

HEALTH AND PHYSICAL EDUCATION

(For Class 9)



ਇਹ ਪੁਸਤਕ ਪੰਜਾਬ ਸਰਕਾਰ ਦੁਆਰਾ ਮੁਫਤ ਦਿੱਤੀ
ਜਾਣੀ ਹੈ ਅਤੇ ਵਿਕਾਊ ਨਹੀਂ ਹੈ।



PUNJAB SCHOOL EDUCATION BOARD

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Coordinator	:	S Harjinder Pal Singh, Subject Expert
Chief Vetter	:	Smt Jasvir Kaur (Retd. Dy Director)
Subject Vetter	:	S Harpal Singh, Lect. Physical Education
Translator	:	Ms Neha Arora, English Mistress
Vetter	:	Ms Anu Batta, English Mistress
Artist	:	S Manjit Singh Dhillon, Artist PSEB

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Foreword

The Punjab School Education Board, since its inception in 1969 has been striving to revise the curricula of various subjects on modern lines and to prepare books in a scientific manner according to the revised syllabus.

Recognizing the importance of National and International sports, Punjab is the first state to make Health and Physical Education a compulsory subject from V to eighth class and an optional subject from ninth to twelfth class.

Before preparing the book in hand, the recommendations of PCF-2013 were probed and the curriculum was revamped. Under these recommendations the curriculum of Science subject was combined with the present book so that the information on Physical Education can be obtained. This book has been prepared by qualified and experienced experts related to this subject. The language of the book is written in a simple, vivid and relevant way according to the mental level of the students. Appropriate diagrams are given to explain the difficult concepts and subtopics in a clear manner.

An effort has been made to make the content of the book useful for teachers as well. It is hoped that this book will be useful for both students and teachers. However the board will welcome the suggestions from the teachers and scholars of the field to improve this book further.

Chairman

Punjab School Education Board

“ਸਮਾਜਿਕ ਨਿਆਂ, ਅਧਿਕਾਰਤਾ ਅਤੇ ਘੱਟ ਗਿਣਤੀ ਵਿਭਾਗ”, ਪੰਜਾਬ।

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Chapter - 1

PHYSICAL EDUCATION IN INDIA AFTER INDEPENDENCE



India became independent in 1947 and thus the reins of Indian power came into the hands of Indian leaders. Changes were brought according to the Indian culture in the educational institutions run by the British government and the subjects taught in them. The Indian government prepared a five-year plan for the reform of education but they continued to teach physical education in the same manner as was taught by the British government. New schools and colleges were built in independent India. The subject of physical education was also taught in colleges along with schools. It began to be studied on a large scale by students in colleges. Before independence, in 1920, there was only one college related to Physical Education in India known as **Y.M.C.A. (Young Men Christian Association)** which was located in Madras. In this college, courses were conducted to become a physical education teacher. After independence, in India, there was a great shortage of qualified teachers to teach the subject of physical education. Along with establishing institutes related with physical education, various schemes to promote the sports culture in India were also introduced. Some prominent sports schemes are as under:-

Lakshmi Bai National College of Physical Education :- This college was established in 1957 in Gwalior and was named after Rani Lakshmi Bai of Jhansi. Various courses were started in this college to train physical education teachers to teach in schools and colleges. BPE (Bachelor in Physical Education), MA. Physical Education and M.Phil. etc. were conducted in this college. Since its inception till present day, college has played a commendable role in the field of physical education and produced higher qualified teachers of this subject. Presently, this institute is functioning as a deemed University in the field of Physical Education .

Government College of Physical Education at Patiala:- In 1958, this college of physical education was established at Patiala in Punjab. This colleges known as Professor Gursevak Singh College of Physical Education, has also served as a milestone in the field of this subject. This college was, previously associated with Punjabi University, Patiala but now this is associated with Maharaja Bhupinder Singh

Sports Univesrity associated with various courses related to Physical Education were also started in this college. This college has produced many renowned physical education teachers who have done commendable work in the field of physical education.

As this subject expanded, institutions related to physical education were built in every state of India. Today, courses related to physical education are being conducted in every Arts University in India.

Raj Kumari Coaching Scheme– Raj Kumari Coaching Scheme was started in 1953-54 in the name of Raj Kumari Amrit Kaur. Under this scheme, a plan was prepared to identify the sports talent present in children of India and to prepare the players for National and International level competitions. Four Indians and one foreign coach were appointed under this scheme. Athletics, hockey and table tennis games were initially included under this scheme. In view of the hard work and good results of the coaches, cricket and lawn tennis were later on also included in this scheme. The Raj Kumari coaching scheme proved to be very successful and many famous players were produced under this scheme. Nowadays the name of this scheme has been changed to ‘National Coaching Scheme’ and is working under Neta ji Subash National Institute of Sports (NSNIS) Patiala.

All India Sports Council - In 1954, a council was formed by the Government of India in which twenty members were included. The work of this council included giving suggestions to the government to raise the level of sports in India and form sports councils in the states. Sports federations and sports councils of the center and states were also recognized by this council. This council also gave recommendations to the government about forming the sports related expenditure budget in country.

Sports Authority of India (SAI) :- In 1961, the Sports Council of India proposed the formation of a joint sports organization that could take the responsibility for the preparation of Indian players and teams participating at the International level. A proposal was made to name this institution after Neta Ji Subhash Chandra Bose. In 1974, the first branch of this organization was inaugurated in Bangalore. After this, its branches were also opened in Calcutta, Gandhinagar, Aurangabad and Patiala. The main function of these institutes was to train the international sports teams and players of India and to raise the level of sports in India. These institutes have done a lot of work in the field of sports and even today it is the largest sports governing body in India. Apart from the training of players, preparing coaches for various sports also come under this organization. Now a days NIS under the guidance of SAI is established in different parts of India where diploma courses for coaches of various sports are being conducted. Today various sports programmes like Khelo

India, Fit India, TOPS, E-Pathshala etc. are being conducted to promote sports in India and are also part of Sports Authority of India (SAI).

After independence, many other initiatives were taken to raise the standard of sports in India such as the formation of various sports federations at state and national level. It also includes the introduction of Arjuna Award, Dronacharya Award, Khel Rattan Award etc. to honour and motivate the prominent players and coaches in India.



Objective type questions

1. YMCA was established in
2. Where is Lakshmi Bai National College of Physical Education situated?
3. Coaching scheme had been launched after the name of Raj Kumari Amrita Kaur. **(True/False)**
4. When was the Government College of Physical Education Patiala opened?
(a) 1950 (b) 2000 (c) 1958 (d) 2001

Short answer type questions

5. Give the full name of NSNIS .
6. What steps were taken by the Sports Authority of India to raise the standard of sports?
7. Write the functions of All India Sports Council.

Long answer type questions

8. Write in detail about the existence of Physical Education in India after independence and about Lakshmi Bai National College of Physical Education.
9. What do you know about Sports Authority of India?

Chapter - 2

PHYSIOLOGICAL SYSTEMS



The human body is a combination of many organs and diverse systems. All the organs and systems of the body work together and are completely interdependent. Our seemingly simple body is made up of many complex physiological systems. The proper functioning of the body and physical health depends on the efficiency of these systems. It is very important to have knowledge about the body to keep it healthy and to function it smoothly. Especially in the field of sports, a player can progress only if he has complete knowledge about his body. Which can be acquired by studying two subjects- Anatomy and Physiology.

