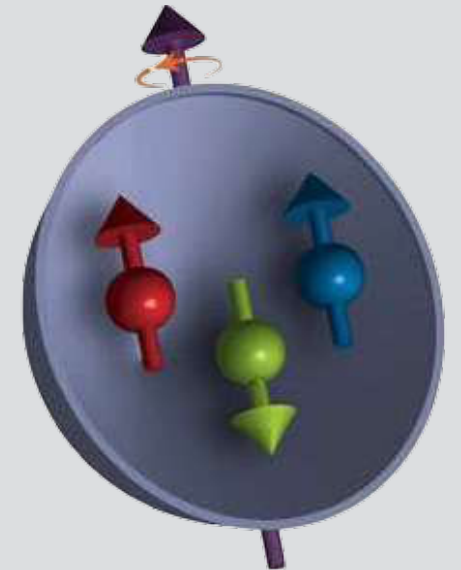
$L_{q+}$  : Quark orbital angular momentum

$J_g$  : Gluon contribution to the nucleon spin

$J_{q+} = \frac{1}{2}\Delta\Sigma_{q+} + L_{q+}$  : Total quark angular momentum

Non-relat. quark model

$$\frac{1}{2}(\Delta u_v + \Delta d_v) = \frac{1}{2}$$



Complete picture

$$\frac{1}{2} = \sum_q \left( \frac{1}{2}\Delta\Sigma_{q+} + L_{q+} \right) + J_g$$

*Ji sum rule*

Phys. Rev. Lett. 78, 610 (1997)

Alternative approach: Jaffe-Manohar  
not investigated in our study

# Operators relevant to proton spin

- First moments of PDFs and GPDs are readily accessible on the lattice
- Increased interest to compute PDFs and GPDs directly on the lattice

# Operators relevant to proton spin

- First moments of PDFs and GPDs are readily accessible on the lattice
- Increased interest to compute PDFs and GPDs directly on the lattice

## \* Traceless Energy-Momentum tensor

$$\bar{T}^{\mu\nu} = \bar{T}^{\mu\nu;q} + \bar{T}^{\mu\nu;g}$$

$$\bar{\psi} i \gamma^{\{\mu} \overleftrightarrow{D}^{\nu\}} \psi$$

$$F^{\{\mu\rho} F^{\nu\}}_{\rho}$$



# Operators relevant to proton spin

- First moments of PDFs and GPDs are readily accessible on the lattice
- Increased interest to compute PDFs and GPDs directly on the lattice

## \* Traceless Energy-Momentum tensor

$$\bar{T}^{\mu\nu} = \bar{T}^{\mu\nu;q} + \bar{T}^{\mu\nu;g}$$

$$\bar{\psi} i \gamma^{\{\mu} \overleftrightarrow{D}^{\nu\}} \psi$$

$$F^{\{\mu\rho} F^{\nu\}}_{\rho}$$

## Angular momentum

Phys. Rev. Lett. 78, 610 (1997)

$$J^{q,g} = \frac{1}{2} [A_{20}^{q,g}(0) + B_{20}^{q,g}(0)]$$

$$\langle x \rangle$$

# Operators relevant to proton spin

- First moments of PDFs and GPDs are readily accessible on the lattice
- Increased interest to compute PDFs and GPDs directly on the lattice

## \* Traceless Energy-Momentum tensor

$$\bar{T}^{\mu\nu} = \bar{T}^{\mu\nu;q} + \bar{T}^{\mu\nu;g}$$

$$\bar{\psi} i \gamma^{\{\mu} \overleftrightarrow{D}^{\nu\}} \psi$$

$$F^{\{\mu\rho} F^{\nu\}}_{\rho}$$

## Angular momentum

Phys. Rev. Lett. 78, 610 (1997)

$$J^{q,g} = \frac{1}{2} [A_{20}^{q,g}(0) + B_{20}^{q,g}(0)]$$

$$\langle x \rangle$$

## \* Quark helicity operator

$$\bar{\psi} \frac{\vec{\gamma} \gamma_5}{2} \psi$$

# Operators relevant to proton spin

- First moments of PDFs and GPDs are readily accessible on the lattice
- Increased interest to compute PDFs and GPDs directly on the lattice

## \* Traceless Energy-Momentum tensor

$$\bar{T}^{\mu\nu} = \bar{T}^{\mu\nu;q} + \bar{T}^{\mu\nu;g}$$

$$\bar{\psi} i \gamma^{\{\mu} \overleftrightarrow{D}^{\nu\}} \psi$$

$$F^{\{\mu\rho} F^{\nu\}}_{\rho}$$

## \* Quark helicity operator

$$\bar{\psi} \frac{\vec{\gamma} \gamma_5}{2} \psi$$

## Angular momentum

Phys. Rev. Lett. 78, 610 (1997)

$$J^{q,g} = \frac{1}{2} [A_{20}^{q,g}(0) + B_{20}^{q,g}(0)]$$

$$\langle x \rangle$$

**Helicity contr.**  $\frac{\Delta\Sigma}{2}$



# Operators relevant to proton spin

- First moments of PDFs and GPDs are readily accessible on the lattice
- Increased interest to compute PDFs and GPDs directly on the lattice

## \* Traceless Energy-Momentum tensor

$$\bar{T}^{\mu\nu} = \bar{T}^{\mu\nu;q} + \bar{T}^{\mu\nu;g}$$

$$\bar{\psi} i \gamma^{\{\mu} \overleftrightarrow{D}^{\nu\}} \psi$$

$$F^{\{\mu\rho} F^{\nu\}}_{\rho}$$

## Angular momentum

Phys. Rev. Lett. 78, 610 (1997)

$$J^{q,g} = \frac{1}{2} [A_{20}^{q,g}(0) + B_{20}^{q,g}(0)]$$

$$\langle x \rangle$$

## \* Quark helicity operator

$$\bar{\psi} \frac{\vec{\gamma} \gamma_5}{2} \psi$$

**Helicity contr.**  $\frac{\Delta\Sigma}{2}$

## Orbital angular momentum

$$L^q = J^q - \frac{1}{2} \Delta\Sigma^q$$

# Extracting connected and disconnected contributions

## Maximally twisted fermions:

- ◆ Configurations Simulation by ETMC
- ◆ Dynamical quarks:  $N_f=2+1+1$
- ◆ Lattice size:  $64^3 \times 128$

(ETMC) *Phys. Rev. D* 98 (2018) 5, 054518

## Automatic $\mathcal{O}(a)$ improvement

R. Frezzotti, G. C. Rossi, JHEP 0408 (2004) 007, 0306014

## Very attractive for hadron structure

- ◆ Lattice spacing:  $a = 0.0801(4)$  fm
- ◆  $m_\pi = 139$  MeV
- ◆  $m_\pi L = 3.62$

# Extracting connected and disconnected contributions

## Maximally twisted fermions:

- ◆ Configurations Simulation by ETMC
- ◆ Dynamical quarks:  $N_f=2+1+1$
- ◆ Lattice size:  $64^3 \times 128$

(ETMC) *Phys. Rev. D* 98 (2018) 5, 054518

## Automatic $\mathcal{O}(a)$ improvement

R. Frezzotti, G. C. Rossi, JHEP 0408 (2004) 007, 0306014

## Very attractive for hadron structure

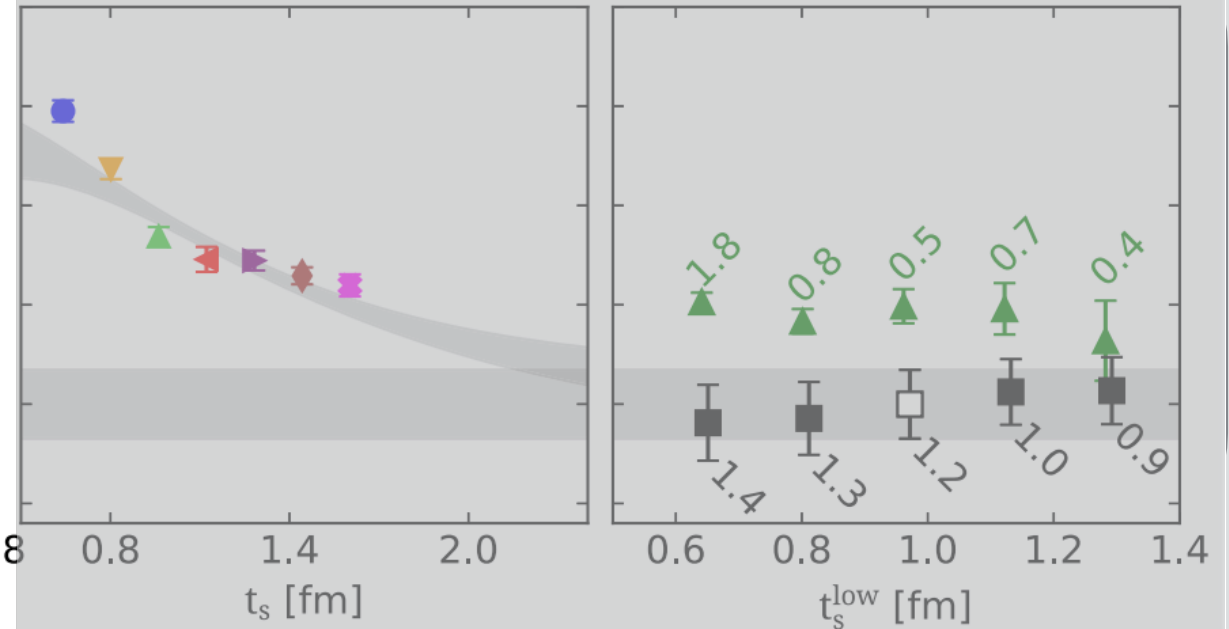
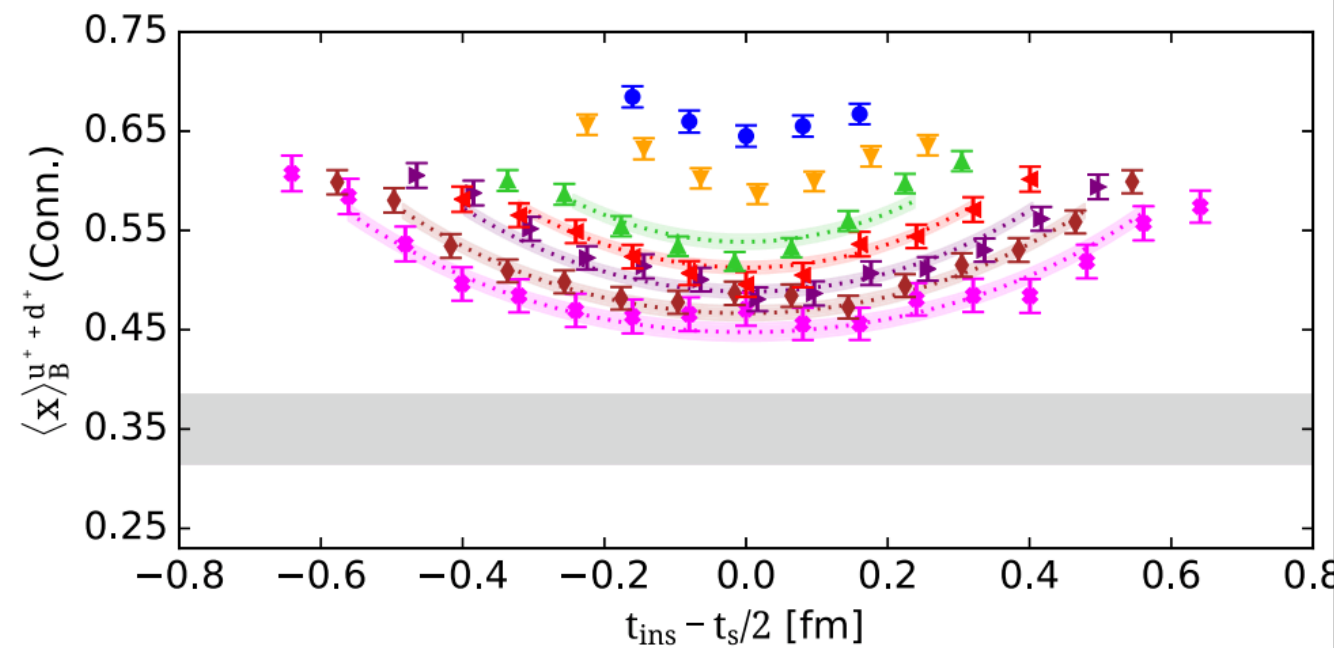
- ◆ Lattice spacing:  $a = 0.0801(4)$  fm
- ◆  $m_\pi = 139$  MeV
- ◆  $m_\pi L = 3.62$

$$R = \frac{\text{Diagram 1}}{\text{Diagram 2}} + \dots$$

The diagram shows two fermion loops between points  $t_s$  and  $t_0$ . The top loop has a red wavy line labeled  $t_{ins}$  connecting the two vertices. The bottom loop is a simple fermion loop. A plus sign indicates additional terms in the sum.



# Extracting connected and disconnected contributions

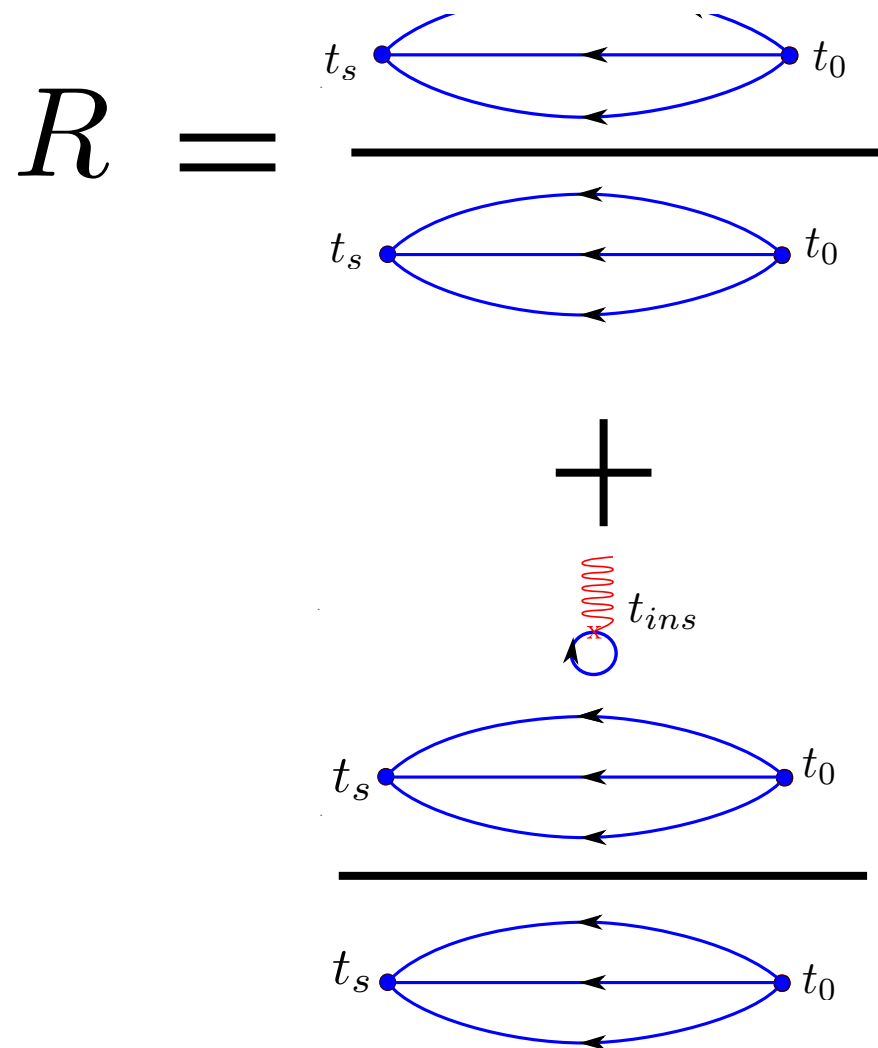
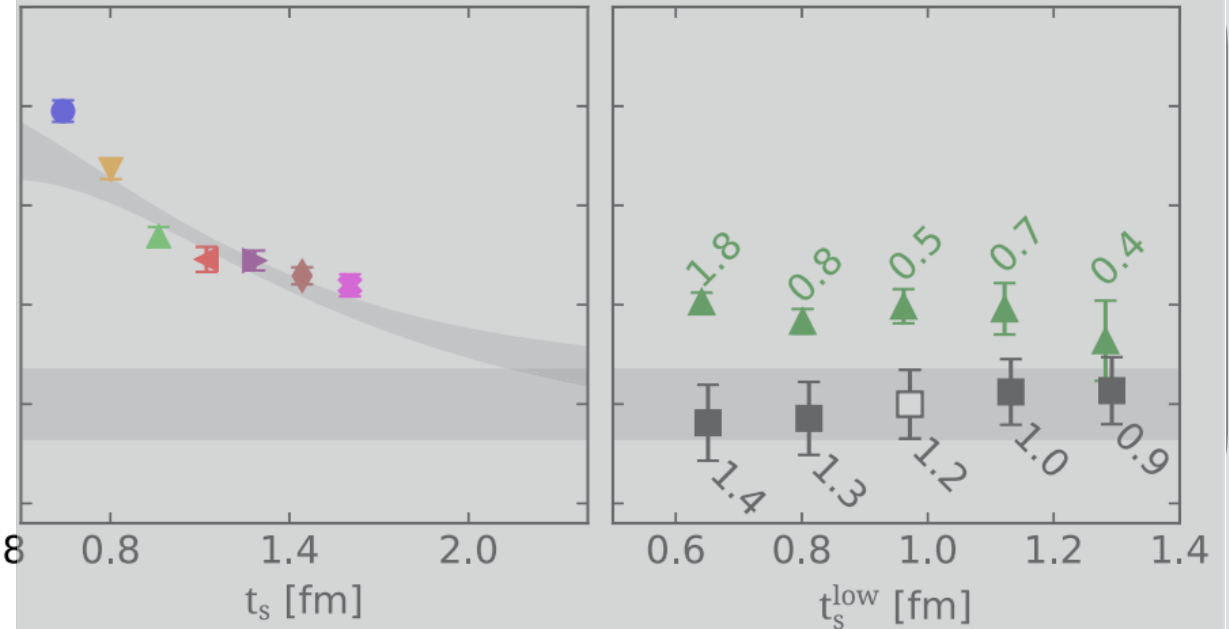
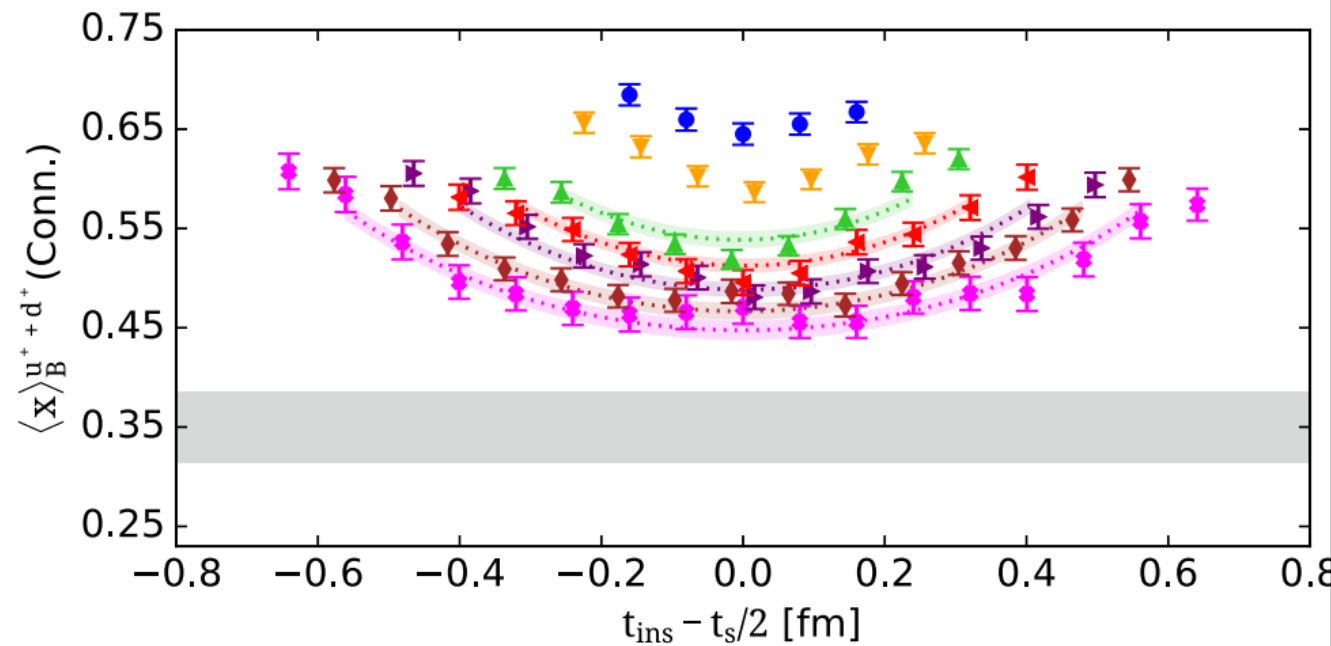


