

HEALTH AND PHYSICAL EDUCATION

(FOR CLASS X)



Punjab School Education Board

Sahibzada Ajit Singh Nagar

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Edition : 2014 33,000 Copies

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Price : ₹ 17.00

**Published by : Secretary, Punjab School Education Board, Vidya Bhawan,
Phase-8, Sahibzada Ajit Singh Nagar-160062 & Printed by M/s Nova
Publications, C-51, Focal Point Extension, Jalandhar.**

Foreword

It has always been the endeavour of Punjab School Education Board over since its constitution in 1969, to improve the syllabi of different subjects on the modern lines and prepare the textbooks in a scientific manner as per the revised curriculum.

Keeping in view the importance of sports on national and international level, Punjab is the pioneer state to introduce the subject of health and physical education, as a compulsory subject in the courses from class I to X.

The syllabus of this subject has been given a new shape before preparing the book in hand which will serve as a supplement to the study of the subject of Physical Education. This book has been got prepared from able, experienced and the concerned field experts in this subject. The language of the book is very simple, interesting and of the mental level of the students of the concerned classes. Proper illustrations have been provided to deal with the difficult ideas and sub topics. It has been our endeavour to make the study-material teacher friendly. It is hoped that this book will prove beneficial both for the students and the teachers. Suggestions from the field teachers and experts will be gratefully acknowledged by the Board.

Chairperson

Punjab School Education Board

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Physical Education—Its Aims and Objectives

Physical Education is that experience or practice which is concerned with human body. This knowledge is gained through the activity of body parts and muscles. Human muscles activate and present new experience to our body. Physical education is the sum total of all those experiences. Experiences that human body receives through the motion of the body bring changes in it. These changes leave effects on character and way of living of a person. Whatever man receives through these experiences and changes is called physical education.

The subject of physical education is new for common people. Different countries at different times have described it under different names.

Physical Culture : Right up to the end of 19th century the word physical culture was used for physical education. This physical culture touched the heights of the whole culture of man. Man was taught political, scientific, technical affairs and fine arts along with physical exercises in it.

Physical Training : With the passage of time, training of high level games was introduced along with physical exercises. Every game and training of exercise was given importance and physical culture was given the name of physical training.

Games and Sports : Broadly speaking it is known as games and sports. Initially both of these words were used for the shows and competitions involving physical strength for the entertainment of man. For example bull fights, cock fights and partridge fights, swords and stick fights and chariot races etc.

But these days, from the technical view point, sports are based on psychology, physical construction and physical activities.

Coaching : Coaching means to teach the intricacies of the latest methods of sports to a player who knows the basic techniques of games.

Physical activities are of many types. These are selected for their variety and are used according to the aim. Everybody has some aim.

Aim : Physical education like general education guides a person to achieve the highest target. J.F. Williams, an expert in physical education has expressed in very simple words that if we are to achieve our goal through physical education, our aim should be :-

To give a good and expert guidance and provide such facilities as may give opportunities to any person or class to work. These activities make a person physically fit, mentally alert and satisfied and socially efficient.

Important words in this definition are physically fit, mentally alert and satisfied and socially efficient. According to these words, such activities should be selected for every person as should be physically useful. A person may select such activities as may make the body active and enhance his thinking power. Some riddles and principles are applied in games in such a manner as may keep the human brain fresh and provide him mental satisfaction. These activities should be socially accepted. Other persons should view them in a respectable manner. People may appreciate benefits got through them and try to adopt these activities themselves.

On the whole, the aim of physical education is to provide a person that sort of environment which may be useful for him physically mentally and socially. The aim of physical education

is to do the all round development of a human being. This aim is achieved through various objectives.

Generally, the objectives of physical education are as under:-

1. Physical Growth and Development
2. Mental Development
3. Social Development
4. Moral Development

1. Physical Growth and Development : To lead a good, successful and comfortable life, the foremost need is to have a healthy, strong and robust body. If our body is built up of strong bones, then the organs working in it are doing their functions well. When all the functions of the body are done well, only then the development of our body is done. To achieve the objective of physical fitness, physical education provides a suitable environment.

All-round development of child : For small children, there should be arrangement of games according to their age, desire and strength. For example action-song, motion-story etc. Senior children and young people enjoy playing games involving dancing and jumping and games should be provided according to their strength. For example hockey, football, athletics, trekking, swimming, horse riding etc. Elderly persons need games as per their need



- Fig. 1

which should cater to the strength of their advancing age as long walk and yoga. There should be difference between the games of boys and girls as per their physical need. Boys should have games requiring strength as pole vault, weight lifting and girls should have rhythmic games as folk dance, laziun, tipri etc.

As it is harmful for the body to have no exercise similarly it is also harmful to do over exercise.

A comfortable exercise from every point of view is useful for the body.

2. Mental Development : A man does not become healthy in a real sense by making his body strong only. Mental health should also develop along with physical health. Physical education presents such activities as activate the human brain. As a player of basket ball is to defend the ball from the other player. He is to take care of the movement of his feet and then look for the target and weighing his strength, he is to throw the ball into the basket. A player who is only physically strong and mentally unsound cannot become a good player. Therefore a person who plays some game gains mentally as well as physically. Physical education provides a healthy environment for mental development.

Body may be strong, brain may be sharp, even then until the body and brain work in coordination and the movements are not made fast and in a proper manner, no work could be possible. Our physical movements are jumping, dancing, skiping, turning, dodging, bending etc. These are the fundamental skills needed through out our lives. They make us active and fast. If these skills are properly developed, we can get maximum benefit by applying minimum energy. We become able to do important assignments in life. Therefore, it is useful to take part in long jump, high jump, races etc.

At times, physically fit and mentally alert persons also get emotional instead of over looking the minor problem lightly in life. They get themselves entangled in every minor problem by exaggerating it. They give undue importance to their joys, sorrows, likings and disliking. In this way, they make a sheer wastage of their precious time and energy and remain unsuccessful to get good results. A play ground guides us to sublimate our emotions. A player who loses even shakes hands with his opponent and congratulates him on his victory. A winner of a gold medal while standing on the victory stand has nice feelings for the players standing on number 2 and 3. A play ground provides same environment to every body so as to encourage us to go ahead while testing our own strength with others. Physical education teaches us to control our emotions.

3. Social Development : A person learns to live in harmony with the people around him through physical education. When a person plays with the players coming from different places, it helps to create a good environment for social development. Every player gets familiar with the nature, customs, dress and culture of others. Very often good points of others are adopted. In this way, we benefit from others. Standard of living is also raised. Interuniversity, interstate and international sports competitions are arranged to give a boost to social development. At the time of starting new Olympics, Baron de cubertin had exactly the same objective in mind that the games may create harmony and good spirit among the people.

To Encourage Social Harmony

Games develop qualities of good leadership. The scope of physical education is very vast. Many times a player gets a chance to act as a captain, secretary, referee or an umpire.

This practice is given in every small or big team. A captain seeks toss and then the game starts. In the play ground and even otherwise, the captain has to behave respectfully according to the qualities of a good leader. In this way, the leaders become skilled. They enable themselves to bear the heavy burdens of life and fulfill the duties of their life pleasantly.



Fig. 2

It is a common saying that an idle mind is a devil's workshop. If the leisure time is not utilized properly, human mind falls into bad habits. The best use of leisure time elevates a man. The major inventions in the world are the outcome of the deeds done in a leisure time. If there is no suitable arrangement for passing the leisure time of children, they will adopt bad habits but if proper arrangement of playgrounds and sports material is made by a school, college, panchayat or a municipal committee, then the same children will happily get ready to do every constructive activity.

4. Moral Development : If all the people learn to lead a comfortable life in their surroundings by following good

principles, then it is understood that they are quite mature. It is an important part of physical education to obey the orders of the referee while playing even if you dislike his decision, speaking truth, punctuality, discipline, obeying the elders, loving the younger, co-operation with the neighbors and truthful living. The training of these qualities is given in the play ground.

Physical education is very useful for the all round development of man, citizenship, emotional development and national integration.

EXERCISE

1. What is the aim of physical education ?
 2. What are the main objectives of physical education ?
 3. Which objectives of physical education do you learn in the play ground of hockey ?
 4. How can the best use of leisure time be made? Write briefly.
 5. Sports produce good leaders, How ?
 6. Write any one objective of Physical Education ?
 7. What is Physical Culture ?
-

Qualities of Sports and Sportsmanship

Life is a sport. Right from a child to an old man participates in it. This tendency of man is inborn. Early man made sports the support of his life and made it a means of his livelihood by hunting with the help of arrows and spears. Exactly opposite to it, modern man has made it a means of entertainment. Although there is a difference between the sports of ancient time and modern times, yet there is a common spirit between the two. The early man used it for ruling and overpowering others but the modern man has got the happiness of life by obeying the rules and living in discipline.

Games were not only played for entertainment but for physical fitness, enthusiasm, strength and show of power right from ancient times up to now. In the ancient sports, the citizens of Rome and Sparta exhibited their greatness.

Game is a type of activity that brings the human body into action. The activities of ancient times as Javelin throw, races and boxing were although considered preparatory for fighting. Yet the modern sports not only fulfil the above cited objective but are played by way of being a good citizen. In the ancient times only those games were played which were useful for fighting but in the modern games, all sorts of games are included for example, hockey, football, dances, walking, gymnastics and activities of defence.

Games were played for every age and gender. For children, there are small games, motion stories, action songs and dances etc. For the young people, there are hard activities as hockey, football, gymnastics and for the elderly people, entertainment activities as dances, songs and dramas are useful.

Whatever the sports are, they hold a great importance for the age and gender, they are meant for.

The tendency of tolerance and cooperation gets developed in human nature by sports. As a result of it, his personality is developed and he makes his own place in society.

Our body comes into motion because of sports. Our body consumes more oxygen because of this motion and throws out waste matter and poisonous germs out of it. Our body gets more power to digest the nutritious food and in this way, body remains hale and hearty, strong and active.

Game is such an activity through which the player attracts the spectators, opponents and fellow players by his minor actions. In this way, the character of the player comes to the fore and he becomes very popular.

Game is an activity in which it is very essential to obey the orders of the referee and observe the rules. So a player becomes an obeying person. He respects the views of others and does not interfere instead he respects the opinion of others in a tolerant way.

A person who takes part in games coordinates with every senior and junior player. He does not impose his ideas on others instead he evolves a common opinion through exchange of ideas while playing a match. By way of this quality, he becomes a source of victory for his team.

A good player cooperates in his surroundings. While living in society, he respects it. Like a good citizen, he respects his neighbours. In this way he lives in society as a good citizen.

Game is an activity in which one can participate without any consideration of religion, faith or class. No body can turn out any body from the play ground on the basis of religion. It

brings uniformity in the whole society and the feeling of national integration develops.

At times, players are provided opportunities to meet players of different countries in games. So by way of contact with others, international peace is encouraged.

A person who participates in games makes best use of his leisure time. By doing so, he keeps his leisure time safe from bad habits and misdeeds and makes his life happy.

Sportsmanship (Judicious Nature)

Sportsmanship is such a feeling as sprouts from within a person. It is not hereditary but rises like the intensity of a wave from within. Every teacher of Physical Education tries his utmost to help arouse this feeling more and more in a player because this type of player or person is more respected in society. If we think that we will get this feeling in our advanced age, then we are in a doubt. It starts from our very birth and as we grow it also gets seasoned and flourishes.

It is essential for the feeling of sportsmanship that a player may listen to the view point of others very carefully and concentrate over the latest techniques of the game. He should not interfere while the discussion is going on. Instead he may express his opinion with some logic after the discussion. By doing so, a person will get tolerance and he will use logic in place of impatience.

A good sportsman is always pleasing. He is not irritable, instead he respects opponents with a good game. While playing, he always observes rules. Thus he helps to raise the standard of the game.

A good sportsman is very social and friendly. He does not boast of victory instead considers it as an outcome of a joint effort of the team. Thus the feeling of collective effort and respect for others grows with in him.

Like a good leader, a good sportsman also leads his team by facing many difficulties. He encourages his fellow players in every difficulty and inspires them to put in more efforts. Thus the words of 'De Coubertin' always echo with in him that is to rise, to move forward, to become fast and powerful. He is considered to be a good sports man who obeys the rules and participates in the game honestly without harbouring the feeling of defeat or victory, he participates in game for the prestige of the country and honour of the sports. The words of De Coubertin always echo with in him that victory is not every thing, to participate is also important.

A sportsman is not emotional. He does not believe in victory or defeat, instead he respects his opponents.

A good sportsman is an ambassador of his country. He interacts with the players of other countries.

A good sportsman believes in hard work. He does not make use of unfair means for the higher achievements in games, He moves ahead for the prestige of games and honor of his country.

A good sportsman does not get discouraged, instead he supports his team in the hour of difficulty and changes defeat into victory.

EXERCISE

1. Write in detail the qualities of sports.
 2. What is sportsmanship ? What are the qualities of a good sportsman ?
 3. A good sportsman is the ambassador of his country. How ?
 4. Write any one quality of a good sportsman.
-

Effects of Narcotics on the Sports Ability

Man has been making use of intoxicants right from the early times. Whether its use was for activating the mind or getting rid of the diseases. But whenever its use was made, deadly effects were visible. With the advancement of science and new inventions, different types of intoxicating drugs came into being and their use put the sports world into a problem. Although the use of these drugs accelerated the working power of the body for a short period of time yet because of the over use of work, the human body got diseased and player went into an eternal sleep. Among these killer drugs are alcohol, tobacco, opium, hemp, hashish, snuff, caffeine, adernvine and nicotine. The use of which weakened the human body and consequently, the player became disabled to give a good performance of the game.

Playing is such a desire as is present in a child as well as in an elderly person. Man gets pleasure by entertainment through games and maintains cordial relations and good will with his neighbours like a good citizen. On the contrary, a person who takes narcotics cannot think what is good or bad for him what to talk of helping others, Instead he becomes a burden on society. To live in a society becomes a problem for such a person. He not only makes his own life miserable but causes problems for others too. If we give a serious thought to it, we come to know that the use of narcotics causes many diseases to man's intellect, digestion, muscles, heart, blood and lungs.

A player who uses drugs looks out of place. He does not have any glow on his face. His feet stagger and he cannot maintain his mental balance. He does not make use of his intellect, instead he indulges in illogical argument. Such a person comes to blows instead of logical reasoning and consequently invites trouble in the playground instead of playing a fair game. Because of such type

of activities, he does not only become miserable himself, instead he becomes a headache for others.

The intake of narcotics affects the digestive system the most. Because the Narcotics have excessive ratio of acid and the presence of acid deteriorates. The digestive power and that gives rise to diseases of the stomach. Because of narcotics, the body muscles get poison in place of nutritious diet and consequently the muscles lose power to do work due to the presence of acidic particles. A player who is in such condition, when he comes into the playground is in a state of indisposition. His body gets lethargic and consequently he is unable to play a good game.

A player who uses tobacco inhales smoke of tobacco. This smoke carries tar which can cause breathing problems, asthma and cancer. The player who is in such a condition cannot do deep breathing while playing games of basketball, football, kabbadi etc. and cannot perform well as he gets exhausted very soon.

The temperature of the feet of a player who uses narcotics, is 1.8 centigrade lower as a normal person. Many times due to this low temperature, there occurs sudden blockage in aorta and can cause death.

The use of narcotics affects the mental capability of a person. He cannot speak properly and stammers. He cannot restrain himself. A player under the effect of narcotics can neither think about the opportune movements in a game nor can he make best use of them. Basket ball and Volleyball are such games in which you are to prepare your team in accordance with the game of the opponent team. A player who is under the effect of intoxicants remains devoid of such techniques and becomes a source of defeat for his team

For a good game, it is essential that a player must have coordination and alertness. He should remain balanced and active during the game but a player who uses narcotics doesn't possess these qualities. Hockey, football, Table Tennis etc. are such games in which missing a timely pass or a timely volley may pass the

game into the hands of the opponents. A player under the effect of intoxicants cannot concentrate and so he commits such blunders while playing as force the team to face defeat.