Anatomy- With the help of this subject, we get information about the structure of the body. It gives us information about our body shape, bone structure and muscular structure etc. It gives information about the structure and placement of various organs of our body like heart, lungs, liver, kidneys etc.

Physiology - The cell is the smallest functional unit of the human body. When same type of cells join, a tissue is formed and same type of tissues combine to form an organ. Several organs made up of the same type of cells together form a system. In this way, different types of cells combine to form like circulatory system, respiratory system, digestive system etc. All these systems of our body work together and are completely inter/dependent. We need this subject to get information about the functions of these different physiological systems in the body.

Major Systems of Human Body :- As we have read earlier, there are various working systems in our body. Each functional system has a significant role in the body but all systems are interdependent for physical health and functional efficiency. The major systems present in the human body are as the following:-

- 1) **Skeletal System:-** Skeletal system provides physical form to our body structure. The anatomical structure of our body depends on this system. The human skeletal system is made up of 206 bones, different types of

joints, cartilages etc. All the bones and joints of the body work together to form the anatomical structure. The human skeleton gives shape to the body by connecting with muscles. All our bodily movements like walking, standing, sitting, running etc. are only possible due to this system. Apart from this, the skeletal system also plays an important role in protecting the various sensitive organs in our body like the heart, lungs, brain etc.



Fig. 1

- 2) **Muscular System** :- Muscular system is a very important system of our body which helps us to perform all kinds of physical activities. About 40 percent of the total weight of the human body is of muscles. These muscles are very strongly attached to the bones at its ends. The contraction and relaxation of muscles create movement in the bones, which helps our body to move and function. Apart from this, muscles also work as a store house for energy obtained from food.



Fig. 2

- 3) **Circulatory System:-** Heart, blood and blood vessels are the main parts of the circulatory system. Human beings need oxygen and energy from food to survive. The work of delivering oxygen and energy to every part of the body is done only through the blood circulatory system. Heart is the most important part of this system which works continuously from birth to death and provides blood supply to the whole body. Apart from this, the circulatory system plays a major role in excreting the carbon dioxide produced in the body after the usage of oxygen.

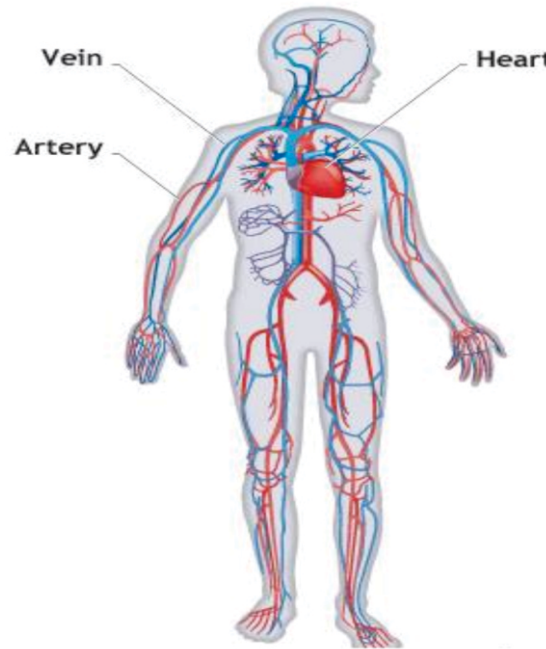


Fig. 3

- 4) **Respiratory System:-** Like other systems of the body, the respiratory system is also a very significant system of our body. The respiratory system is a combination of many organs including the nose, larynx, pharynx, trachea, bronchial tubes, lungs and diaphragm. As we have read in the circulatory system, every part of the body from head to toe needs constant supply of oxygen to survive. If we don't get oxygen even for a few minutes, we can die. Oxygen is naturally present in our environment. Through the nose, oxygen enters the body and reaches our lungs. From the lungs, it is transported to different parts of the body through the blood. Vice-versa, the carbon dioxide produced in the body reaches the lungs by the blood and the lungs expel it from the body through the nose. Thus, the process of taking oxygen into the body and expelling carbon/dioxide continues till death.

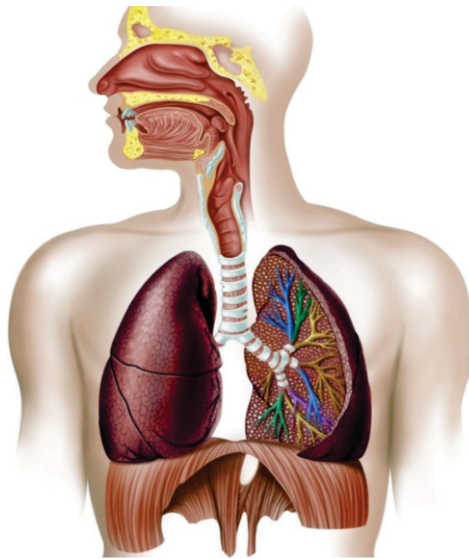


Fig. 4

- 5) **Digestive System:-** The food we eat is digested in the body and converted into energy. We are able to do our daily activities only with the help of this energy which is produced from food. The important function of preparing energy from food is done by the digestive system of our body. Many parts of our body like teeth, tongue, esophagus, stomach, liver, small and large intestine, etc. jointly form a digestive system. First of all food (present in

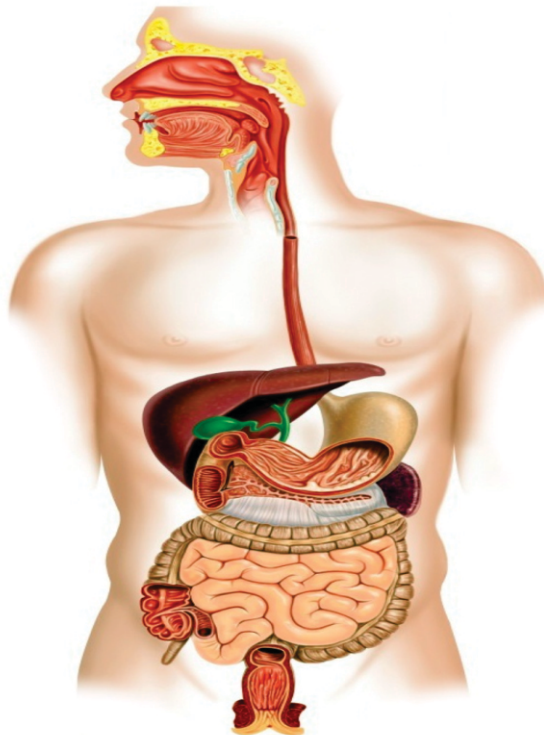


Fig. 5

mouth) is chewed by teeth which break the food into small pieces. The salivary glands in the mouth soften the food by adding saliva to the food. Thus, as soon as the food enters the mouth, the process of digestion starts. This chewed food passes through the esophagus and reaches the stomach. It takes three to four hours for food to be digested in the stomach. Liver adds acidic juice to the food so that the fats, carbohydrates etc. present in the food are broken down and converted into energy. After this, the digested food is sent to the small intestine where all the nutritious substances are absorbed by the blood and sent to the various body parts. The residual waste product is sent to the large intestine for the absorption of water and the body removes this waste product through anus.

