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INDIA'S MEDAL HOPES



The 2024 Summer Olympics will be held in France from July 26 to August 11, with Paris as the host city. A total of 10,500 athletes will be part of 329 events across 32 sports. Athletes from over 200 countries will compete at the Olympics and more than 15 million tourists are expected in Paris during the Games. **RobinAge** features some of the Indian athletes who are strong contenders to bring home medals.



PARIS 2024



■ **Neeraj Chopra**
Sport: Men's Javelin Throw

Neeraj Chopra created history at the 2020 Tokyo Olympics when he became the first Indian to win a gold medal in athletics at the Olympics. Chopra's win in 2020 was also the first instance of an Indian winning any Olympic medal in athletics in the post-independence era. He is not just the first Indian, but also the first Asian athlete to win an Olympic gold medal in javelin and the first Asian to win gold in javelin at the World Championships. Ahead of the Olympics, he withdrew from the Ostrava Golden Spike 2024 athletics meet in the Czech Republic due to fitness issues as he did not want to take any risks before the mega event.



DID YOU KNOW?

In all, India has won a total of 35 medals at the Olympics—10 gold, 9 silver and 16 bronze.

CONTINUED ON PAGE >> 2



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INDIA'S MEDAL HOPES



CONTINUED FROM PAGE >> 1



Mascots of the Paris 2024 Olympics:
The Olympic Phryges are based on traditional small Phrygian hats. The names and design were chosen as symbols of freedom and represent important historical figures of the French republic.

Vision of the Paris 2024 Olympics:
To demonstrate that sport can change lives.

■ Vinesh Phogat Sport: Wrestling – Women's 50kg

Vinesh Phogat is the first Indian female wrestler to have won gold at both the Commonwealth and Asian Games. She is also the sole Indian woman wrestler to win more than one medal at the World Wrestling Championships. For her achievements, she was nominated for the Laureus World Sports Awards in 2019. At the 2020 Tokyo Olympics, she competed in the women's 53kg event and lost to Belarus' Vanesa Kaladzinskaya in the quarterfinals.



■ PV Sindhu Sport: Badminton – Women's Singles

Badminton star PV Sindhu is one of the biggest sporting icons in the country today. Sindhu has been on the medal podium in the last two Olympics and the country will have its fingers crossed that she can complete a hat-trick. At the 2016 Rio Games, Sindhu created history by becoming the first Indian badminton player to win silver at the Olympics. Four years later, she became only the second Indian athlete in an individual sport to win medals at two Olympics when she won the bronze medal in Tokyo 2020. Before Sindhu, wrestler Sushil Kumar won the bronze in the men's 66kg freestyle category at Beijing 2008 and a silver at London 2012.



■ Mirabai Chanu Sport: Weightlifting – Women's 49kg

Mirabai Chanu will look to defend the silver medal she won in the 49kg category at the 2020 Summer Olympics in Tokyo with a total lift of 202kgs. With her win, she became the second Indian weightlifter to win a medal at the Olympics, Karnam Malleswari being the first with a bronze at Sydney 2000. Chanu's special win also marked India's first medal at the Tokyo Olympics. Chanu went on to win the gold medal



in the 49kg category at the 2022 Commonwealth Games held in Birmingham, UK. Chanu suffered an injury at the 2022 Hangzhou Asian Games, which kept her away from weights for four months. Having recovered, she is now raring to bring more glory for India.

■ Lovlina Borgohain Sport: Boxing – Women's 75kg

Lovlina Borgohain was also among the medallists from India at the 2020 Tokyo Olympics. She won the bronze medal in the women's welterweight (64 to 69kg) event. Borgohain reached the semifinals of the competition, where she went down to Turkey's Busenaz Surmeneli. Despite the loss, Borgohain became the third Indian boxer to win a medal at the Olympics, joining Mary Kom, who won at the 2012 London Olympics, and Vijender Singh, who won at the 2008 Beijing Olympics.



■ Nikhat Zareen Sport: Boxing – Women's 50kg

Nikhat Zareen is a two-time world champion in boxing, having won the Women's World Boxing Championships in Istanbul, Turkey, in 2022 and Delhi in 2023. Apart from that, the 28-year-old also won the gold medal at the 2022 Commonwealth Games in Birmingham, UK, and the bronze medal in the light flyweight (women's 50kg) event at the 2022 Asian Games.