The condition of the player who is under the effect of narcotics is that of semiconsciousness and so does not have proper mental balance while playing, he gives his own justification and would not listen to others. He is also dissatisfied with the decisions of the referee. Instead of obeying them, he disobeys and consequently invites trouble.

A player under the effect of drugs is careless and care free. He does not have any estimate of his power. He makes use of high spirits in place of intellect and activates the game because of high spirits often, he gets himself injured because of this and becomes handicapped. Such a player is compelled to stay away from the play ground.

The use of intoxicants raises the blood pressure of the player and consequently, he becomes irritable. He doesn't listen to others but becomes high headed. In this way he loses respect among the fellow players.

The use of narcotics has been banned by International Olympic committee while playing. If any player is detected having made use of narcotics while playing, the prize won by him is confiscated. It is a must for every player to keep himself away from intoxicants. Instead of narcotics, he should support on hard work, so that his healthy body is able to give a presentation of a good game.

EXERCISE

1. What are narcotics ? Describe their ill effects.
 2. Give a description of the ill-effects of narcotics on the game of players.
 3. Defeat in a game can be caused by the use of narcotics.
 4. Write any one name of narcotics.
-

FIRST AID

We may be in any state for example walking on the road playing in the play ground, working in a kitchen or descending stairs, any time a man may get injured all of a sudden and the doctor may not be available there. In that condition, the immediate help given to the injured or the patient by a person to check the further deterioration is called first aid.

Survival has become a complicates issue. In the modern machine age, pace of life has become fast and tedious. Because of lack of coordinations and balance sudden accidents have become very common. If an injured or a diseases person gets timely first aid. his life can be saved.

Some injuries are such as happen in a play ground very often. So, if the arrangements are satisfactory from every point of view like the ground may not be very hard or very soft, playing material is proper and its measurement is according to the age and height of the player and the game is conducted under the supervision of an able administrator, then those sudden injuries can be lessened but cannot be avoided absolutely. In such circumstances, teachers, coaches, fellow players and spectators can render help. There fore every body should be prepared to be useful at such times.

The following three important points should be kept in mind.

1. Nature, of Injury
2. Intensity of Injury
3. Process of First Aid

Pull in Muscles :

It is called pull in muscles. Swelling is seen in muscles and it causes severe pain.

Reasons

1. Improper coordination among all the parts of the body.
2. Loss of water from the body through perspiration.
3. Excessive tiredness in the body.
4. To bring the muscles in sudden motion.
5. Excessive hardness or softness of the play ground.
6. Improper ratio between the playing material and body power.
7. No warming up of the body before the starting of the game.
8. Damage of muscles and capillaries.

Symptoms

1. Sudden pull felt in the muscles.
2. Weakness of muscles due to which they become useless to work.
3. Feeling of sudden, pain after the injury.
4. Softness of the injured portion.
5. A depression seen around the injured part.
6. Sometimes the area around the injured part turns blue.

Precautions

1. The playground should be very clear and plain. Before the game, stones should be picked up from it.
2. Never play on wet-slippery ground and over the dewy grass.
3. Fields meant for high and long jump should be kept soft.
4. Before starting the game, body should be properly warmed up by doing light exercises. It makes the organs of the body ready to play.
5. To avoid injuries, every player should have the needed information.
6. Players should have the feeling of good will among themselves. They should never play in a fit of anger.

7. Never forget the quality of sportsmanship while playing.

Treatment

1. Keep cold water pads or ice on the injured place.
2. There should not be any motion of the injured organ.
3. Don't put weight over the injured part.
4. Heat or massage be done after 24 hours.

Sprain

Breakage in the ligaments of any joint is called sprain. Generally, it occurs in the ankle, knee, spinal cord and wrist. First aid should be readily given for it. It is of three types.

1. **Mild sprain:** In this condition, weakness, swelling and pain is felt in the sprained area.
2. **Incomplete sprain:** More swelling and pain is felt in this condition.
3. **Complete sprain:** In this condition, pain becomes unbearable.

Reasons :

1. Sprain occurs when the foot is pressed by some stone in the play ground while playing.
2. When the foot is placed over some wet or slippery place like the dew on the grass in the morning or some watery place it gets sprained.
3. If the foot gets stuck into some depression in the play ground like throwing of the discuss or short put at any place carelessly or when the play ground is wet, cattle or human beings walk over it causing depressions when the ground becomes dry, it becomes a source of injuries for a player.
4. If an inexperienced player kicks a football in a wrong manner or does not make proper actions while doing long jump or a throw, then he gets sprain.

5. If the play fields are not properly filled, it also causes sprain. Any action done carelessly also becomes the reason for injury.

Symptoms

1. The injured place should not be moved.
2. Cold water padding should be done over the affected part for 48 hours.
3. If the ankle is sprained, eight type bandage should be done. Every sprained part should be bandaged.
4. Weight should not be put over the sprained area. Instead support or sling be used.
5. An X-ray should be got done to remove the doubt of a fracture.
6. Heat or massage be administered after 48 to 72 hours.
7. After this, yogic exercises should be done. Sprained area should always be taken care of because once a sprain always a sprain.

Dislocation : In this case, the bone moves away from its place of joint.

Reasons : There are many reasons of dislocation of the bone.

1. Hand Injury: When any external weight hits the bone with a great speed, the bone moves away from its original place.
2. Uneven surface of the play ground or its being too soft or too hard.
3. Sports material being proportionately heavier than the physical strength.
4. Not doing light exercises before the fast game.
5. Sudden fall of the player also dislocates the bone.

Symptoms :

1. Place of dislocation cannot move by itself. Where the bone is dislocated, that organ is not able to perform any work.
2. The place of dislocation looks odd. If bone of one ankle is dislocated, you can compare it with the normal ankle and find out that the injured side will appear shapeless which is a sure indication of dislocation of bone.
3. The injured part will pain.
4. Swelling appears over the injured part

Treatment

1. The bone should be tied with a plastic bandage.
2. Any weight should not be put over the affected part.
3. A sling should be tied to the injured part so that the bone remains intact.

There is less tendency of dislocation of bones in childhood. Bones being supple remain flexible. Bones get generally fractured in old age but in young age, bones get dislocated.

The bone which is once dislocated has the tendency to get dislocated time and again.

In general, bones of ankle, knee, hip, wrist, shoulder and jaw get dislocated.

Fracture of the bone : It means breaking of the bone, cracking or stick fracture.

Reasons:

There can be many reasons of fracture of the bone :

1. The player may play over-excitedly or may get out of control in a fit of anger. Under such circumstances, one player attacks the other foolishly with any sports material or pushes him hard. It can cause fracture of the bone of the player.

2. Sometimes the play ground being very hard or soft makes the player slip and thus causing fracture of the bone.
3. If the play ground is uneven or slippery, the player may fall down resulting in fracture of the bone.
4. If the game is not being played under the supervision of any able person, the players keep hitting each other. Thus banging into other also causes fracture of the bone.

Many times, the bone is fractured at the place of direct injury. Sometimes a part which gets hurt affects the other part and the bone gets fractured. As while falling down; the hands may take the weight but the fracture is caused in the collar bone.

Types of Fractures :

1. Simple or closed fracture: When the bone is fractured but there is no visible injury.

2. Compound or open fracture: When the bone protrudes outside the skin, in this case, bacteria gets passage to enter into the body.



Fig. 3

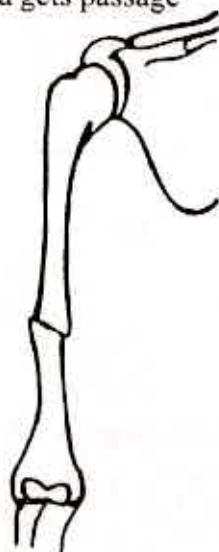


Fig. 4

3. Complicated Fracture: This type of fracture many times affects the joints. The bone may damage its adjoining parts as the fractured bones of the head may damage brain. The spine may get injured by the vertebral column. Fracture of ribs may damage lungs and liver.

4. Multiple Fracture: When the bone is fractured at multiple places.

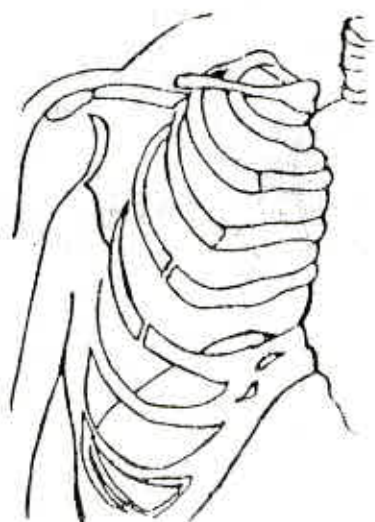


Fig. 5



Fig. 6

5. Impacted Fracture: At the time of fracture, one end of the bone may get stuck into the other.

6. Green Stick Fracture: The bones of children are very supple but they do not break but a fissure is caused or the bones get bent.

7. Depressed Fracture: In general, this fracture occurs in the head due to excess weight and the bone gets fractured and depressed.



Fig. 7

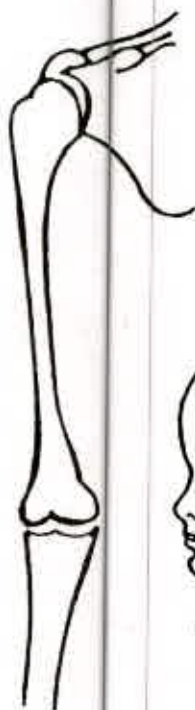


Fig. 8



Fig. 9

Symptoms:

1. Fractured part has pain.
2. Swelling appears around the fractured part.
3. Fractured part loses strength.
4. It becomes shapeless.
5. You can feel the fracture by touching the bone.
6. The movement of the fractured part becomes odd.

Precautions:

1. Walk carefully on an uneven, hard and slippery ground.
2. Do not play under the fit of emotions

Treatment:

1. The fractured part should not be moved, it should be preferred to render the first aid to the fractured part at the same place. If one has to be removed from the place of accident, the fractured part should be fully supported.
2. If the wound is bleeding then bleeding should be stopped first. To check bleeding, the upper part where the wound has occurred should be tied. After some time it should be opened and then retied.
3. The wounded area should be dressed.
4. The fractured part should be supported by bandages and sticks.
5. The patient should be taken for the X-ray.
6. Then the injured person should be taken to the doctor for further treatment.

Unconsciousness (Fainting)

To lose consciousness is called unconsciousness or fainting.

Reasons :

1. Body gets exhausted by over work or excessive playing and the brain loses consciousness.
2. Excessive heat.
3. Dehydration.
4. Shock, injury or on listening to a joyful or sorrowful news.
5. Effect of poison.
6. Epilepsy and hysteria.
7. Heart attack.
8. Excessive, consumption of insulin in diabetics.
9. When the body gets, over worked due to weakness caused by some disease.
10. When the body remains over worked for a long time or players keep playing for a long time.
11. By excessive bleeding.

Symptoms of unconsciousness

1. Face looks pale.
2. Skin gets cold and sticky.
3. Pulse slows down.
4. Blood pressure becomes low.

Treatment :

1. Give artificial breathing in the state of slow breathing
2. The tongue of the patient should not be allowed to slip down.
3. The pulse and heart beat of the patient should be checked.
4. Tight clothes should be removed from the body.
5. Enough air should be circulating around.
6. The reason that had caused unconsciousness should be treated.
7. The whole body especially heart should be massaged.
8. Until complete consciousness is gained, nothing should be given orally.
9. On regaining consciousness, water should be sipped or any other soft drink should be given.
10. Make the patient sniff ammonia spirit.
11. If any other thing is not available, make the patient sniff onion.

EXERCISE

1. What is first aid ? Why do we need it ?
 2. What is the pull of muscles ? What are the reasons that cause it ?
 3. What is sprain ? What could be the first aid for it ?
 4. If while playing hockey, your kneecap is dislocated, what will you do ?
 5. What are the types of fracture ? Which is the most dangerous fracture ?
 6. What is unconsciousness ? Write about its reasons, symptoms and treatment.
 7. Write any one cause of dislocation.
-

Progress of Sports in Punjab after 1947

After the partition of the country in 1947, some part of Punjab was given to India and some of it went to the share of Pakistan. The areas which came to the share of India were backward from the point of view of sports. In this way due to the partition of the country, Indian Punjab became refugee from the aspect of sports. Punjab University of these days is also the out come of this upheaval which first got itself established at Solan (Himachal Pradesh) after being uprooted from Lahore and then at Chandigarh. Due to this upheaval, the need of renewed efforts was felt for sports in Punjab. Keeping in view the need of Punjab, the refugee workers who had come from Pakistan put in their efforts right from the start to manufacture sports material at Jalandhar and Batala.

In 1948, because of the efforts of Sh. G.D. Sondhi, a meeting of sport lovers was organized at Simla. As a result of this meeting Punjab Olympic Association was established. Sh.G.D.Sondhi was appointed its founder president and Prof. F.C. Arora the Secretary.

Different sports associations came into being after getting inspiration from Punjab Olympic Association. Consequently Hockey and Volleyball Associations were established in 1948 and 1951. Thus gradually, associations of basket ball, hockey for girls, athletics, football, cycling, kabaddi, boxing etc. were established.

After the establishment of different state associations, special efforts were made to raise the standard of games in Punjab again. Consequently, district level and state level sports competitions were arranged.

Punjab hockey and volley ball associations invited teams from Pakistan and other countries for Inter-level competitions. That is not all, for raising the standard of sports still further, all India level tournaments were arranged. Among them, Maharaja Ranjit Singh Tournament Amritsar, Proder Cup Jalandhar, Major Bhupinder Singh tournament Ludhiana, Liberal Tournament Nabha and Shaheed Karnail Singh Memorial Tournament Patiala for volley ball were taken to be very popular tournaments. For the first time in Punjab after the partition of the country, Olympic Association arranged. Sports competitions on the state level in 1957.

Punjab government made special arrangements for Sports in the State universities. These universities were provided financial aid to establish play grounds, gymnasium halls and Swimming pools.

Among the organizations which contributed maximum in the field of sports are Punjab Police, B.S.F., Leader Engineering Works Jalandhar, Jagatjit Cotton and Textile Mills Phagwara, Punjab State Electricity Board, Punjab and Sind Bank and Pepsu Road Transport Corporation. These organisations reserved good posts for the high level players as a result of which, the good players did not have to go out of Punjab for seeking jobs. For raising the standard of games, these organisations appointed coaches for training their players. Consequently these teams of punjab won important tournaments like All India Durand Cup Delhi. Nehru Hockey competition Delhi, Bombay Gold Cup Bombay.

For raising the standard of sports and for the training of teachers, Govt. established Government College of Physical Education in 1948 at Tara Devi, Then it was shifted to Ropar from 1952-58 and lastly it got itself established permanently at Patiala in 1958. Similarly a college of Physical education

was opened in Shaheed Kanshi Ram College Bhago-Majra (Ropar). This college prepares different syllabuses for the teachers of physical education and provides them training.

Punjab government has made the subject of physical education an examination subject like other subjects. Consequently, university examination is conducted in this subject.

Now Government has made it a target to establish a Sports Academy for attaining higher achievements in the field of physical education. It will provide special training to those teams who are to participate in the National level competitions.

Punjab Education Department

Punjab government has established special cell under the supervision of D.P.I. (Schools) and D.P.I. (Colleges) for the development of sports in schools and colleges which makes special efforts for games in schools and colleges. A Director sports helps the D.P.I. in the department.

Similarly at the circle level, there is an assistant circle education officer to assist the circle education officer. At the district level, there is an assistant education officer (physical Education) to assist the D.E.O. who supervises the sports programmes.