- 6) **Excretory System:-** All the food we eat is not digestible in the body. After absorbing the digestible elements of food by the intestines, it is very important to remove the remaining useless substances from the body. In this way, after consumption of oxygen carbondioxide gas is formed, which is a harmful gas for our body. Therefore, the excretion of carbondioxide from the body is very important. When we do any heavy or continuous work after the consumption of energy in our body, many types of harmful acidic substances are produced. Thus, it is very important to remove all the unnecessary substances produced in our body in time. Organs such as intestines, lungs, kidneys, skin etc. present in our body work to remove

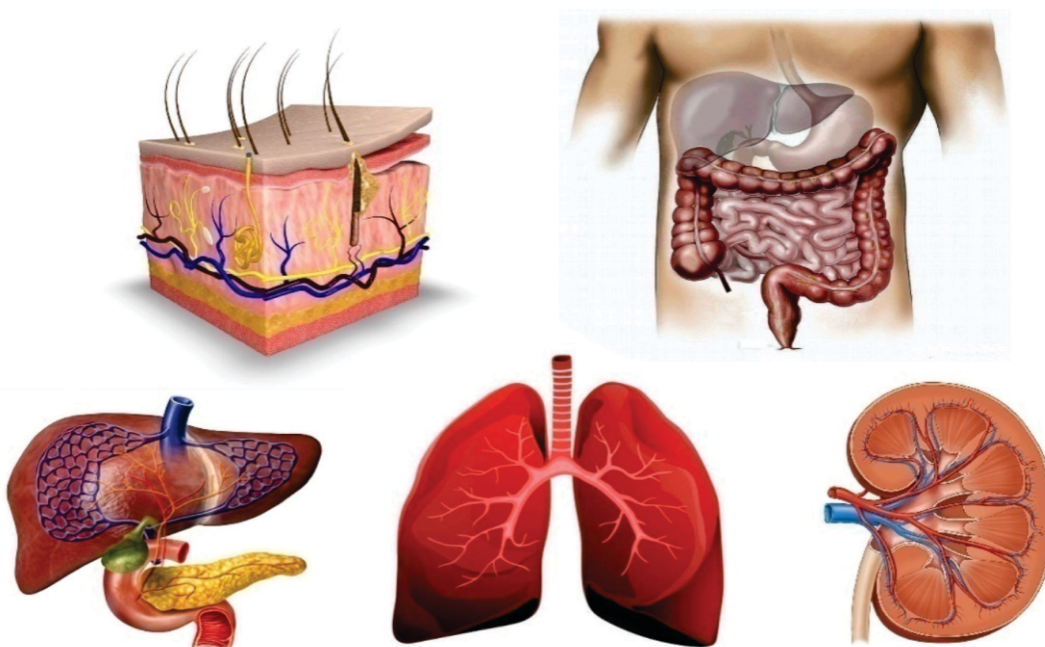


Fig. 6

these unnecessary substances from the body so that we can stay healthy. The left overs from the food are removed through the large intestine, the carbon dioxide produced in the body through the lungs and the acidic elements formed in the blood are cleaned by the kidneys and excreted through the urine. Similarly, some of the waste substances produced in the body are also removed in the form of sweat through the skin.

- 7) **Nervous System:-** Man has been considered superior to other species because man can use his brain well. The brain is a very important part of the human body. Every activity of our body is controlled by the brain. Our brain and body are in co-ordination all the time. Messages from our body parts to the brain and from brain to body parts are exchanged continuously. The process of brain and body rhythm is controlled through the nervous system. In addition to the brain, the spine and the spinal cord present in it play an important role in the nervous system. The five organs present in our body are eyes, nose, tongue, skin and ears which convey body-related and external messages to the brain so that the body can be protected from external threats.

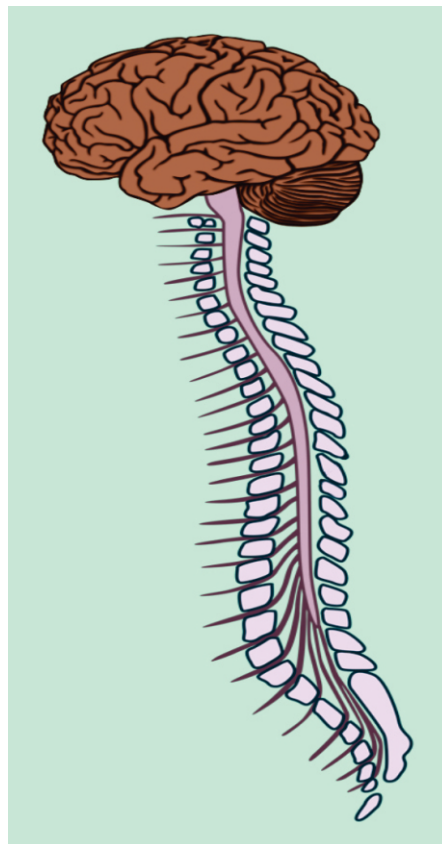


Fig. 7



Objective type questions

1. The human body is a combination of many organs and various.....
2. Which is the smallest functional unit of the human body?
3. Muscles make up about 40 percent of the total weight of the human body.
(True / False)
4. How many bones are there in the human body?
(a) 204 (b) 206
(c) 205 (d) 207

Short answer type questions

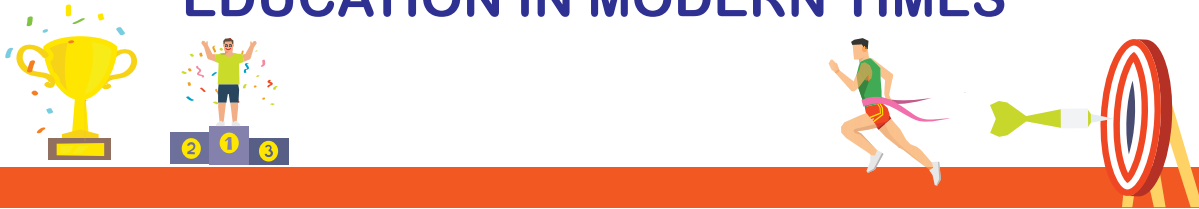
5. Write the functions of the muscles.
6. Name the organs involved in the excretory system.
7. Write the names of the organs of the circulatory system.

Long answer type questions

8. What do you know about body systems, body composition and anatomy?
9. Write, in brief, about the major systems of the human body.

Chapter - 3

IMPORTANCE OF PHYSICAL EDUCATION IN MODERN TIMES



Physical education is a very old subject. It has been given great importance upon in India since ancient times. Physical education was prevalent in the Ashrams and Gurukuls of ancient times. At that time, great emphasis was put upon yogic practices and shastravidya in the gurukuls.

In the modern era, a person is dependent on machines for his every work. A person has to use very little physical strength to work, due to which the human muscles are constantly getting weak. Humans are also getting away from the natural environment because of this busy life, due to which the life of man today is going through a period of struggle. Today, there is a need to provide such education to the students that not only develops the child mentally or socially but also develops him physically so that he can become capable of doing all the work. Our body is the basis of every activity of our life. Adequate development of the body is very important for the all-round development of a human being in life. In such a situation, the importance of Physical Education subject increases even more.

Meaning and Definition of Physical Education-

Generally, the subject of Physical Education is seen only in association with physical exercises, P.T., drill or sports etc. This view of common people towards physical education is very narrow. Physical education is an integral part of general education. Like normal education, the aim of physical education is also to develop all-round personality of a person. In physical education, sports, PT, drill etc. are only a part of its curriculum, whereas the field of physical education is very vast. A person develops physically, mentally, socially and emotionally and becomes a good human being with the help of these physical activities.