$$R = \frac{\text{Diagram 1}}{\text{Diagram 2}} + \dots$$

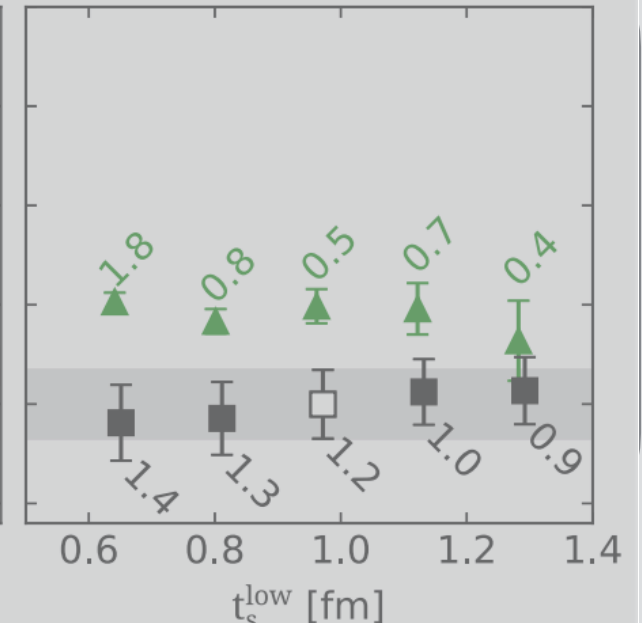
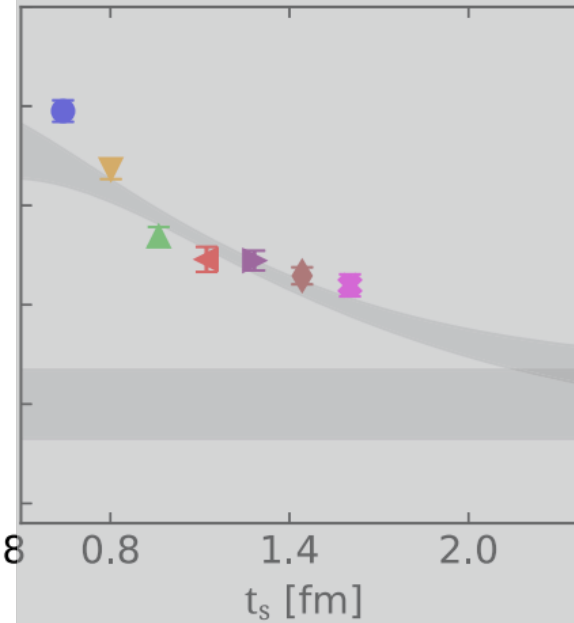
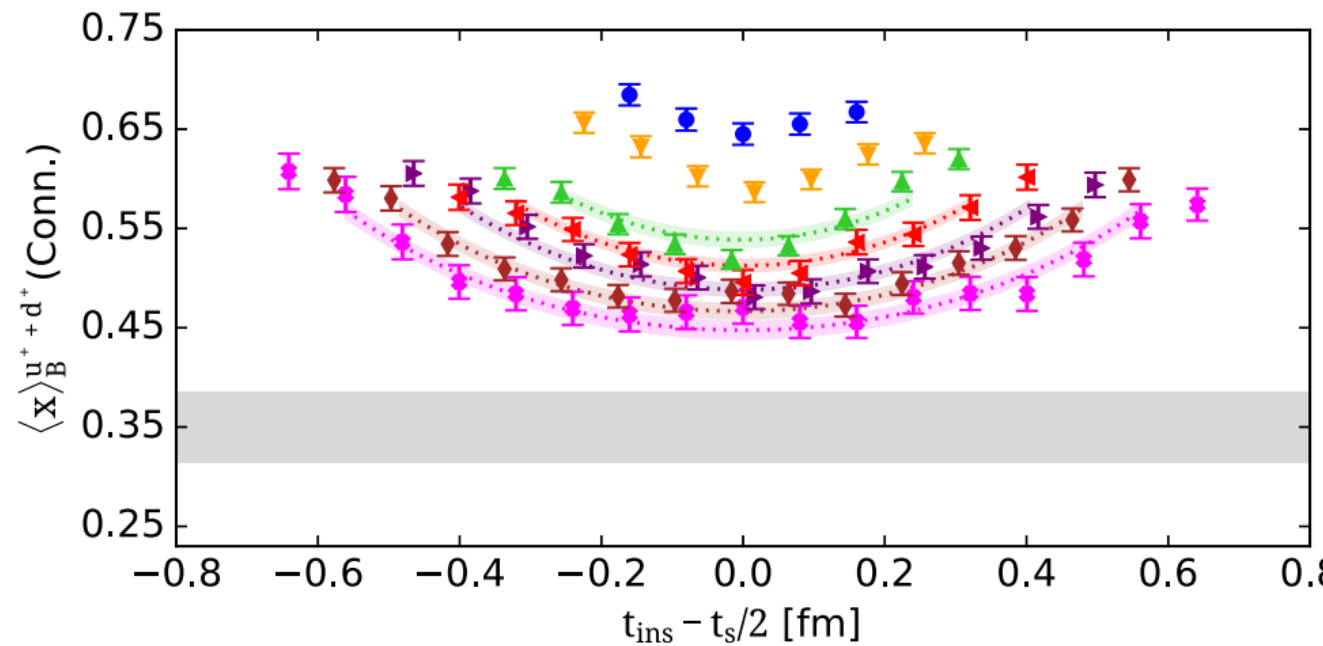
Diagram 1: A blue loop with two vertices labeled  $t_s$  and  $t_0$ . The top arc has an arrow pointing from  $t_s$  to  $t_0$ , and the bottom arc has an arrow pointing from  $t_0$  to  $t_s$ .

Diagram 2: A blue loop with two vertices labeled  $t_s$  and  $t_0$ . The top arc has an arrow pointing from  $t_s$  to  $t_0$ , and the bottom arc has an arrow pointing from  $t_s$  to  $t_0$ .

# Extracting connected and disconnected contributions



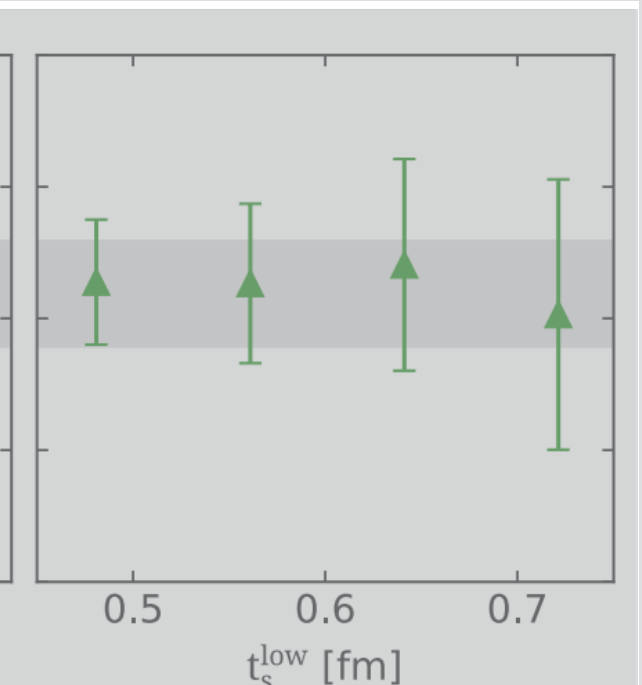
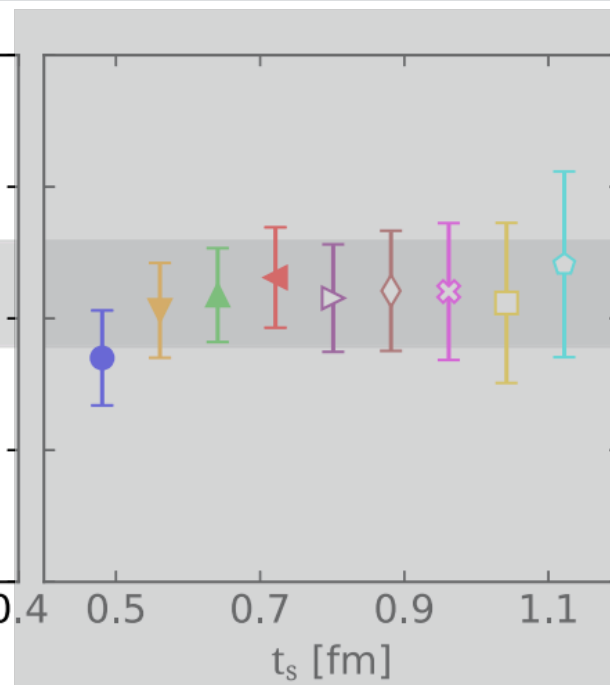
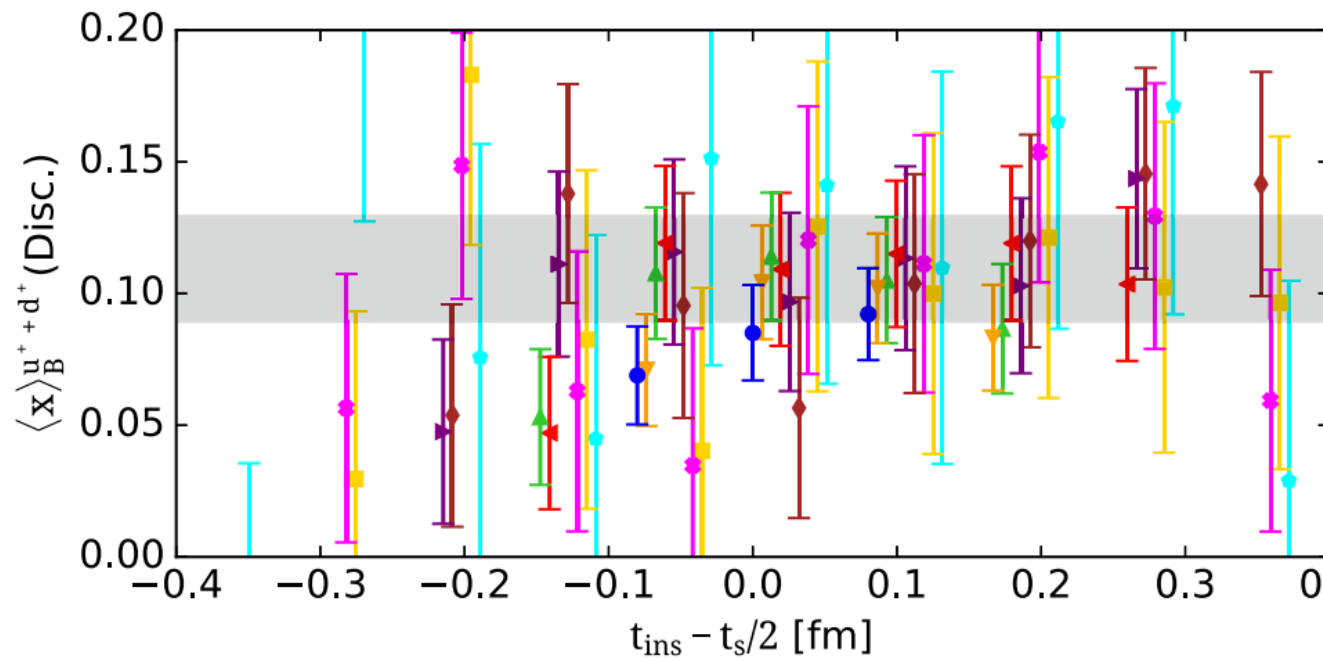
# Extracting connected and disconnected contributions



$$R = \frac{\text{Diagram 1}}{\text{Diagram 2}}$$

Diagram 1: A blue oval with two vertices labeled  $t_s$  and  $t_0$ . A horizontal line with an arrow points from  $t_s$  to  $t_0$ . A curved line with an arrow points from  $t_0$  back to  $t_s$ .

Diagram 2: A blue oval with two vertices labeled  $t_s$  and  $t_0$ . A horizontal line with an arrow points from  $t_s$  to  $t_0$ . A curved line with an arrow points from  $t_0$  back to  $t_s$ .