For the development of games in schools and colleges, Punjab Education Department established a state school of sports and a state college of sports at Jalandhar in 1961. Similarly different sports wings for different games were opened at different district levels. Best players are offered admission in these institutions who along with their studies get training of sports. The boys and girls who study in these institutions, the arrangement of their diet, lodging and fees is made by the education department. The responsibility of supervising sports

in the district lies with the D.E.O. who takes assistance of assistant education officer (Physical education) to organize competitions in his district.

Firstly there are zone level sports competitions in every district and then teams of different zones participate in the district level competitions. Education department has divided these competitions into two categories. Some are called summer season competitions and some are called winter season competitions. After the inter-district competitions, a state level team is selected which participates in the national level competitions.

For further raising the standard of sports, Punjab Education Department has made arrangement for sports competitions for the children of different age groups. Now competitions are arranged at primary, mini and junior level. The schools of winner teams are honoured by giving a handsome financial assistance.

Keeping in view the need of games and physical education, the subject of physical education like other subjects has been made a subject of examination in schools and colleges resulting in the increase of number of teachers of physical education than before in schools and colleges.

For getting information of the latest trends in physical education and sports, some in-service training centres have been opened by the education department. Seminars are arranged from time to time in these institutions for the information of teachers.

Every year, education department arranges a get together for the high level training of the budding players during summer vacation and camps are arranged for different games. Thus the students remain in practice though out the year.

Financial assistance is provided by the education department for special training in sports to schools and colleges. Sports material is purchased and play grounds are prepared with this help.

Education department reserves some seats in different colleges, medical and engineering colleges of the state for players so that good players could also get higher education.

Education department also arranges competitions every year for National Physical Efficiency drive. Thus, the department makes arrangement for sports keeping in view the need of every student.

Universities of Punjab State

At the time of partition of India, there was only one University Panjab. It was shifted to Solan (H.P.) from Lahore in 1947. After partition and then got itself established at Chandigarh. After 1947, Six universities came into existence in Punjab i.e. Punjab University, Chandigarh, Punjabi University, Patiala, Punjab Agriculture University, Ludhiana, Guru Nanak Dev University, Amritsar, Technical University Jalandhar and Baba Farid University, Faridkot. Different colleges of Punjab State are affiliated to three universities but only agriculture colleges are affiliated to Punjab Agriculture University, Ludhiana.

All the Universities have one Director appointed for arranging the programmes of sports. This director arranges for competitions of sports in the colleges affiliated to a university. After these inter-college competitions, they give high level training to boys and girls of their respective universities and send them for inter university competitions.

Administrative departments are established for sports in each university which take care to make special arrangement for play grounds, sports material and sports competitions.

Different universities help the colleges affiliated to them in making appointments of teachers of physical education in them.

Except Agriculture University, Ludhiana, other universities of the state teach the subject of Physical education like other subjects and conduct examination in this subject like other subjects. In all the departments of the university, some seats are reserved for players so that the players could also become doctors, scientists and engineers.

For the development of sports, all the universities have got swimming pools, play grounds, stadium and gymnasium halls made. Punjab University, Chandigarh and Guru Nanak Dev University, Amritsar have opened special departments for the training of teachers of physical education.

Thus, universities of Punjab State are, producing players of high calibre in different fields on the whole.

Punjab Sports Department

After the partition of India, the government opened a department in 1961 keeping in view the progress and development of sports in the Indian Punjab which came to be known as Punjab Sports Department. This department makes special arrangements for sports in all the districts of Punjab.

The department has opened District Sports Department in every district of the state. District sports officer has been assigned its administrative responsibility. Every district has been divided into tehsil and every tehsil into sub centres. For the development of different games and high level training in these centres, arrangement of coaches is made. Department has improved its centres and play grounds and has given facilities free of cost to the players.

Keeping in view the problem of travelling from distant places, sports hostels have been opened at different places for

players. The department makes arrangement for sports material, fees , boarding and lodging for the boys and girls studying in any school or college.

Encouragement of good players and exhibition of good playing is not only done for players of schools and colleges, instead players other than these are also given annual scholarships so that the players could get good and balanced diet.

The department arranges sports competitions in all games at the state level which are known as "Women Sports Festival" and "Men Sports festival (colleges). The department awards appreciation certificates and scholarships to the players who get some positions at the international level. For raising the playing standard of hockey, Maharaja Ranjit Singh Hockey Tournament is arranged every year by the department. The department has also established sports academies at different places.

The department also makes gradation of the sports achievement of players.

State Sports Council

Punjab government constituted a council in 1971 for the development of sports to provide sports material and play grounds which is known as Punjab State Sports Council. This council has the responsibility of inculcating the spirit of sports in men and women of the Punjab State and for the fulfillment of this spirit, it is to provide good sports material, gymnasium, stadium and swimming pool in the state. For the above mentioned projects, financial assistance is not only given by Punjab government but the Indian Government also sends financial help every year.

Punjab State Sports Council have established district sports councils in every district which works under the Deputy Commissioner of the district for running the day to day works, district sports officer works as a secretary. The council makes special arrangements for the development of sports in every district as a result of which there is no scarcity of playgrounds and sports material in every district. Chief Minister of the State is the President of the council and Director sports of the state works as a secretary.

Once in a year, the council honours the outstanding men and women players with "Maharaja Ranjit Singh Award" who have participated in different teams of India in the international level. Old and aged punjabi players who have represented India in Asian games, Olympic games and world cup games are given annual pension by way of help every year.

Different teams of Punjab which go to participate in the national competitions are given the whole expenditure by the council. The council gives the financial help to all the punjabi players who go to participate in the international competitions.

Panchayati Raj Sports Parishad.

In Punjab efforts were not only made for the advancement of sports in schools, colleges and urban areas but special efforts were made for rural areas as well. In this connection, the government established Panchayati Raj Sports Prishad in 1967 as a result of which efforts were made to raise the standard of sports in rural areas. The Prishad tried its best to inculcate the spirit of sports, interest for sports competition and patriotism among the youth.

The Prishad made Panchayat Samities in every district and it was their responsibility to arrange sports competitions in the rural areas of their districts. Every Panchayat Samiti of

the district gives some amount of money for these competitions to district samiti. In this way after the district level competitions, State level competitions are arranged. The games for competitions for boys are football, hockey, kabaddi, volleyball, tug of war, athletics, weight lifting, wrestling and gymnastics and for girls-kabaddi, volleyball, kho-kho, hockey and athletics etc.

The sports prishad has appointed coaches for different games to give high level training of games and for the progress and development of sports. Now a days this institution is attached with Punjab Sports Department.

Punjab Olympic Association

Before the partition of the country in 1942, Punjab Olympic Association came into existence by the initiative of Sh. G.D.Sondhi but the partition of the country in 1947 dismantled it. Again because of the efforts of Sh. G.D.Sondhi in 1948 a meeting was arranged of Sport lovers at Shimla as a result of which the Punjab Olympic Association was reconstituted. All the sports associations of Punjab State became its members and besides District Olympic Associations of the State were also made members of this organization.

The main function of Punjab Olympic Association is to supervise the functioning of different Sports Associations and their financial expenditures.

Punjab Olympic Association celebrates one Olympic day every year. The association provides information about the Olympic movement. It is also the responsibility of the association to organize sports competitions in this connection. Punjab Olympic Association organizes district and state level tournaments.

Punjab Olympic Association gives suggestions to different

state associations from time to time about the development of sports and also has the responsibility to solve the disputes of these state associations.

The association also has the responsibility to see that Olympic rules are obeyed and also to check the participation of professional players in the sports competitions. It is also its duty to arrange sports competitions on the state level once a year.

Punjab School Education Board

The government of Punjab established Punjab School Education Board to lesser the burden of conducting examinations from the Punjab University and also for conducting the school examination more efficiently and timely declaration of the results. This board prepares curriculum and text books for different classes in schools so that information could be got from time to time concerning the latest trends.

Punjab School Education Board has made the subject of Physical education as a subject of examination like other subjects and now examination is also conducted in this subject.

Punjab School Education Board has made a special arrangement of sports competitions for the board employees. Teams of employees are prepared for sepsa tournament and inter education board tournament. Punjab School Education Board organized second All India Inter Education Board Tournament on November 29 and 30, 2000. In this tournament, 250 players of different State Boards participated.

EXERCISE

1. Write about the progress of sports in Punjab after 1947.
2. What is the contribution of Punjab Education Department in the development of sports?

3. Punjab Sports Department deserves a special place in the development of sports in Punjab. Do you agree with it? 4Write about the contribution of Punjab Sports Department?
 4. Write note on the contribution towards development of sports of the following:
 - (a) Universities of Punjab State
 - (b) Punjab State Sports Council
 - (c) Panchayati Raj Sports Prishad
 - (d) Punjab School Education Board
 5. What steps are taken by Punjab Olympic Association about the development of sports?
 6. **How many times Punjab Olympic Association celebrates Olympic day in a year ?**
-

Indian Olympic Association

In 1896, First modern Olympics games were held at Athens because of the initiative of Baron de Coubertin. India participated in these competitions for the first time in 1900. The reward for the organization of Olympic association in India goes to Y.M.C.A and in this task Dr. A.C. Nohran and H.C. Buck have made the maximum contribution. Because of the efforts of these two persons, Indian Olympic Association came into existence in 1927. And Sh Dorav G. Tata was made its founder President and Dr. A.C. Nohran the secretary. Similarly Sh. G.D. Sondhi was made the first assistant secretary Indian Olympic association became the member of International Olympic Association in 1927.

Indian Olympic Association is the federation of various Indian Sports Associations i.e. State Olympic Association, Railway Sports control Board and Services Sports Control Board. At the state level, all the sports Associations of the state jointly establish it. Similarly at the district level, all the Sports Associations of the district are its members. Indian Olympic Association is elected once in four years and is as under :

President	One
Senior Vice President	One
Vice-Presidents	Eleven
General Secretary	One
Joint Secretaries	Six
Treasurer	One

nineteen (19) members are elected from the State Olympic associations. Nine members are elected from National Sports Association, Railway Sports Control Board and Services Sports Control Board.

All these members are elected for four years and they cannot remain members for more than eight years.

Functions

To make special arrangements of sports for the professional players in India as a result of which the qualities of physical, cultural and feeling of being an Indian could be produced.

It is essential for the Indian Olympic Association to follow the rules of International Olympic Association.

It is the responsibility of the Indian Olympic Association to make use of the Olympic flag and stamp on behalf of India to solve the Olympic matters in the country and to abide by the Olympic charter.

It is also the responsibility of Indian Olympic Association to allow various Indian Sports Associations to participate into the International competitions and also to provide financial help for these competitions.

It is also its duty to constitute State Olympic Association in different states of India and also to supervise the expenditures of these State Sports Associations.

It is also its duty to celebrate Olympic week in the month of August every year and to give awareness about this movement to the country men.

Indian Olympic Association arranges different Sports competitions once every year.

Popular Sports Competitions in India

Every body has the feeling of competition in him which helps him to achieve honour and prestige. Though in ancient times, the sports competitions were very dangerous but with the passage of time, these have become very friendly. In the modern time, the feeling of competition is inculcated for the

satisfaction of inner urge of a person. A person not only achieves skill through it but gains an expertise over it. Thus, he achieves higher goals in the game. The competitions not only provide recreation but freshness also. Consequently a person remains invigorated and healthy. Although in ancient times, more stress was laid on horse riding, archery, javelin throw and wrestling yet with the passage of time and by the contact of the English people, games like hockey, football, cricket and athletics became very popular in India and national level competitions of these games started. The following competitions are very popular :

Hockey

The game of hockey is very old in India. But the hockey which is played these days came to India after the contact of Britishers. Before the advent of the Britishers in India, hockey was popular in the shape of a stick and home spun ball, But gradually, clubs of this game got established at various places. The first hockey club in India for the game of hockey came into existence in 1895 at Kolkata. By the contact of British soldiers, hockey came to Punjab in 1903 in the shape of university competitions and Punjab Hockey Association was established in 1925. After the partition of the country, Punjab Hockey Association was revived. Punjab participated in the national championship for the first time in 1927.

Ranga Swami Cup (National Hockey Championship)

Indian Hockey Association which was constituted in Gwalior in 1925 arranged the first national championship in 1927. These competitions are known as National Hockey Competition. In 1935, a Newzealander named Morris presented a shield to be given to a person for getting first position in this championship. In the beginning this championship

was held once in two years from 1928 to 1944.

The original shield remained in Pakistan due to the partition of India because Punjab had won the championship held in 1946 and the secretary of Punjab Hockey Association of that time Bakhshish Sheikh stayed in Pakistan.

After the partition of the country "Hindu" newspaper of Madras and the owner of sports and past time donated a new cup for this national championship in the name of their editor "Ranga Swami" consequently, this championship is remembered as "Ranga Swami" cup now. For getting second position in this championship shield is given by "Manav Dar" and for third position by "Mes. Oberoi."

After 1947, this championship was arranged annually and this championship was arranged by Indian Hockey Association with the help of any one of its member state Associations. Uttar Pradesh has the honour of winning this championship for the first time and Punjab won it in 1949 for the first time. Initially this competition was held on knock out basis but these days, this competition is held on league-cum-knock out basis.

Beighton Cup Kolkata

It is one of the oldest tournaments of India which was arranged for the first time in 1895. This cup was donated by the then legal remembrancer of Bengal Sh. T.D. Beighton. So these competitions came to be known as Beighton Cup. Naval V.A.C. had the honour of getting it for the first time. Unluckily the original cup got stolen from the Railway Institute Asansol but the club of this institute got made a new cup exactly like the original one which is presented to the winner team upto this time. This championship is arranged by Bengal Hockey Association every year on the basis of knockout and Indian teams of very high level participate into it. Punjab Police won this cup for the first time in 1966.

Agha Khan Cup Bombay

Maharaja Agha Khan donated this cup for the first time in 1896 for this championship which is known as Agha Khan Cup Championship. It was won by "Cheshire Regiment" permanently in 1912 but Maharaja Agha Khan donated another cup for this championship which is given to the winner team upto now. First of all, "Bombay Gymkhana" had the honour of winning it and Punjab Police won it for the first time from the side of Punjab in 1949. Every year this championship is arranged by the Agha Khan Tournament Committee and teams of very high level participate in it. These days this championship is held on the basis of knockout.

Bombay Gold Cup

In 1955, a gold cup worth Rs. 10,000/- was given out of the State Fund of Bombay State which came to be known by the name of Bombay Gold Cup. This competition is arranged by the Bombay Hockey Association every year. High level teams of the country participate in it. Before 1958, teams from Pakistan used to participate in it. This championship is held on knock out cum league basis. First of all this championship was won by one Bombay club "Lusitanian" and "Punjab Horse" won it for first time in 1958 from the side of Punjab.

All India Senior Nehru Hockey Competition

Nehru Hockey Tournament committee started this tournament in 1964 at New Delhi in the memory of First Prime Minister of India Sh. Jawahar Lal Nehru which is known as Nehru Hockey Competition. Japan Hockey association donated a trophy to be given to the team getting third place in this competition. This competition is held on the basis of knockout cum league every year and national and international teams of high level participate in this competition. This competition was

won first of all by the "Northern Railway Team" of Delhi. The most important matter of this competition is that every year, the President of India does the prize distribution.

All India Junior Nehru Hockey Competition

For the development of the game of hockey in India and for searching the talent in junior players, Nehru Hockey Tournament Committee Organizes this competition every year at New Delhi. In this competition, teams of players of a school upto 16 years of age from the different states of India participate. The Education Department of Indian government awards scholarships to players who exhibit good game. This competition is held every year on league cum knock out basis and its final competition is held on November 14.

Foot Ball

The game of football is very old. It was even played two centuries before Christ in China. In the fifth century, this game was played in a four cornered playground among eight players. In Greece, the game of football was played religiously. This game became popular in England in the fourteenth century. The rules for this game were made in 1863.