Definitions

According to Charles A. Butcher “Physical education is an integral part of total educational process, and aims to develop physically, mentally, emotionally and socially fit citizens through physical activities who have been chosen with a vision to realize these outcomes.”

“According to JB Nash, “Physical Education is that field of education which deals with big muscle activities and their related responses.”

Importance of Physical Education in Modern Times:-

The need and importance of physical education in the modern age cannot be denied. In today's fast-paced life, the importance of physical education has increased even more. Physical education is essential in every field of life. Present-day educationists believe that the purpose of education is not only to develop the child mentally but to emphasize on all round development a child. According to HC Buck, "Physical education is that part of the curriculum of normal education in which the all round development of a child is done through physical activities."

Based on the above idea, we can say that in today's mechanized age, all-round development of a child is not possible without physical education. Until a few decades ago, man used to be physically fit and strong because every job required physical effort. Today's mechanized and computer age has taken every manual work away from physical labour. Today, the human body is getting weak and infected with new diseases. All this is happening due to reduced physical exertion. In today's times, physical education plays an important role in dealing with the challenges faced by man. We can describe the need and importance of physical education in today's times as the following-

- 1) **Physical and Mental Development-** Different types of physical activities are part of physical education. Participating in activities such as running, jumping, sitting etc. Which affect different parts and muscles of our body. Our body systems improve and muscles become stronger. Apart from this, by participating in physical activities, the mental development of the child also takes place rapidly. A child who participates in sports is always physically smart, agile, healthy intelligent and mentally alert.
- 2) **Self-Knowledge:-** Physical education serves to identify and develop the potential within the child for human development. By participating in sports, a child can explore the qualities present in him. Due to this the child can improve his qualities and gain progress in life.
- 3) **Inter-Relationship:-** As a social being, human beings have feelings of love, cooperation, fellowship etc. By participating in sports we can improve these social qualities. In football, volleyball, hockey etc., all the players of the team can only hope to win by playing together and cooperating with one another. Being part of a team, the players spend many days together which develops a sense of love and helping one another.
- 4) **Self-Confidence:-** Sportspersons have more confidence than a common man. In the game, the player has the capacity to take decisions even

during troubled times which increases his self confidence. He needs to work hard to win in sports. This habit of hard work and self-confidence also helps him in his daily life

- 5) **Renunciation and Discipline:-** Physical education develops the spirit of discipline and renunciation in man. Discipline is very important to succeed in life. Discipline is the primary basis of all activities of physical education. Physical education and sports are not at all possible without discipline. Thus, individuals who participate in physical education are more disciplined than others.
- 6) **Development of Social Qualities:-** Physical education develops the spirit of courage, friendship and sympathy in sportsmen. In this way, the player learns to work with his team members in a co-operative manner. The entire team has the ability to overcome difficulties by supporting one another. All players are given equal recognition in sports and no player is discriminated against in sports. Sports inculcates resilience in players and teaches them to control their emotions.



Objective type questions

1. Objective of physical education is development of human personality.
2. Where was the subject of Physical Education taught in ancient times?
3. Physical education is a new subject. **(True / False)**
4. Which emotions are developed by physical education in a player?
 - (a) Encouragement
 - (b) Partnership
 - (c) Compassion
 - (d) All of the above

Short answer type questions

5. Write the definition of physical education as given by J B Nash.
6. Explain the spirit of dedication and discipline in sports.
7. Write a note on physical education.

Long answer type question

8. Elaborate on the importance of Physical Education in modern times.

Chapter - 4

PRANAYAMA



Pranayama is one of the important parts of the eight limbs of yoga. Ashtanga yoga consists of eight actions. Pranayama is at the fourth position in Ashtanga Yoga:

- | | |
|---------------|--------------|
| 1) Yama | 2) Niyama |
| 3) Asana | 4) Pranayama |
| 5) Pratyahara | 6) Dharana |
| 7) Dhayana | 8) Samadhi |

Pranayama is a combination of two words prana + ayam. In this, prana means breath or life energy while ayam means controlling the process of inhalation and exhalation. Continuous inhaling is very essential for human survival. Oxygen entering the body through breathing is considered as a source of energy and essential for the survival of the organism. With the practice of Pranayama, a person controls his inhalation and exhalation to carry more oxygen to the lungs and enables the body to completely expel the unnecessary gases. By doing Pranayama, a person can control the pace of his breathing by lengthening the gap between inhalation and exhalation.

There are many types of Pranayama to practise but each type of Pranayama is mainly divided into three parts-

- 1) **Purak :-** Purak means taking the air into the lungs by having long break.
- 2) **Kumbhak:-** After filling the breath in the lungs, the act of holding the breath in the lungs is called Kumbhak.
- 3) **Rechak :-** The process of slowly expelling the breath from the lungs after holding the breath according to one's ability is called Rechak. In pranayama special attention is given to the process of Puraka, Kumbhaka and Rechaka.

Points to be kept in mind during Pranayama

Before or while practising Pranayama, one should keep several important things in mind so that one can get maximum benefit from doing Pranayama and has no adverse effect on his body.

The first thing to keep in mind for doing pranayama is that our stomach should be empty or we can practise pranayama almost four hours after taking meals.

- 1) One can use any of the asanas such as Sukh Asana, Siddha Asana, Padma Asana, Vajra Asana etc. so that one can sit in a relaxed position for a longer time while doing Pranayama.
- 2) One should not have any kind of physical or mental stress while doing Pranayama.
- 3) While doing Pranayama, both the Puraka (inhalation) and Rechaka (exhalation) processes should go smoothly. No pressure should be exerted while inhaling and exhaling.
- 4) People who have high blood pressure (High B.P.) should do Pranayama with slow pace.
- 5) If a person has undergone any surgery then he should not do pranayama for atleast six months.
- 6) The morning or the evening time is considered to be the best to get the full benefit of Pranayama.
- 7) Pranayama should be practised in a quiet place where one can concentrate fully on his breathing.

Types of Pranayama

Many types of pranayama have been described in yoga. Each type of pranayama has different methods and benefits. In this lesson we will learn about some of the major methods of Pranayama:-

(1) Bhastrika Pranayama

To perform this method of pranayama, sit in the posture of Vajar Asana with legs bent at the knees. Vajar Asana helps in keeping the back straight and breathing effectively. Keeping both arms close to the body and bending at the elbows, bring both



Fig. 8

hands near the shoulders. In this position, fists of both hands should be closed. While taking a deep breath, straighten both your arms above your head. Open the fists while straightening the arms upwards. After taking a full breath, push the arms quickly down while exhaling with full force. Bend the arms at the elbows and bring them in the same position as before and close the fists. This action has to be repeated 20 times which will complete one cycle of Bhastrika Pranayama. After completing one round, straighten your arms and place your hands on your thighs to sit in a relaxed position. Keep the body in a relaxed position by taking breath at a normal speed. After the body is relaxed, start the second round of Bhastrika Pranayama.

Benefits:-

- i. Bhastrika Pranayama circulates new energy in the body.
- ii. Harmful substances present in the body are expelled.
- iii. Relief from respiratory diseases.
- iv. Abdominal muscles are strengthened and digestion is improved.
- v. This pranayama increases the mental ability of the person.