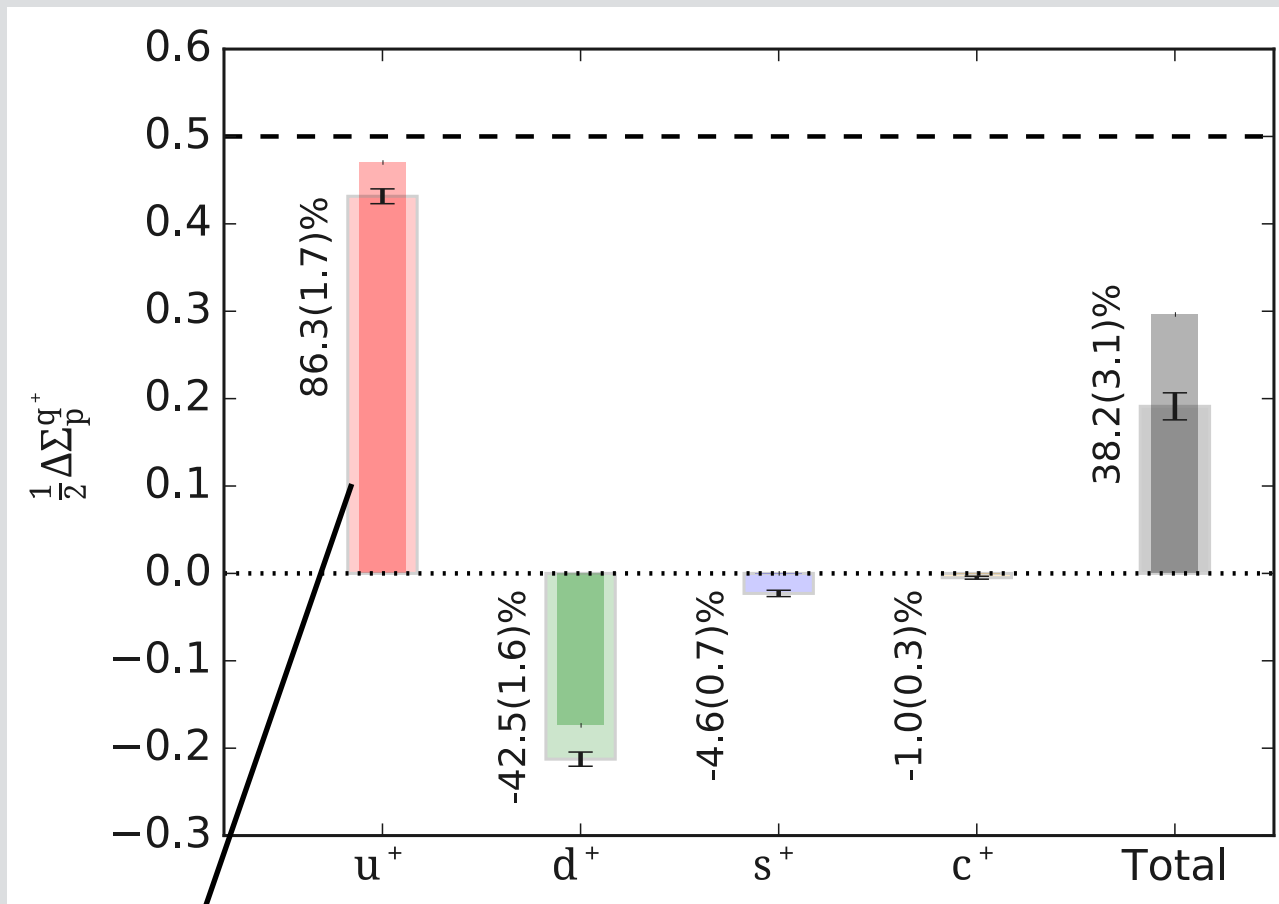
# Results for quark helicity and average momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and  
outer bars the total including disconnected contributions*

## \* Quark helicity

Phys. Rev. D 101, 094513 (2020)



Huge and  
positive  
contribution  
from the  
up quark



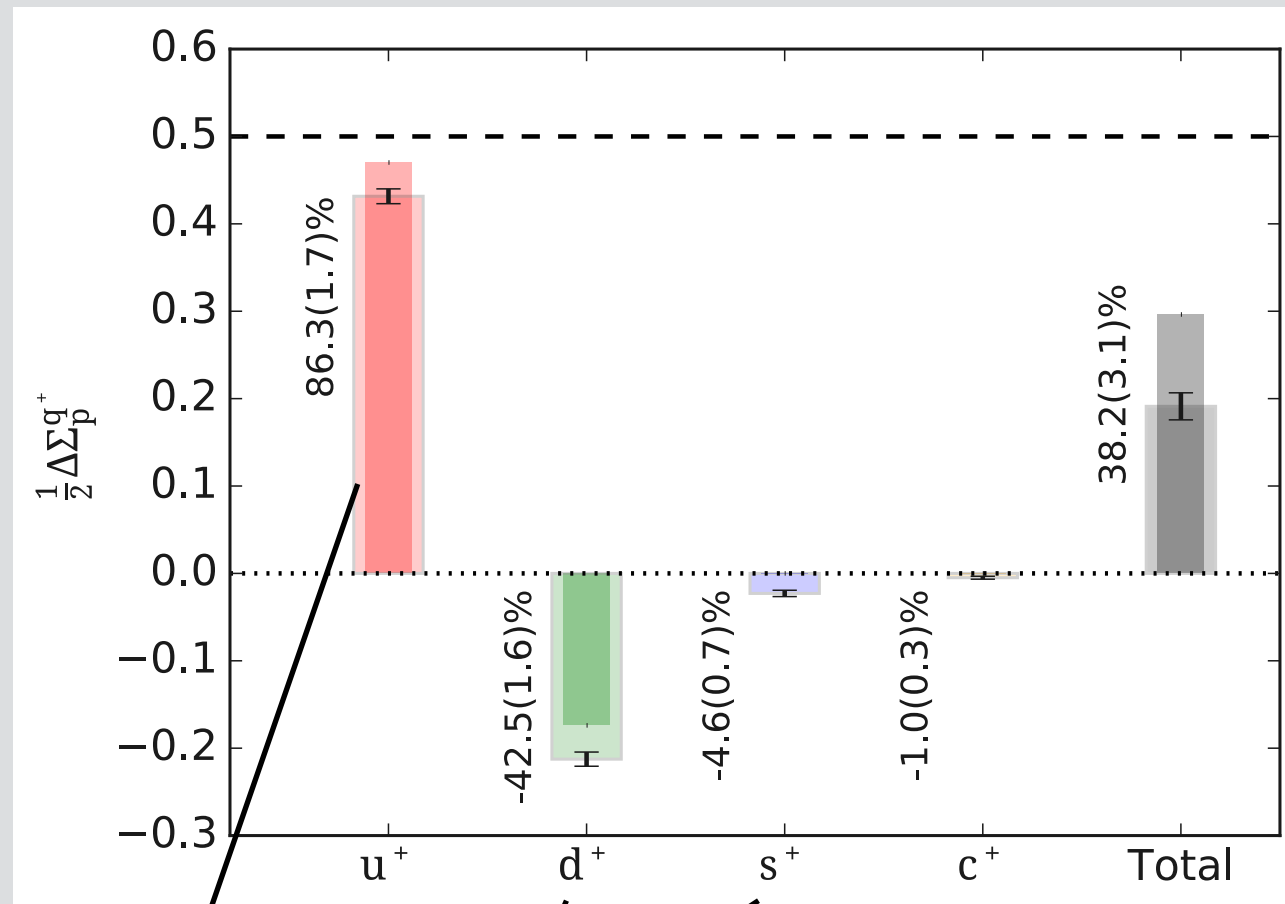
# Results for quark helicity and average momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and outer bars the total including disconnected contributions*

## \* Quark helicity

Phys. Rev. D 101, 094513 (2020)



Huge and positive contribution from the up quark

Down, strange and charm contributions are negative

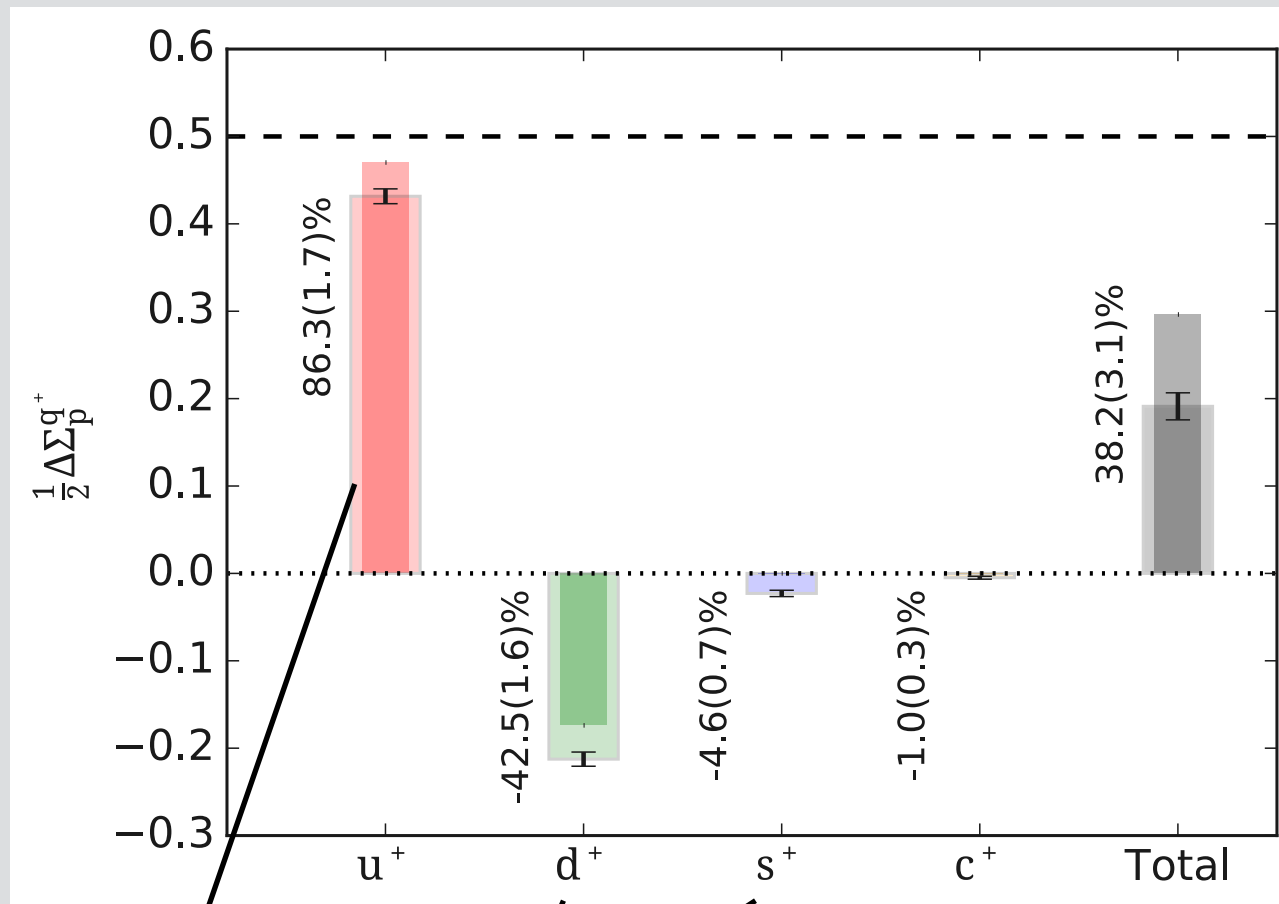
# Results for quark helicity and average momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and outer bars the total including disconnected contributions*

## \* Quark helicity

Phys. Rev. D 101, 094513 (2020)



Huge and positive contribution from the up quark

Down, strange and charm contributions are negative

The total is reduced compared to the up due to the negative contr. from the rest. Disconnected are reducing further the value.

# Results for quark helicity and average momentum fraction

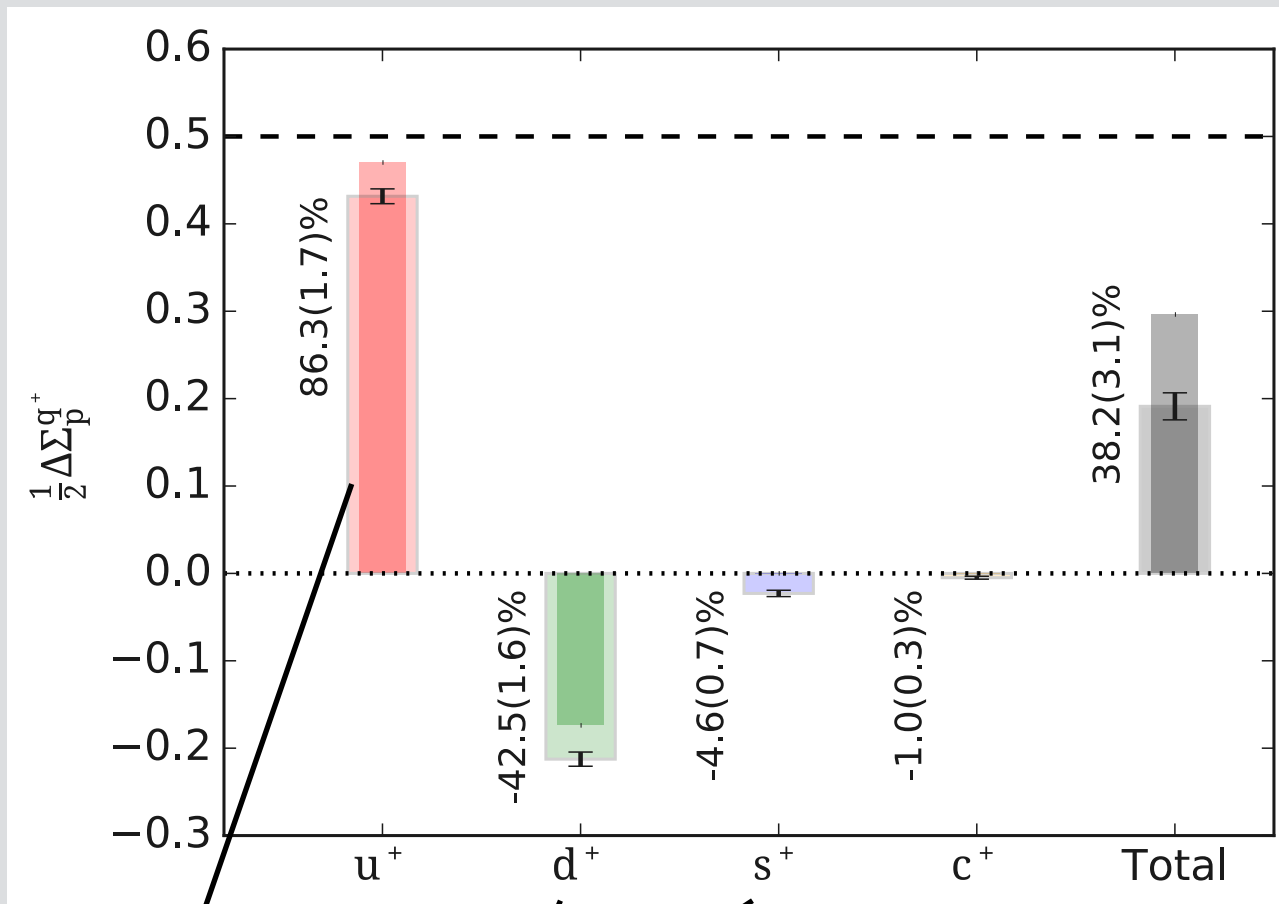
Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

Inner bars is only the connected and outer bars the total including disconnected contributions

## \* Quark helicity

Phys. Rev. D 101, 094513 (2020)

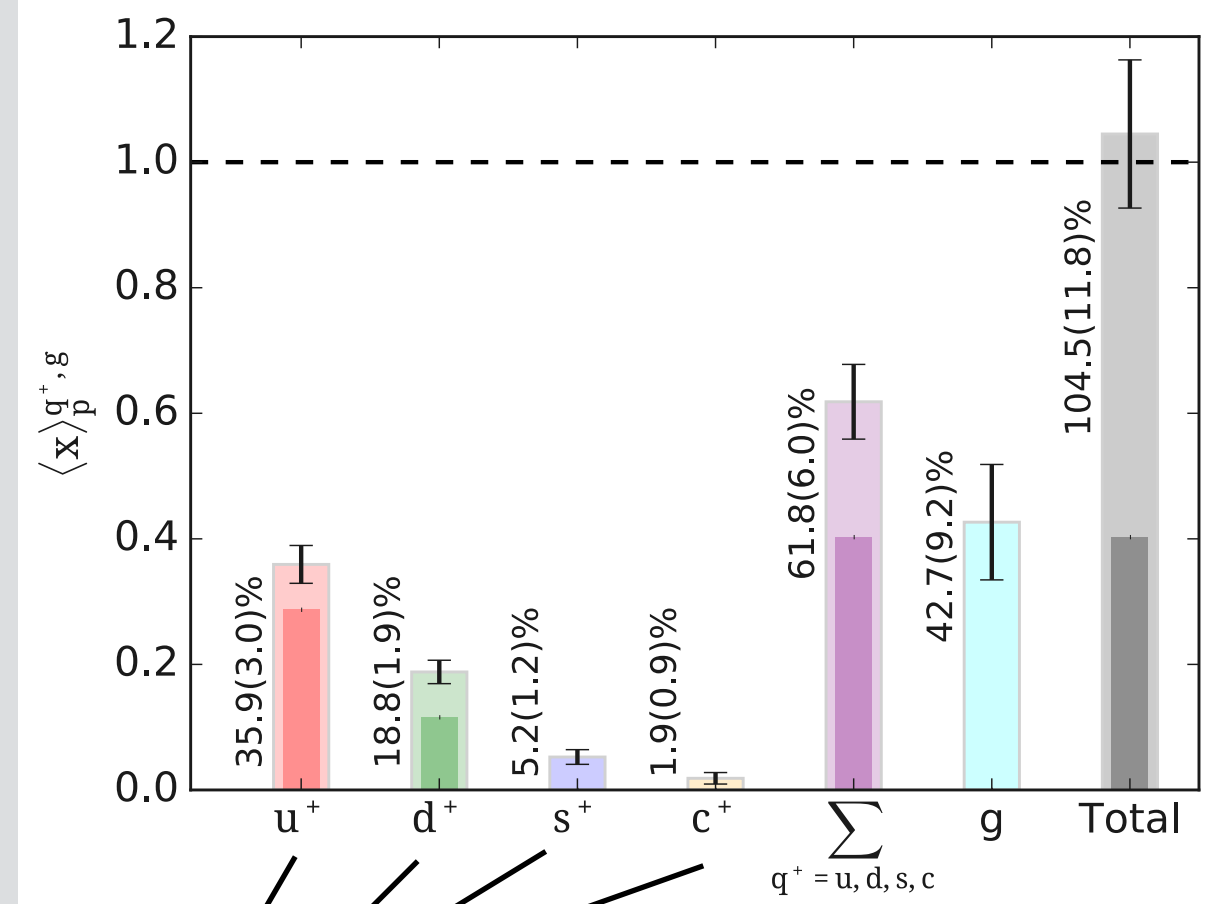
## \* Average momentum fraction



Huge and positive contribution from the up quark

Down, strange and charm contributions are negative

The total is reduced compared to the up due to the negative contr. from the rest. Disconnected are reducing further the value.



Up quark has the biggest contribution and for the rest the contribution is decreasing. About 5% for strange and 2% for charm.