This game became popular in India because of the contact of British soldiers and the first football tournament was organized by the English people in 1895 known as "Durand Cup". To make this game more popular and effective, tournaments were arranged at different places in India. Thus, this game began to be played in every season.

Santosh Trophy

A trophy was given for the National football competition in the name of Maharaja Santosh who was the ruler to kuch Bihar which is known as Santosh Trophy. This competition is arranged by Indian Football Association with the help of one

of its member associations every year. Different teams from various states of India and teams of Railway and forces participate in this competition. These competitions are held on knock out cum league basis. This competition is won by Bengal for the maximum times and Punjab won this trophy for the first time in 1970.

Durand Cup

The game of football is considered incomplete in India without Durand. This cup was donated by the foreign Secretary of British India Sh. Mortimore Durand in 1895 for the competitions of British soldiers. The honour of winning this cup for the first time went to "21 Royal falshire". It was won permanently by "Black war Regiment" in 1899 and Sir Mortimore gave another cup for this competition which is still given to the winner team. These competitions were made open for other teams also besides the army in 1931 and from among the civil teams, "Patiala Tiger" has the honour of playing the very first match.

Since 1950, this tournament is organized by Durand Football Committee every year at New Delhi in place of Shimla on knockout-cum-league basis. Teams of national and international repute participate in it.

Rover Cup

This is one of the Indian football competition which is organized by the Rover Cup Tournament Committee every year. Reputed teams from all over India participate in it.

Junior Durand (Suvroto Cup)

This competition is organized in the memory of the Indian pilot the late Marshal Savroto Mukherjee at New Delhi by the Durand Committee for the football players of 16 years of age, studying in the same school. The aim of this competition

is to look for the budding talent of the players at the school level. The Indian government awards scholarships to the players who make a show at good game in this competition every year.

Cricket

Although the game of Cricket is not popular throughout the world, yet wherever it is played, people love it. Information about this game is available since 1750 but the present cricket in India is because of the contact of Britishers. Although the first cricket match was played in India before the advent of the Britishers yet for the sake of competition, a match was organized between the Military Team and the team of Bombay in 1797 First Indian cricket club was established at Madras in 1846. Thus by and by, the game of cricket became popular in the states of India. For the development of the game of cricket, the state of Patiala made the maximum contribution as a result of which the cricket matches were organized at various places in India.

Ranji Trophy

A meeting of the cricket admirers was held at Shimla in 1934 under the chairmanship of "Sir Sikander Hyat" in which they expressed a desire to hold competition at the national level. Consequent to this meeting "Sir Bhupinder Singh Maharaja Patiala" donated a trophy in the name of a great Indian player "Ranjit Singh" for the national competitions as a result of which the national Cricket competitions were known by the name of "Ranji Trophy". These competitions are organized every year by the Cricket Control Board of India at the inter state level. These inter state competitions are held on the basis of norther, southern, eastern, western and central zones. The state who becomes winner in these zonal level competitions, participates in the next competition according to the knock out system. Zonal competitions are held on league

basis .First match was played in 1934 between Mysore (Karnataka) and Madras (Tamil Nadu), but Bombay got the honour of winning the maiden competition. Bombay won this competition for 15 times continuously. Besides the teams of states, Railway sports control board and services sports control board also participate in this competition.

C.K. Naidu Trophy

School games federation of India organized this competition for the school children of different states every year in the name of a famous cricket player "C.K. Naidu". This competition is held on the base of knock out system.

EXERCISE

1. Write in detail about the Indian Olympic Association.
2. Write a note about the main sports competitions.
3. Write a note on the following:

(a) Ranga Swami Cup	(b) Agha Khan Cup
(c) Bomaby Gold Cup	(d) Beighton Cup
(e) All India Nehru "Senior" Hockey Competition.	
(f) All India Nehru "Junior" Hockey Competition	
4. Write a note on the following :

(a) Durand Cup	(b) Rovers Cup
(c) Savroto Cup	(d) Ranji Trophy
(e) C.K. Naidu Trophy	
5. Write the names of the president, general secretary of the Indian Olympic Association elected in the year 1927.
6. Where were held first modern olympic games.

Effects of exercise on Respiration, Blood Circulation, Muscles and Excretory System

Respiration

Respiration is that process by which Oxygen is inhaled inside the body and carbondioxide is exhaled from the body. To respire is to make the human life going and in this process; nose, air, ear, larynx, wind pipe, wind veins and lungs help. Respiration is the combination of two activities. First activity in which we take the air inside is called inspiration and the second in which we take out air is called expiration. Man can survive without food for some time but if he does not get air, he cannot survive for a few moments.

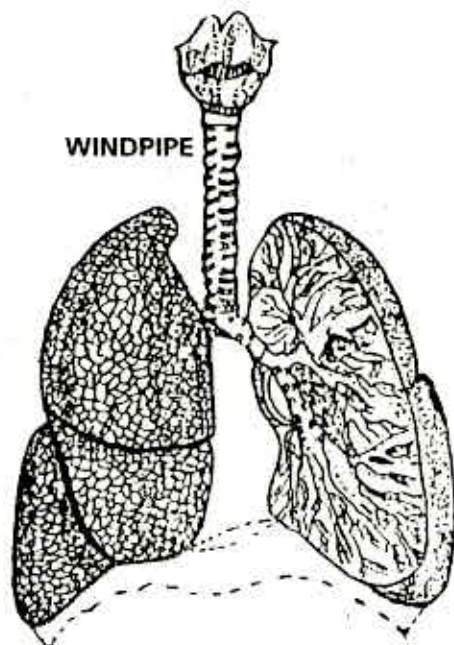


Fig. 10

Mechanism of Respiration

By inspiration, the diaphragm contracts and chest

expands. Thus the lungs get more space for expanding and the air is inhaled. When the diaphragm expands, the air is expired. Thus the contracting and expanding of the diaphragm determines inspiration and expiration. This activity goes on continuously and generally in a healthy person, this is repeated 18 times per minute but in a newly born child, this happens 40 times per minute.

Vital Capacity

The activity by which air is inspired by deep breathing and expired the same way is known as vital capacity. In normal condition, we inspire 500 cc. of air and expire about 1500 cc. air but if we expire. Forcefully, we can expire another 1500 cc. of air. By doing so, our lungs don't get empty instead they retain about 500 c.c. of air. This capacity of the lungs can be measured by an instrument-spirometer.



Fig. 11

Effect of Vital Capacity

By these activities, the chest of a man becomes broad because it gets more capacity and power to fill oxygen. Thus because of the capacity of the lungs to retain more oxygen, problem does not come in breathing while playing games for a longer period of time and participating in long races.

While taking exercise, more oxygen gets mixed in the different cells of the body. In this way, the gases get exchanged in the cells and they get more nutritious diet. Consequently the body remains healthy and strong.

Because of the vital capacity, the body keeps throwing out useless matter and carbon dioxide as a result of which the body gets more energy to work and gets less fatigued.

When we take exercise, the body comes into motion and because of this activity, poisonous matters get thrown out through sweat excreta and urine. As a result of this excretion, poisonous germs do not get collected in the body and the body remains free from germs.

Exercise enhances the capacity of lungs to retain more oxygen in them consequently, the lungs become more flexible and the lungs remain free from the breathing problems.

Exercise helps to purify the blood more quickly in the body through oxygen. In this way, by respiration more quantity of blood is sent to different cells of the body.

Blood Circulation

Blood is a sort of liquid which keeps flowing in veins and arteries of the body day and night and helps the body to survive. It is a thick salty matter which is $\frac{1}{12}$ or $\frac{1}{13}$ of the weight of the human body. It gets formed from eatables and drinks and the yellowish matter in it is called plasma in which the blood corpuscles keep floating. These blood corpuscles are of three types i.e. red, white and platelets. On the whole, blood has 91% water, 8% protein and 1% plasma.

Plasma is a yellow coloured salty matter which has the reaction of Alkaline. It is equal to $\frac{1}{20}$ or $\frac{1}{25}$ of the human

weight. It has food matter, of the human weight. It has food matter, waste material and water. Plasma helps to carry the formative matters to different organs and while coming back throws the waste matter out. Its main characteristic is to safeguard the body from the attack of poisonous germs.

Blood corpuscles are red and white. The age of red corpuscles are of 115 days and then the new ones from the Bones replace them. The white corpuscles defend the body from the attack of diseases. The matter in the platelets helps the blood to clot.

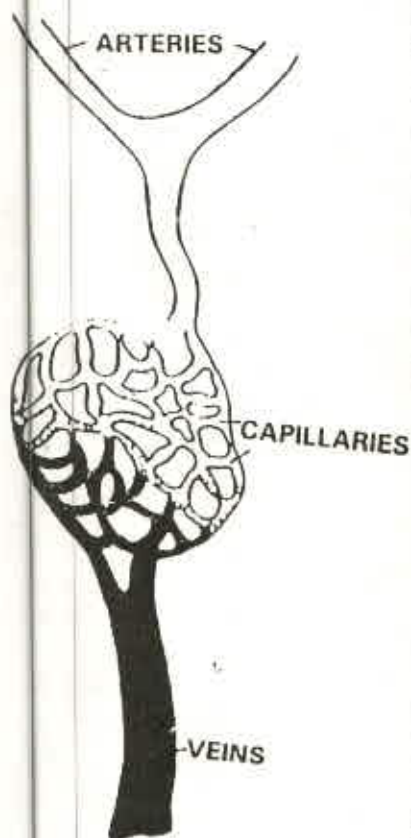


Fig. 12

Blood Pressure

Veins, arteries and capillaries help in taking the blood to different parts of the body. Pure blood always keep circulating in arteries and impure blood in veins. This blood circulation keeps striking against the walls of blood arteries and veins

which increases the pressure. When the pressure decreases the blood moves on. This action of increasing and decreasing is known as blood pressure. To measure this pressure, an instrument known as Sphygmomeno meter is used.

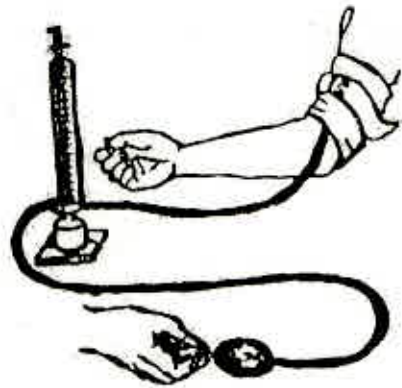


Fig. 13

Pulse

Because of the fast speed of blood, the walls of the blood arteries and veins keep increasing and decreasing. This activity of increasing and decreasing is known as Pulse. It beats in a healthy person from 70 to 80 times per minute. It can be soon located by placing hand on the wrist.

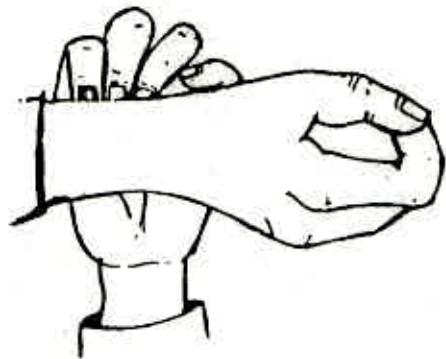


Fig. 14

Heart

It is the main organ of the blood circulation and is on

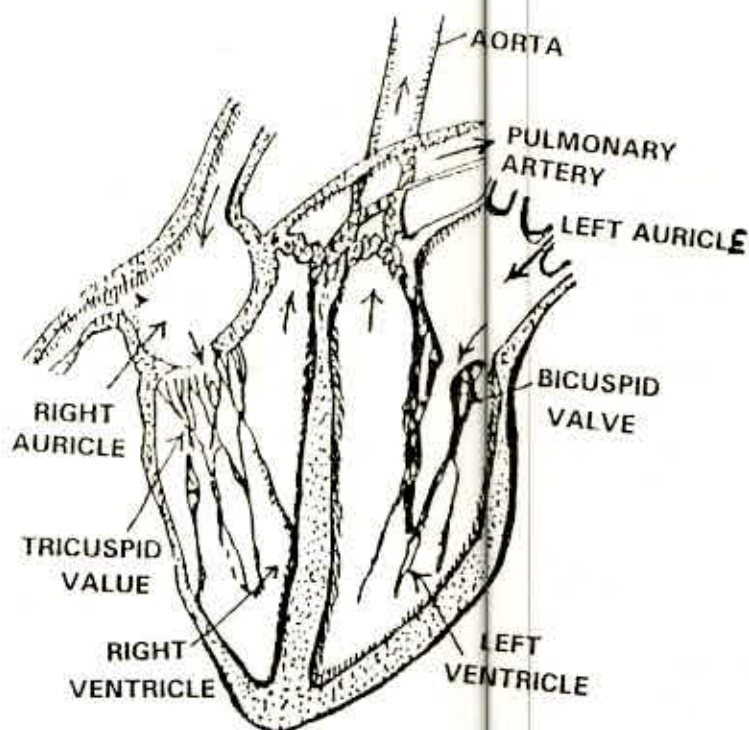


Fig. 15

the left side of the chest of a person. This organ is shaped like a closed fist and is divided into two parts length wise. Each part is again divided into two parts-upper and lower. Upper part is called auricle and lower part ventricle. The impure blood from the body from different organs reaches the right auricle of the heart through veins and goes into the ventricle from upper side through tricuspid valve and then it cannot go back to upper side.

It goes to lungs for purification through pulmonary artery from the right ventricle and on return, the purified blood mixed with oxygen comes to the left auricle of the heart then it goes

to left ventricle from left auricle through bicuspid valve . Then from left ventricle, it is taken to different part of the body by Aorta. In this way, heart helps to supply time and again the purified blood to different parts of the body.

Effects of Exercise

Muscles of the heart are supplied more blood because exercise as a result of which small blood veins and capillaries are increased.

A person who takes exercise in his body, the exchange of pure and impure blood gets rapidly done as a result of which the body receives more quantity of nutritious material and oxygen and the waste matter in the form of carbondioxide sweat and urine get thrown out of the body. In this way poisonous gases are not accumulated in the body and the body remains safe from the attack of poisonous germs.

Different organs of the body of a person who takes exercise have to work as a result of which more quantity of oxygen is needed . Thus the speed of blood circulation of person who takes daily exercise is double than a normal person.

The speed of working of the heart of a person who takes exercise is increasing. Thus the muscles of the heart get strengthen and consequently in the state of rest, the heart beat is slowed down but the speed of blood circulation is increased.

The quantity of oxygen is needed more to a person who takes exercise. In this way consumption of oxygen increases and its ration is increased in blood. Because of the increased ratio of oxygen, lactic acid does not increase and the body does not feel fatigue. Thus, the players can participate in games and athletics for a longer duration of time without getting tired.

The blood pressure of a person does not go high who takes daily exercise. His muscles contract and expand fast and

consequently the blood keeps getting purified fast.

While taking exercise, the ends of the blood vessels keep opening and closing. Consequently the ratio of oxygen at the time of exercise and races goes up to 35000 cubic milliliter which is normally from 5000 to 8000 cubic milliliter.

The veins and arteries of a person who takes exercise have to work more. Consequently their walls get strengthened. The blood stroke volume of a person who takes exercise is more than a normal person.