(2) Kapal Bhati Pranayama

Among the types of pranayama, Kapalbhati is a very popular pranayama. To do Kapalbhati Pranayama, first sit in a comfortable position of either Padma Asana or Sidhha Asana etc., keeping your backbone perfectly straight sit in Dhyana mudra. Keeping both arms straight, sit in Dhyana Mudra, placing both hands on the knees and palms facing upwards. Sitting in this position, take a deep breath so that the lungs are completely filled with air. After this, while exhaling, pull the abdominal muscles inward with a jerk. With this action, the full breath will be expelled from the lungs afterwards. When the abdominal muscles come to their normal position, the air from outside will automatically enter the lungs. Then pull the stomach inwards with a jerk again. Keep doing this process of Kapalbhati continuously. By repeating this action 20 times, one cycle of Kapalbhati is completed. After resting for some time, start Kapalbhati Chakra again and do three to five Chakras according to your capacity.



Fig. 9

Benefits:-

- 1) It speeds up our digestion process and it is highly beneficial for reducing body weight.
- 2) Lungs become powerful and strong with this pranayama.
- 3) It is highly beneficial for the purification of veins.
- 4) It improves the blood circulation system.
- 5) Neuro muscular coordination gets good.
- 6) It gives relief from mental stress.

(3) Anulom-Vilom Pranayama-

To do Anulom-Vilom Pranayama first sit in Padma Asana with eyes closed. Keep your backbone straight. Close the Index finger and the Middle finger of your right hand and take the right hand near the nose. Place the thumb of the right hand on the right nostril by keeping the neck perfectly straight. While closing the right nostril with the thumb, inhale slowly and deeply through the left nostril. When the lungs are completely filled with air (be careful not to fill air in the stomach), close the left nostril with the ring finger and hold the breath in the lungs to the best of your ability. After this, slowly release the breath while removing the thumb from the right nostril. After complete exhalation, this whole process is repeated but now the breath has to be taken through the right nostril and exhaled through the left nostril. This process done from both sides is considered as one cycle. While inhaling and exhaling focus your full attention on the breath and do three to five rounds of Anulom-Vilom Pranayama at a time.



Dig. 10

Benefits:-

- 1) Anulom-Vilom Pranayama strengthens one's respiratory system and increases endurance.
- 2) This pranayama relieves mental stress, anxiety, pressure etc.
- 3) Retention power is increased with regular practice of Anulom-Vilom.
- 4) By doing Anulom-Vilom Pranayama, the body's ability to fight diseases gets increased. This process not only reduces respiratory related diseases like cough, cold etc. but the diseases are also eradicated from the root to some extent.



Objective type questions

1. means inhaling and exhaling.
2. Name any one type of Pranayama.
3. While doing Pranayama ,the first thing to be kept in mind is that our stomach should be clean. **(True/False)**
4. How many exercises are there in Ashtanga Yoga?
(a) 6 (b) 7
(c) 8 (d) 9

Short answer type questions

5. Write any two benefits of Kapalbhathi .
6. What are the types of Pranayama?
7. Write the benefits of Anulom Vilom .

Long answer type questions

8. Write the method and benefits of Kapalbhathi.
9. Write the method and benefits of Bhastrika Prayanayam.

Chapter - 5

Prominent Sports Personalities of Punjab



(Olympian Balbir Singh Senior With Golden Hat Trick)

Sr. Balbir Singh Senior, the only olympian Balbir Singh Senior with golden Hat trick player who shines like a pole star in the world of hockey, has increased the glory of India by winning three gold medals in the Olympic Games. This is, why this player is known as Olympian Balbir Singh Senior. with a golden hat trick. 3 Consecutive victories His real name is Balbir Singh Dosanjh.



Fig. 11

Early Life and Education of Balbir Singh:- Balbir Singh was born in his maternal village Haripur Khalsa (Philaur) on 10 October 1924. His father's name was Sh Dilip Singh and mother was Smt Karam Kaur. His father who was a freedom fighter was a teacher at Moga, He received his primary education from Dev Samaj School, Moga. He started playing in the school hockey team. He received his higher education from DM College Moga, Sikh National College Lahore and Khalsa College Amritsar. While studying at Khalsa College, Balbir Singh took hockey training from Coach Harbel Singh.

Sports Career of Balbir Singh:- Balbir Singh joined the Punjab Police in the year 1945. He worked in the Punjab Police for almost 16 years. He played many national and international matches during his police career. Balbir Singh became a member of the Indian team for the first time in 1947 and was selected to play in Sri Lanka. His hard work of many years paid off when he was selected in the Indian

team for the London Olympic Games in 1948. In these Olympic games, India won against Argentina with a margin of 9-1. Out of these 9 goals, 6 goals were scored by Balbir Singh alone. Similarly, India won the gold medal by winning with a margin of 4-0 in the final match of the Olympics against Great Britain. Out of these 4 goals, the first 2 goals were scored by Balbir Singh alone. Balbir Singh's role was important in getting India a gold medal in these Olympic Games. He was the top scorer in Olympic Games. He was selected for the second time in the Indian team for the 1952 Helsinki Olympic Games. Where was the flag bearer of the Indian hockey team and was appointed the vice-captain in these Olympic Games. India's semi-final match was played against Britain in this Olympics. India won this match with a margin of 3-1. All these three goals were scored by Balbir Singh. The final match of these games was between India and the Netherland. India won this match with a margin of 6-1. Balbir Singh scored 5 goals in this match. The record of scoring 5 goals in the final still stands in his name. And this record is the oldest Olympic Games record that has not been broken yet. Balbir Singh's record is also included in the Guinness Book of World Records. India scored a total of 13 goals in this tournament, out of which 9 goals were scored by Balbir Singh alone, setting an unbeatable record that still stands.

Balbir Singh was given responsibility of the captain of the Indian Hockey Team for the Melbourne (Australia) Olympic Games in 1956, he was once again the flag-bearer. He scored 5 goals against Afghanistan in the opening match. His finger bone was broken during one of the matches in these games. This was not known to the opposing teams, so the management of the team asked Balbir Singh to keep this injury hidden so that the opposing teams remain in awe of this player. In this tournament, it seemed impossible to win the semi-final and final matches without Balbir Singh. In these circumstances, this great player played these matches ignoring the injury and pain of his finger. In these Olympic Games, India's final match was played against Pakistan. In this competition, India won the gold medal by defeating Pakistan with a margin of 1-0. Apart from this, Balbir Singh won many medals at the National and the International level. The Indian team scored 38 goals in the 1956 Olympic Games under the captaincy of Balbir Singh and did not let even a single goal against his team, a record that still stands today.

Balbir Singh's life as a Sports Official:- Balbir Singh won many medals as a sportsman for India after which he retired as a player forever. In 1961, Balbir Singh was made the Director of Punjab Sports Department. The entire structure of this department was prepared by him. While serving in the sports department, Balbir Singh prepared various schemes to uplift sports. He started awards for winners due to which players from Punjab got a lot of facilities and

encouragement. Punjab Sports Department owes a lot to Balbir Singh. In 1962, Balbir Singh was made the manager of the Indian hockey team. Under his able leadership, the Indian hockey team won the gold medal in the international hockey tournament in Ahmedabad. Similarly, under the guidance of Balbir Singh, the Indian team got the honour of winning the silver medal in the 1970 Asian Games and the bronze medal in the 1971 World Hockey Cup at Barcelona. In 1975 World Cup, Balbir Singh increased the pride of India by winning the gold medal for the Indian hockey team while performing the duties as coach and manager. He also played an important role in the Indian team winning the bronze medal in the 1982 World Cup at Amsterdam and the silver medal in the Delhi Asian Games. In 1982, Balbir Singh retired from the Sports Department as Sports Director.

