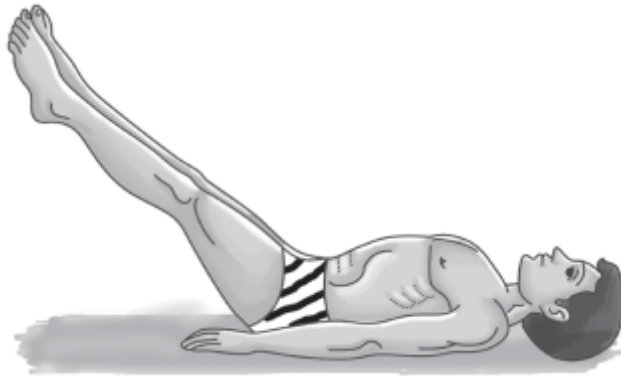


UTTANPADASAN

This asana is to be performed while sleeping on the back

Basic position :

Sleep on the back and keep both the hands near the knees. Keep both the legs nearer to each other and make them straight from the knees. Let the palms of the hands be facing the ground



Method :

- While breathing in, lift both the legs upward up to 30° keeping them together and straight from the knees. Then withhold the breath and keep this position for the time you can hold it comfortably. While taking the legs upward, take the hands from front to back side. Put them on the ground. . This is the complete position of asana at 30°.
- While exhaling put the legs on the ground. Bring the hands from the back to upward and put them on the ground near the legs.
- In the same position take the legs upward at 60° and hold breath. Take the hands from the front to back side and put them on the ground. Then withhold the breath and keep this position for the time you can hold it comfortably. This is the complete position of the asana at 60°.
- While exhaling put the legs on the ground. Bring the hands from the back to upward and put them on the ground near the legs.

Points to be kept in mind :

- Do not take the legs upward with a jerk. While bringing the legs down, see that the heels do not collide with the ground.
- Those who are having pain in the back and a slip-disc problem should perform this asana under expert guidance.

Benefits :

- Digestion power improves.
- The tissues of the legs become strong.
- This asana is useful for the trouble in the neval.
- Saman pran becomes steady.

POORNA TITLI ASANA

Basic Postion : This is one of the asanas to be done from sitting position.

Method :

- Sit keeping boh the legs straight.
- Slowly bend both the legs from the knees and adjust in such a way that the soles of both the legs remain in touch with one another.

- Keeping the heels of both the legs in touch with one another, bring them nearer to the body as possible as you can.
- Keep inner muscles of the thighs completely relaxed.
- Hold the palms of both the legs gently with the palms of both the hands.
- Give up and down motion to the legs with little push from the elbows. Try to make the touch of the knees with the ground.
- Thus, give motion to the legs like the wings of a butter fly. Have 30 to 50 such repetitions.
- Keep normal breathing action.
- Bend both the hands from elbows and put the palms of the hands on the knees.
- Give up and down motion to the knees with gentle pressures by the palms of the hands.
- Do 20 to 30 such repetitions.
- Extend the legs and make them relaxed.



Points to be kept in mind :

- Do not do this asana in the disease like sciatica, testicles and uretus.

Benefits :

- To sit for longer time steadily in the meditation asanas like Padmasan, Sidhdhasana or Vajrasan, the muscles of the legs become efficient.
- The inner muscles of the thighs get more rest. The tension created by standing or walking for longer time gets rid-of.

Breathing efficiently increases. Fat of stomach decreases. Muscles of the stomach become strong. Spine and waist become flexible. Constipation and indigestion is removed.

EXERCISE

1. Explain the methods of the following asanas :

- (1) Padmasan (2) Gomukhasan (3) Dhanurasan (4) Tadasan (5) Padhastasan
(6) Bhadrasan (7) Uttanpadasan (8) Shavasana (9) Poornna Titli Asana

2. Explain the benefits of the following asanas :

- (1) Padmasan (2) Gomukhasan (3) Dhanurasan (4) Tadasan (5) Padhastasan
(6) Bhadrasan (7) Uttanbpadasan (8) Shavasana