■ Sift Kaur Samra Sport: Shooting – Women's 50mt Rifle 3P

Sift Kaur Samra, who gave up her MBBS course to focus on shooting, was rewarded for her hard work when she won gold at the 2022 Asian Games. She was also a part of the team that won the silver medal during the same competition. At only 22 years of age, she is considered the future of India's shooting.



DID YOU KNOW?

44-year-old tennis star Rohan Bopanna, who holds the record for being the oldest men's doubles world number one and is currently ranked number four in men's doubles, has also qualified for the Paris 2024 Olympics.



■ Satwiksairaj Rankireddy & Chirag Shetty Sport: Badminton – Men's Doubles

Satwiksairaj Rankireddy and Chirag Shetty are the only doubles pair from India to rank number one in the BWF (Badminton World Federation) World Rankings. They are also the first Indians to win gold at the Asian Games in badminton, achieving the feat at the 2022 Hangzhou Games. The duo won bronze at the 2022 World Championships in Japan and gold at the 2022 Commonwealth Games in Birmingham, UK.



■ Indian Men's Hockey Team

The Indian men's hockey team won the bronze medal at the 2020 Tokyo Olympics, defeating Germany 5-4. This was India's first Olympic medal in hockey after a long gap of 41 years. The Indian hockey team went on to win gold at the 2022 Asian Games and the 2023 Asian Champions Trophy. The team is in good form and will be confident of securing another medal at the upcoming Olympics.



The Indian Men's Hockey Team, Tokyo Olympics 2020

currentaffairs

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T20 World Champions

- India won the ICC Men's T20 World Cup 2024, defeating South Africa by a narrow margin.
- With this win, India became the first country to win the tournament without losing a single match.
- Virat Kohli was declared the Man of the Match as he led the win with 76 runs in 59 balls.
- Kohli and Rohit Sharma announced their retirement from the international T20 format after the match. Team coach Rahul Dravid also hung up his boots after the win.
- Team India brought home a prize of \$2.45 million (₹20.42 crore) and an additional \$31,154 (approximately ₹26 lakh) for each match won, excluding the semi-finals and finals.
- The Board of Control for Cricket in India (BCCI) also announced a grand prize of ₹125 crore for Team India's victory.



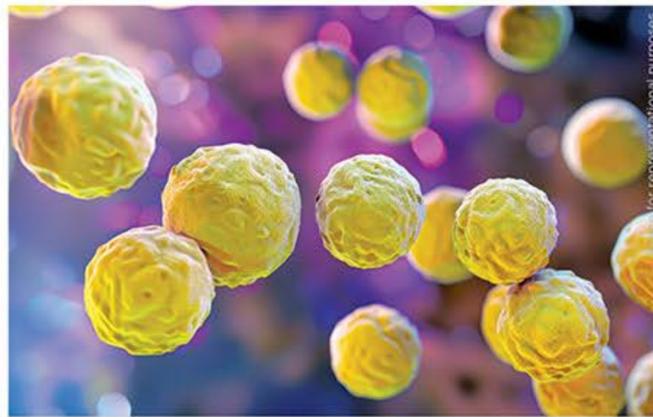
Rare Mushrooms Discovered

- Researchers from the Mushrooms of India Community and the Kasaragod division of the Kerala Forest and Wildlife Department discovered rare bioluminescent mushrooms in Kerala's Kasaragod forests.
- The mushrooms, known as *Filoboletus manipularis*, let out a spectacular green light in the night and were among more than 50 mushroom species found by the researchers.
- According to researchers, a chemical reaction in the mushroom's cells causes them to become bioluminescent. The green light is a result of the reaction of oxygen with luciferase and luciferin.
- Researchers believe the mushrooms could be toxic and have warned people against consuming them.
- These mushrooms thrive in decaying organic matter.



Floods in Kenya

- Heavy rains in Kenya from March to May led to devastating floods in the country. Over 200 people lost their lives, while hundreds of others were injured.
- Landslides and floodwater swept away infrastructure and homes, displacing thousands of people. Nairobi was among Kenya's worst-affected places.
- Staff and tourists who were trapped in the Maasai Mara National Reserve in Narok due to the flooding of River Talek were evacuated using helicopters.
- Experts attribute the increase in the region's rainfall to a climate pattern called the El Niño phenomenon. Additionally, unplanned urbanisation, poor drainage systems, increased population and reduction in open spaces increased the severity of floods in the region.