Honours received by Balbir Singh:- He received many honours for his great achievements which are as following:-

- 1) Balbir Singh was the first Indian sportsperson to be honoured with the Padma Shri Award by the Government of India in 1957.
- 2) After the Melbourne Olympic Games, Dominica Republic issued a postal stamp in the name of Balbir Singh in 1958 which was a proud moment for India.
- 3) At the 2012 London Olympics, 16 Olympic Icons of history were selected. In this, 8 male and 8 female players who performed exceptionally well in various Olympic Games were selected. Balbir Singh was one of them. He was the only Hockey player from the world and was one of the only two selected Asian Players.
- 4) Balbir Singh was honoured with the Major Dhyan Chand Lifetime Achievement Award by the Hockey Federation of India in 2015.
- 5) On 26 May 2021, the International Hockey Stadium of Mohali was renamed as 'Balbir Singh Senior International Hockey Stadium' Mohali by the Punjab Government in his honour.

In 1985, Balbir Singh handed over his national and international medals and the 1956 Olympic Games captain's blazer to the Sports Authority of India (SAI) to be kept in the museum so that future sports persons can be inspired.

He wrote two autobiographies, 'Golden Hattrick' and 'The Golden Yardstick'. A biography 'Golden Goal' was written about him in Punjabi language. A Hindi film 'Gold' was also made based on his life in 2020. In 2022, The Punjab Sports Department decided to give stipend of ₹ 8000 in the name of Balbir Singh every year to the senior national medal winners and a stipend of ₹ 6000 rupees per month

to the junior national medal winners .Balbir Singh Sr. dedicated his entire life to the game of hockey. On May 25, 2020, this legendary player left the mortal world.

Padma Shri Kaur Singh

The Indian Boxing Federation (IBF) organized an exhibition match between an Indian boxer and the world's greatest boxer, Muhammad Ali, on 27 January 1980. This exhibition match was scheduled to take place with Indian boxer Kaur Singh. This match was held at the National Stadium in Delhi. To watch this match the then President of India, Giani Zail Singh, made a special appearance by breaking the protocol. Apart from this, thousands of spectators gathered to witness this match. Kaur Singh, a heavyweight boxer was well known as a boxer who fought with his stamina, courage and full strength. This match lasted in 4 rounds. In this match, Kaur Singh showed a very good game against Ali's speed and fast punches.



Fig. 12

Early life of Kaur Singh:- Kaur Singh was born on 16 August 1948 in a very simple family in village Khanal district Sangrur (Punjab). His father's name was S Karnail Singh and mother's name was Smt Preet Kaur. Kaur Singh's father was a poor farmer. Apart from agriculture, there was no other source of income in the house. Kaur Singh had two brothers and two sisters. Due to the large family, it was hard to make both ends meet. Though, Kaur Singh could not get higher education due to family circumstances, but due to his tall stature and muscular body, he joined the army as a Hawaldar on 17 August 1971. After joining the army, he started practising boxing in the Sikh Regiment Ramgarh (Uttar Pradesh).

Kaur Singh's Sports Achievements :- Kaur Singh first won the 25th Senior National Boxing Championship in the heavyweight category and won the gold medal in 1979 .

- He won gold medal in Ninth Asian Amateur Boxing Championship held at Mumbai in 1980.
- He won silver medal in 1980 and Gold medal in 1982 in King's Cup Boxing Tournament in Thailand.
- In 1982, he won the gold medal at the 10th Asian Amateur Boxing Championship in Seoul.

- He won the gold medal in the heavyweight category of boxing at the 1982 Asian Games at New Delhi.
- In 1983, he won the gold medal at the 10th Asian Amateur Boxing Championship in Japan.
- Kaur Singh's hard work paid off when he was selected in the Indian Boxing Team in the heavyweight category for the 1984 Olympic Games in Los Angeles (USA).

Kaur Singh won a total of 6 medals in his international career.

Honours received by Kaur Singh: As he got achievements in his sports career, he was bestowed with many honours which are as the following:-

- 1) In 1971 he was awarded the 'Sena Seva' medal by the Indian Army.
- 2) In 1971 he was honoured with the Wast Star award by the Indian Army.
- 3) In 1971 he was honoured by the Indian Army with the 'Sangram Medal'.
- 4) In 1982, the Government of India honoured him with the Arjuna Award.
- 5) In 1983, the Government of India honoured Kaur Singh by awarding him the country's highest honour, the 'Padma Shri Award.'
- 6) In 1988, he was awarded the 'Vishishta Seva Medal' (V.S.M.) by the Indian Army.
- 7) A Punjabi film named Padama Shri Kaur Singh was also made on his sports achievements and life full of struggles.

Indian's Flying Sikh Milkha Singh

In 1960, Athletics Meet was going on in Lahore between India and Pakistan. The stadium was packed with spectators to watch this athletics meet as Pakistan's top sprinter Abdul Khaliq was to face India's Milkha Singh in the 200m race. The competition of two hundred meters race was so exciting that the President of Pakistan Ayub Khan came specially to watch this competition. Before the commencement of the race between these two best runners, all the spectators in the stadium were getting eager to watch them. The eagerness of both the runners to achieve their respective victory was clearly visible on their faces. Pakistani Abdul Khaliq was challenged to win on his own soil and Milkha Singh was challenged to raise the glory of India by hoisting the Indian tricolour in Pakistan. As soon as the announcement for starting of the race was made, there was silence in the entire stadium. It felt as if the entire universe had become quiet. The moment the race started, the whole stadium started echoing with the hoots, shouts and applause of Abdul Khaliq by the spectators. Milkha Singh won the race despite all the

encouragement given to the Pakistani runner. As soon as Milkha Singh won the race, President Ayub Khan announced from the stage said that Milkha Singh did not win this race by running but by flying. Milkha Singh is a Flying Sikh. Thus, Milkha Singh got the title of ‘Flying Sikh’ from the land of Pakistan.



Fig. 13

Milkha Singh’s Early life and Early Education - Milkha Singh was born on 20 November 1935 to father Sampurn Singh and mother Wadhavi Kaur in village Gobindpura (now in Pakistan). His early life was quite tumultuous. During the partition of India-Pakistan, Milkha Singh was studying in class eighth. Milkha Singh used to walk 6-7 miles away daily to Kot Addu from his village to attend his school. He used to cover this distance barefoot in the month of summer. The hot afternoon of the month of summer would burn the feet. Sometimes, the hot sand of the sandy roads would cause blisters on the feet. In the massacre that took place during the partition of the country, the whole family of Milkha Singh except his elder brother and sister was killed, Milkha Singh managed to save his life by running away from there. Hiding in the train, he reached his sister’s house in Ferozepur. He spent some time at her place.

Joining the Army by Milkha Singh- Milkha Singh’s elder brother Makhan Singh had already joined the army. Due to the efforts of his brother, he succeeded in joining the army in 1952. When Milkha Singh joined the army, his joy knew no bounds. He forgot all the miseries of childhood. Now he was no longer worried about his livelihood. In 1953, in the army, a cross country competition was held.

Milkha Singh secured sixth place in this competition. This cross country competition created more courage in him. Recognizing his talent, a mentor in the army, encouraged him to practise the 400 meter race and taught him the tricks of running. Milkha Singh raced as instructed by Coach and won first place in his platoon. This first victory of Milkha Singh led him to his real goal.