3. Write answer to the following questions by selecting correct option from the options given below :

- (1) In which asana, the position of the body resembles like lotus?
(a) Bhadrasan (b) Shavasan (c) Padmasan (d) Gomukhasan
- (2) In which asana, the position of the body resembles like bow ?
(a) Tadasan (b) Dhanurasan (c) Bhadrasan (d) Uttanbpadasan
- (3) Where the shape of "Gomukha" happens in Gomukhasan ?
(a) On the back (b) Near the shoulder (c) Near both the knees (d) Near the waist
- (4) Which asana is done lying on the back?
(a) Makarasan (b) Shavasan (c) Dhanurasan (d) Gomukhasan
- (5) Which asana is to be done in standing position?
(a) Tadasan (b) Bhadrasan (c) Gomukhasan (d) Makarasan
- (6) Which asan is to be done in sitting position ?
(a) Shavasan (b) Makarasan (c) Tadasan (d) Padmasan
- (7) Which asan is to be done in prone position ?
(a) Gomukhasan (b) Dhanurasan (c) Tadasan (d) Padmasan
- (8) In which asana the position of the body resembles like a butterfly ?
(a) Padahastasan (b) Poorna Titli asana (c) Shavasana (d) Padmasana



National School Games Yogasana Competition

The National school Games Yogasana Competition is organised every year. More and more students take part in this, so the rules of the competition are given as under.

1. This competition is organised for boys and girls. There are three age groups in both the sections, Total groups will be six as under :

Boys	Girls
under 14 years	under 14 years
under 17 years	under 17 years
under 19 years	under 19 years

2. A team must consist of a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship, but their performance will be considered for individual position. For championship, marks of only best four players will be counted.
3. The Yogasana competition will include the following three Asanas group.

Group A : 1. Paschimottanasana (elbow must touch the floor) 2. Sarvangasana 3. Matsyasana
4. Dhanurasana (Competitor can perform purna Dhanurasana) 5. Ardha Matsyendrasana
6. Uttanpadasana

Group B : 1. Chakrasana 2. Kakutasana 3. Shirasana 4. Bakasana 5. Bhumasana
6. Purna Shalabhasana

Group C : 1. Sankhyasana (Elbow should not touch the floor) 2. Vyaghrasana
3. Urdhva Kukutasana 4. Utith Titibhasana 5. Padama Mayurasana
6. Utith Padhastasana

4. The time limit for the asanas of group A to be performed and retained :

For age group below 14 years : 1 minute

For age group below 17 years and 19 years: 2 minutes

5. The Time limit for the asanas of group B to be performed and retained :

For age group below 14 years : 15 seconds

For age group below 17 years and 19 years: 30 seconds

6. The Time limit for the asanas of group C to be performed and retained - ten seconds for all the age groups.
7. At the time of competition, asanas from group 'A' and group 'B' will be assigned by draw system on the spot. While in group 'C' any one asana can be selected by the player. Every participant has to perform three asanas. Separate draws will be made for boys and girls sections.
8. Three compulsory asanas are to be performed from the given list of eighteen asanas in Group 'A', 'B' and 'C'. In addition to this, two other asanas of the player's choice are also to be performed excluding compulsory asanas. Thus a total 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and then a competitor will be given marks out of a total of 50 marks.

9. If required, the authority may reduce the time limit for the asanas, for example, the time limit of an asana may be reduced from two minutes to one minute. In any case, the time limit will not be extended. Such change, if made will be applicable to all participants.
10. A competitor will be allowed a maximum of three attempts for optional asanas, no further attempt will be granted for compulsory asanas.
11. No asana will be changed or altered once fixed or obtained by the competitor.
12. Marking scheme will include the construction, the holding and the lasting of an asana. Expression of tension and trembling will also be noted. The final pose will be accepted with smiling face and pleasant expression.
13. Each asana will be of 10 marks. The detail distribution of these 10 marks will be given by the judges as under :
 - Way of performance to reach the final stage of the asana - 1 mark
 - Perfect posture of the asana - 4 marks
 - Exhibition of the asana without tension and trembling - 2 marks
 - Stay in asana for a fixed time - 2 marks
 - Returning to original position - 1 marks
14. For option of voluntary asanas, categories will be clarified as 'A', 'B' and 'C' grade.
 'A' grade will include asanas, which has balance factor and flexibility of torso and waist. It will also include risk factor. For example, the standing vruschikasana.
 Asanas with only flexibility (without balance) will be in 'B' grade. For example, Dimbasana Deepasana and vruschikasana. Other asanas are in 'C' grade.
 For the 'A' grade marking will be out of 10 marks, for 'B' grade, out of 8 marks and for 'C' grade marking will be out of 6 marks. The category of the asanas will be decided by the panel of judges on their discretion.
15. One chief judge, plus four judges, a scorer and a timekeeper will - form a panel of judges. There will be two panels of judges - one for boys and one for girls sections.
16. A judge will write the marks of every asanas in their scoring sheet and display the mark card so that the spectators may see and scorer can note down the points and announce it.
 The judges will award marks out of 10 to each competitor for each asana separately.
 The maximum and minimum marks will be deleted (highest and lowest) and the average of other remaining two will constitute the final score.
17. The judges are free to observe the candidate on the carpet and if needed, can order the competitor to perform the asana again.
18. DRESS : Track suits will not be allowed while performing asanas. Slacks, shorts or swimming costumes are compulsory during the asanas. Participants are strictly instructed to put on light underwear with an elastic.
19. The marking system for a tie :
 - In case of equal marks a performer's total marks given by all judges will decide the winner.
 - If a tie still remains then a performer who has obtained more marks in optional asanas will be declared as the winner.
 - If a tie still remains then marks obtained in group 'C' asanas will decide the winner.