The waste matters get thrown out regularly from the body because of daily exercise and the body temperature remains static consequently

Effects of Exercise on Muscles

The biggest boon of human body is movement. In this movement, bones work as a pivot. Muscles are joined with

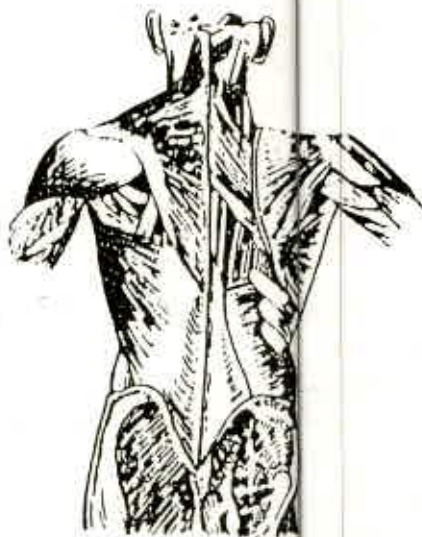


Fig. 16

the bones and are of different shapes like bones . There is a proper combination of muscle cells in them . Each muscle is fixed with the bone. When the muscles contract, the bones are also get pulled and come into motion . Muscles have 75% water, 18 % protein and the rest are fat and salts. These muscles get blood supply through veins and messages through spinal nerves

Muscles give shape to the body and besides help in the body motion. All the functions of the body like walking, moving , jumping , running, breathing etc., all are done as a result of the muscular motion.

Muscles are of two types voluntary and Involuntary

Voluntary muscles move according to the wish of a person. They are fixed over the skeleton of bones and are found in legs and arms. They act according to the message. Their function is to give movement to the body, to safeguard the skeleton of body and to produce heat in the body.

Involuntary muscles are not in the control of a person and they keep working without the desire of a person. This type of muscles are found in heart , liver and intestines. They keep working when a person is even asleep. Their function is to circulate the blood, help in digestion and to maintain the pulse rate .Their characteristics are to contract, expand and become flexible.

Fatigue

The lack of stamina in muscles is called fatigue . It is two types physical and mental. Physical fatigue is caused by prolonged playing walking or by doing heavy work and it could be removed by sleep, rest , massage and recreation.

Mental fatigue is caused by excessive reading and writing, calculations or by giving a long sitting. It can be overcome by walking, sleep, recreation and exercises.

Effect of Exercise

Muscles work more by taking exercise. They get more nutritious food by through oxygen as a result of which they become heavy and their tendons and ligaments get strong and long.

Muscles of persons who take regular exercise have more co-ordination.

By taking exercise, the muscles become strong and consequently fatigue is not felt till prolonged working.

Exercise makes the muscles work more, therefore more work increases the consumption of oxygen thus, the blood reaches the muscles fast.

Exercise makes the body move. Because of this movement, the muscles get more oxygen and waste matters are thrown out and it makes the body temperature uniform.

Because of exercise, the muscles get more chemical substances like glycogen, phosphoeritine and potassium by way of a nutritious diet. These organic materials make the blood circulation fast.

Exercise makes the muscles fast and flexible as a result of which the body remains strong, healthy and flexible. As a result of this flexibility and activity, balance remains increasing for body activities.

Effect of exercise on excretory system

Excretory system is that system of the body through which waste and harmful matters are thrown out of body. These

harmful and waste matters which get produced due to internal breakage of the body give birth to many diseases if they are retained in the body. These matters are thrown out through lungs

kidneys, skin and intestines. These waste matters are mainly urea, carbendioxide, sweat and water.

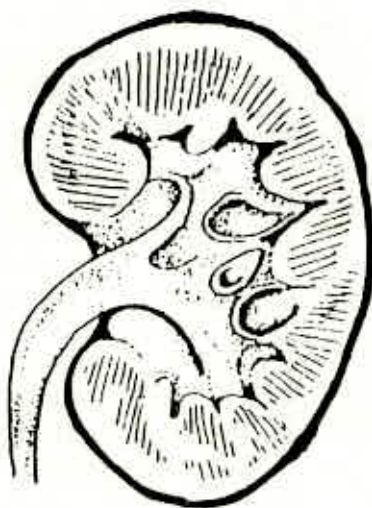


Fig. 17

Skin

This is a covering for the body which covers the inner

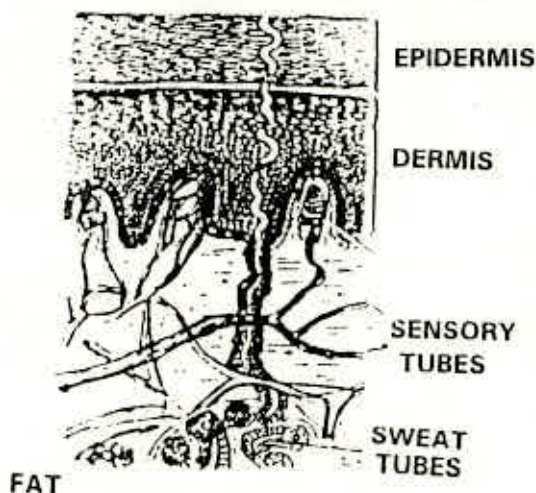


Fig. 18

muscles and organs. It is of two types. Epidermis and Dermis. Epidermis is hard and soft and has small pores through which sweat gets thrown out of the body. Dermatic is made up of connective Tissues and it has fat which helps to generate heat. It has two types of sweat and fat glands which help to keep the body temperature uniform

Kidneys

These are two in number and are placed at the back side. Their shape is like soyabean. They help to pass out urine through urinary tube from the body and through them, urea, uric acid, mineral salts come out of the body in the form of urine. Kidneys maintain the ration of water in blood as a result of which the ratio of acid and alkaline remain uniform.

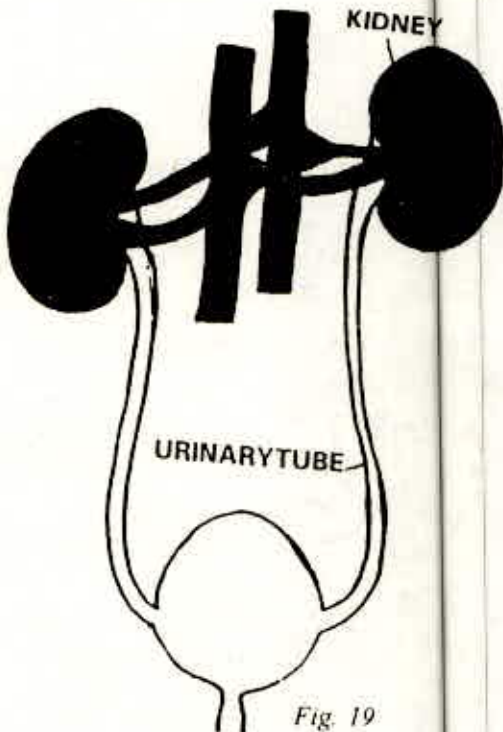


Fig. 19

Effects of Exercise

Exercise brings motion in the body and consequently circulation of blood gets fast. Nutritious materials get digested because of the exchange of gases in the body and waste materials are thrown out. Thus the body temperature remains uniform.

Different muscles of the body have to work as a result of which breakage keeps on taking place in the body. Because of this breakage waste matter keeps coming out of the body and the body remains free from skin diseases.

Because of exercise, kidneys sieve the waste matters and throw them out in the form of urine. Thus they function like a sifter.

Because of taking exercise, poisonous materials in the form of waste matters keep coming out of the body. Thus, the poisonous germs don't get collected in the body and body gets empowered to fight against these poisonous germs.

(Diagrams are only for the guidance of teachers).

EXERCISE

1. Write down the names of the organs of respiratory system? Write the effects of exercise on respiration.
 2. What is the power of lungs? Write about it.
 3. Write about the effects of exercise on blood circulation.
 4. What are muscles? What are their types? Write about the effects of exercise on them.
 5. Keeping in view the organs of excretory system, describe the effects of exercise on them.
 6. Write a note on the following :

(a) Functions of skin	(b) Kidneys
(c) Heart	(d) Veins and arteries.
 7. Describe the name of vital capacity measuring instume
-

Balanced Diet

Food is essential for human life. As man's life is dependent on air, similarly food is also essential to keep it alive. It is food only which makes the man been all sorts of troubles or we may say that all the activities of life are centered around getting food. For getting food, we invest our power, money and mental capabilities because food has many advantages. Balanced diet is that diet in which all the essential nutrients needed for the body are present in a fixed ratio. As protein, carbohydrates, fat, mineral salts, water, vitamin, fibre etc.

Main Functions of Food

- 1. Growth and Development of Body :** When a man is born, his body is very small, but as the time passes we see with our own eyes that he grows. The small cells of the body get mixed with one another and grow. The cells increase because of the presence of protein in the food.
- 2. Source of Energy :** Body requires energy to do routine work. Food acts as patrol to run this machine of the body. This is the contribution of food that we walk, move and run. If we keep taking good and needed food, our body remains vigorous and strong.
- 3. Body Temperature:** The food that we take undergoes many changes in stomach and intestines. The juices that come out of it are carried to different parts of the body through blood and maintain the temperature of the body.
- 4. Rebuilding of Dead Cells.** We keep on doing one or the other work through out the day. When we sit and relax or sleep, even then some organs of our body keep on working.

At that time breakage takes place in the cells with in the body. Due to this breakage of cells, heat is produced in body. Where as the body gets heat out of this breakage, there the cells also become lifeless and food is required to rebuilt them.

5. Proper Functioning of the systems of the body :

Organs of the body keep on doing their work. Many organs jointly make one system which does its compete work. We have many systems in our body as blood circulatory system, digestive system, respiratory system etc. Mineral salts and vitamins are needed for the proper functioning of these systems.

Our body is a complicated system. It has many organs and different parts. If they are to be kept in order and healthy, then it needs to be taken care of properly. Therefore every one must have the knowledge of the qualities of good and bad food. Different activities of body depend upon different chemical substances of food. On the basis of chemical division, food items are divided as under:

1. Protein
- 2 Carbohydrates
3. Fat
- 4 Mineral salt
5. Vitamins
6. Water
7. Fibre

Protein : Protein is word of great language which means to come first. In protein, a mixed matter is produced with the organic mixing of carbon, hydrogen, oxygen, nitrogen, sulphur and phosphorous.

Protein is of two types:

- 1. Vegetable Protein-** Which is got from vegetation.

2. Animal Protein - Which is got from animals.

Sources of Protein :

Vegetable Protein

- | | |
|----------------------|------------------|
| 1. Soybean | 2. Groundnut |
| 3. Massar | 4. Lobia, grams |
| 5. Mah, Mungi Pulses | 6. Cashew nut |
| 7. Almonds | 8. Pista |
| 9. Dry Peas | 10. Chestnut |
| 11. Wheat | 12. Barley |
| 13. Maize | 14. Machine rice |

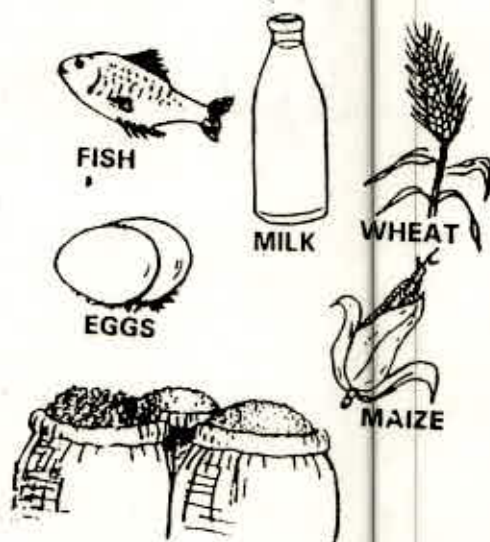


Fig. 20

Animal Protein

- | | | | |
|-----------|----------|---------|---------|
| 1. Cheese | 2. Lever | 3. Meat | 4. Fish |
| 5. Egg | 6. Milk | 7. Curd | |

Advantages of Protein :

1. The main advantage of protein is to help in the physical growth and development.
2. To repair the breakage of cells inside the body.
3. To maintain the temperature of the body.
4. To check the movement of various matters moving provide the body.
5. When the ratio of carbohydrates and fat become less in the body, of that time protein performs the function of generating energy.

Defects caused by the Deficiency of Protein

1. Kwashiorkor : Because of the deficient of protein, this disease affects children from one to three years of age initially, the legs of child become very thin. Then swelling comes over the face and body. Skin gets rough and red. There is hair loss and the colour of the hair gets brown the child does not remain happy and gets irritated.

2. Marasmus: a child suffering from this disease is thin and weak because his muscles get contracted. He starts looking very skeletal.

3. Hunger Edema: By staying hungry and because of the deficiency of protein human body gets insufficient food and lot of water gets collected in the cells. The whole of the body looks swelled.

4. Plugger: the skin becomes rough and dry

5 Defect in Liver: when there is less inhale of Protein, then the liver is affected. A drunkard gets affected by this disease very soon. The liver gets enlarged due to the deficiency of protein. This disease can be overcome by taking a balanced diet.

Defects of Excess of Protein cannot be accumulated in the body. The quality of protein does not get absorbed in the body. It gets discharged in the form of urea through the kidneys which causes unnecessary load over the kidneys and becomes the cause of many diseases of the kidneys. The flexibility of the blood vessels also gets affected pains of joints also start.

Protein is such a matter as becomes harmful if taken in excess and also create imbalance if taken lesser quantity, it is essential to know the proper quantity.

Quantity of Protein : Children in the age group of one to six years need protein the most. A young man needs 7 gram of protein after every kilogram of body weight. Children need protein the most. A normal person should have 70 to 100 gram of daily protein

Carbohydrates

It supplies the maximum energy and heat to the body. If taken in excess, it is turned into fat and it gets accumulated in the body. If you have a full meal, you don't have deficiency of carbohydrates. It is got from all sorts of grains 70 to 80 % part of the diet of Indians is supplemented by it.

Sources of Carbohydrates

- | | | |
|------------------|---------------|-----------|
| 1. Sugar | 2. Jaggery | 3. Honey |
| 4. Rice | 5. Wheat | 6. Maize |
| 7. Barley | 8. Massar | 9. Millet |
| 10 Corn | 11. Grams | 12. Lobia |
| 13. Sweet Carrot | 14. Potatoes. | |

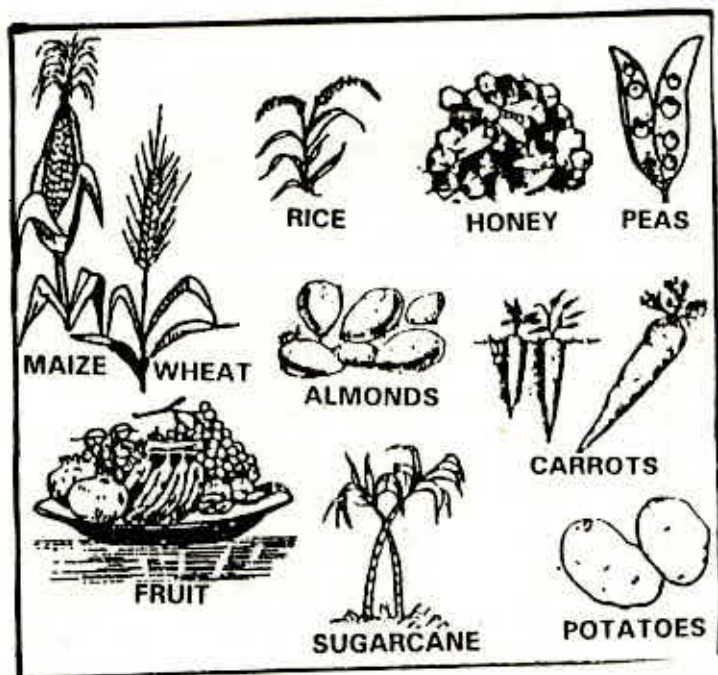


Fig. 21

Uses of Carbohydrates :

1. Carbohydrates give strength to our body. Heat is generated in the body.
2. Oil or ghee if taken without carbohydrates cause discomfort to the stomach but if taken flour or sweet things, they get digested soon.
3. These matters are very important for cleansing stomach and intestines.

Defects caused by the Deficiency of Carbohydrate

1. If the body does not get carbohydrates in sufficient quantity, then ketones are formed in excess. The ratio of Alkaline decreases and that of acidity increases in blood. In this condition, unconsciousness can happen. This

condition is caused in case of remaining hungry for a very long time or to the patients of diabetes.