Sports Career of Milkha Singh- A true runner was born out of Milkha Singh after securing the first place in his platoon. Now he started practising running day and night. He continued his practice until he got exhausted. His endless hard work paid off when he was selected in the Indian team for the Melbourne Games in 1956. He was dazzled by the out of the world spectacle at the Melbourne Olympic Games Stadium. Although he did not succeed in getting any position in these Olympic Games, he returned home with a different spark from there. Now he took to the track for practice with more confidence and enthusiasm.

In 1958 Milkha Singh participated in the third Asian Games. There he set new records in the 200m and 400m races. Here, Milkha Singh was declared the best athlete of Asia. Similarly in 1958, he became the champion of the Game by winning the first gold medal in the Cardiff Commonwealth Games. In 1960 Milkha Singh was again selected in the Indian team for the Olympic Games to be held in Rome. His target was to complete 400 meter race in 45.9 seconds in Olympics because he had already clicked the race in 46.1 sec at the National level. His hard work began to pay off in these Olympic Games. At these Olympic Games events, he secured his place in finals after winning in 400 metre heats. Eventually, the day came for which he had toiled day and night. Though he did not win any medal, in this competition, he stood at the fourth place, but he succeeded in breaking Olympic record. In 1962, he participated in the 4th Asian Games in Jakarta. In these Asian Games, he won two gold medals in the 400m and 4×100m relay races. In 1964, Milkha Singh was consecutively selected for the third time in the Indian team for the Tokyo Olympic Games. There was a time when all the four national records of 100m, 200m, 400m and 4×400m relay were held by Milkha Singh. Milkha Singh's wife Smt. Nirmal Milkha Singh was a volleyball player and his son Jeev Milkha Singh a golfer also represented India at international events.

Honours received by Milkha Singh- In 1958-59 the Government of India awarded the country's highest honour 'Padma Shri' to Milkha Singh. He was honoured by Helms World Trophy from America. The Punjab Government appointed him as Deputy Director (Sports) in the Education Department and Additional Director in the Youth Services Department. Apart from this, Milkha Singh Chair was established at Maharaja Bhupinder Singh State Sports University by Punjab Government and this great athlete was honoured with Maharaja Ranjit Singh Award. The day Milkha Singh won the gold medal in the Commonwealth

Games, the Prime Minister of India Shri Jawaharlal Nehru announced a day holiday in India in celebration of Milkha Singh's victory, which was yet another significant award by the Prime Minister. A Hindi film 'Bhaag Milkha Bhaag' was also picturised based on his life.

Finally, on 18 June 2021, because of Covid-19 Pandemic this great athlete of India left this world. Milkha Singh will live forever in the hearts of Indian athletes and in the Indian history.



Objective type questions

1. Balbir Singh Sr.'s game was.....
2. Which medal was won by Balbir Singh in Olympic Games?
3. With which great boxer had Kaur Singh an exhibition match?
4. Milkha Singh was named 'Flying Sikh' in India. **(True/False)**
5. Name the game played by Kaur Singh.
(a) Athletics (b) Gymnastics
(c) Boxing (S) Football

Short answer type questions

6. Write a note on the early life of Balbir Singh Senior.
7. Write about the sports achievements of Padam Shri Kaur Singh.
8. Write about the early life of Milkha Singh.

Long answer type questions

9. Write in detail about Balbir Singh's sports career.
10. Give information about Kaur Singh's sports achievements and honors received.

Chapter - 6

ASIAN AND OLYMPIC GAMES



To get detailed information about the current form of the Olympic Games and its background, the Olympic Games are divided into two parts. These two parts are known as Ancient Olympic games and Modern Olympic games.

The games that are held every four years are now known as the New Olympic Games. Behind the success of the modern Olympic Games lies the great contribution of the Ancient Olympic Games which is very important to know.

Ancient Olympic Games

There is no written evidence available about the beginning of the ancient Olympic Games, but these games began in 776 BC. They are supposed to begin in a village 'Olympia' located in Athens, the capital of Greece. In ancient times these games were considered part of religious festivals dedicated to the god Zeus.

Located in the Elia Valley of Greece, the city of Olympia was a very important city from the religious point of view which was enthused of temples and religious sentiments. The idol of god Zeus installed in this town was the main attraction. In ancient times Greece was divided into many small kingdoms. All these states were always at war with one another and these wars continued regularly. The games held in the city of Olympia were held every fourth year. As soon as these games were announced in the city, all the states stopped fighting with one another and declared peace. Players from all states used to come from far and wide to participate in these games. These battles were put to halt until all the players reached their states safely after the games were over. This move by all the states showed their respect and reverence for sports. At that time, the Games became a symbol of political and traditional unity for the Greeks.

Awards for Players

The winners of the ancient Olympic Games were highly respected and regarded with great honour. Though the winners of these games did not receive any financial support or reward, yet every Greek aspired to be victorious in these games. Winners of the competition were given crowns and wreaths made from the branches and leaves of the olive trees of the temple of Zeus. Poets used to write poems and songs were sung by singers in their praise. Sculptors used to create sculptures of winning sportsmen and put on exhibitions. In the Olympic Games

whoever used to win the hundred yards race, the name of that Olympic sport was given after that player. The victorious players were highly respected by the countrymen. That is why they (countrymen) used to drop the winners to their homes with great pomp and show.

Rules of Olympic Games

In the ancient Olympic Games, many rules were made and these rules were strictly followed.

1. Athletes participating in the Games had to be the citizens of Greece.
2. No slave or woman could participate in these games.
3. No professional sports person could participate in these games.
4. It was mandatory for the players to have received at least 10 months of sports training.
5. Athletes were required to stay and practise in the Olympic Village for one month prior to the commencement of the Games.

Decline of the Ancient Olympic Games

After Rome's victory over Greece, these games, which had been running in a very grand manner for several decades, began to decline. By the Roman rulers, two players had to compete until one of the two players died, and slaves had to compete with starving lions as part of these games.

Due to this, slowly these games started declining and people lost enthusiasm and respect for these games. Finally in 394 AD, the Roman Emperor Theodosius ordered the games to be banned altogether.

Modern Olympic Games

According to the Baron Perry de Coubertin, "The most important thing in Olympic Games is not winning but taking part, the essential thing in life is not conquering but fighting well".

Revival of Olympic Games

After the termination of the Ancient Olympic Games, no one thought of the importance of these games for many centuries, specially the people of Greece, which was known as Yunan in ancient times, had forgotten these games. Baron Pierre de Coubertin, born in France in 1863 and working in the Department of Education there, had a special interest in sports. He read about the Ancient Olympic Games. He was very impressed with the information he got. In 1892 Baron Perry de Coubertin read a paper at a conference in Paris regarding the resumption of the Olympic Games. This proposal presented by Coubertin was highly appreciated. Various countries sent their representatives to this convention where it was decided to restart the Olympic Games in 1896 in Athens, the capital of Greece.

Due to the efforts of Baron Perry de Coubertin, the Olympic Games were organized in Athens on 5 April 1896. Thousands of Greeks gathered and welcomed the resumption of these games. A total of 241 athletes from 14 countries

participated in these games in which 43 events were held in athletics, gymnastics, wrestling, weight lifting, swimming, shooting etc. These games were held from April 5 to April 15, 1896.