Bacterial Infection Spreads in Japan

- A lethal bacterial infection called streptococcal toxic shock syndrome (STSS) has been spreading across Japan at an alarming rate. The disease is caused by the group A streptococcus bacteria and can kill people within two days.
- According to Japan's Health Ministry, the number of STSS cases in the country reached approximately 1,000 from the beginning of 2024 to the beginning of June. STSS is also called the 'flesh-eating' disease and its mortality rate is 30%.
- The disease's initial symptoms include vomiting, fever and muscle pain. However, it can cause swelling and organ failure too.
- According to experts, the relaxation of COVID-19 norms and the weakened immune system of people after the COVID-19 pandemic could have caused STSS cases in Japan to spike this year.



INDIA AT THE OLYMPICS



Norman Pritchard was the first-ever Olympic medallist from India. He won two silver medals at the 1900 Olympic Games in Paris, the first time India participated in the competition.




newsbulletin

- Rising sea levels due to climate change have forced residents of a small island called Gardi Sugdub off Panama's coast to relocate. The Panama government has relocated hundreds of Guna people, who are native to the island, to a newly developed town in the Guna Yala region of Panama.
- The Kadamadai Area Integrated Farmers Association (KAIFA) and the Pudukottai district government have begun the process of constructing artificial islands inside the Kavinadu Kanmoi irrigation tank in Tamil Nadu. The project involves clearing out invasive weed species from the tank and planting native trees on the man-made islands in order to conserve the region's biodiversity.
- Archaeologists discovered an ancient rock slab, which has an alphabet engraved on it, in southwest Spain. The stone, which dates back to 600 BCE, is around 400 years older than the Rosetta Stone and is believed to be linked to the Tartessos civilisation.
- To enhance athletes' mental health at the Paris Olympics 2024, the event's organisers have set up a space called the '365 Athlete365 Mind Zone' where athletes can relax. The area is designed to soothe and comfort athletes and will include sleep pods, creative activities and activities related to meditation.
- Mixed martial arts (MMA) fighter Puja Tomar achieved a historic feat by becoming the first Indian to emerge victorious in the Ultimate Fighting Championship (UFC). Tomar accomplished this feat by beating Rayanne Amanda dos Santos of Brazil by split decision in a three-round bout at the UFC Louisville, USA, on June 8.





Is the Tomato Really a Fruit?



Have you ever found yourself in the middle of a heated debate about whether a tomato is a fruit or a vegetable? Well, you're not alone. It's a common question that stumps many, from curious kids to grown-ups. But before we solve the tomato mystery, let's embark on a fascinating journey to discover the differences between fruits and vegetables.

The World of Fruits

Imagine fruits as nature's candy. They are the sweet and juicy treasures that plants offer us. But in the plant world, fruits have a very special job. They are the carriers of seeds, the future generations of plants. When we bite into a delicious apple or enjoy a handful of berries, we're enjoying the part of the plant that holds its seeds. This is nature's way of ensuring that plants can spread their seeds far and wide, with a little help from animals and humans who eat them.

Fruits come in all shapes, sizes and flavours. From the citrusy zest of an orange to the creamy texture of an avocado, fruits are incredibly diverse. Yes, you heard it right—avocados are fruits too! In botanical terms, a fruit is the mature ovary of a flower, containing the seeds. This includes some surprising members like cucumbers, pumpkins and tomatoes!

The Vegetable Kingdom

Now, let's talk vegetables. Vegetables are the parts of plants that we eat, which aren't involved in reproduction. This includes roots, leaves, stems and sometimes even flower buds. Think of carrots and potatoes, which are roots, or spinach and lettuce, which come from the leaves of plants. Then there's broccoli and cauliflower, which are flower buds waiting to bloom!

Vegetables are masters of disguise, appearing in all parts of the meal, from the start as appetisers to the main course. They're packed with nutrients and are essential for keeping us healthy. Unlike

fruits, vegetables tend to be less sweet and more savoury, making them perfect for a variety of dishes.

The Tomato: A Fruit Disguised as a Vegetable



So, where does this leave our friend, the tomato? In the eyes of a botanist, who studies plants, tomatoes are fruits because they develop from the flower of the tomato plant and contain seeds. But in the culinary world, tomatoes are often treated as vegetables because of their savoury flavour profile.