- Still, if there are more than one competitors with equal marks, they will be declared as joint winner. But if the tie is for the first place then the winner will be decided by a toss of a coin.
20. (1) If there are more than fifteen teams, best 6 teams will be selected for the final round after the completion.
- (2) If there are ten or more, teams, four best teams will be selected for the final round.
- (3) If there are less than ten teams, final will be conducted directly and rules of the final competition will be applied.
21. The rules for the final competition for individual and teams :
- Competitors will have to perform five asanas from groups 'A', 'B' and 'C' as per judges instruction but there should not be more than two asanas from one group. Asanas performed in preliminary round should not be repeated.
 - Competitors will perform two asanas of their choice, excluding compulsory 18 asanas.
 - Surya Namaskar is a compulsory asana for the final competition. The marking will be as under :
- A total of 10 marks as per following divisions
- | | | |
|---------------|---|---------|
| Body posture | - | 3 marks |
| Forward bend | - | 3 marks |
| Backward bend | - | 3 marks |
| Dress | - | 1 marks |
- Individual championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship.
22. For individuals the winner will get 5 marks, the runner up will get 3 marks and 2nd runner up will get 2 marks.
23. The rules for the date of birth, eligibility and protest note will be according to be SGFI rules and norms.



Introduction

It is essential to have body and mind healthy for physical and mental development of a person. Food and exercise are very important for healthy body. Knowledge, desireless action and devotion are essential for peace of mind and upliftment (rise) of soul. Health of body and mind affects each other.

Human resource is a valuable resource of the nation. The progress of the Nation depends on health of citizens. Hence it is said that "Fit people, fit nation, healthy man, healthy society and healthy nation" live as a link.

Teachers can do basic work for building health of students. Hence they should have proper concept of health. Steps should be taken to fulfil the target of health for all. Necessary good habits should be formed in students. For that awareness of teachers is inevitable. If a student has a proper concept of health, he would be aware of his health.

Ayurvedacharya Sushruta has clearly shown that those who are suffering from disease should be aware of it and maintain their health.

Meaning of Health

It is a general understanding that a person is said to be healthy when all the systems of his body are healthy and his body is in the best condition to carry out work. This matter relates to physical health only. Hence it is one-sided.

A person is said to be healthy when he is healthy physically, mentally, socially and spiritually. He may be healthy physically but if he is mentally unhealthy he is not healthy.

We know health depends on hygiene. Hygiene is the practice of keeping the self and surrounding clean to promote health. Absence of disease is not health. According to the meaning of the word the condition of non-disease cannot be considered as healthy. Being comfortable and peaceful is a different thing as compared to being in good health or being without disease. A person having strong and stout body cannot be called peaceful and calm. One who can keep all interior systems and organs of one's body working properly and externally he can establish beautiful co-ordination with own environment can be considered peaceful.

Definitions :

Definitions about health are as follows :

(1) Health is perfect physical, mental and social wellbeing and not merely absence of any disease or infirmity. – World Health Organization (WHO)

(2) Health is to be well-equipped as a physical, mental and social person. – National Education policy (1988)

(3) Health is a quality of life of a person. It makes him capable to live more happy life and to serve the best. – J.F. William

It can be said from above definitions that healthy person does day to day activities with vigour and strength smartly without experiencing unnecessary fatigue. He has enough capacity to enjoy his leisure time. He is fit to cope up with critical situations as they arise.