# Results for quark helicity and average momentum fraction

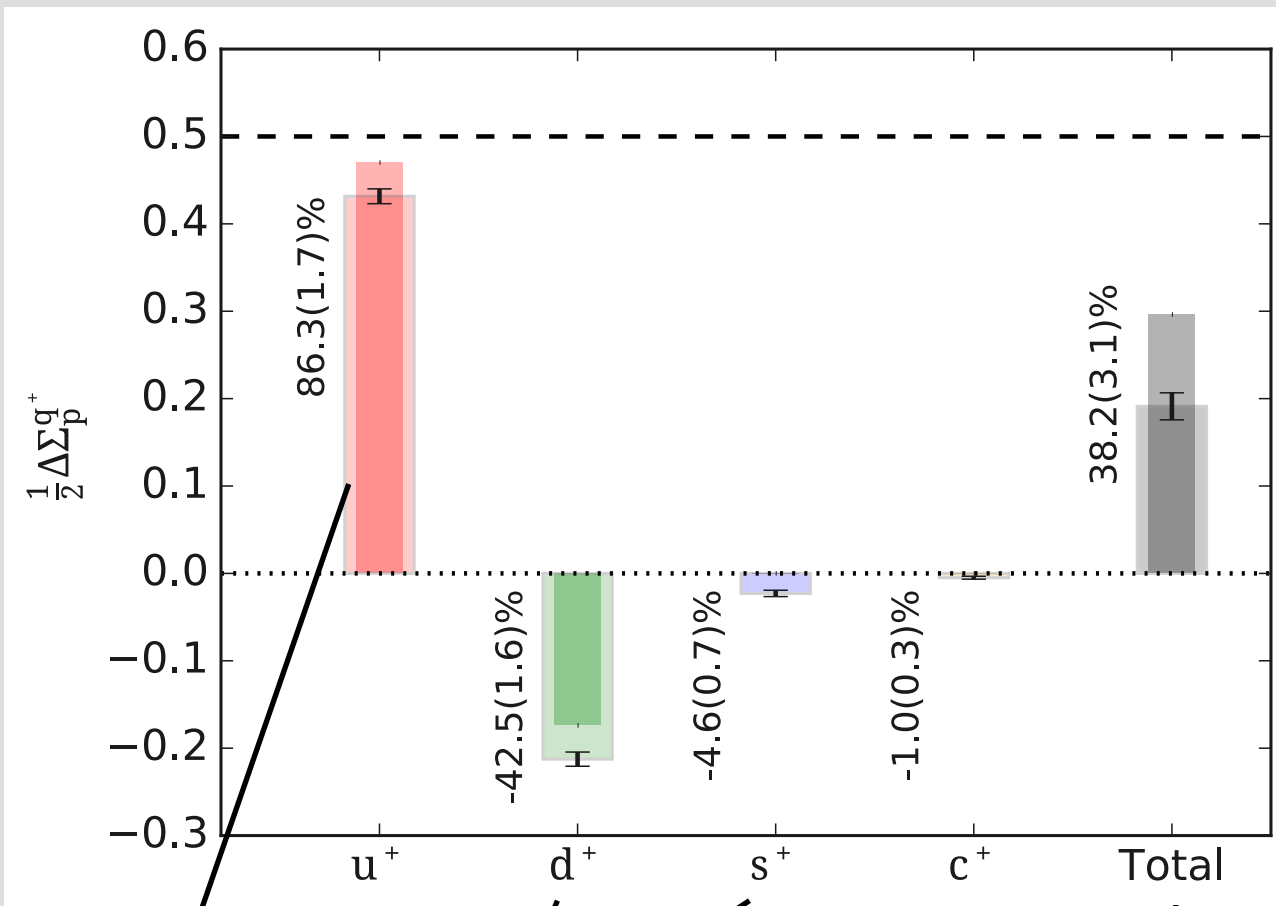
Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

Inner bars is only the connected and outer bars the total including disconnected contributions

## \* Quark helicity

Phys. Rev. D 101, 094513 (2020)

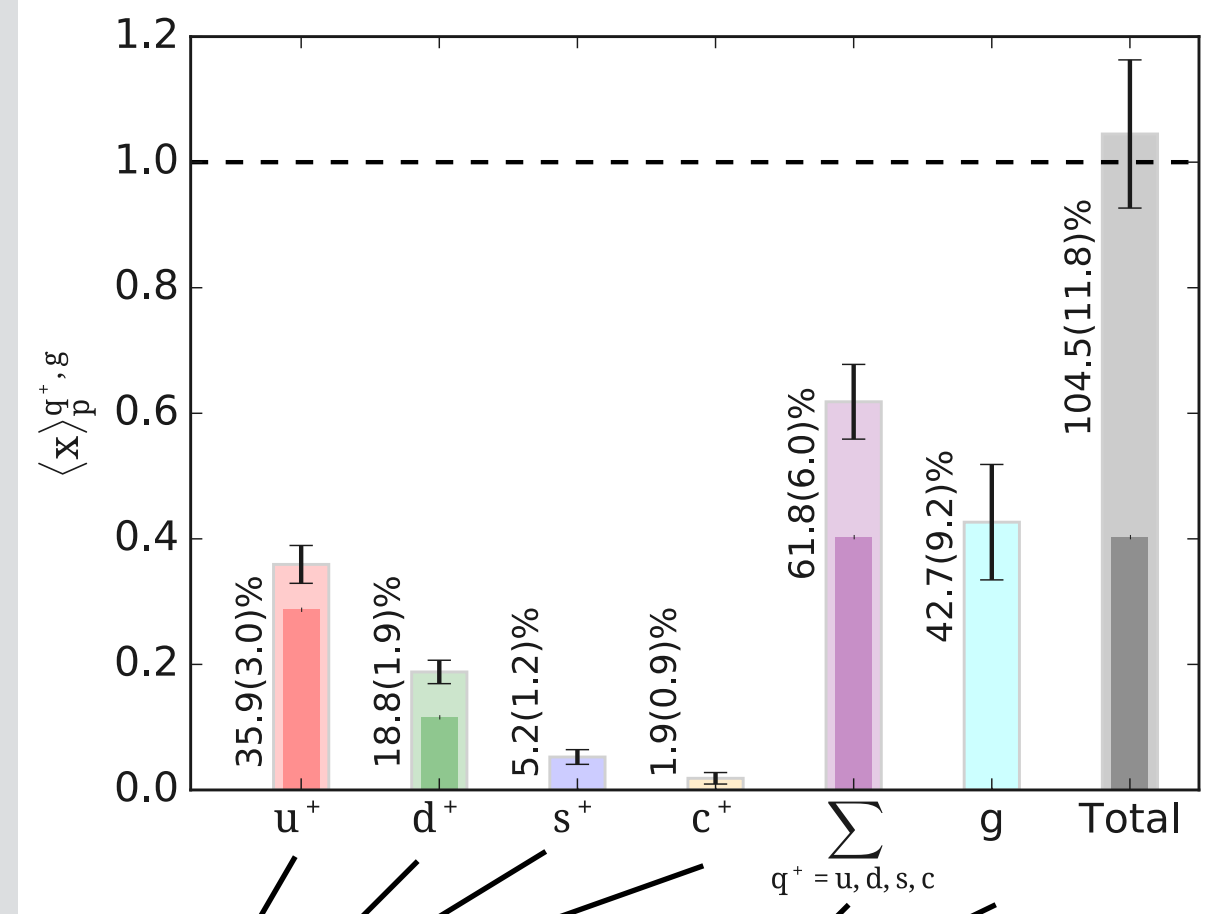
## \* Average momentum fraction



Huge and positive contribution from the up quark

Down, strange and charm contributions are negative

The total is reduced compared to the up due to the negative contr. from the rest. Disconnected are reducing further the value.



Up quark has the biggest contribution and for the rest the contribution is decreasing. About 5% for strange and 2% for charm.

Quark contribution is about 60% of the proton momentum while gluon is about 40%



# Results for quark helicity and average momentum fraction

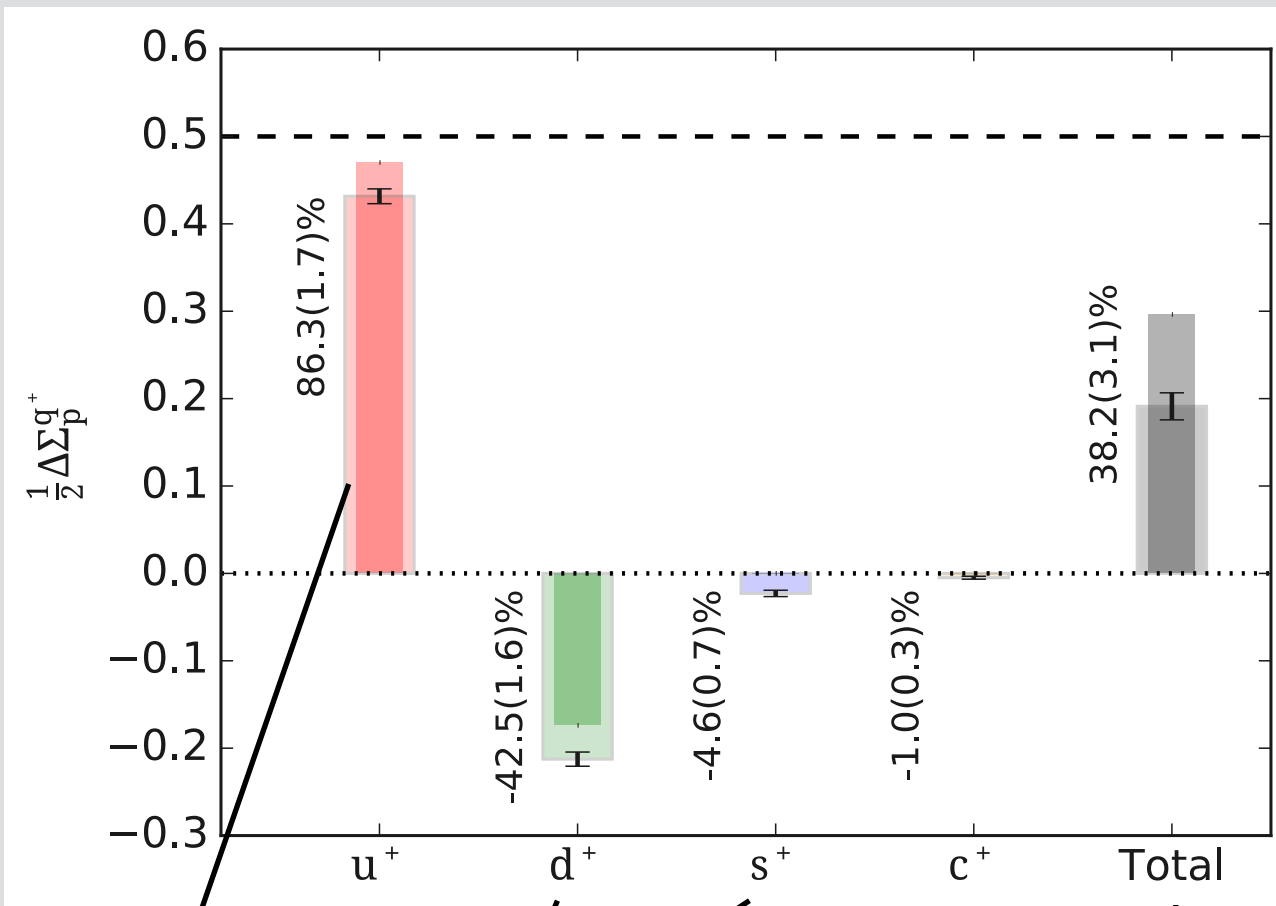
Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

Inner bars is only the connected and outer bars the total including disconnected contributions

## \* Quark helicity

Phys. Rev. D 101, 094513 (2020)

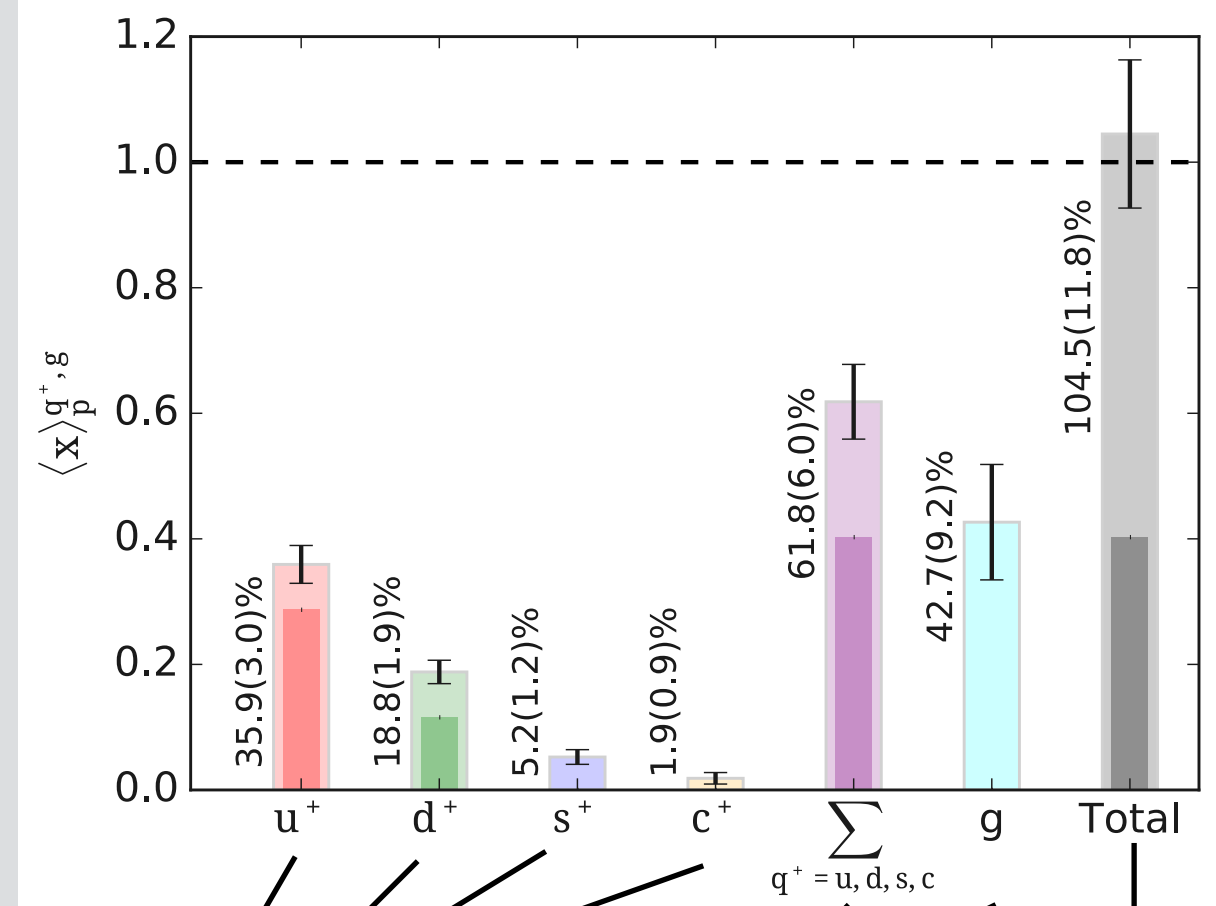
## \* Average momentum fraction



Huge and positive contribution from the up quark

Down, strange and charm contributions are negative

The total is reduced compared to the up due to the negative contr. from the rest. Disconnected are reducing further the value.

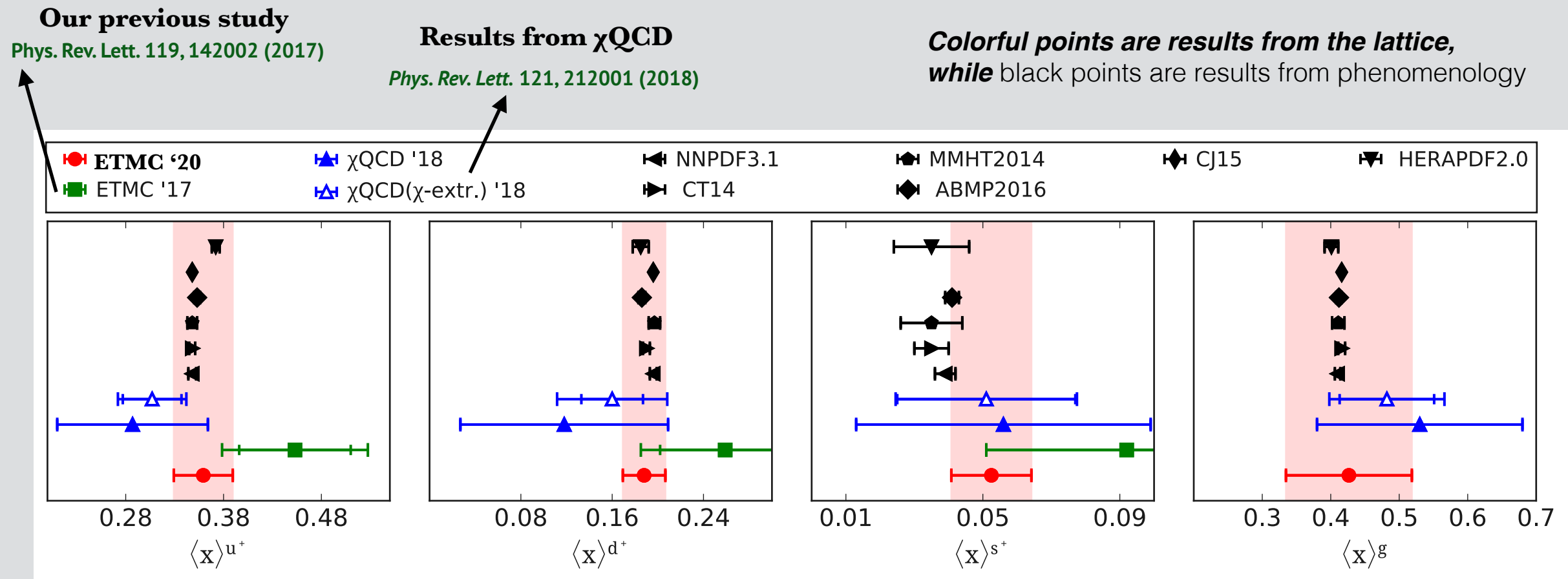


Up quark has the biggest contribution and for the rest the contribution is decreasing. About 5% for strange and 2% for charm.