This confusion isn't just limited to tomatoes. Other 'vegetables' like bell peppers, eggplants and squash are technically fruits too. The distinction comes down to how these foods are used in cooking and eating, rather than their botanical classification.

Why Does It Matter?

You might wonder why it's important to know the difference between fruits and vegetables. While it might not change how you enjoy your favourite foods, understanding the roles these plant parts play can deepen your appreciation for nature and the incredible variety of foods we get to enjoy. It's also a fun fact to share with friends and family, sparking interesting conversations and maybe even a friendly debate or two.





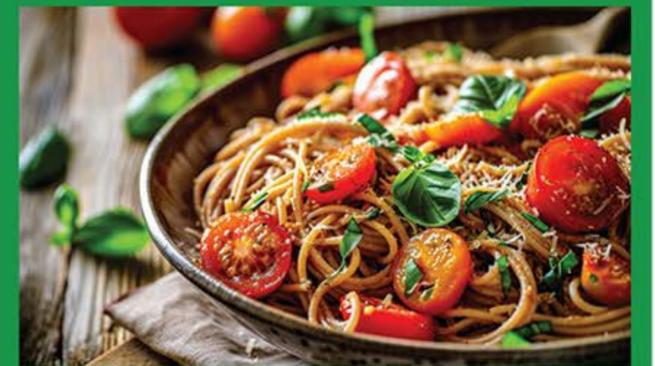
INDIA AT THE OLYMPICS



Abhinav Bindra is India's first individual Olympic gold medallist. He won the gold in shooting at the 2008 Beijing Games.




Embrace the Diversity



Whether a fruit or a vegetable, each has its unique flavours, textures and nutrients that contribute to a balanced and healthy diet. Exploring the wide variety of fruits and vegetables can lead to discovering new favourites and creative ways to include them in your meals.

So, the next time you're munching on a tomato, remember the fascinating journey it's been on to get to your plate. Whether you consider it a fruit or a vegetable, there's no denying the delicious and nutritious role it plays in our diets.

In conclusion, the debate about whether tomatoes are fruits or vegetables can be answered in two ways—scientifically, tomatoes are fruits, but in the kitchen, they're often treated as vegetables. This dual identity is a perfect example of how science and culture intersect, creating the rich and diverse culinary world we enjoy. So, let's celebrate the tomato and all the other fruits and vegetables for their vital contributions to our meals and our health. Happy eating!



Rukmini Das is an educator who is committed to helping kids realise and strengthen their curiosity, confidence and compassion by creating unique engaging programmes for kids. She founded Science and Cooking, which allows kids to learn scientific and critical thinking skills through cooking. Through the last decade, she has worked as an educator with various organisations. You can connect with her at rukmini.das@gmail.com or on Instagram @scienceandcooking

What happens to the heavy metals that are ingested with food?

Heavy metals include elements like lead, mercury and cadmium. These metals occur naturally and are found primarily in rocks and soil. Natural weathering of rocks and soil releases heavy metals into rivers and lakes. Industrial pollution can also cause heavy metals to enter water bodies, which then settle on the floor of the water bodies. When plants grow on these beds, they absorb the heavy metals along with other nutrients. When fish and other animals feed on these plants, the heavy metals automatically get transferred to these animals.

Sadly, heavy metals do not break down, so repeated ingestion of heavy metal laden foods causes a buildup of heavy metals in sea creatures. Some heavy metals become more concentrated when predators eat other animals for food as part of the food chain. This is called biomagnification. When humans consume these larger predators as food, they are indirectly consuming the heavy metals too. Just like in the predators, the heavy metals get lodged in the human being's internal organs, causing various ailments and in extreme cases, poisoning.



Do puppies lose their milk teeth?

All mammals have two sets of teeth—milk teeth and permanent teeth. Dogs also have two sets of teeth—28 deciduous or baby teeth, which are eventually replaced by 42 permanent or adult teeth. When a puppy is two or three weeks old, the deciduous teeth begin to erupt through the gums, starting with the incisors, followed by the canine teeth and finally, the premolars. All of the deciduous teeth should be in place by about eight weeks of age. These first teeth are small and painfully sharp. This is part of the reason most mother dogs begin to take their puppies off their milk at five or six weeks of age.