Health Education

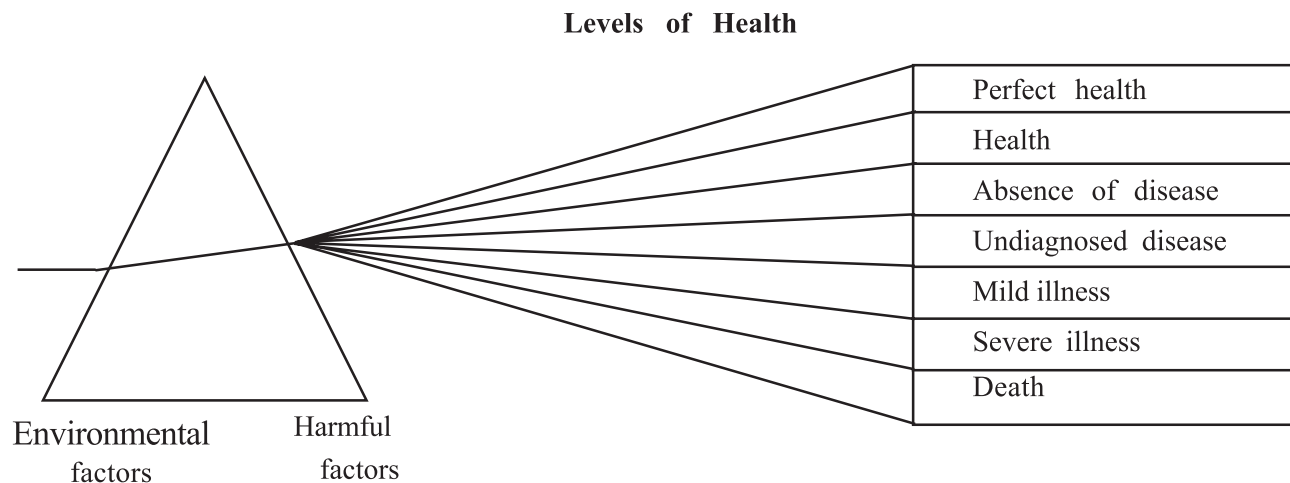
Education pertaining to health is called Health Education. Health Education is a part of Education. If it is followed, it enables us to maintain health. Health Education is a process of total life and education. It enables us to acquire knowledge and train good habits and healthy attitudes and to protect and develop them.

The aim of health education is to obtain such life qualities that it enables a person to live longer life and to serve the best. Health education is a process that affects the affairs bringing change in duties regarding health of people and thereby knowledge and attitudes regarding such changes. Health education is an art of living. This knowledge enables people to understand the principles of Health science and to apply them to day to day life.

Effect of health

Health does not always remain at the same level. Its level always keeps on changing. Therefore, never be careless that if you have attained good health once, it would be the same forever. To keep up good health you have to be vigilant and active constantly for ever. It is similar to when one jumps into water and comes back to surface but thereafter he has constantly to move arms and legs lest he may drown. He has constantly to remain on the surface. In the same way efforts to sustain good health, when attained should be made for ever.

Like a rainbow health has also seven levels (colours)



Health Spectrum :

On the basis of health spectrum you can determine the level of health. Physical, mental and social health you stand and how much improvement is necessary to attain good health.

Aspects of health :

There are three types of aspects of health

(1) Physical health (2) Mental health and (3) Social health

(1) Physical Health :

Physical health is much more than merely absence of disease. Absence of disease means there is no disease in the body. Physical health means your body - its each and every organ system and cells are working at their maximum efficiency. Thus in physical health importance is given to total (perfect) efficiency of the body rather than merely absence of disease.

Essential activities for physical health in daily life business (routine) :

- While getting up in the morning and before going to bed at night to cleanse mouth, teeth and tongue with a toothbrush or datan (small thin fresh stick used as tooth brush).

- Bear in mind particularly that eyes, teeth, ears, throat, hands-feet, skin, hair, nails should be clean.
- To keep body clean by taking bath with flowing and fresh water.
- Regular habit of bowel motions.
- It is essential to wash hands with soap after using toilet.

Sound sleep refreshes brain and muscles. A bed-room should be clean. The habit of going to bed early and getting up early is healthful.

Form a habit to do regular exercise. Exercise makes the body strong. The body becomes active, Mind becomes full of joy and deight. Exercise should not be performed immediately before or after meals.

