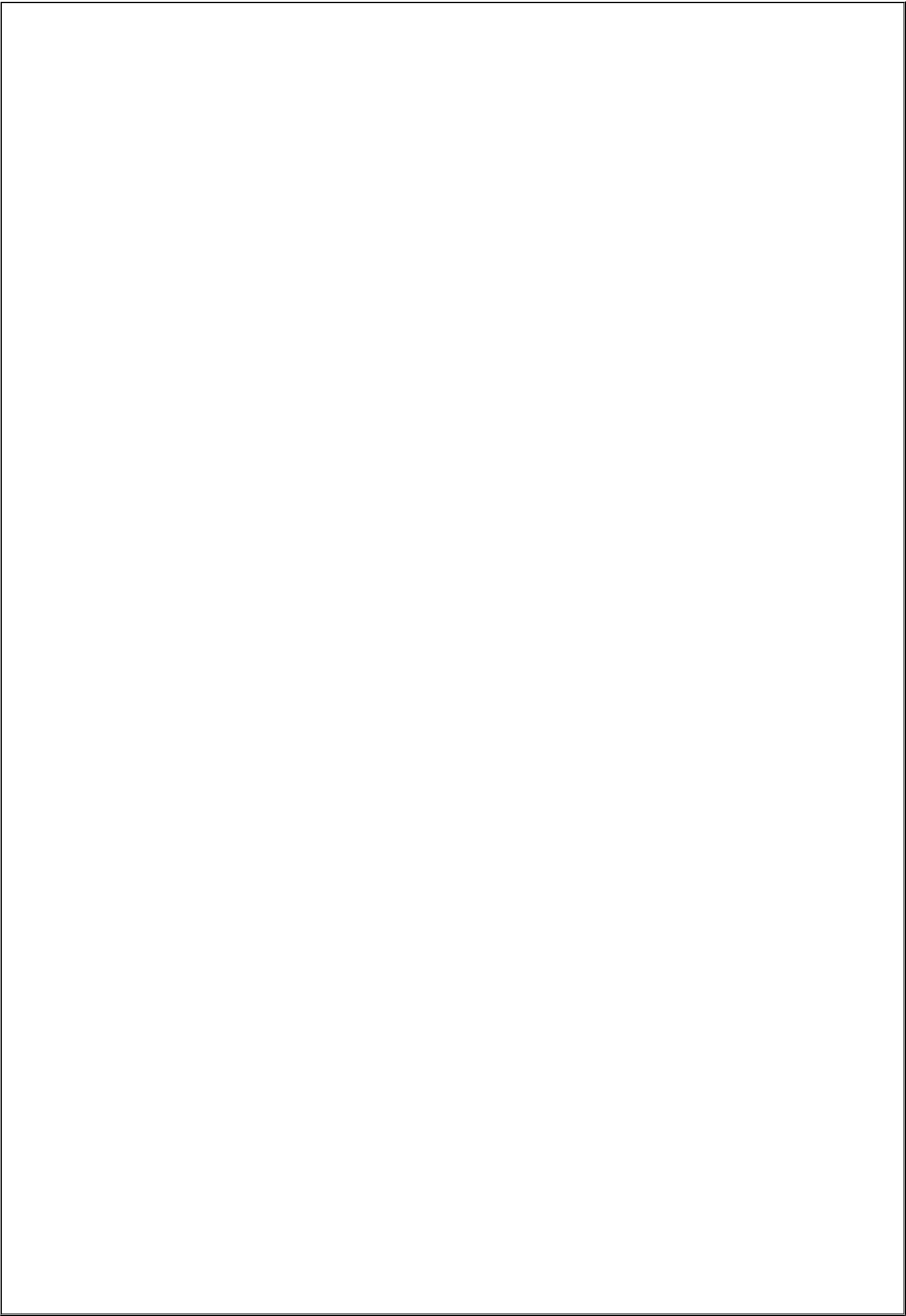
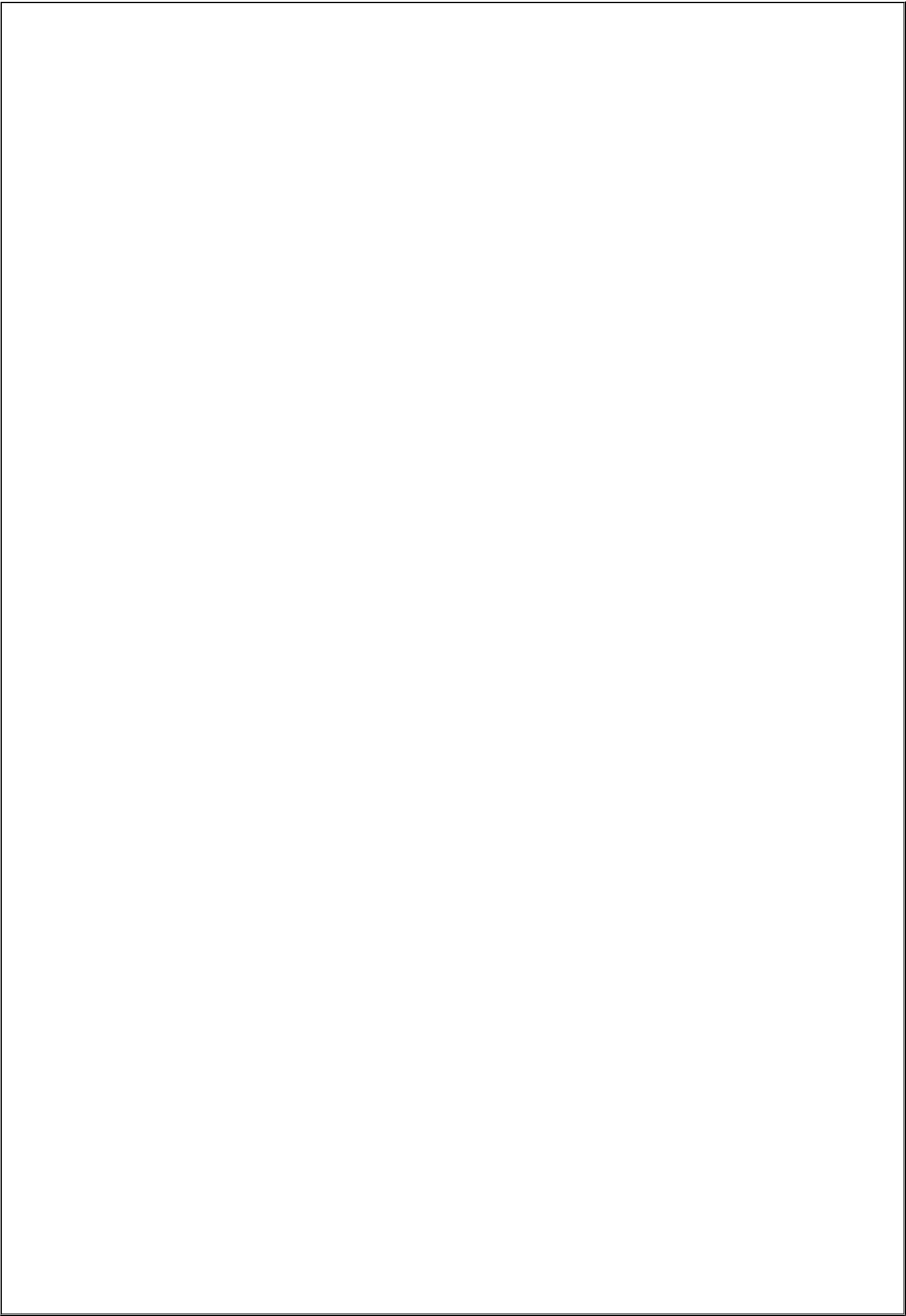