READ & LEARN
PAGE
2
ACTIVITY SHEET

Scan to learn about different types of teeth in different animals




Why do our palms sweat when we are nervous?



The medical condition for sweaty palms is known as palmar hyperhidrosis. It is the result of your body trying to control its temperature. In the case of fear, excitement or nervousness, a sweat

gland in the palm of your hand is stimulated. This is due to increased activity in the sympathetic nervous system of your body as well as an increase in epinephrine (a hormone) secretion from your adrenal gland.

Why were pyramids built in Egypt?

Ancient Egyptians believed that life existed beyond the one they lived on Earth. They also believed that their pharaohs should have all kinds of earthly comforts in their journey to the next life. So they built tombs that were known as pyramids. The word 'pyramid' comes from the Greek word 'pyramis', which means 'wheat cake'. The word 'pyramis' was used to describe ancient Egyptian buildings because they reminded the Greeks of pointy-topped wheat cakes. The ancient Egyptian word

for pyramids was 'mr' or 'mer'. When a pharaoh died, he or she was embalmed, wrapped in preservative materials and placed in a coffin (sarcophagus) inside the pyramid.



Along with the body, ancient Egyptians packed the pyramid with jewels, food and other things that the pharaoh would take into the next life.

Scan and watch how pyramids were built





discover india

READ & LEARN
PAGE 1
ACTIVITY SHEET

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HARYANA

Haryana is famous for its agricultural wealth as well as its rapid industrial growth. The economy in the state is driven by diverse industries such as automobile manufacturing, information technology (IT) services, textiles, food processing and farming. The state is a significant producer of wheat, rice, sugarcane, cotton and dairy products.

Gurugram (Gurgaon) is a prominent IT and corporate hub, while Faridabad is known for its industrial activities. Haryana also offers a mix of historical and modern attractions. Kurukshetra, associated with the Mahabharat, and Panipat, known for its legendary battles, are key historical sites in the state.

The Sultanpur Bird Sanctuary and Morni Hills are sites for nature lovers. Modern attractions include the Kingdom of Dreams. Many notable sports personalities like Vijender Singh, Saina Nehwal and Neeraj Chopra come from this state.



Stunning Facts

- Haryana is part of the region where the Indus Valley Civilisation thrived, with archaeological sites like Rakhigarhi revealing evidence of ancient urban settlements.
- The state is believed to be the site of the ancient Saraswati River, which is considered sacred in Hindu mythology. Efforts are ongoing to revive the river and its course.
- Chandigarh, the capital of Haryana, is the first planned city in India. It was designed by the Swiss-French architect Le Corbusier. It is known for its unique sector system, where the city has been divided into 47 self-contained sectors, each measuring 800mts by 1,200mts.
- Chandigarh is home to the famous Rock Garden, a sprawling 40-acre garden created by artist Nek Chand using industrial and urban waste materials.
- Chandigarh has a dedicated Butterfly Park spread over 7 acres of land. It is home to numerous species of butterflies such as the common jezebel, lime butterfly, common rose, plain tiger, tawny coster, common leopard and psyche.
- The Sukhna Lake area is known for its migratory bird populations, especially during the winter months. Some of the birds that visit include the northern shoveler, gadwall, brown-headed gull and northern lapwing.



Capital: Chandigarh
State Animal: Blackbuck
State Bird: Black francolin
State Tree: Peepal
State Flower: Lotus
Dance: Khoria, Phag and Dham

Maze Time

Help the butterfly find its way to the butterfly park.



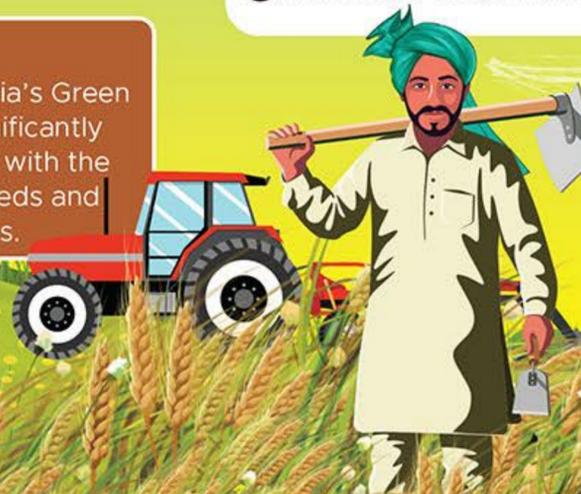
Word Fun

Unscramble the words found on this page.