(2) Mental Health :

Maintenance of mental health is equally important as the maintenance of physical health. Physical health renders physical efficiency while mental health gives mental steadiness, peace and happiness. Mentally sound person can carry out his work efficiently. He is mentally prepared to cope up with any critical situation

A person's daily transactions and behaviour with family members, personal relatives, neighbours, friend-circle etc. Coming in daily contact in the society play a very important role in maintaining his mental health. Sometimes if a person due to his nature and behaviour speaks out harsh word and behaves such that other men's ego is hurt, then many evil results are possible. Due to all those things, mind becomes unrest, he experiences stress and lack of enough sleep, different types of thoughts creep in his mind. Thus mental health is affected.

For mental Health :

- A person should behave well speaking tender and soft words with courtesy.
- A person should experience identity with his every competency and shortcoming.
- A person may live keeping with every situation arising in his life.
- Yoga can play a very important role in maintaining mental health. Yoga may be practised regularly. More over, mountaineering and travelling etc. also promote mental health.
- Leisure time may be properly used. Vicinity to nature brings joy, peace, good thinking and good conduct.

(3) Social Health :

A healthy person is also socially healthy. He shares his happiness with others and remains sympathetic to unhappiness of others. He is competent to establish good human relations.

Man is a social animal. Home, School etc. make a miniature society to maintain social health. Weakness of health is not a responsibility of any one person. Some acuses that weak health is due to social condition. Steps are to be taken in certain part of the society or the while society in order to remove them. Hence one of the aims of health education is : People may get together in a group and may put in collective efforts for good of all. This insight is to be developed. More over consciousness is to be developed for their own responsibilities as a citizen.

For Social health :

- To prepare students as a talent to set an example of desired and ideal social health for others.
- To enable students to take proper decisive steps to protect, maintain and develop health on the basis of the scientific information as a person, as a family and as a member of the society.
- To achieve rhythmic agreement with other persons, groups, communities and institutions.

Importance of health development through Exercise :

Importance of health development through exercise is as follows :

- (1) Immunity to fight against diseases and illness increases.
- (2) It gives relief in heart disease, diabetes high blood pressure etc.
- (3) Digestion improves. It protects from diseases like indigestion, intestinal, diseases and constipation.
- (4) Mind becomes joyful and delightful. It gives relieves in worry, sleeplessness (insomnia), feeling uneasy.
- (5) Skin becomes healthy.

(6) It maintains visual activity of the eyes and hearing capability of ears.

(7) Efficiency of various systems of body is promoted through exercise. Hence it can work well with the highest quality.

(8) A person becomes healthy physically, mentally and socially through exercise.

(9) A healthy person can carry out his work efficiently as compared to an ordinary person.

Health Test Programme

Physical efficiency of students is measured through Health Test programme. Certain motor quality test is prescribed so as to select children for proper game and to place them in the proper game accordingly under N.S.T.C. test programme of the Indian government. We can arrange such test for students and place them in proper games according to the guidance of this test.

Motor Quality Test :

1. 6 × 10 metres shuttle run :

Objective of the Test : Measurement of motor capability of students

Equipment : A Stopwatch, lime powder.

Ground : Two lines of 10 metres length and 5 cms breadth are drawn on the ground.

Method : Students will stand behind the line. They will run on getting signal (sign) and will touch the line drawn six times.

Chance : Only one chance would be provided.

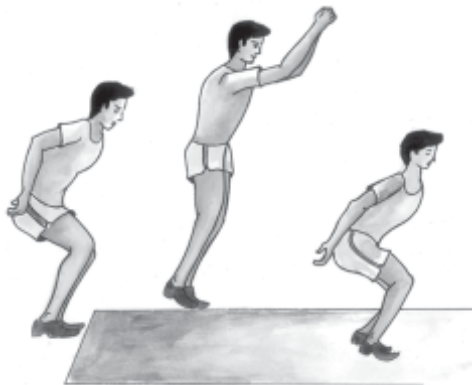
Marking : Marking according to time.



2. Standing Broad Jump :

Objective of the Test : Measurement of jumping ability.

Equipment : Measure tape, lime powder.



Ground : Pit for long jump.

Chance : A player shall stand behind the line drawn near the pit on his toes and with the swing of the hands shall try to jump maximum distance.

Chance : Three chances would be given.

Marking : Good points would be considered for marking.

3. 800 Metres Runing :

Objective of the test : Competency to sustain.

Euipment : Stopwatch, lime powder.

Ground : 400 metres track. In absence of track running can be done on the road.

Method : Players on getting signal, will have to complete two rounds of 400 metres track, from the starting line.

Chance : One chance would be given to the player.