Quark contribution is about 60% of the proton momentum while gluon is about 40%

Total is in agreement with momentum sum. Disconnected have the dominant contr.

# Comparison with other studies



**Renormalization is done non-perturbatively.  
Very challenging for the gluon case!**

# Comparison with other studies

## Our previous study

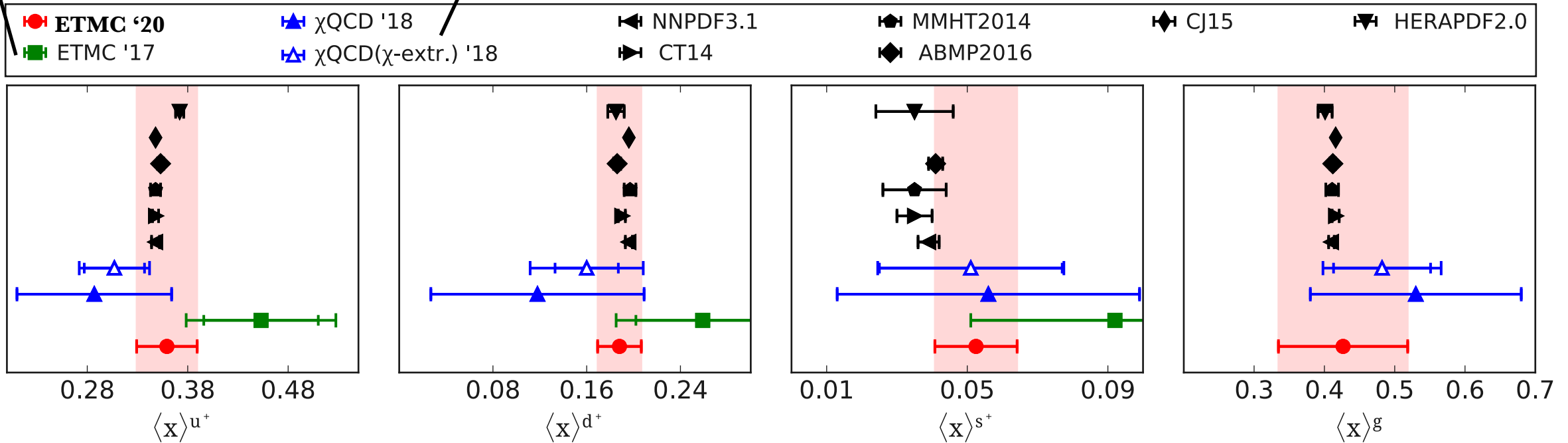
Phys. Rev. Lett. 119, 142002 (2017)

## Results from $\chi$ QCD

Phys. Rev. Lett. 121, 212001 (2018)

**Colorful points are results from the lattice,**

**while** black points are results from phenomenology

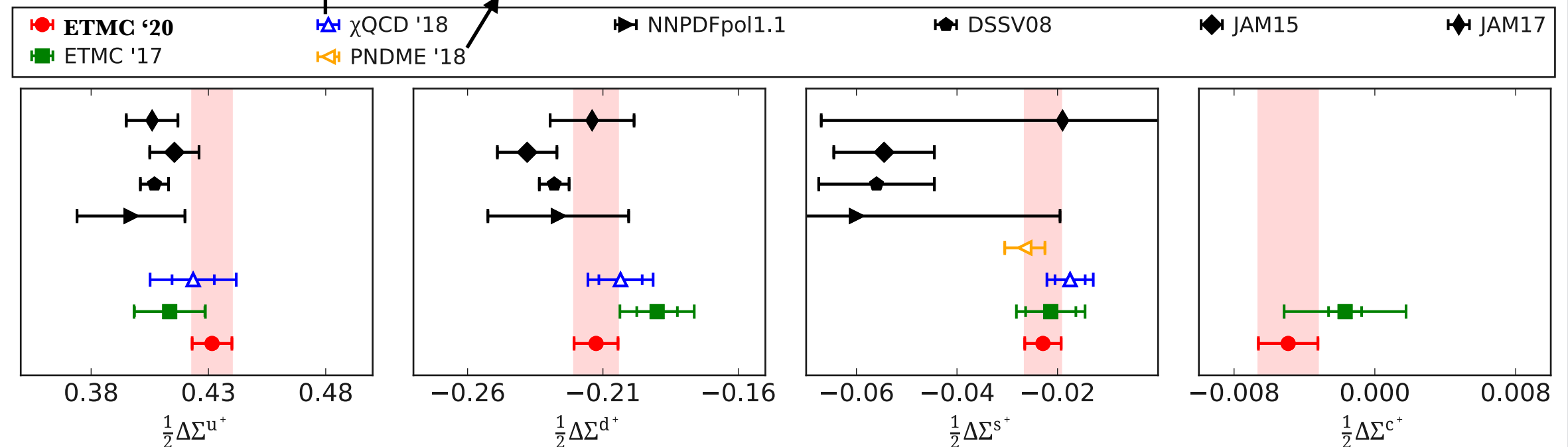


Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

**Renormalization is done non-perturbatively.  
Very challenging for the gluon case!**

Phys. Rev. D 98, 074505 (2018)

Phys. Rev. D 98, 094512 (2018)



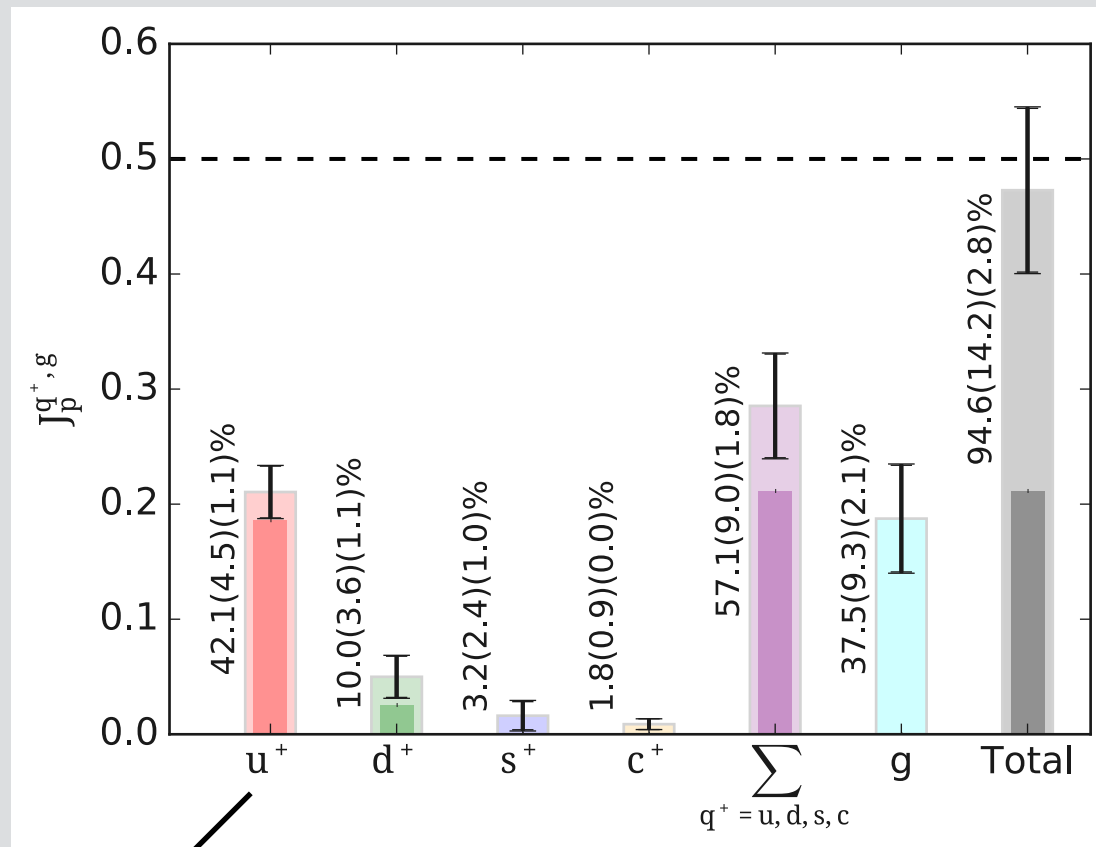
# Results for total and orbital angular momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and  
outer bars the total including disconnected contributions*

## \* Angular momentum

Phys. Rev. D 101, 094513 (2020)



Significant  
contribution  
from the up  
quark



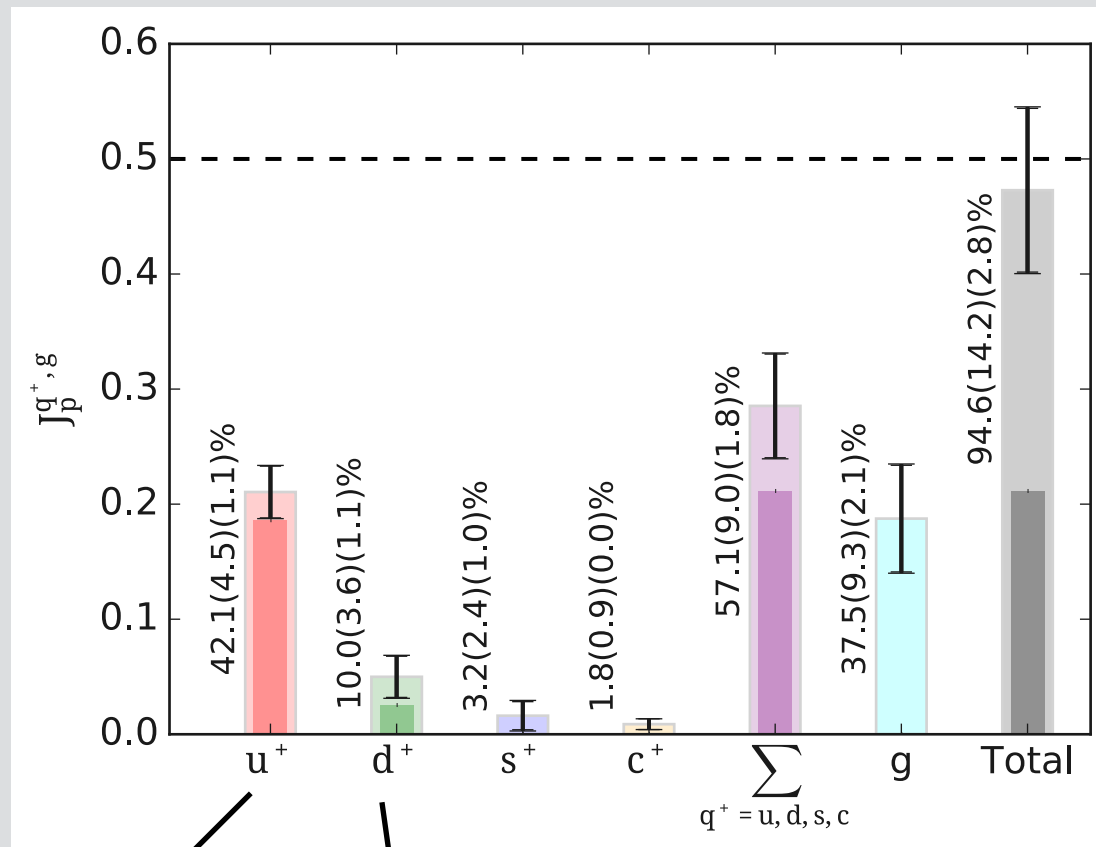
# Results for total and orbital angular momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and outer bars the total including disconnected contributions*

## \* Angular momentum

Phys. Rev. D 101, 094513 (2020)



Significant contribution from the up quark

The down quark has 4x smaller contribution from the up quark

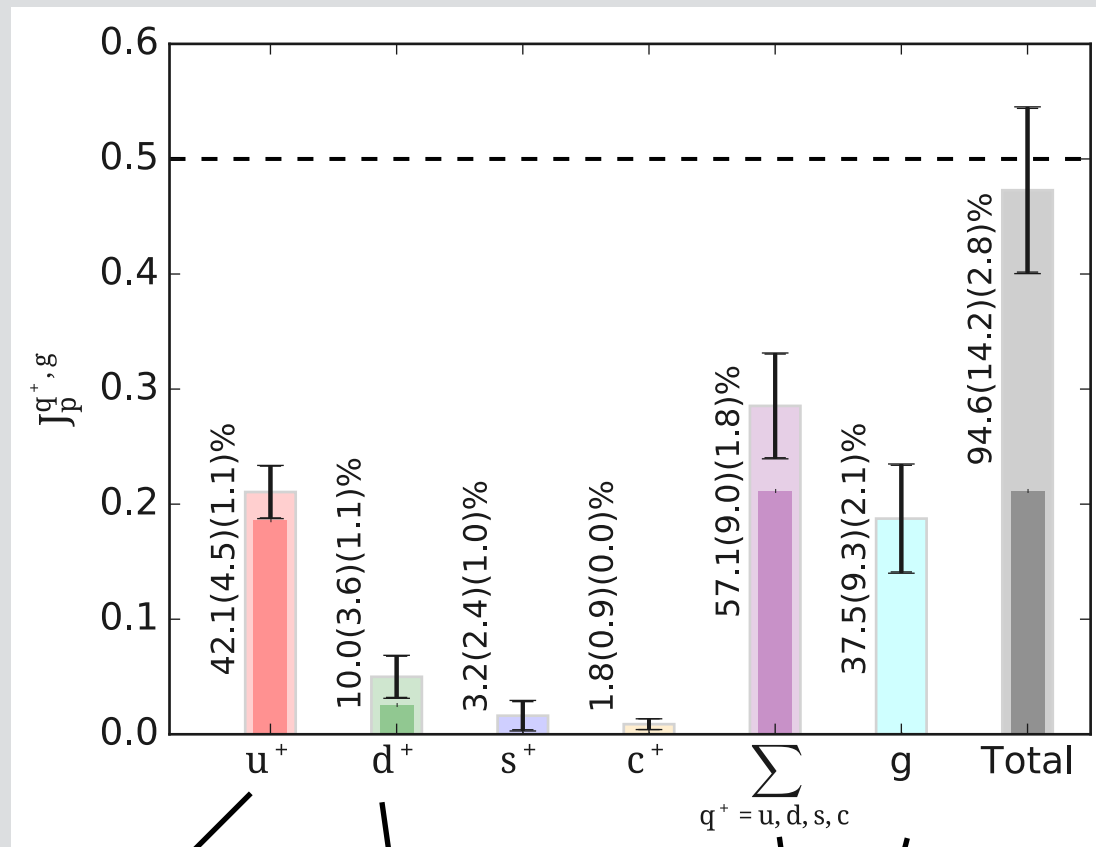
# Results for total and orbital angular momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and  
outer bars the total including disconnected contributions*

## \* Angular momentum

Phys. Rev. D 101, 094513 (2020)



Significant  
contribution  
from the up  
quark

The down  
quark  
has 4x smaller  
contribution  
from  
the up quark

The contributions  
are about the same  
as  $\langle x \rangle$   
 $B_{20}(0)$  has small  
contribution

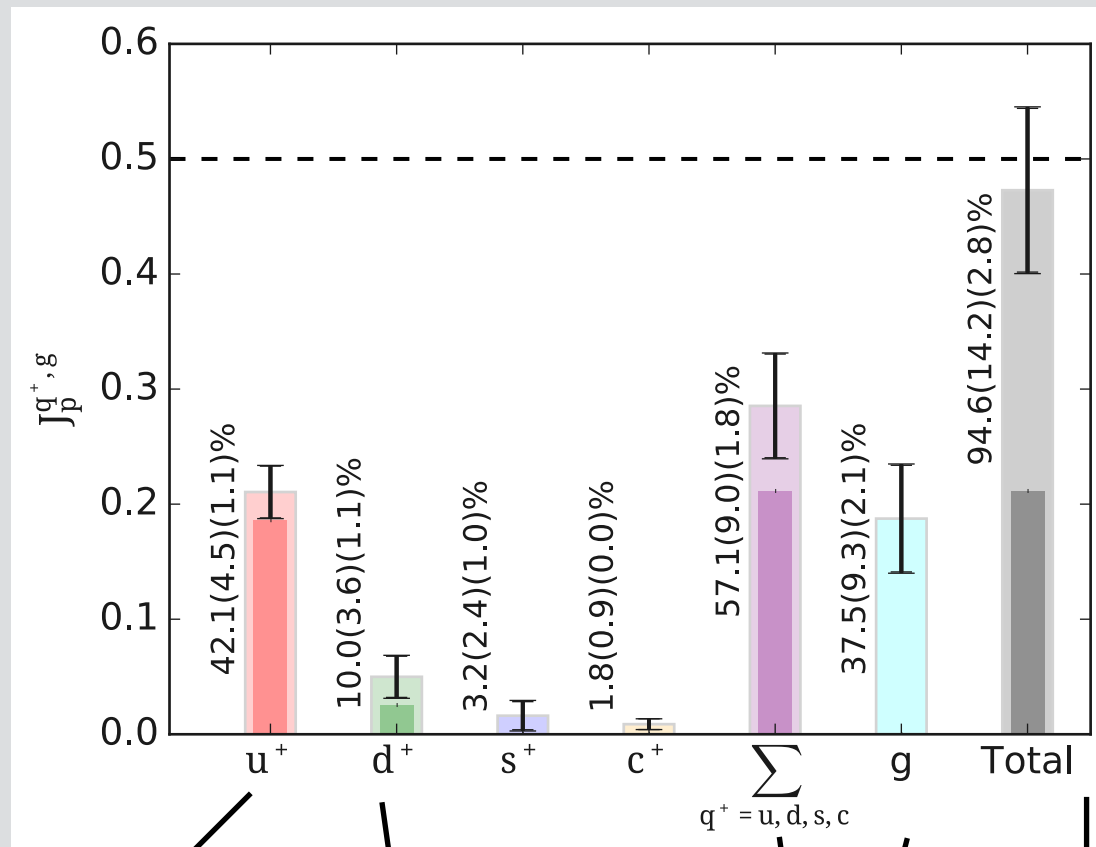
# Results for total and orbital angular momentum fraction

Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

*Inner bars is only the connected and  
outer bars the total including disconnected contributions*

## \* Angular momentum

Phys. Rev. D 101, 094513 (2020)



Significant  
contribution  
from the up  
quark

The down  
quark  
has 4x smaller  
contribution  
from  
the up quark

The contributions  
are about the same  
as  $\langle x \rangle$   
 $B_{20}(0)$  has small  
contribution

The total contribution is in agreement with the  
expected value of the proton spin

# Results for total and orbital angular momentum fraction

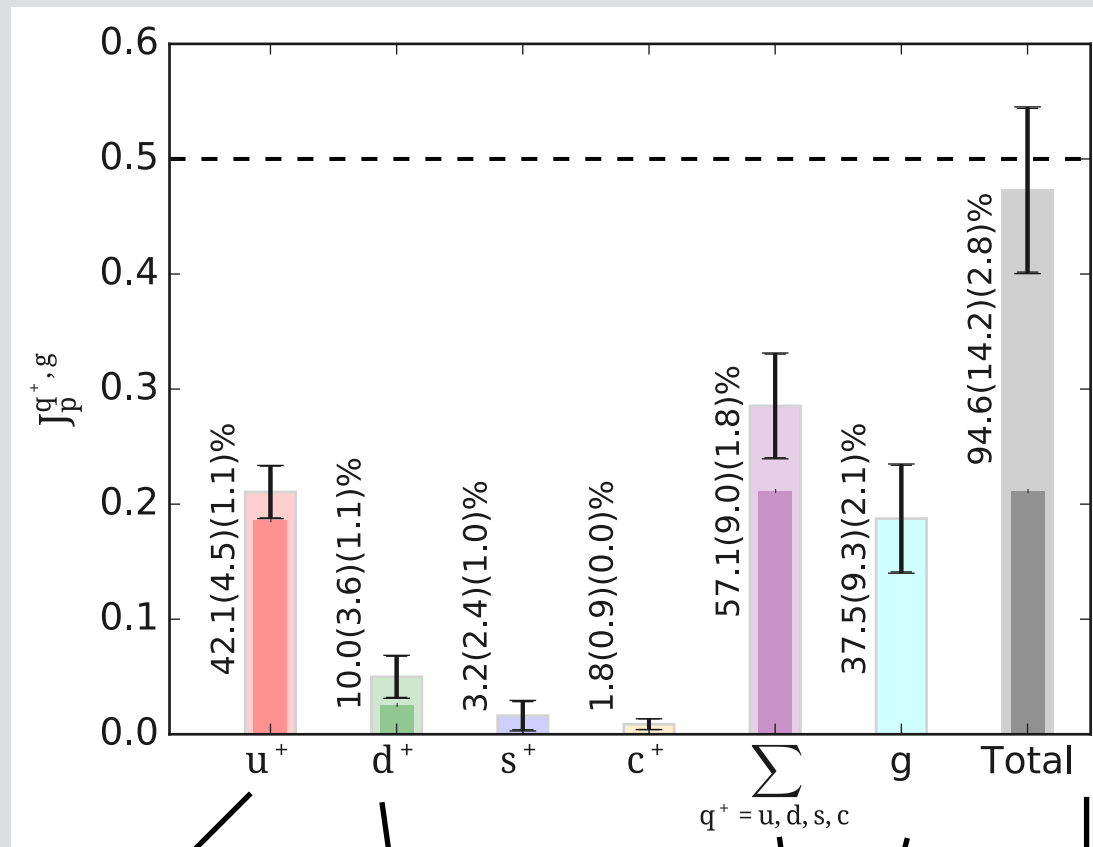
Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

Inner bars is only the connected and outer bars the total including disconnected contributions

## \* Angular momentum

Phys. Rev. D 101, 094513 (2020)

## \* Orbital Angular momentum

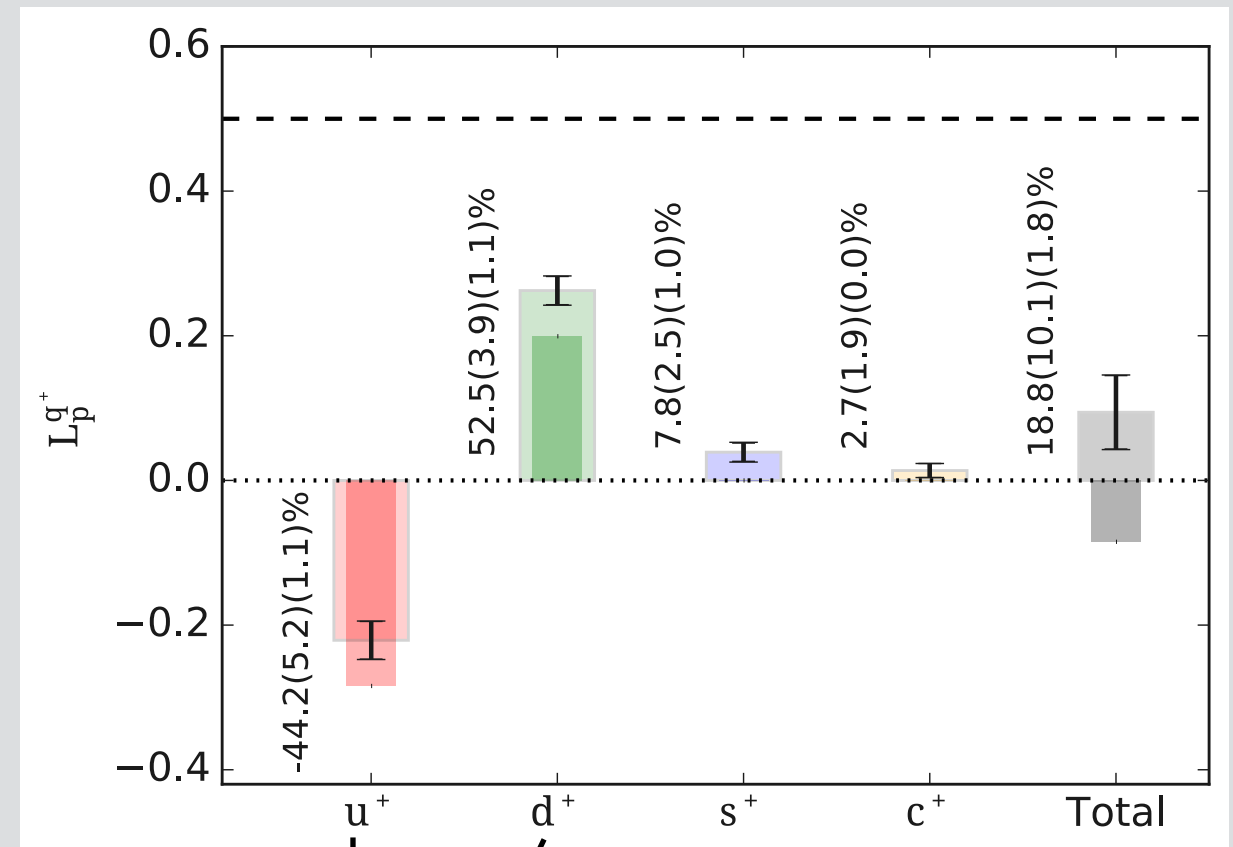


Significant contribution from the up quark

The down quark has 4x smaller contribution from the up quark

The contributions are about the same as  $\langle x \rangle$   
 $B_{20}(0)$  has small contribution

The total contribution is in agreement with the expected value of the proton spin



The up and down quarks are orbiting in the opposite direction with similar magnitudes



# Results for total and orbital angular momentum fraction

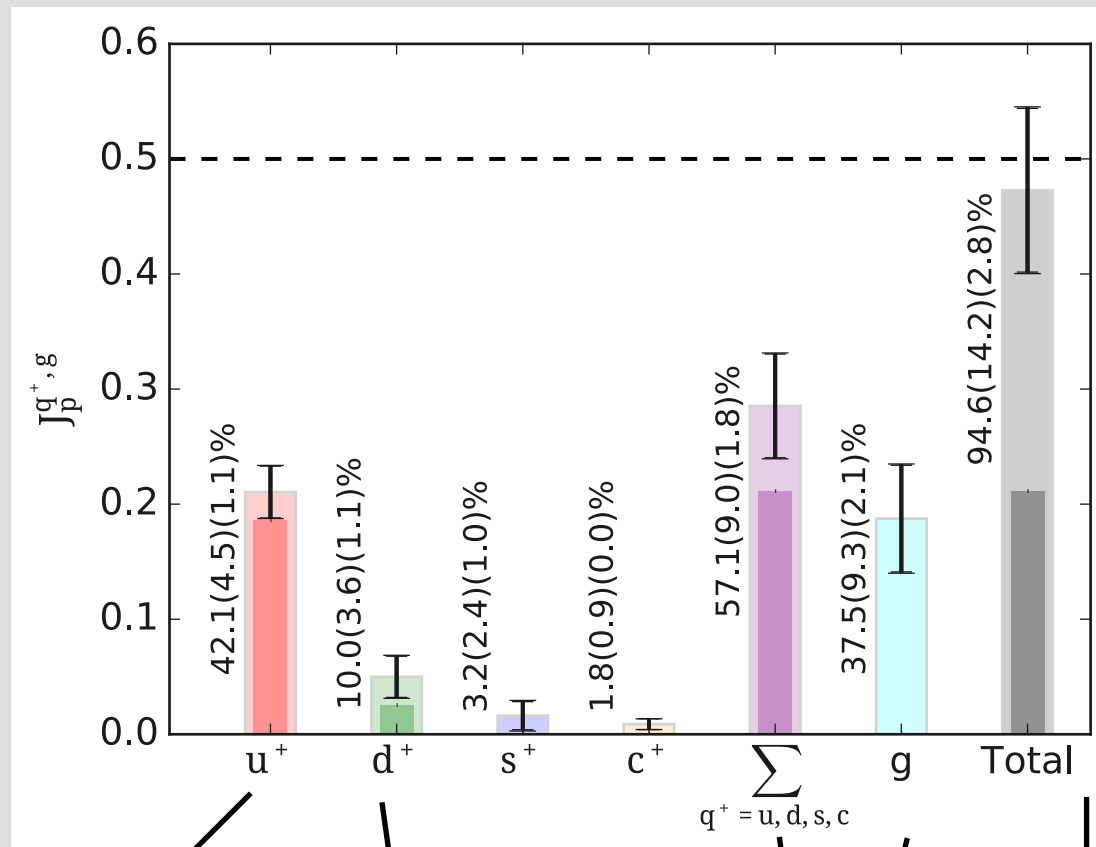
Quantities are given in  $\overline{\text{MS}}$  scheme at  $\mu^2 = 4 \text{ GeV}^2$

Inner bars is only the connected and outer bars the total including disconnected contributions

## \* Angular momentum

Phys. Rev. D 101, 094513 (2020)

## \* Orbital Angular momentum

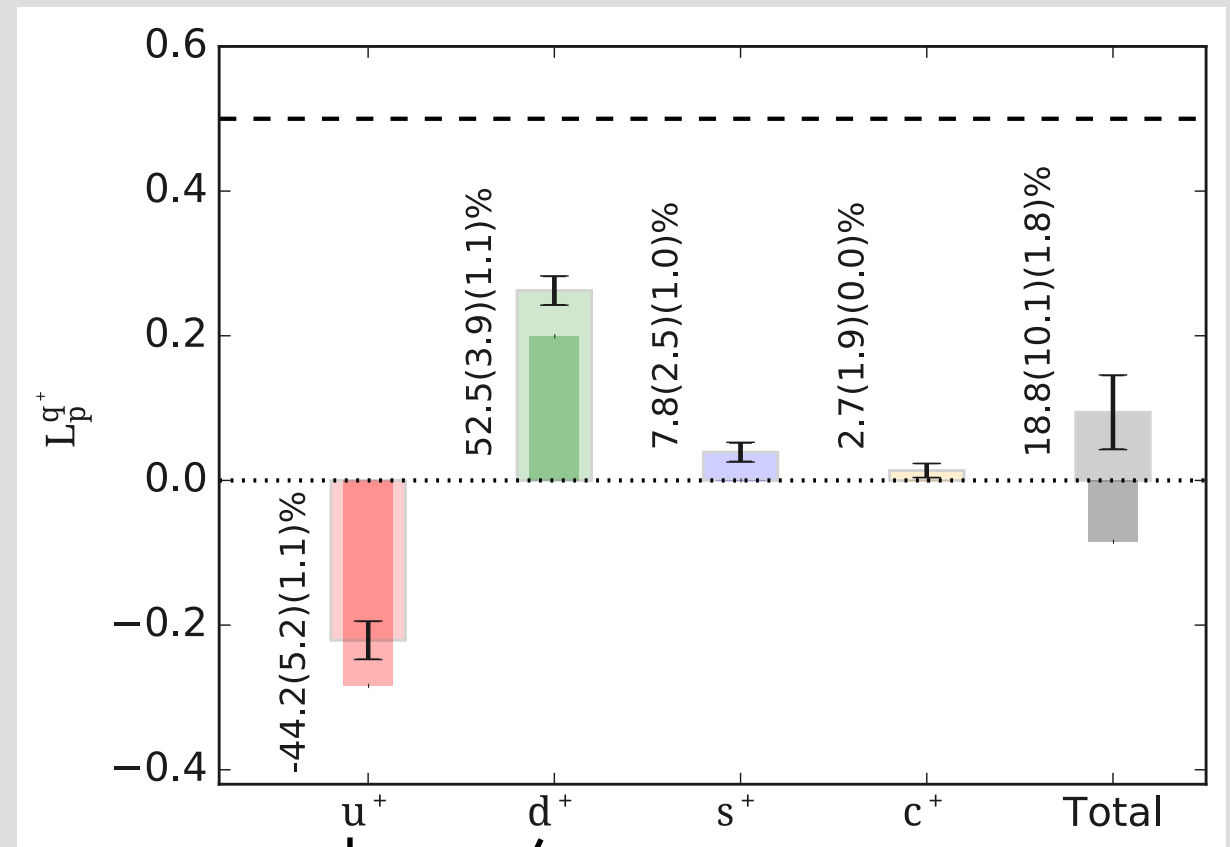


Significant contribution from the up quark

The down quark has 4x smaller contribution from the up quark

The contributions are about the same as  $\langle x \rangle$   
 $B_{20}(0)$  has small contribution

The total contribution is in agreement with the expected value of the proton spin



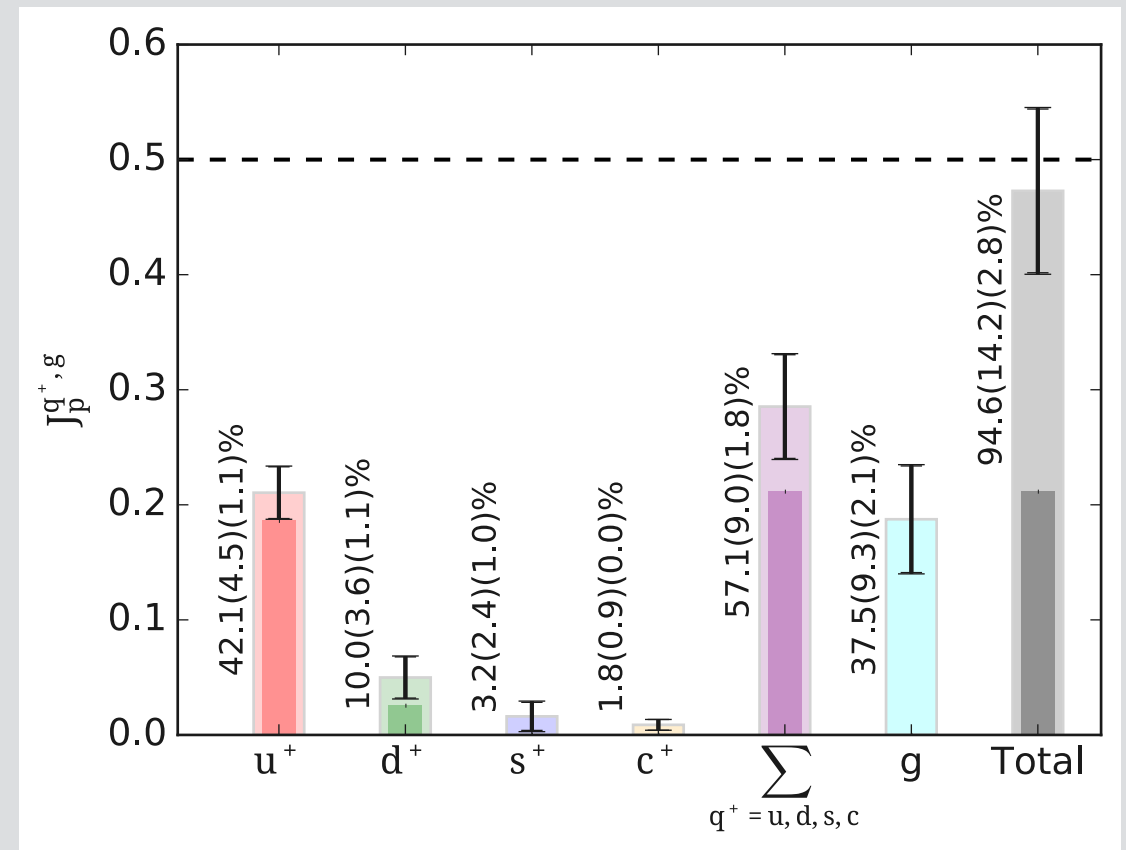
The up and down quarks are orbiting in the opposite direction with similar magnitudes