2. If we take carbohydrates in lesser quantity, the fat inside our body is also not consumed properly.
3. Proper cleaning of intestines is also not possible.
4. The acidic matters get increased in stomach because of less intake of carbohydrates which are harmful for the body.
5. If there is too much deficiency of carbohydrates, the body becomes weak and a person can die even.

Defects of excess of carbohydrates

Body becomes obese and there is fear of all the diseases caused by obesity. As high blood pressure, diabetes, pain in the joints and digestive system also got affected.

Quantity of carbohydrates: form 50 to 80% part of our diet. Its ratio depends upon the financial condition of a person. Carbohydrates form 50 to 60% part of balanced diet and a normal person should consume 400 to 700 grams of carbohydrates daily.

Fats :

Fats are of two types—animal fats and vegetable fats

Sources of Fats:

Animal Fats

Ghee, Meat
Butter, Fish
nut, khoa
Eggs
Milk

Vegetable Fats

Mustard, groundnut
Chest coconut oil, Dry
Coconut
groundnut,
Almonds, Soyabean

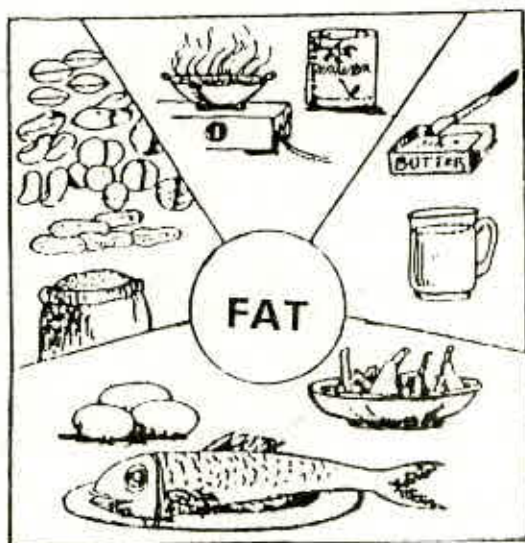


Fig. 22

Uses of Fats

1. It produces energy in the body.
2. Defends all the organs of the body from external injury.
3. It also takes care of vitamins A.D.E. and K for the body need.
4. Fat acids are also produced from fats for the body.
5. It maintains the body temperature. More consumption of fats in winter season is useful.

Defects caused by the deficiency of Fats:

Many defects are caused by the deficiency of fats but it is very difficult to as certain carbohydrates and protein also in to fats to some extent. Its deficiency is realized after a long time

1. Skin becomes dry.

2. Deficiency of vitamin A.D.E. and K is also caused.
3. Because of the deficiency of fat acids, the skin becomes dry.

Defects caused by excess of Fats:

Its excessive use also causes many problems.

1. Body becomes shapeless because of obesity.
2. When animal fat is taken in excess, cholesterol accumulates in blood. This blood gets clotted in the blood veins and arteries and blocks them. As a result of which serious cardiac problems take place.
3. Because of excessive clotting of cholesterol in gall bladder, Stones get formed in it.
4. Digestive system gets affected.
5. The problem of diabetes i.e. intensified with its excessive consumption.

Quantity of Fats : For the diet of a normal person, the ration of fat should be about 50 to 75 grams daily.

Mineral Salts : Our body has 96% of proteins, carbohydrate fats and water and rest 4% are mineral salts . These mineral salts are more required for the body as calcium, phosphorous, sodium, chlorine, potassium, magnesium, sulphur, iron, manganese, copper, iodine and zinc. The ration other salts found in the body is very less. These are present in our diet in different ratio.

Sources : These mineral salts are found in plant in green leafy vegetables and green fruits. These are mostly found in green leaf vegetables, fruits, meat, egg, fish and milk. The ratio of iron is less in milk but other mineral salts can be received.

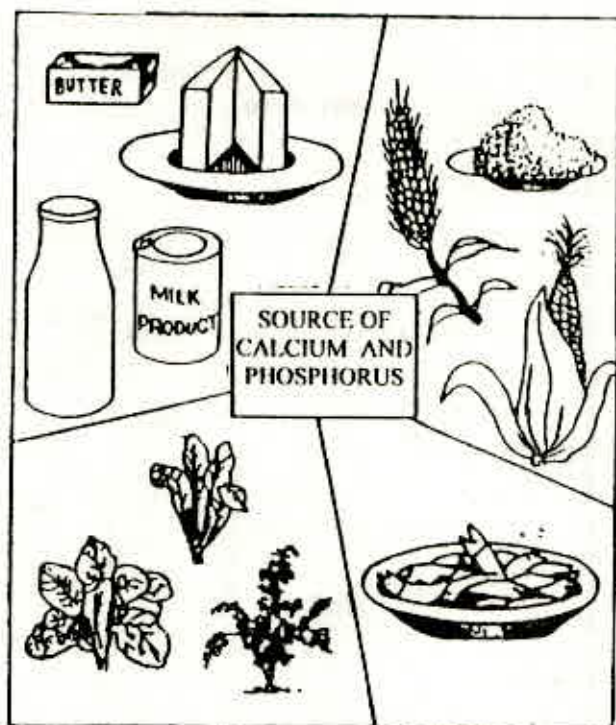


Fig. 23

Uses of Mineral Salts

1. They help in the formation of teeth and bones and make them strong.
2. They increase the muscular tissues. The muscular protein has phosphorus in it.
3. Mineral salts are greatly needed for the proper working of the body as for the proper functioning of heart, mineral salts are greatly required.
4. They make the colour of the blood red.
5. Calcium helps the blood to clot.

Defects caused by the Deficiency of Mineral Salts

1. Deficiency of calcium makes the bones and teeth weak. Bones of children get deformed and their growth is retarded.
2. Body becomes prone to diseases.
3. Deficiency of iron makes the skin colour pale.
4. Deficiency of iodine causes goitre.

Water : Our body has $\frac{2}{3}$ part of water in it. It comes next to air for the body need. If we don't eat food, we can survive for more than a month, but if we don't get water, we can survive only for some days.

Cells absorb $\frac{2}{3}$ part of the whole quantity of water of the body. $\frac{1}{2}$ part of it is among the cells or is in blood. It is formed by mixing oxygen and hydrogen.

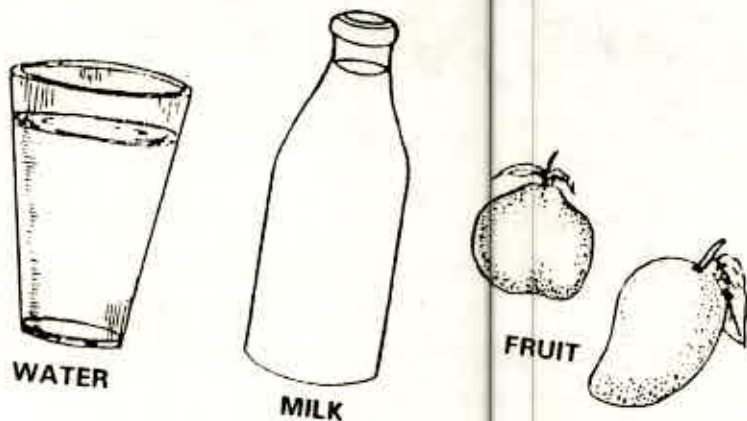


Fig. 24

Sources of Water : We get water from many components of food, milk, fruit and Vegetables in a pure form.

Uses of water :

1. Body cells get formed with the help of water cells of

different body parts have water in different ratio among them.

2. Water is very necessary for performing different functions of the body. It carries food to different cells and breakage of cells or waste material is also thrown out through water.
3. Whatever food we eat gets digested with the help of water.
4. It maintains our body temperature.
5. Food matters get dissolved in blood through water.
6. Blood circulation in the body is possible only because of water.
7. It keeps the body joints and organs supple.

Defects due to less intake of water :

Many problems are caused due to less intake of water. Food does not get digested properly. Even if some of it gets digested, its juices do not reach the proper cells. Constipation is caused. Stomach remains heavy. Body gets weakened and face becomes pale. Brain always remain tired. Man feels heat. Waste matters are not thrown out properly. Dehydration is caused . Joints pain starts, Kidneys have stone formation.

Defects of excessive intake of water :

Some times by in thinking that we should consume more water as it has many uses. As it is said that too much of every thing is bad. Water should also be taken in right proportion. If we keep on drinking water through out the day, the stomach remains filled and we feel less hunger. If we keep on drinking water while eating, even then food does not get digested soon. There are less chances of taking water in excess. So we should remain conscious of the defects caused by taking less water

Quantity of Water:

The quantity of water keeps varying according to season, profession and diet. To satiate the thirst of water is the right quantity. Generally, one should take five to six glasses of water.

Vitamins : are found in a very small quantity in body weight. Although the proportion is very less, but they have many important functions. No work of the body is possible without them food deficient in vitamins cannot be called balanced diet.

Vitamin A : It dissolves in Fat.

Sources : It is got from fresh fruit and vegetables as orange, pineapple, mango, banana, papaya, spinach, fenugreek, mint, Radish leaves, carrot, cabbage, green chilli, tomato, guard, chilli, milk, curd, butter, cheese, egg, fish and liver. All those things should be taken fresh other wise the vitamins get destroyed in stale things and by over cooking.

Uses :

1. It keeps the eye sight intact.
2. It strengthens eyes, stomach and inner membranes of intestines.
3. It protects from infectious diseases
4. It increases appetite and keeps the digestive system in order.
5. It helps in the growth and strength of body. Children need this vitamin greatly.

Defects caused by its Deficiency :

1. Its deficiency causes night blindness.
2. Skin gets dry.
3. Throat, nose, eyes and skin get infection soon.
4. Body becomes weak and growth is retarded.
5. Lungs become weak.

Vitamin B : It is dissolved in water. It is a family of many vitamins as b-1, B-2, B-6 and B-12. It is also called vitamin B-Complex

Sources of Vitamin B : It is present in all grains, whole pulses, un seived flour , maize, rice shelled with hands, soyabean, eggs, meat, milk, curd, butter, cheese, cabbage, onion, spinach, tomato, turnip and salad.

Uses :

1. It gives energy to brain and the nervous system works properly.
2. Bones become strong.

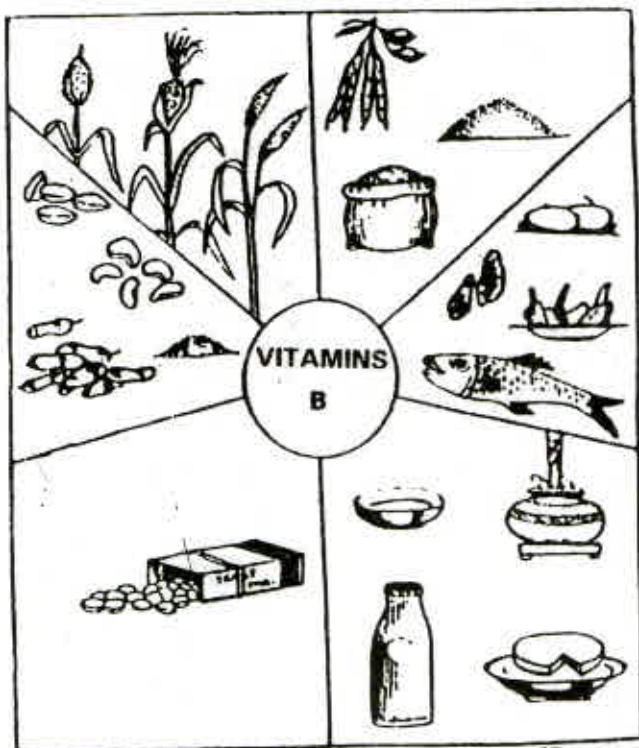


Fig. 25

3. Digestive system works properly and one feels proper appetite.
4. It helps in the growth of children.
5. It keeps the skin intact.

Defects caused by it Deficiency:

1. Less appetite.
2. Growth of children is retarded.
3. Disease of beri-beri and other skin diseases start.
4. Tongue gets blisters.
5. Onset of hair fall.

Vitamin C: This vitamin gets dissolved in water. It is destroyed in fire and sun. It is also destroyed in stale food and dried vegetable.

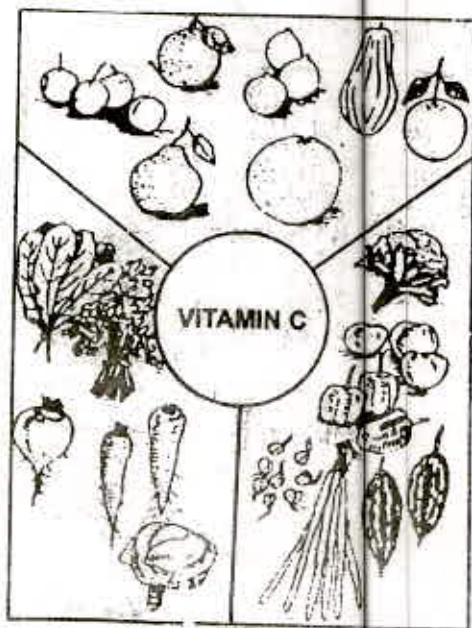


Fig. 26

Sources : It is generally found in citrus juice fruits. It is found in lemon orange, pineapple, guava, Malta, Mosmi, mango,

apple, banana, amla, cabbage, carrot, green chilli, spinach, tomato, bitter guard, lady finger, Radish leaves green coriander, chilai, brinjal and if the grains are sprouted we can get it .

Uses of Vitamins-C

1. Defends against colds.
2. Safeguards the body from infections diseases.
3. Strengthens teeth and gums.
4. Helps in speedy healing of wounds and fractured bones.

Defects caused by its Deficiency

1. Its deficiency causes pyoria disease to teeth.
2. Bones become weak.
3. Wounds don't get healed soon.
4. A person gets anaemic.
5. Bleeding does not stop soon.

Vitamin D : It gets dissolved in fat. It gets wasted in heat. It can keep itself accumulated in body.

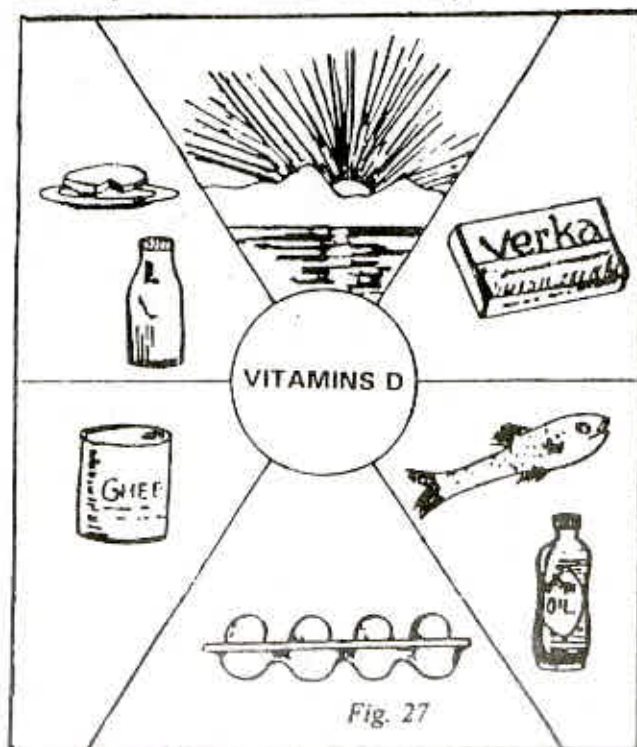


Fig. 27

Sources : Milk, yellow part of egg, cod liver oil, ghee, liver, wheat. It enters into the body by falling of the rays of the sun on naked body. Bones also become strong.

Defects caused by its Deficiency

1. Bones become weak and the disease of rickets start.
2. Teeth are not cut at proper time.
3. Epilepsy, hysteria and marasmus are caused.
4. Muscles become weak.