Marking : Marking according to time.

4. High jump in upward direction :

Objective of the test : Measurement of explosive ability.

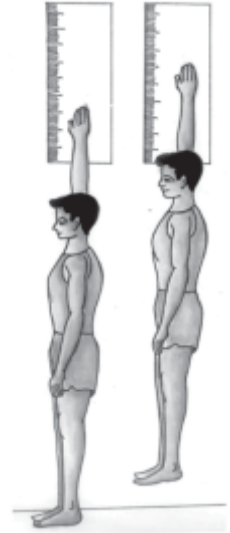
Equipment : Duster, chalk powder, measure tape.

Ground : One measurement tape on a wall.

Method : The player will stand near the wall and will make a small mark on the wall with the chalk, on raising his hand. Then he will keep his right or left shoulder towards the wall, and will bend from waist. He would give swing to both the hands and take a high jump and would mark, with a chalk, of the highest jump.

Chance : The players would be given three chances.

Marking : Distance between the initial marking and the final marking would be measured in cm.



5. Throw ball :

Objective of the test : Strength of the shoulder and speed balance of the trunk

Equipment : Measure tape, small basket ball, lime powder.



Ground : Ground for the throw ball.

Method : The player keeps both of his legs wide. Sits on the ground and takes the ball backside of head with two hands and then throws the ball with all his strength.

Chance : The player would be given three chances.

Marking : Good points would be considered for marking of student.

Health testing of students would be done through above tests and thereby physical efficiency can be measured. The student can be placed in the proper game. Keep record of health testing programme of students so that improvement can be seen.

EXERCISE

1. Answer the following questions by selecting correct choice from the options given below :

- (1) What is required to be healthy for physical and mental health of a person ?
(a) Body (b) mind
(c) Body and mind (d) None of the above
- (2) How many are the levels of health ?
(a) Four (b) Five (c) Six (d) Seven
- (3) To be happy with others happiness, and to be unhappy with others unhappiness is dependent on which type of health?
(a) Social (b) Mental
(c) Physical (d) None of the above
- (4) Which test measures the tossing ability of the player ?
(a) Standing broad jump (b) upward high jump (c) shuttle run (d) 800 metres run
- (5) Which test measures explosive ability of the player's legs ?
(a) 800 metres run (b) Standing broad jump (c) throw ball (d) upward high jump

2. Answer the following questions in short :

- (1) When is a person called healthy ?
- (2) State the definition of health as given by the World Health Organization (WHO).
- (3) What is health education ?
- (4) State the aspects of health.
- (5) What is mental health?

3. Write short notes on :

- (1) Levels of health
- (2) Social health
- (3) Important of health development through exercise
- (4) Test : 6 ' 10 metres shuttle run

Activity

- To organize health fair, exhibition rally, slide show.
- To celebrate days regarding Health in school.
- To arrange visit to a clinic and organise addresses of doctors.



BATTERY OF TESTS AND NORMS FOR SCOUTING TALENT IN SPORTS BOYS

Years	Height (cm)	Weight (kg)	Standing broad jump (cm)	Ball throw (cm)	6×10 Shuttle Run (Second)	Vertical Jump (cm)	800 metres Run (Second)
8 years :							
satisfactory	127-133	24-28	164-183	372-442	18.3-17.5	30-32	3.40-3.24
good	134-139	29-32	184-193	443-513	17.4-16.5	33-35	3.23-3.07
very good	140 & above	33 & above	194 & above	514 & above	16.4 & less	36 & above	3.06 & less
9 years :							
satisfactory	130-138	26-30	170-181	413-499	18.0-17.2	33-35	3.32-3.17
good	139-147	31-34	182-201	500-584	17.1-16.3	36-38	3.16-3.01
very good	148 & above	33 & above	202 & above	58.5 & above	16.2 & less	39 & above	3.0 & less
10 years :							
satisfactory	135-142	28-32	180-194	462-548	17.5-16.5	36-38	3.26-3.00
good	143-150	34-38	195-216	519-633	16.4-15.5	39-41	3.07-2.51
very good	151 & above	39 & above	217 & above	634 & above	15.4 & less	42 & above	2.56 & less
11 years :							
satisfactory	140-149	31-36	189-204	502-596	17.1-16.2	39-41	3.20-3.05
good	150-157	37-41	205-225	598-691	16.1-15.4	42-44	3.04-2.46
very good	158 & above	42 & above	226 & above	692 & above	15.3 & less	45 & above	2.45 & less
12 years :							
satisfactory	146-153	35-40	195-213	530-610	16.8-16.3	42-45	3.05-2.55
good	154-160	41-46	214-236	611-710	15.9-15.0	46-50	2.54-2.42
very good	161 & above	47 & above	237 & above	711 & above	15.1 & less	5.1 & above	2.41 & less
13 years :							
satisfactory	148-155	33-42	206-211	608-700	16.5-15.9	44-47	2.57-2.43
good	156-167	43-51	222-241	701-794	15.8-15.1	48-53	2.42-2.79
very good	168 & above	54 & above	242 & above	795 & above	15.0 & less	54 & above	2.28 & less
14 years :							
satisfactory	154-160	42-47	210-255	671-758	16.3-15.8	46-50	2.50-2.36
good	161-171	48-58	226-245	759-846	15.7-15.0	51-56	7.35-7.25
very good	172 & above	59 & above	146 & above	847 & above	14.9 & less	57 & above	7.24 & less