**“Empowering Young Minds Through Fitness,
Discipline, Health, and Safety.”**



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1. WARMING UP EXERCISES

Where you are novice or an expert it is essential to warm up and stretch your muscles before involving any vigorous activity. Hence is a basic warm-up routine is necessary before a work-out session, your basic warm up should last between 5 and 10 minutes.

Jogging:

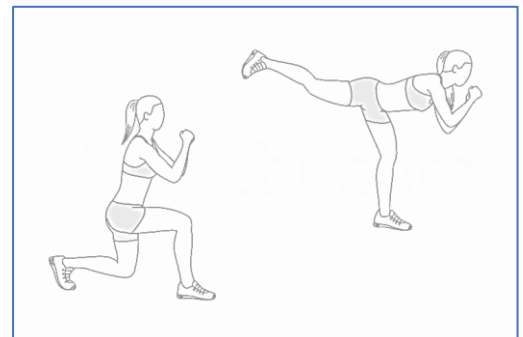
Jogging is an activity of running at a gentle pace as form of physical exercises. Some gentle jogging for a few weeks before the event can prevent any aching of stiffness.

Marching :

- i) Stand upright and march in place 20 to 30 times. Move your arms upto shoulder level in connection with your leg movements. Do not tighten your firsts.
- ii) Next, march forward and backward 20 to 30 times.
- iii) Do this for 60 seconds.

Back - Kicking Exercise:

- i) Stand with your legs slightly apart.
- ii) Begin rocking side to side, as you lift each leg in the air. So your heel goes back, as if to tap your buttock.
- iii) Do this for quick succession for 60 seconds.