Vitamin-E : This vitamin gets dissolved in fat.

Sources : Milk, ghee, wheat, maize peas, egg.

Uses: It increases the power of productivity.

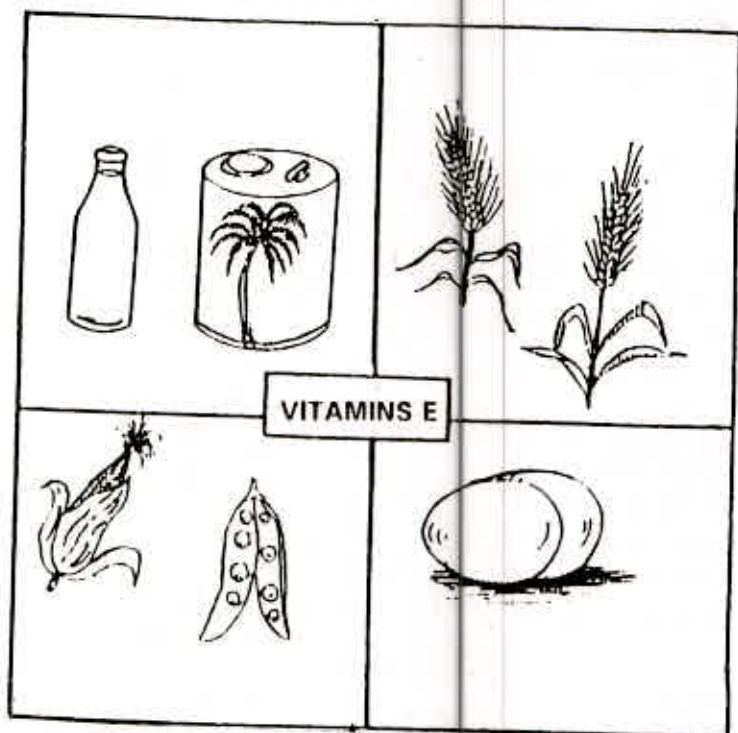


Fig. 28

Defects causes by its deficiency

1. Pimples and boils start appearing.
2. Its deficiency also causes infertility.

Vitamin-K : This vitamin is dissolved in Fat.

Sources : Fish, tomato, cabbage, spinach and sag.

Uses : It is very essential for the clotting of blood.

Defects caused by its deficiency :

1. Its deficiency interferes in the process of clotting.
2. Skin diseases are caused.

Fibre :

We take balanced diet for physical growth and energy which should have all the food constituents in appropriate ratio as protein, carbohydrates, fat, mineral salts, water and vitamins. But if all these constituents are taken in pure form, they are not of much use. The waste matters which are to be thrown out, can not excrete and it gets stuck with the inner membranes of stomach and intestines. Therefore all these constituents or each one of them cannot be called pure. Raw vegetables like radish, turnip, carrot, tomato, cucumber, salad, whole grains as wheat and gram flour should not be sifted while eating. The un seived flour works as a cleansing brush in stomach and intestines. Body remains vigorous. Therefore food should be fibrous.

Calorie: The smallest unit to measure food constituent is called a calorie.

An ordinary player can be given the following balanced diet.

Grains	3200 Calorie	Green Vegetable	400 grams
Pulses	410 grams	Fruits	400 grams

Milk	900 grams	meat	300 grams
ghee	80 grams	Egg	1
Sugar	80 grams		

EXERCISE

1. What are the various constituents of a balanced diet?
 2. What are the sources of protein, carbohydrates and fat and what is the correct ratio of their intake?
 3. Give the uses of mineral salts and vitamins?
 4. What are the defects caused by the deficiency of water, mineral salts and vitamins?
 5. What is the ratio of appropriate food to be taken by an ordinary player?
 6. Write down the sources and uses of the following vitamins :
Vitamin A, B, C, D, E, and K.
 7. Fibres are very useful for our body how?
 8. What is the cheapest source of Vitamin D ?
 9. What is meant by mineral salt ?
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YOGA

The word yoga is taken from the Sanskrit word yuj. It means to unite or bind. It is called the combination of body and mind. Yoga is the assimilation of qualities, powers or energies of man.

Yoga is a method through which man's latent powers are developed.

Yoga is the assimilation of religion, philosophy, psychology and physical culture. Man gets complete self confidence through yoga.

The main aim of yoga is to keep the body flexible, healthy, energetic and more fit for the day to day requirements. This is a befitting means of fulfilling the physical and spiritual needs.

The method that Pitanjali rishi has told to keep the body healthy and vigorous through yoga is known as ashtang yoga. It has eight parts:

1. Restrain
2. Observance
3. Posture
4. Regulation of breath and bio-energy
5. Abstraction
6. Concentration
7. Meditation
8. Trance

1. Restrain : These are the means of discipline that are related to human mind. By practising them, a person learns nonviolence, truthfulness, abstain from stealing, holiness and abstention.

2. Observance: These are the means that are related to the discipline of human body. Purity of body and mind, contentment, determination and the worship of God done only by maintaining cleanliness of body, internal cleaning, can be done by net dhoti and basti.

3. Posture: To keep the human body in an particular position for maximum time is known as posture. For example to keep the spinal chord in very straight position and to sit by keeping the legs in a particular position is called Padam Posture.

4. Regulation of breath and bio-energy : The process of inspiration and expiration according to some special method by sitting at a plain place is called regulation of breath and bio-energy.

5. Abstraction: means to take the mind and senses away from their related action and divert them to think about God.

6. Concentration: It means to concentrate mind on some specially desired subject. In this way by concentrating on one side, a great power is inoculated in man which keeps fulfilling his desires.

7. Meditation: This is a next higher stage after concentration in which a man rises above the worldly materialism and meditates.

8. Trance : At the time of trance, a man's conscience acts mingled with God.

The worldly people can practice the first four parts of yoga i.e. retrain, observance, posture and regulation of breath and bio-energy. But the practice of next four parts i.e. abstraction, concentration, meditation and trance can only be done by yoghis and ascetics.

Yoga fulfils the physical mental, and spiritual objectives of man through scientific methods. Therefore yoga is based on some particular principles and it is a must to follow them. The

main principles of yoga are as under :

1. The place for practising yoga should be neat and clean and airy.
2. Stomach should be empty at the time of practising yoga. If possible, the morning time is the best time. If it is to be done during the day, then at least four hours after taking food, it could be done.
3. The body should be given nutritious diet if we want to make best use of yoga.
4. Concentration of mind is very important for practising yoga which is achieved by observing silence when physical activities are going on, we should divert our concentration towards that side.
5. Yoga should be practised daily.
6. It is very important to take proper rest. Therefore while practising yoga, when the body feels tiredness, then shavasana or makkar posture should be done.



SHAV POSTURE

Fig. 29

7. A person should practise yoga according to his capacity. If any posture is not suited to the body, it should be discontinued. If we practice in some posture by applying excessive force, it may result in dangerous consequences.
8. Before starting to practise any posture, impure air should be completely exhaled from the lungs. It makes the practising of that posture easy and complete benefit could be got from it.
9. While practising yoga, breathing should always be done

through nose. Respiration is related to yoga. It should be done properly so that respiratory system and lungs get fresh air.

10. After exhaling the air, the practice of suspending respiration must be done.
11. After doing one posture, other type of posture should be practised. As after dhanur posture, Pashchim-Uttam posture should be done.



Fig. 30



Fig. 31

12. Every posture should be practised according to physical capacity and its fixed time.
13. A person should stay in one posture for a short time in the beginning of practising yoga. But as the practice of that posture is regularly done, the duration of time could be increased. Retention of posture at one place should be as per the fixed time.

Yoga : A way of being Healthy

The objective of yoga is that a person should be physically healthy, mentally strong and alert and discipline in character. Its main characteristics are given as under:

1. Yoga develops the fundamental powers of body and mind. All the postures develop the fundamental powers of man. Through regulation of breath and bio-energy, lungs get maximum air. Exercise of lungs is done and lung diseases remain away.
2. Body remains healthy by practising yoga. Body gets purified. As by doing dhoti activity, stomach gets cleaned, by doing basti activity intestines are cleaned. Clean body always remains healthy.
3. The parts of the body become strong. As by practising Mayur posture, wrists become strong.

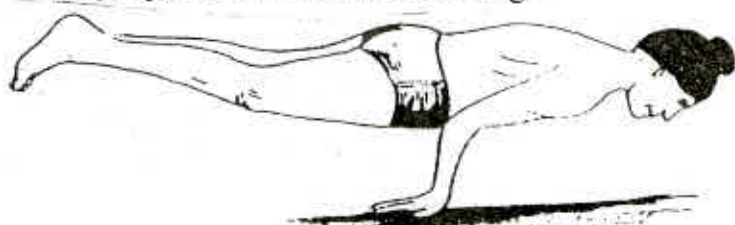


Fig. 32 MUYUR POSTURE



PLOUGH POSTURE

Fig. 33

4. Parts of the body remain flexible as by practising Dhanur bow posture and plough posture, flexibility of spine is increased.

5. While practising different postures, all the organs of the body come into action. By practising different postures the organs become strong, at the same time, all the body systems start proper functioning.

By regulation of breath and bio-energy, exercise of lungs is done. The muscles become strong and can in hale maximum air, then the whole functioning of respiration gets regulated.

6. Yoga keeps the human body in right posture. It is a quality of a good personality to keep the body in proper order. As by practising padam posture, shoulders remain erect and belly does not bulge out. By practising bricks posture we don't get knock-knees.

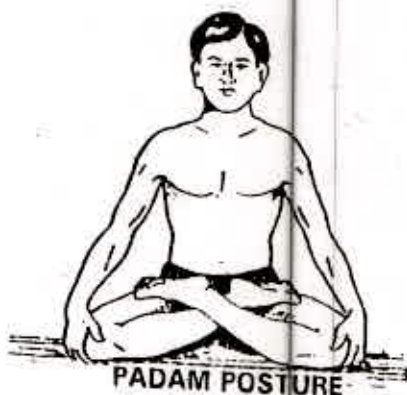


Fig. 34

7. By observing appropriate postuers many diseases gets cured and many problems are prevented. By practising regulation of breath and bio-energy, lungs remains disease free. Diabetes gets cured by vajjar and matshender postures.
8. Yoga inculcates mental discipline restrain and observance help in exercising a check over evil human desires. A

person who practises restrain, does not steal and fellows non-violence. If one practises restrain and observance, then he over comes the human feelings.

9. Yoga makes the human intellect sharp. By practising regulation of breath and bio-energy, clean air is inhaled. Blood circulation becomes fast. Proper diet and air is carried to each blood cell then the while body and mind becomes active and brain works fast. Its sees posture increases our intellect. Memory becomes sharp.
10. Yoga helps in removing physical and mental fatigue. It we get physically and mentally tired while fulfilling our routine schedule of life, then to refresh our body and mind, yoga offers many good exercises. Shav posture removes a person's fatigue.
11. Yoga is a good means of attaining mental balance and happiness. The glow on the face a person practising padam posture indicates his peace of mind and happiness.
12. A person who has control over his breathing while practising yoga, makes all the body activities to happen slowly. It brings rhythm in body which spends the body energy with great care.

EXERCISE

1. What is yoga?
2. Which are the eight parts of Ashtang yoga of Pitanjali rishi? Write briefly about them.
3. What are the main principles of yoga?
4. "Yoga is a means to remain healthy" express your views about it?
5. Write uses of any five postures.
6. What is meant by Ashtang yoga ?

ASIAN AND OLYMPIC GAMES

Ancient Olympics : These games were started in a village named Olympic in Greece in the month of August, September on a full moon night. These games are related to the name of god Zeus. . No black and white and permanent proof is available about the origin of these games but is guessed that these games used to be played even before this time. In general, the origin of these games is now taken before 776 B.C. I Fetus and calliosthenes were the pioneers to start these games. These games were arranged after every four years henceforth. But in 394 B.C., those games were discontinued by the order of Roman king Theotisius.

Town of Olympic was situated on the bank of the river Alphis. It was one of the famous and holiest cities of Alice State. Holy fire kept burning in these temples. A particular place was fixed for those games from 1100 B.C. which was worshipped like a temple. Over at one side, seating place for the spectators was made by cutting the slopes of hills which took the shape of a stadium gradually. This story is very prevalent that Hercules brought the olive plants from heavenly soil from the other side and planted them in the temple of God zeus. Crowns were got made from the branches and leaves of the holy trees. These were considered the holiest and the most prestigious things and the winners of the games were garlanded by them. Olympic games were held after every four years which were called olympiad when the games were started, all the battles in Greece were stopped. Until after the closing of the games, the players did not reach back their homes, no battle was started till then. Bringing of weapons in the Olympia town was forbidden.

Ancient Olympic Games :

There used to be only one race in the beginning of these games. Kelolis won this race in 776 B.C. and it was almost two hundred yards long. But after it, as more and more games were included, their number kept increasing. In 724 B.C., when 14th Olympics were held, then 400 year race was included. In fifteenth the olympiads, three mile race was added.

In the eighteenth Olympics, Pentathlon was started. Five games were included in it- long jump, javelin, two hundred yard race, discus throw and wrestling. After wards the sports competitions of wrestling were held separately. In the twenty third Olympics, boxing for men started. In the twenty fifth Olympics, chariot race with four horses began and in the thirtieth Olympics, boxing, wrestling and water games were started. These sports were held from three to five days.

Women were not allowed to participate in these games in the begin ring, but afterwards permission was granted.

Prizes for the winners : The winners of the games were given much respect and after the games, they were offered branches of olive tree in the temple of god Zeus. The poets sang songs of their victories. The games were named after the names of winners. The fellow friends of the winners took them to their houses with the blowing of trumpets. The walls of their towns were decorated and specially decorated gates were made. The winner of games were the pride of their country men. Every Greek wished to be a winner in these games.

As the games were continued to be held , these became very popular. Many other countries and races started participating in them. When the Romans became victorious over the Greeks, then these games did not remain so popular. The arrangement of these games also got deteriorated. Professional people began to participate in these games and many types of evils intervened. These games continued for about 1000 years.

Roman king Theotisus stopped these games in 394 B.C.

by his order. In 395 B.C. , the statue of god Zeus was also removed from the temple. The hustle and bustle of the Olympia town also vanished. Stadiums were also deserted. Lights in the temples were also extinguished. After this king phendisium second got the stadium removed. The entire temple of Olympia was turned into a heap of stores earthquakes and other natural calamities also destroyed the Olympia town for some time the names of Olympic games and Olympic was completely forgotten.

Importance of Games

It is considered to be a holy day. In these games were the religious. Festival of Greeks. These were celebrated in the memory of god Zeus. All the quarrels and disputes were stopped. In the surroundings of Olympia, friends and foes lived with co-operation and love and respect. People could move in all directions without any fear or inhibition. The whole environment was filled with holiness. These games were the message of peace, holiness and friendliness.

Rules for the Players :

The following rules were to be observed for participating in the games:

1. Players were required to be Greek citizens. Test of physical efficiency was held. Players had to take a pledge of fair play in the games.
2. Players should not be professionals.
3. The players had to undergo training for 10 months under the supervision of somebody. Before participating in the games. Last one month had to be spent in Olympia.
4. The supervision of these players in Olympic was done by the judges of games. They also took an oath to give a fair judgement.
5. There should not have been any sort of offence against the players.

6. In the beginning, women could not participate. They were not permitted even to watch the games.
7. First and the last day was meant for religious songs and for singing the praise of martyrs.

Modern Olympic Games :

No body even cared about the importance of Olympic games for about fourteen centuries. But so popular and useful games were everlasting. In the year 1829 A.D., the Japanese and French archaeologist took an initiative and started excavation at the place of Olympic. After the hard work of many years, these scientists became successful. The temples and stadiums of Olympic were located.