Marking :

satisfactory	1 Mark
good	2 Marks
very good	3 Marks

**BATTERY OF TESTS AND NORMS FOR SCOUTING
TALENT IN SPORTS GIRLS**

Years	Height (cm)	Weight (kg)	Standing broad jump (cm)	Ball Throw (cm)	6×10 Shuttle Run (Second)	Vertical Jump (cm)	800 metres Run (Second)
8 years :							
satisfaction	124/130	23/26	150/170	340/405	19.3/18.3	26/29	4.03/3.40
good	131/141	27/30	171/180	406/470	18.2/17.2	30/33	3.39/3.20
very good	142 & above	31 & above	181 & above	471 & above	17.1 & less	34 & above	3.1 & less
9 years :							
satisfaction	129/136	25/30	164/180	358/444	19.0/18.0	29/32	3.55/3.30
good	137/144	31/34	181/191	445/529	17.9/16.8	33/36	3.29/3.15
very good	145 & above	35 & above	192 & above	530 & above	16.8 & less	37 & above	3.14 & less
10 years :							
satisfaction	133/144	26/32	169/185	413/487	18.5/17.2	32/35	3.41/3.16
good	145/158	33/38	196/200	488/563	17.1/16.2	36/39	3.15/3.02
very good	159 & above	39 & above	201 & above	564 & above	16.1 & less	40 & above	3.01 & less
11 years :							
satisfaction	144/153	33/39	180/195	472/551	18.0/17.0	35/38	3.29/3.10
good	154/161	40/45	196/210	552/630	16.9/16.0	39/43	3.09/2.53
very good	162 & above	46 & above	211 & above	631 & above	15.9 & less	44 & above	2.52 & less
12 years :							
satisfaction	150/157	36/42	185/195	491/570	17.2/16.6	39/42	3.10/3.00
good	158/168	43/48	196/210	571/650	16.7/16.3	43/47	2.59/2.49
very good	164 & above	49 & above	211 & above	651 & above	16.2 & less	48 & above	2.48 & less
13 years :							
satisfaction	158/163	43/48	190/200	571/650	16.8/16.4	43/46	3.00/2.50
good	164/170	49/54	210/215	651/670	16.2/15.9	47/50	2.49/2.41
very good	171 & above	55 & above	216 & above	671 & above	15.8 & less	51 & above	2.40 & less
14 years :							
satisfaction	164/170	49/55	200/210	651/670	16.4/16.0	46/49	2.55/2.45
good	171/174	56/61	211/224	671/699	15.9/15.5	50/53	2.44/2.36
very good	175 & above	62 & above	225 & above	700 & above	15.4 & less	54 & above	2.35 & less

Marking :

satisfaction	1 Mark
good	2 Marks
very good	3 Marks

Introduction

In ancient times people used to take part in sports and games to use leisure time and enjoy entertainment. The member was also meagre. Gradually people become conscious for physical strength and health., importance of competitions of games played at the world level went on increasing. Hence sports and games became a part of daily life and consequently the member of players went on increasing. Scientific principles and methods of training became useful in games. It also increases craze to become victorious in competitions of games. Along with it the proportion of small and big accidents games also increased. Not a single game is safe in this respect.

Accidents occurring during games :

Sudden unimagined event occurring is called an accident. Here we would talk about accidents occurring in gaming activities.