By resuming the Olympic Games and breaking the boundaries of race, religion, colour, language, etc., Coubertin had a great contribution in promoting the games with the message of world peace. The games held in 1896 were named the Modern Olympic Games and for Coubertin's contribution he came to be known as the father of the Modern Olympic Games.

Rules of Modern Olympic Games :-

In the year of 1894 at the Paris Conference the proposal to start the Olympic Games was passed. The resolution to hold the Olympic Games every four years on the lines of the Ancient Olympic Games was also passed along with it. Some internal rules for conducting Modern Olympic Games are as follows :-

1. Only athletes from Olympic Games member countries can participate in Olympic Games.
2. Once a player from one country has participated in the Games, he cannot participate from another country. It exempted players whose country has been taken over by another country or a new country has legally come into existence.
3. There is no restriction on the age limit of the players.
4. There is no discrimination of caste, religion and gender for sportsmen. Players of any gender and any person can participate in these games.
5. No player can participate in the games under the influence of drugs.
6. A blood test or gender test may be conducted on the player at any time.
7. The player's medal can be withdrawn at any time if the information given by the player is proved to be wrong.

Olympic Motto

The motto of the Olympic Games is Citius, Altius and Fortius. These three words are Latin words.

1. Citius means faster.
2. Altius means higher.
3. Fortius means stronger.

These three words of the Olympic motto symbolize the qualities of the athletes participating in the Olympic Games.

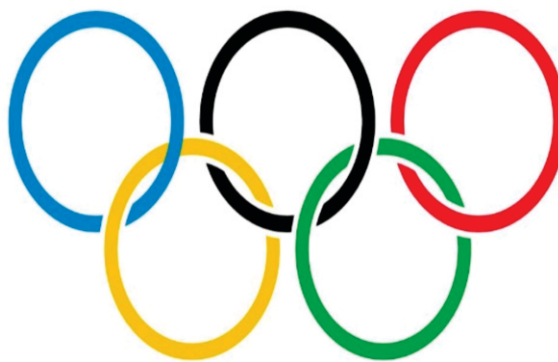


Fig. 14

The Olympic motto was changed in Tokyo Olympics 2021. Under this change, now Olympic motto Citius (Faster), Altius (Higher), Fortius (Stronger) Communis Together is included.

Olympic Flag

The Olympic flag, three meters long and two meters wide, is made of white cloth with five circles inscribed in different colors forming the English letter W. This flag symbolizes the identity of the Olympic Games. The top three circles are blue, black and red and the bottom two circles are yellow and green. The five circles in the Olympic flag represent the five continents of Australia, Europe, America, Asia, and Africa. The interconnectedness of these five circles is a symbol of world unity, friendship and harmony. The flag was designed by Baron de Coubertin and was first hoisted during the 1920 Antwerp Olympic Games.



Fig. 15

Olympic Oath

During the opening ceremonies on the first day of the Olympic Games, the athlete of the host nation takes the oath from the athletes participating in the Games. This oath was designed by Coubertin and was taken during the 1920 Antwerp Olympic Games. In 2000, during the Sydney Olympic Games, some changes were made in this oath to include words against the use of drugs and doping. (Drugged and doping players will not be able to participate in these games) The player holds one edge of the Olympic flag and takes the following oath on behalf of all the players to play games with true diligence and honesty.

“We promise to take part in these Olympic games respecting and abiding by the rules and in the spirit of fair play inclusion and equality together. We stand in solidarity and commit over selves to sport without doping, without cheating, without any form or discrimination.”

OLYMPIC MEDALS

In modern Olympic Games, gold, silver and bronze medals are awarded to the winning players or teams for the first, second and third place. The designs of these



Fig. 16

medals are prepared by the Olympic committee of the host country as per the rules laid down by the International Olympic Committee.

CLOSING CEREMONY

On the last day of the Olympic Games, after the march-past of the athletes, there is a closing speech and the formal announcement of the end of the Olympic Games. The head of the International Olympic Committee announces the host city of the next Games. At the conclusion, the Olympic flag is lowered and presented to the Mayor of the host city for the next Games. At the end, the Olympic torch that is lit from the beginning of the games is extinguished and the players leave for their respective countries with the hope of meeting in the next games.

Asian Games

After the introduction of the modern Olympic Games and the huge fanfare received by countries around the world, a new revolution came in the field of sports. In the early stages of the Olympic Games, players from western countries dominated the players from Asian countries. Shri Guru Dutt Sondhi, India's representative in the International Olympic Committee, was concerned about the improvement of the level of Asian athletes. Mr Sondhi believed that the players of the Western countries have better sports facilities. That is why players from Asian countries were unable to compete with them. He was of the opinion that if the athletes from Asian countries compete with one another before the Olympic Games, their level of games can improve and they can perform better in the Olympic Games as well. Despite the tireless efforts of Mr Sondhi, in 1938 the Asian Games could not start.

During the 1948 London Olympic Games, Shri G.D. Sondhi again proposed to start the Asian Games and Many Asian countries agreed to this proposal. In this meeting, all the participating countries agreed to start the Asian Games and hold the first Asian Games in Delhi.

Maharaja Yadwinder Singh of princely state Patiala also had a special contribution in starting the Asian Games and preparing the outline of these games. To implement the proposal of holding the first Asian Games in Delhi, Maharaja Yadwinder Singh called for a meeting of Asian countries in 1949. This meeting was very meaningful. In this meeting, a body Asian Games Federation was established to conduct the Asian Games and its constitution was also prepared. A resolution was passed to hold these games every four years and one year before the Olympic Games. After the consent of all countries, the first Asian Games were successfully organized in the National Stadium of Delhi from 4th March to 11th March in 1951. From 1951 to 1978, these games were held under the guidance of the Asian Games Federation, while after that, the Olympic Council of Asia approved by the International Olympic Committee is representing these games since 1982. Today,

“ਸਮਾਜਿਕ ਨਿਆਂ, ਅਧਿਕਾਰਤਾ ਅਤੇ ਘੱਟ ਗਿਣਤੀ ਵਿਭਾਗ”, ਪੰਜਾਬ।

in the field of sports events, the name of the Asian Games is counted among the biggest sports events after the Olympic Games in the world.

Motto of the Asian Games- The motto of the Asian Games is “EVER ONWARD” which means ‘Always move forward’. This motto gives us a message to always move forward on the right path.

Flag of Asian Games - The flag of these games has an orange sun symbol on a white cloth. The flag consists of blue circles. The number of these circles is equal to the number of countries participating in the Games.

Rules - The rules of the Olympic Games are applicable on the Asian Games.

Rewards - Three types of medals are awarded to the winners of the Asian Games on the pattern of the Olympic Games. Gold medal is awarded to winner, silver medal to the first runner-up and bronze medal to the second runner-up.

Closing Ceremony- The closing ceremony of Asian Games is based on the pattern of Olympic games.



Objective type questions

1. The Ancient Olympic Games declined inBC.
2. After a period of how many years, are the modern Olympic Games held?
3. Modern Olympic Games started in the year 1894. **(True/False)**
4. When did the Asian Games begin?
 - (a) 1951
 - (b) 1952
 - (c) 1953
 - (d) 1954

Short answer type questions

5. Write down the rules of ancient Olympic games.
6. What is the motto of the Modern Olympic Games.
7. Write a note on Olympic Games.

Long answer type questions

8. Write ,in detail, about the Modern Olympic Games ?
9. Explain the Asian Games.
10. Write a note on opening and closing ceremony of Olympics.