Barron de Cubertin :

He was considered to be the architect of modern Olympic games. He was barron in 1863 in France. He worked



Fig. 35

in the education department of France and gave a special attention to physical education. This wise youngman toured Britannia in 1887. He got very much impressed by her educational system. The studies and administration of Harrow and Rung school were very good. He also penned down a book on this educational structure.

Cubertin also visited Britannia and America where the sports lover promised to help him on listening to his planning. He wanted to promote beauty, health, entertainment and co-operation through sports. Prior to his efforts, unsuccessful efforts were twice made in 1869 and 1870 regarding Olympic games. These unsuccessful games were inflect the foundation of successful games.

Cubertin toured many countries and made every body acquainted with his ideas. He established French Sports Federation in his country. Then on June 16, 1894, he presented Olympic planning before an international congress. Every body gave consent for it and first Olympic games were held from April 5 to 15 in 1896.

Cubartin gave a motto for these games" The essential thing in Olympics is riot to have conquered but to have fought well."

"The important thing in the Olympic is not to win but to take part. As the important thing in life is not the triumph but the struggle. The essential thing is not to have angered but to have fought well."

Olympic Motto—

This motto is maac : from three lined words-

- | | |
|-------------|-------------|
| 1. Citius- | Very fast |
| 2. Altius- | Very high |
| 3. Fortius- | Very strong |

These words express the aim of a player. Their meaning is to run very fast, to make a very high jump and to throw a discus or short put with great force. There is a great need to run, jump high and do forceful work in our life.

Olympic Oath

"We swear that we shall take part in these Olympic games in the true spirit of sportsmanship and that we will respect and abide by the rules which govern them, for the glory of sport and the honour of our country."

Rules of Games :

Rules of games in the beginning used to be very simple. Any body could participate in them. The need of making an Olympic village was not felt but in 1908, the games were arranged in London and the rules were formulated.

1. Every member country of Olympic games could send his country man to participate in games.
2. If any player participated on behalf of one country, he could not represent any other country. But if the country was newly created as Pakistan was made, then this condition did not apply on such country.
3. Player should not be a professional player. This justification is given by some sports committee and the player has also to make a written statement.
4. There is no restriction of age, caste or religion for the player.
5. Player cannot participate in any game in the state of intoxication.
6. Sex of the player is also tested.

These games are conducted by the international Olympic committee. This committee has a representative of every country but the country where Olympics are to be held or the country

who conducts the games well, two members could be taken from those countries. This committee elects the president for eight years though the votes of their members. The vice presidents are elected for four years. Five other member are elected who are members of this board. The function of this committee is to conduct the games according to the rules of Olympic games.

Olympic Flag :

Cubertin designed this flag when in 1920, Olympics were held at Antwerp. This flag was hoisted. There are five colours in this flag- red-green, yellow, blue and black and also there are five circles joined together representing five continents- Australia , Europe, Africa, Asia and America . The inter-connecting of these circles is the indication of friendliness and goodwill among the five continents.

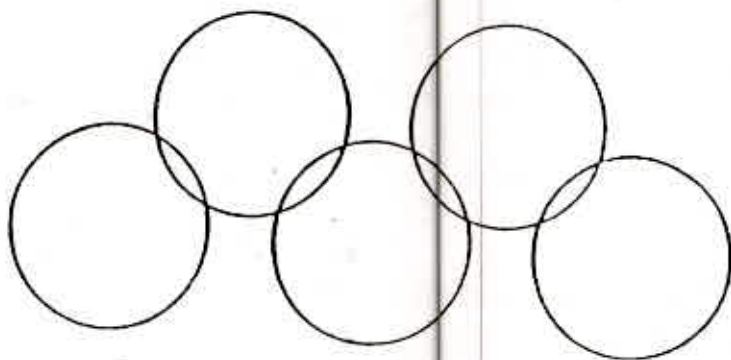


Fig. 36

Sport Events:

Following are the minimum games included in Olympics:

1. Archery
2. Athletics
3. Basket Ball

4. Boxing
5. Canoeing
6. Cycling
7. Equestrian
8. Foot Ball
9. Gymnastics
10. Hand ball
11. Hockey
12. Judo
13. Shooting
14. Rowing
15. Swimming and Diving
16. Fencing
17. Volley Ball
18. Water Polo
19. Weight Lifting
20. Wrestling
21. Yachting
22. Lawn Tennis
23. Table Tennis
24. Beach Volleyball
25. Badminton

Chronological order of Olympic Games :

Olympiad	Year	City
1.	1896	Athens (Greece)
2.	1900	Paris (France)
3.	1904	Saint Louis (America)
4.	1908	London (England)
5.	1912	Stock home (Sweden)

6. 1916 Berlin (was not held due to first world war) Germany
7. 1920 Antwerp (Belgium)
8. 1924 Paris (France)
9. 1928 Amsterdam (Holland)
10. 1932 Los Angeles (America)
11. 1936 Berlin (Germany)
12. 1940 Tokyo (was not held due to second world war) (Japan)
13. 1944 London (England)
14. 1948 London (England)
15. 1952 Helsinki (Finland)
16. 1956 Melbourne (Australia)
17. 1960 Rome (Italy)
18. 1964 Tokyo (Japan)
19. 1968 Mexico (Mexico)
20. 1972 Munich (West Germany)
21. 1976 Montreal (Canada)
22. 1980 Moscow (Russia)
23. 1984 Los Angeles (America)
24. 1988 Seoul (South Korea)
25. 1992 Barcelona (Spain)
26. 1996 Atlanta (America)
27. 2000 Sydney (Australia)
28. 2004 Athens (Greece)
29. 2008 Beijing (China)
30. 2012 London (England)

Olympic Games and India :

India participated in Olympics for the first time in the year 1900: Norman ran 200 meter race and secured a silver medal by getting second position. In 1920, six players were sent who participated in Athletics and wrestling. Y.M.C.A. of Madras made Olympic movement quite popular in India. In 1924, eight players were sent to participate in Olympic games at Paris.

Among them was a long jump player Dalip Singh of Punjab. For the upliftment of Olympic games, financial help was given by the Tata. G.D. Sondhi, A.G. Lorin and H.C. Buk made the Olympic movement popular in country. Indian Olympic Association came into existence in 1927. Indian Hockey team won gold medal for the first time in 1928 at Amsterdam. The Indians remained winners in the game of hockey in the world from 1928 to 1956.

In 1952, K.D. Yadav won a bronze medal in wrestling competition. For the first time, in 1952 Mary Dsouza participated in Sprint and Neelma Rose in hurdles at Helsinki but could not secure any position.

In 1956 at Melbourne, Indian Football team secured fourth position for the first time. Mary Lila Rao also participated in 100 meter race here but could not succeed.

In the games held at Rome in 1960, Indian Hockey team got second position and Pakistan team won first position. In 1960, Milkha Singh secured fourth position in 400 meter race.

In 1964 at Tokyo, Indian hockey team secured first position in Olympics but in the Olympics of 1968, 1972 and 1976, Indian hockey team could not win gold medal. In 1964 at Tokyo, Gurbachan Singh secured fifth position in 110 meter hurdle race.

In 1976 at Montreal, Sri Ram got seventh position in 800 meter race in Olympic games. Shiv Nath remained at the eleventh place in Marathon race.

In the Olympic games of 1980 at Moscow, Indian hockey team again secured gold medal. Women Hockey team also participated in these games.

Indian team participated in athletics, wrestling, boxing, shooting, basketball and volleyball but could not secure any position.

In Olympic games of 1996 which were held at Atlanta (America), Leander Paes, the lawn tennis player secured a bronze medal for India after 16 years.

After this in the year 2000, Olympic games were held at Sydney. In these games, 24 year old Karnam Malleshwari lifted 69 kilo weight in weightlifting and secured bronze medal for India and brought laurels to her. Indian could get only one medal. Indian hockey team presented a good show of the game but could not secure and position.

In fact, among the Indian sports group of 73 members, only four male/female players played well. Among them, the mention of Muleshwari has already been made while the rest boxer Gurcharn Singh, racer K.M. Beena Mole and shooter Anjali Vedpathak proved that they know how to hold the Indian flag high on a vast international stage of Olympics. In 2004 at Athens Major Rajwardhan Singh Rathore got silver medal in shooting. The 2008 Beijing Olympics saw the best ever performance by an Indian contingent in terms of the number of medals. They won three medals in all (one gold and two bronze medals)

Medal	Name	Sports	Event
Gold	Abhinav Bindra	Shooting	Men's 10 M. Air rifle
Bronze	Sushil Kumar	Wrestling	Men's Freestyle 66 kg.
Bronze	Vijender Kumar	Boxing	Middle Weight 75 kg.

2012 Olympic games were held at London (England). In this games India performed very well and won six medals as under :

Medal	Name	Sports	Event
Silver	Sushil Kumar	Wrestling	Freestyle 66 kg.
Silver	Vijay Kumar	Shooting	25 meters Rapid Fire Pistol
Bronze	Mary Kom	Boxing	51 kg. Weight
Bronze	Gagan Narang	Shooting	10 meter Air rifle
Bronze	Yogeshwar Dutt	Wrestling	Freestyle 60 kg.
Bronze	Saina Nehwal	Badminton	Single game.

Asian Games:**No. Year Venues**

1. 1951 Delhi (India)
2. 1954 Manila (Philippines)
3. 1958 Tokyo (Japan)
4. 1962 Jakarta (Indonesia) (but many countries did not co-operate, so these could not get the status of Asian games)
5. 1966 Bangkok (Thailand)
6. 1970 Benkok (Thailand)
7. 1974 Tehran (Iran)
8. 1978 Bangkok (Thailand)
9. 1982 Delhi (India)
10. 1986 Seoul (South Korea)
11. 1990 Beijing (China)
12. 1994 Hiroshima (Japan)
13. 1998 Benkok (Thailand)
14. 2002 Pussan (South Korea)
15. 2006 Doha (Katar)
16. 2010 Guanz hau (China)

Asian Games and India:

In the first Asian games in 1951 held at Delhi, Lari Pinto got first position in 100 meter race, India foot ball team also got gold medal.

Asian Games :

In the year 1948, when fourteenth Olympic games were held at London, Sh. G.D. Sondhi gave a new ideas at that time Sh. G.D. Sondhi was of the opinion that when Indian or Asian players came to participate in the games with western countries, they don't get good results. Therefore compete among themselves first, then firstly the standard of game will improve and secondly, the player will become more confident for competitions to give a practical shape to his idea, he called a meeting of Asian countries on August 8, 1948 in Mount Royal Hotel at London, Korea, China, Burma, Cylone (Sri Lanka), India and Philippines participated in it. This meeting proved to be very successful. All the members agreed fully to arrange Asian sports competitions in future.

After wards, Maharaja of Patiala Sh. Yadvinder Singh made his contribution in starting Asian games. He called a meeting of Asian countries in February 1949 in Delhi for the Asian games. This meeting also proved very successful. Afghanistan, Burma, Cylone, India, Indonesia, Nepal, Pakistan, Philippine, Siam and Thailand took part in this meeting. In this meeting, the name of Asian Athletics Federation was changed into Asian games Federation and its constitution was also framed. It was decided to hold those games after every four years.

Asian Games federation organized first games in 1951 at National Stadium Delhi from March 4 to March 11.

Motto of Asian Games: Ever on war the pledge for Asian games and rules for the games are the same as that of Olympic games.

In the second Asian games held at Manila in 1954, Ajit Singh in high jump, Parduman Singh in discus and short put and Sohan Singh in 800 meter race won gold medals . Joginder Singh won a silver medal in 400 meter race M.Gathrien in 100 meter race, Dalu Ram in 3000 and 5000 meter race and K.P. Thakur in diving from 10 meter high platform secured bronze medals.

In the third Asian games held at Tokyo in 1958, Milkha Singh in 200 meter and 400 meter race, Mohinder Singh in half step and jumps, Parduman Singh in short put, Balkar Singh in Javelin, S.Chand in 100 meter hurdles and Jagdev Singh in 400 meter hurdles won the gold medal. Mary Leela Rao participated in the 100 meter race in these Asian games and took 12.5 second but could not secure any position. Steely DeSouza established a new record in 200 meter race during heats. Elizabeth Davenport threw the Javelin at the distance of 46.07 meter and got second position. Indian Hockey team won the silver medal.

Fourth Asian games held at Jaikarta in 1962 could not get recognition fifth Asian Games were held at Benkok in 1966. In these games, Ajmer Singh in 400 meter race, B.S. Barua in 800 meter, Bhim Singh in high jump, Joginder Singh in short put and Parveen Kumar in discus throw won the gold medal Ajmer Singh won a silver medals in 200 meter race Labh Singh in half step and jump, Parveen Kumar in hammer throw, Manjit Walia in 80 meter hurdles and Christi Forraig in long jump won silver medals.

In the sixth Asian games held at Benkok in 1970, Mohinder Singh in half step and jump, Parveen Kumar in discus, Joginder Singh in short put and Kanwaljit Sandhu in 400 meter race won the gold medal Labh Singh in long

jump and half step and jump, Sri Ram in 800 meter race Edward Shakera in 5000 meter, M.G. Shetty in decathlon and Manuswami Venu in feather weight won silver medals. Bhim Singh in high jump, Sucha Singh in 400 meter, Gurmej Singh in 3000 meter and Manjit Walia in 80 meter hurdles won bronze medal.

In the Asian games held at Tehran in 1974, India got seventh position. India won 14 gold medals, 12 silver and 12 bronze medals, Four of our athletes established new records. Shiv Nath set a new record in 5000 meter. T.C. Yognan in long jump and S. Chohan in 1500 meter race won a gold medal. Lehmbhar Singh won a bronze medal in 400 meter hurdles. Nirmal Singh got a silver medal in hammer throw. Kanwaljit Sandhu won the 400 meter race in 56.5 second and got the first medal among the women players.

In the Asian games of 1978 held at Bangkok, India was placed in the sixth position. We won 11 gold, 11 silver and 6 bronze medals. Hari Chand in 10000 meter and Geeta Jutshi in 1500 meter won silver and in 800 meter a gold medal.

Eleventh Asian Games Beijing (China) 1990.

From 22.9.1990 to 7.10.1990

Medals of Indian player

Game	Gold	Silver	Bronze	Total
Athletics	-	4	2	6
Boxing	-	-	1	1
Hockey	-	1	-	1

Kabaddi	1	-	-	1
Rowing	-	-	4	4
Shooting	-	-	1	1
Tennis	-	-	1	1
Weight Lifting		2	2	4
Wrestling	-	1	1	2
Yachting	-	-	2	2
Total	1	8	14	23

Twelfth Asian games were held in Hiroshima (Japan) in 1994 from 2 to 16 October. In these games, India won 4 gold, 3 silver and 15 bronze medals.

Thirteenth Asian games were held at Benkok (Thailand) in 1998 from 6 to 20 October. In these games, Indian won 7 gold, 11 silver and 17 bronze medals.

Fourteenth Asian games were held at Possan (South Korea) in 2002 and fifteenth Asian games were held at Doha (Katar) in 2006. In the Asian games of 2010 held at Guanz hau (China). India got 14 Gold, 17 Silver and 33 Bronze medals.

EXERCISE

1. Where, when and why were the ancient Olympic games held?
2. What are the rules of ancient Olympic games and which games were organized?
3. Who started the modern Olympic games and what do

4. What is the motto and pledge of modern Olympic games?
 5. What are the rules of modern Olympic games?
 6. Which sports events are there in the modern Olympic games?
 7. What place has the Indian players achieved in 2012 Olympic games ?
 8. When and why were the Asian games started? What is the contribution of India in starting these games?
 9. Which prizes were won by the Indians in the eleventh Asian games?
 10. Which prizes were won by the Indian players in the 2008 Olympic games ? Write the name of players and their games.
 11. Where were the olympic games need is 2012 ?
 12. When and where did the Indian Hockey team won gold medal for the first time ?
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