Accidents of falling or colliding occur in open play-ground or gymnasium -hall, long distance running (Marathon race) on running track or road. There is a sure probability of accident of drowning in a swimming pool or any injury during driving. Accidents are common such as push on over-taking during running, colliding of legs with the obstacle while running, falling in case of the cross bar being broken suddenly in the cross bar jump and high jump, in games like foot-ball and hockey, leg falling in the pit in the play-ground or collision with one-another, hitting of the hockey-stick or the ball, hitting of the cricket-ball, collision or falling of fielders (in the play-ground) falling from roman-ring, horizontal bar, parallel bars, uneven bars volting horse etc. in activities of gymnastics.

Causes of Accidents :

If we know causes of accidents prevention of likely accidents is mostly possible. Not only that, but it becomes easier in treatment of injuries occurring in accidents. Let us know about causes of accidents occurring during games.

(1) Preparation of ground :

If the surface of the play-ground is not even or is rough having pits and pot-holes, the player loses balance and due to his leg may fall in the pit. For marking in the ground permanent symbols like bricks, pieces of iron-pipe etc. buried under the ground. If edges of these signals are open, players stumble and injuries occur. If the surface of the ground is glossy and slippery it makes the players slip and fall. When there are hedge of wire, wall, pillar or trees then also accident are likely to happen.

(2) Equipments used in games :

When equipments of games are not properly prepared and are not durable, then they break and accidents occur. If leg guard, arm guard, chest guard, helmet, boots etc. are not of proper make then accidental injuries may occur. If equipments for gymnastics are not strong enough and not prepared from proper material, they are not flexible enough, mats for wrestling or judo are not of proper density then also accidents occur.

(3) Uniform of players :

When uniform of players are not according to games or they are not of proper size then they create hindrance to free movement and cause accidents.

(4) Physical contact :

In games like football, hockey opponent players may run in different direction to get control over the ball then there is likelihood of colliding with one-another.

(5) Perfect knowledge of skills and rules, in players :

When new players are unknown of skills of the game and also do not have enough knowledge of rules and regulations of the game then their game becomes rather risky. Many a times even old players also do not have knowledge about changed new rules, then also they may make mistakes or may play in a wrong way. In activities like disc throw, hammer throw if the skill is not under control then there is a possibility of falling down. In games like Judo-wrestling when the player tries his turn inconsistent to rules then also accident is likely to happen.

(6) Excessive activities :

Accident is likely possible on doing excessive laborious physical activities e.g. if the runner having capability to run 5 km takes in 10 km competition, then he gets tired on putting efforts more than his ability for winning or completing the competition he loses his balance and fall, down due to weakness.

(7) Weather :

If the weather is not convenient to the game, then also accidents are likely to occur, e.g. There is a risk of falling down in running with speed while it is raining There is a fear of dehydration and sunstroke in playing under sunlight during noon or in humid atmosphere.

(8) Sensational Unbalance :

When the player during his game cannot control his feeling or sensations accident is likely to happen, e.g. during competition if the plan of victory is changed to that of defeat, players get frustration and they become angry and then excited. Then they with a feeling of revenge adopt reflected reactions or good and bad measures with the opponent players and collision take place. Sometimes in overenthusiasm they play games inconsistent with rules without any understanding.

Universally acknowledged remedies of control of accidents :

If accidents go on happening while playing games and efforts are not made to prevent them, players may have injuries during games and game may become uninteresting. He won't, show his best in the game Due to injuring some permanent physical defect may turn out or even death if the injury is rather fatal. Hence remedies to prevent accidents causing injuries should be thought of. If players connected with various kinds of games, coach planners etc. may be having knowledge of prevention of accidents then it would reduce accidents on the play-ground. Intensity of injuries can be reduced to minimum.

If we remove the causes of accidents, chances of accidents would be reduced. We have information regarding causes of accident before we may apply that to prevent accidents.

(1) Preparation and maintenance of play-grounds :

Prepare the surface of play-grounds even, without pits and pots, not rough, without pebbles and stones not glossy or slippers even when wet, water may be sprinkled if needed. Roller may be turned and moved. There may not be fence of wire, wall, pillars or trees etc. near to the limit-line of the play-ground. Grass straw of the play-ground should be kept properly cut. Use of less water should be avoided. Observe minutely and make the surface even by filling in the pits small or big, if any. Permanent signs like bricks, stones, pipe of iron etc. should be buried in the ground properly so that stumbling is avoided. Maintain the play-ground properly. See that animals may not come on the play-ground. If all these is taken care of probable accidents on the play-ground can be prevented.