- 1 GIDAACHNRH:
- 2 AAAYHRN:
- 3 AAASSRWTI:
- 4 ANHKUS:
- 5 ASTNULPUR:

DID YOU KNOW?

Haryana played a crucial role in India's Green Revolution during the 1960s, significantly boosting agricultural productivity with the adoption of high-yield variety seeds and modern farming techniques.



Black Francolin

Colour Me



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Young Boys Discover Dinosaur Fossil

Three young boys discovered the fossil of a Tyrannosaurus rex while they were out on an adventurous hike in North Dakota, USA. According to scientists, the fossil is of a young Tyrannosaurus rex that measured about 25 feet in length and is very rare. The fossil has been nicknamed 'Teen Rex' and will be studied further by scientists.



25-foot-tall Bicycle Created

Two friends from France named David Peyrou and Nicolas Barrioz have created a bicycle measuring 25 feet and 5 inches in height. This bicycle is the world's tallest rideable bicycle and breaks the previous record by 1 foot and 2 inches. It was built in two years and has been nicknamed 'Starbike'.



Cat Freed from Tyre

A cat in Washington, USA, that got its head stuck in the centre of a spare tyre was freed by firefighters. To free the cat named Blue, the firefighters cut the tyre using a saw and other tools. Blue was then safely returned to its owner.



EATING HEALTHY



Eating healthy food gives us energy, provides us with nutrients to grow well and helps us fight diseases. A diet is all the types of foods and drinks you consume on a regular basis. It is important to include fruits, vegetables, legumes, dairy and protein-rich foods in your diet. A good diet will keep you physically and mentally fit.

Tick the correct option.

1 Which of these foods is good for your bones?

- a Milk
- b Chocolate
- c Burger



2 Which of these foods is considered junk food?

- a Pulses
- b Salad
- c Potato chips



3 What is a balanced diet?

- a A diet that includes only vegetables
- b A diet that includes a mix of all types of healthy foods
- c A diet that includes only fruit juices



4 What will happen if you eat the same foods every day?

- a Your body won't get the nutrients it needs to grow and repair itself
- b You won't feel active and energetic
- c Both of the above



Strike out the unhealthy food item in each row.

a



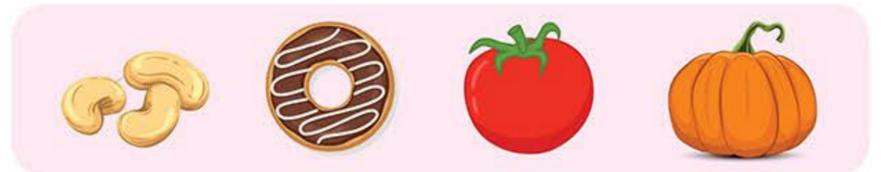
b



c



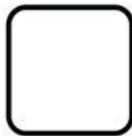
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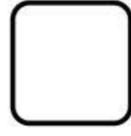
Let's count!



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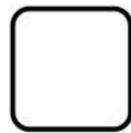
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Hobby time!

Gardening

- Taking care of plants makes you responsible.
- It helps you learn about how different fruits, vegetables and flowers grow.
- Gardening helps you connect with nature and calms you.
- Activities like planting seeds, watering plants and trimming plants keep you active.

Take action!

You can create a mini garden in your balcony or near your house with the help of a parent. You can grow different types of plants such as rose plants, money plants, aloe vera and tulsi.





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worldlywise



Read the articles in RobinAge and solve the activities in this supplement!

Kick List

Name any 5 famous footballers you know.



1 Name: _____

Country: _____

2 Name: _____

Country: _____

3 Name: _____

Country: _____

4 Name: _____

Country: _____

5 Name: _____

Country: _____



Know Your States

How well do you know Haryana?