The total quark orbital angular momentum is 10-25% of the proton spin but uncertainties are high

# Summary & conclusion & future plans

★ A complete  $N_f = 2 + 1 + 1$  LQCD study about the origin of the proton spin

- Spin sum is verified
- Momentum sum is verified
- Non-perturbative renormalization
- All disconnected contributions are included



Phys. Rev. D 101, 094513 (2020)

	$\langle x \rangle$	$J$	$\frac{1}{2}\Delta\Sigma$	$L$
$u^+$	0.359(30)	0.211(22)(5)	0.432(8)	-0.221(26)(5)
$d^+$	0.188(19)	0.050(18)(5)	-0.213(8)	0.262(20)(5)
$s^+$	0.052(12)	0.016(12)(5)	-0.023(4)	0.039(13)(5)
$c^+$	0.019(9)	0.009(5)(0)	-0.005(2)	0.014(10)(0)
$g$	0.427(92)	0.187(46)(10)		
Tot.	1.045(118)	0.473(71)(14)	0.191(15)	0.094(51)(9)

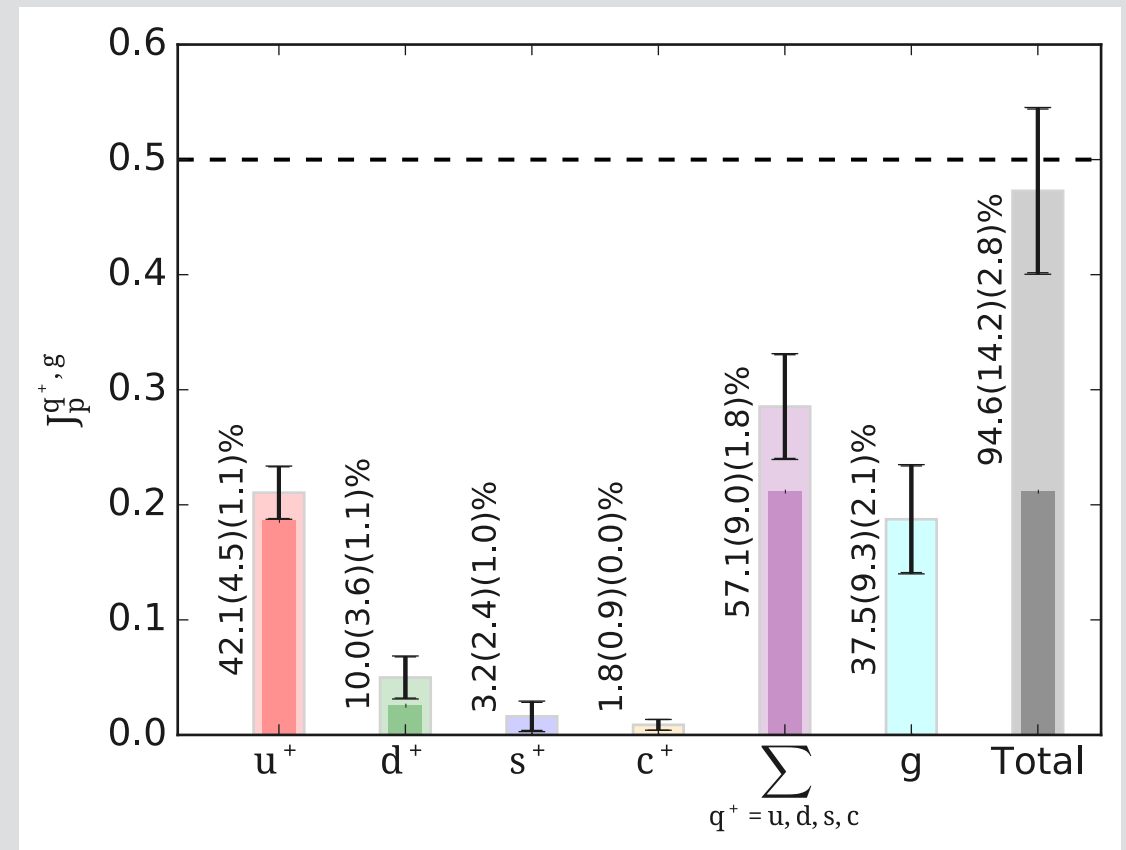
# Summary & conclusion & future plans

★ A complete  $N_f = 2 + 1 + 1$  LQCD study about the origin of the proton spin

- Spin sum is verified
- Momentum sum is verified
- Non-perturbative renormalization
- All disconnected contributions are included

★ Future plans

- Finer lattice spacings
- Bigger volumes
- Alternative renormalization procedures



Phys. Rev. D 101, 094513 (2020)

	$\langle x \rangle$	$J$	$\frac{1}{2}\Delta\Sigma$	$L$
$u^+$	0.359(30)	0.211(22)(5)	0.432(8)	-0.221(26)(5)
$d^+$	0.188(19)	0.050(18)(5)	-0.213(8)	0.262(20)(5)
$s^+$	0.052(12)	0.016(12)(5)	-0.023(4)	0.039(13)(5)
$c^+$	0.019(9)	0.009(5)(0)	-0.005(2)	0.014(10)(0)
$g$	0.427(92)	0.187(46)(10)		
Tot.	1.045(118)	0.473(71)(14)	0.191(15)	0.094(51)(9)



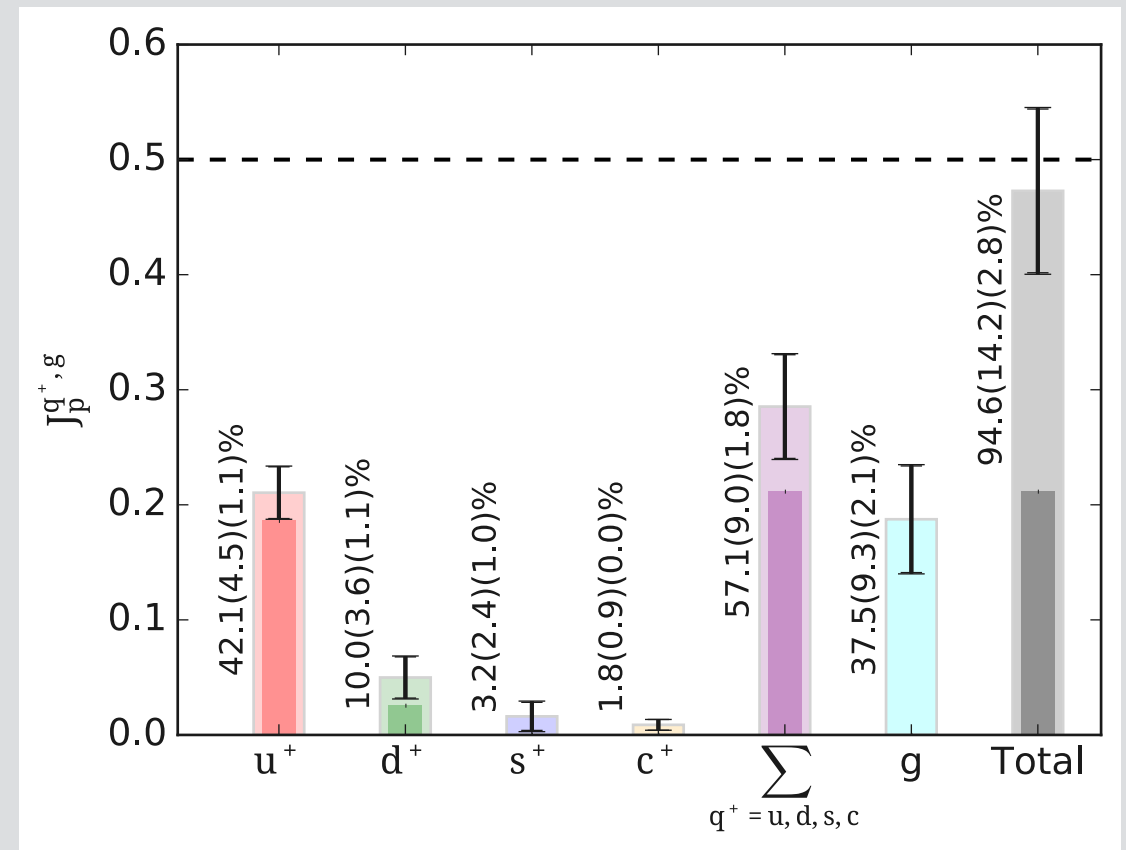
# Summary & conclusion & future plans

★ A complete  $N_f = 2 + 1 + 1$  LQCD study about the origin of the proton spin

- Spin sum is verified
- Momentum sum is verified
- Non-perturbative renormalization
- All disconnected contributions are included

★ Future plans

- Finer lattice spacings
- Bigger volumes
- Alternative renormalization procedures



Phys. Rev. D 101, 094513 (2020)

	$\langle x \rangle$	$J$	$\frac{1}{2}\Delta\Sigma$	$L$
$u^+$	0.359(30)	0.211(22)(5)	0.432(8)	-0.221(26)(5)
$d^+$	0.188(19)	0.050(18)(5)	-0.213(8)	0.262(20)(5)
$s^+$	0.052(12)	0.016(12)(5)	-0.023(4)	0.039(13)(5)
$c^+$	0.019(9)	0.009(5)(0)	-0.005(2)	0.014(10)(0)
$g$	0.427(92)	0.187(46)(10)		
Tot.	1.045(118)	0.473(71)(14)	0.191(15)	0.094(51)(9)

THANK  
YOU!





# Backup slides

# Excited states analysis procedure

## Excited states analysis

## \* Plateau method

$$R(t_s, t_{ins}, t_0) \xrightarrow[t_s - t_{ins} \gg 1]{t_{ins} - t_0 \gg 1} \mathcal{M} \left[ 1 + \mathcal{O} \left( e^{-\Delta E(t_{ins} - t_0)}, e^{-\Delta E(t_s - t_{ins})} \right) \right]$$

# Excited states analysis procedure

## \* Plateau method

$$R(t_s, t_{ins}, t_0) \xrightarrow[t_s - t_{ins} \gg 1]{t_{ins} - t_0 \gg 1} \mathcal{M} \left[ 1 + \mathcal{O} \left( e^{-\Delta E(t_{ins} - t_0)}, e^{-\Delta E(t_s - t_{ins})} \right) \right]$$

## \* Summation method

$$\sum_{t_{ins}} R(t_s, t_{ins}, t_0) \xrightarrow{t_s - t_0 \gg 1} C + \mathcal{M}(t_s - t_0) + \mathcal{O} \left( e^{-\Delta E t_s} \right)$$



# Excited states analysis procedure

## \* Plateau method

$$R(t_s, t_{ins}, t_0) \xrightarrow[t_s - t_{ins} \gg 1]{t_{ins} - t_0 \gg 1} \mathcal{M} \left[ 1 + \mathcal{O} \left( e^{-\Delta E(t_{ins} - t_0)}, e^{-\Delta E(t_s - t_{ins})} \right) \right]$$

## \* Summation method

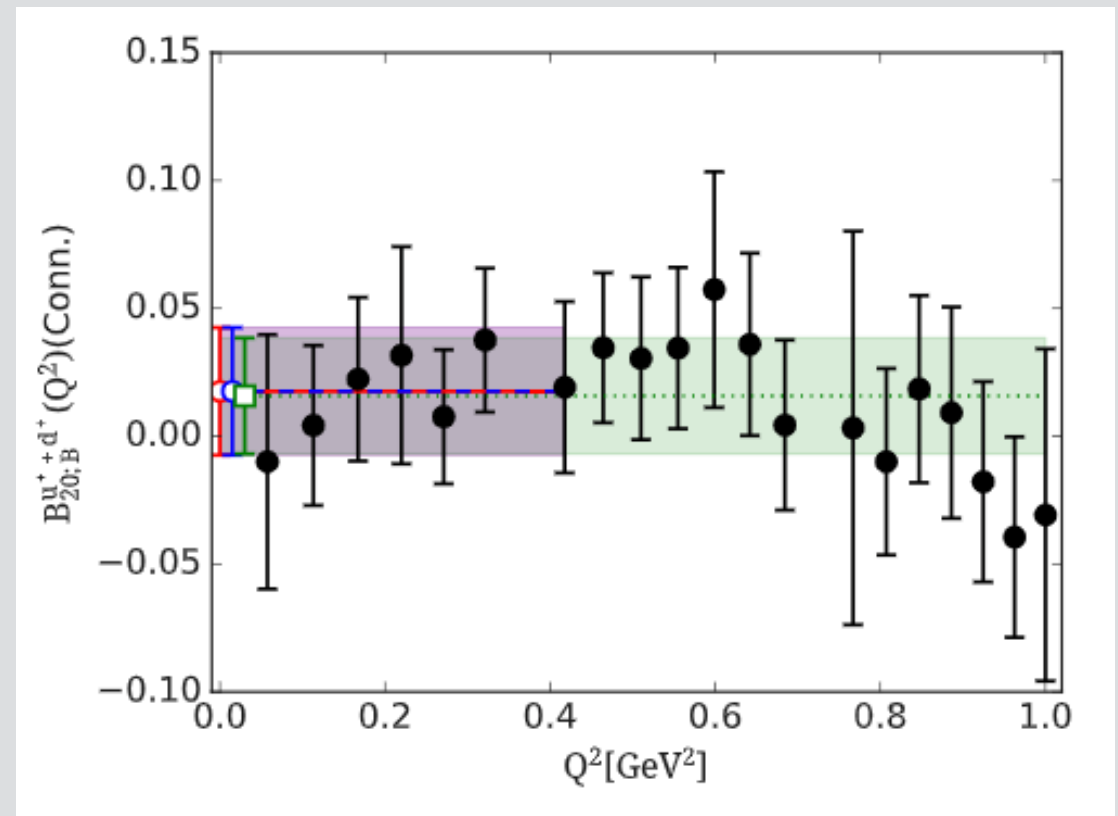
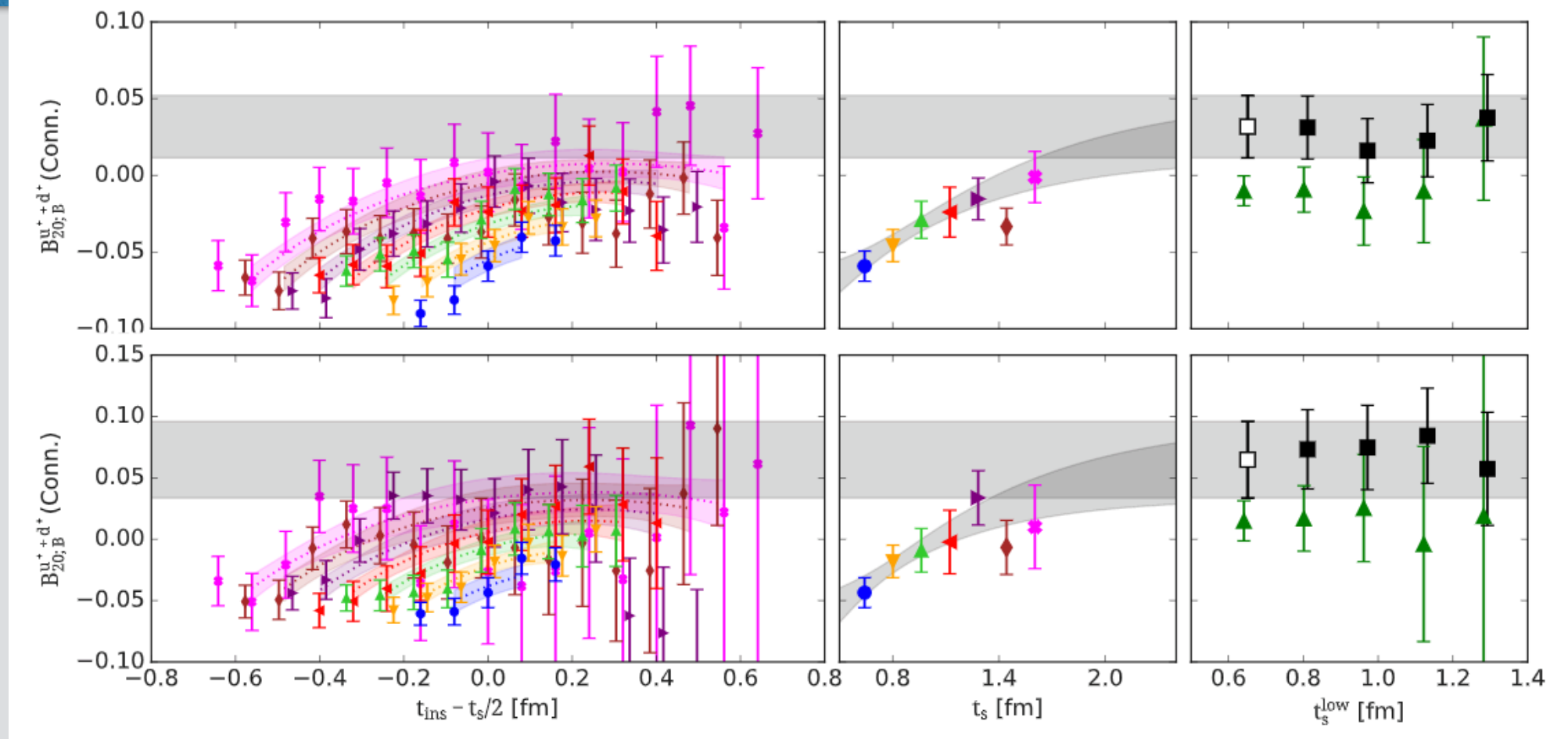
$$\sum_{t_{ins}} R(t_s, t_{ins}, t_0) \xrightarrow{t_s - t_0 \gg 1} C + \mathcal{M}(t_s - t_0) + \mathcal{O}(e^{-\Delta E t_s})$$