1 Chandigarh, the first planned city in India, was designed by _____.

2 Archaeological sites like _____ reveal evidence of ancient urban settlements in Haryana.

3 The famous Rock Garden created by artist Nek Chand uses _____ and _____ materials.

4 The _____ area in Haryana known for its migratory bird populations, especially during the winter months.

5 Haryana is believed to be the site of the ancient _____, which is considered sacred in Hindu mythology.



Match the Columns



- Rohan Bopanna 1
- Neeraj Chopra 2
- Vinesh Phogat 3
- PV Sindhu 4
- Mirabai Chanu 5
- Nikhat Zareen 6

- a Wrestling
- b Badminton
- c Weightlifting
- d Boxing
- e Tennis
- f Javelin



Who's Making News

Read more about **KYNA KHARE** on Page 6 of RobinAge



Egyptian Essentials

Do some research online and list any 5 grains that are produced in Egypt.

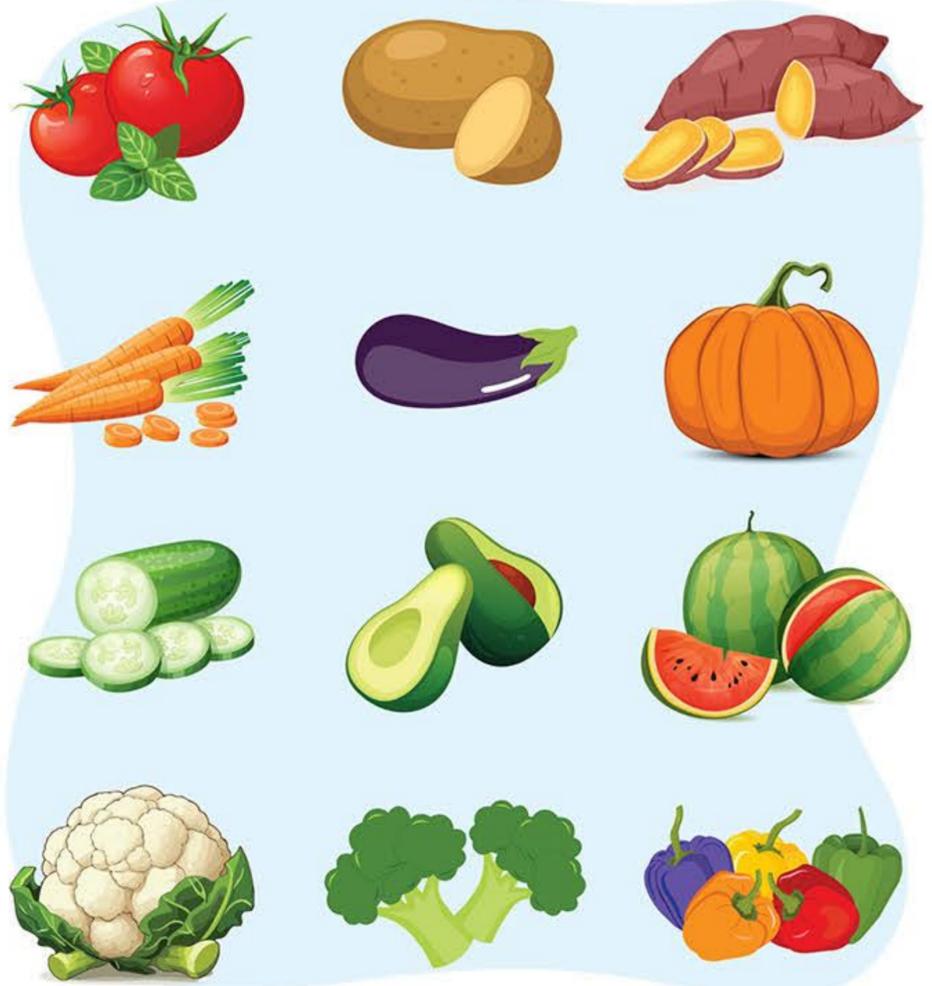


- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

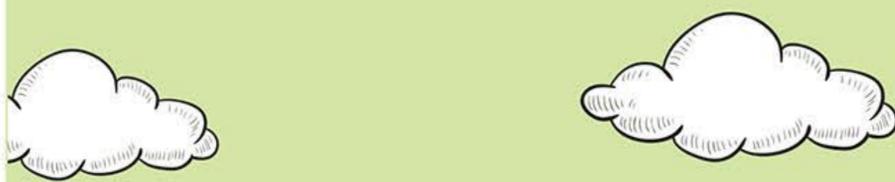


Are You Cooking a Fruit?

Circle the fruits in red and the vegetables in green.



Colour Me



Exploring Nature's Wonders

What are the elements of nature mentioned in the poem, 'The Countryside'.







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