## \* Two-state fit method

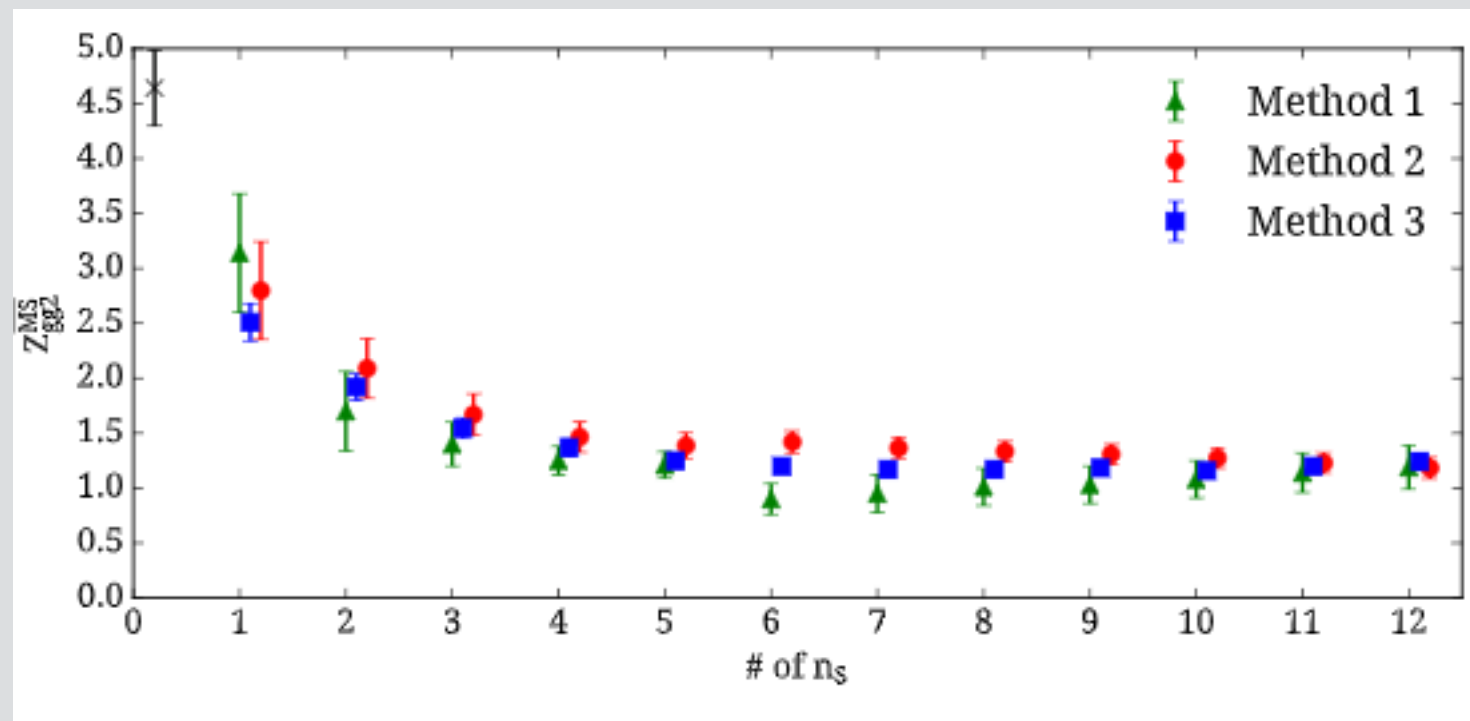
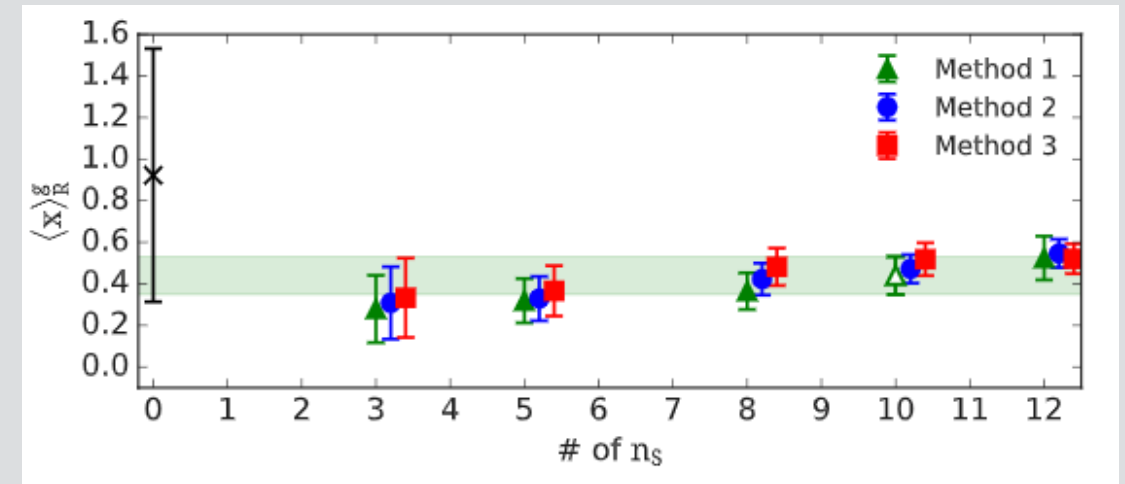
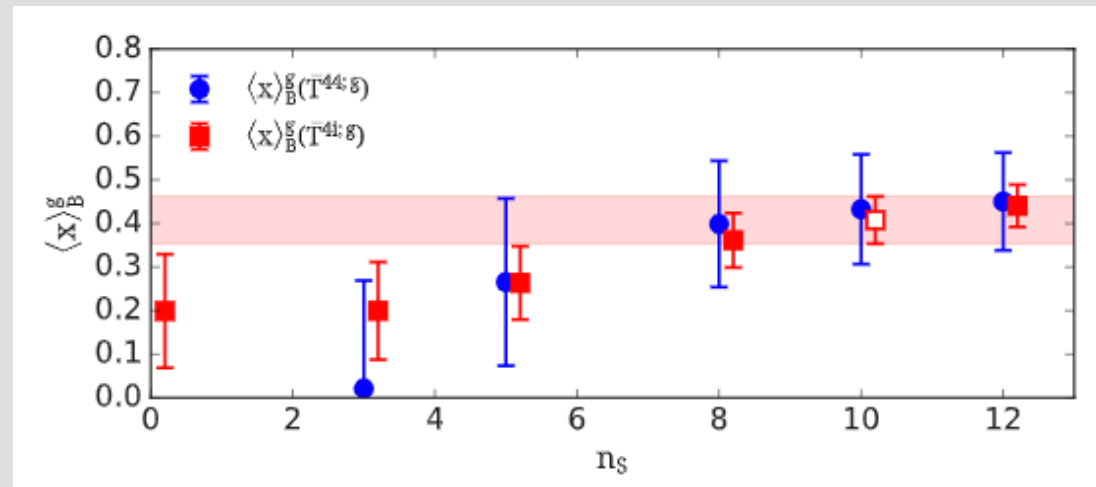
$$\begin{aligned} G^{3pt} = & A_{00} e^{-E_0(t_s - t_0)} + A_{01} e^{-E_0(t_s - t_{ins})} e^{E_1(t_{ins} - t_0)} \\ & + A_{10} e^{-E_1(t_s - t_{ins})} e^{-E_0(t_{ins} - t_0)} + A_{11} e^{-E_1(t_s - t_0)} \end{aligned}$$

$$G^{2pt} = c_0 e^{-E_0(t_s - t_0)} + c_1 e^{-E_1(t_s - t_0)} \quad \mathcal{M} = \frac{A_{00}}{c_0}$$

# Extraction of $B_{20}$



# Renormalization



# How we can see inside the proton...

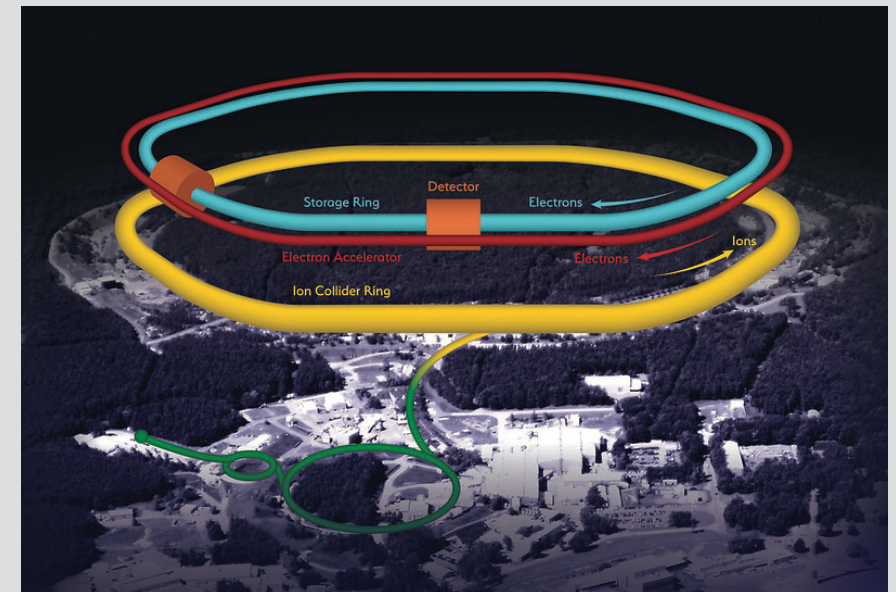




# How we can see inside the proton...

## Experimentalists need accelerators

*Electron-Ion Collider at BNL*

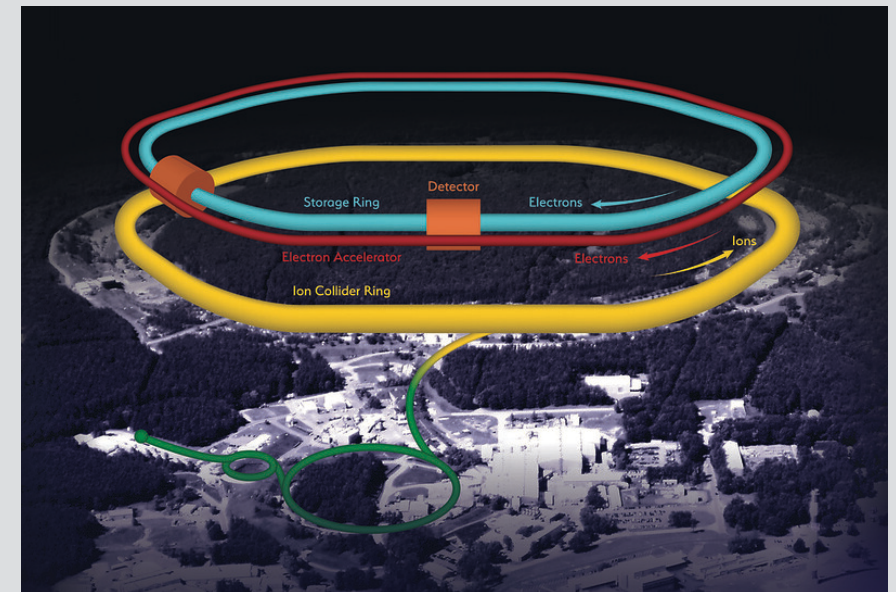


*COMPASS experiment at CERN*

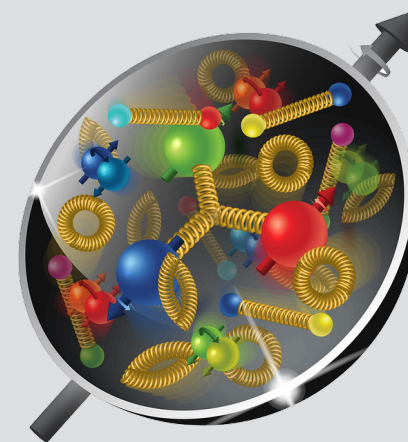
# How we can see inside the proton...

## Experimentalists need accelerators

*Electron-Ion Collider at BNL*



*COMPASS experiment at CERN*



*Proton spin content*



# How we can see inside the proton...

## LQCD needs supercomputers



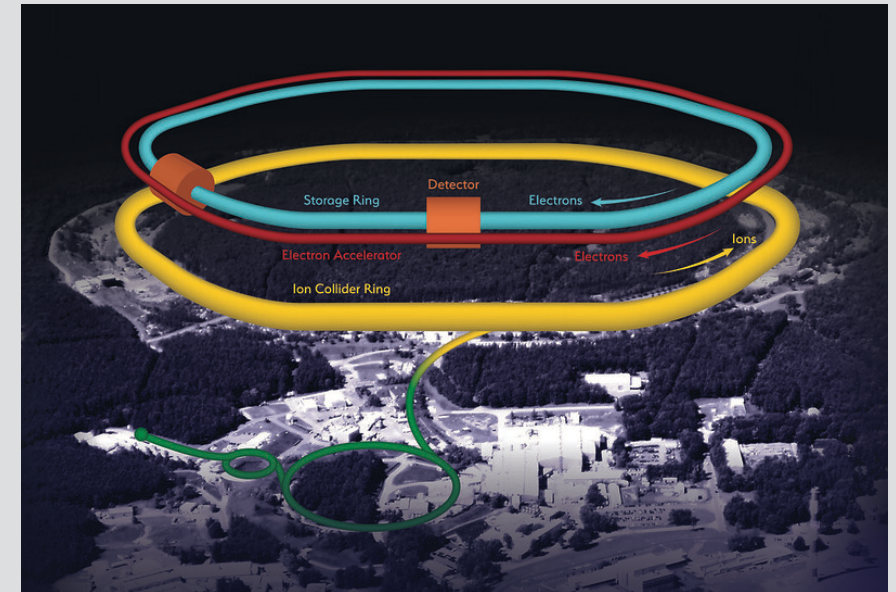
*Summit at ORNL (USA)*

*Juwels at Jülich (Germany)*

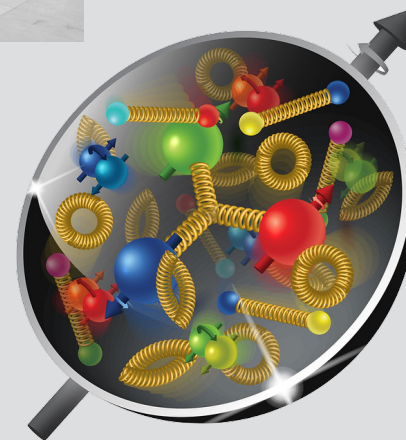


## Experimentalists need accelerators

*Electron-Ion Collider at BNL*



*COMPASS experiment at CERN*



*Proton spin content*



# How we can see inside the proton...

## LQCD needs supercomputers

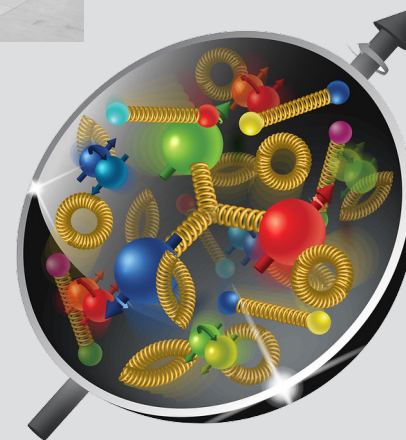


*Summit at ORNL (USA)*

*Juwels at Julich (Germany)*



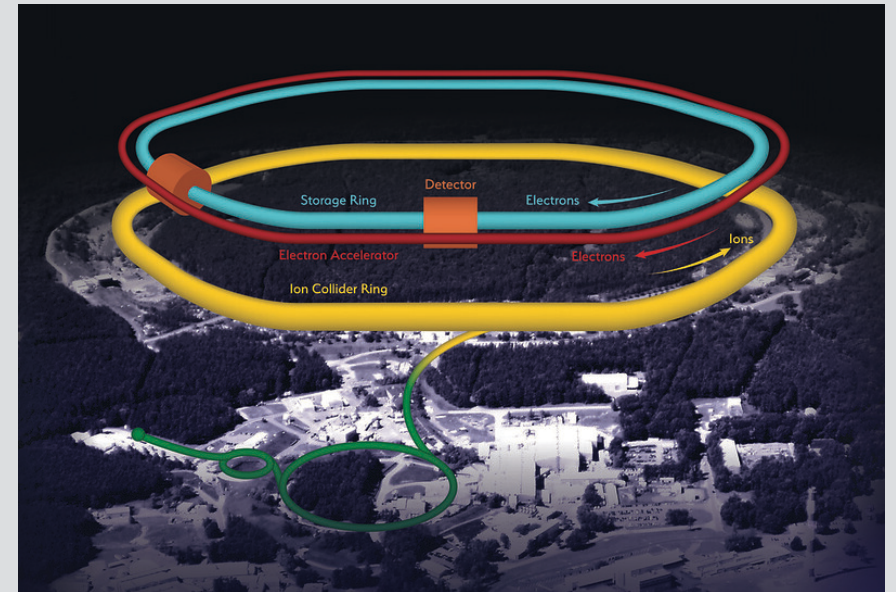
**Approach we  
follow in  
this work**



*Proton spin content*

## Experimentalists need accelerators

*Electron-Ion Collider at BNL*



*COMPASS experiment at CERN*