Hands in the air Exercise:

- i) Stand with your legs slightly apart.
- ii) Rise your arms straight above your head.
- iii) Begin rocking to your side as you take your right leg far behind your left leg in a cross while simultaneously throwing both your arms far behind your back.
- iv) Come back to standing position.



Running:

Run forward, backward and sideways slowly.



Opposite Toe Touch:

Stand both the feet little wider. Bend and touch the left foot with right hand and turn and touch the right foot with left hand.



Jumping :

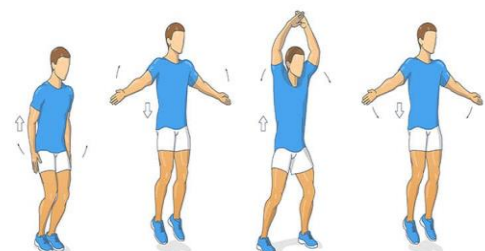
Stand with both the feet close. Jump forward, backward and sideward slowly.



8. Jumping jack :

Jump and raise both the arms above the head and clap. Jump and come back to a exact body position.

JUMPING JACKS



2.MARCHING

Marching is an essential part of physical Education in schools. It brings an orderliness, discipline, good posture and correct alignment of body, it also helps to get co-ordination of body parts, briskness, self-confidence, group units etc.,

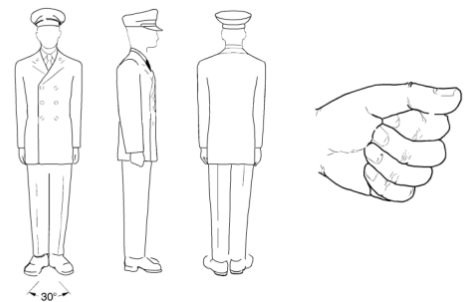


The need of Marching

Marching inculcates a sense of discipline, maintain good posture and physical fitness, smartness in appearance, followership qualities, self-confidence etc., and it is an important form of exercises also.

Stand in “Atten-Tion” position

Stand erect, keeping heels together. Feet in “V” shape with an angle of 30° . Arms down with fingers closed. Look straight without any body movements.



Fall in

The tallest on the right and the shortest on the left in a single line – class fall in. The students stand in “stand at ease” position.

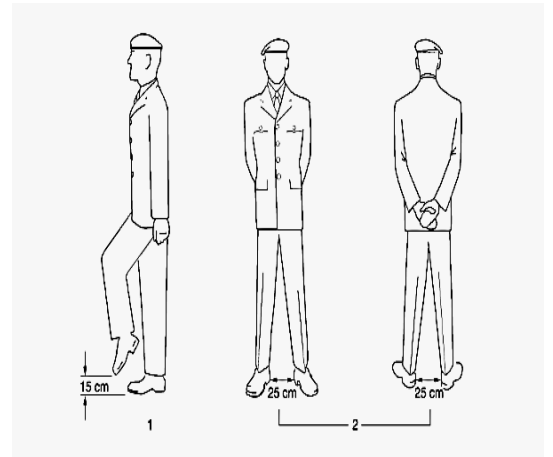
Divide the line in two groups

Command should be given – from the right in twos number.

- | | | |
|--------------------|---|------------------------|
| Number ones | - | stay where you are and |
| Number twos | - | two steps |
| Open order forward | - | march |

“Stand -at ease” position

The left foot will be carried 12 inches to the left side so that the weight of the body rests equally on both feet. At the same time bring the hands behind and place the right hand in the palm of the left, grasping it with the fingers and the thumbs. It's a simultaneous movement of arms and left foot.



“Stand easy” position

Stand easy means relax the limbs, body and the head while standing. Talking, turning the head and the feet are not permitted. Feet 12 inches to the left. Look straight.

Right dress: On the command “Right dress”, all the students except the student in the right extreme of the line should turn their head to their right. Keeping the eyes on the right side, the students should move front or back to keep a straight line.

Eye Front: All the students should smartly turn their right hand to the side of the body.

“Right turn” while standing

Count 1: Turn to the right at an angle of 90 degree, pivoting on the right heel and on the left toe.

Count 2: Bring the left foot to the side of the right- heels closed “V” shape with an angle of 30 degree. Look straight.

“Left turn” while standing

Count 1: Turn to the left at an angle of 90 degree pivoting on the left heel and on the right toe.

Count 2: Bring the right foot to the side of the left heels closed. Look straight.

The way of doing “About turn”

Count 1: Pivot the body back at an angle of 180 degree with the right heel and the left toe.

Count 2: Raise the left foot at knee level and keep near the right foot ending at “attention”.

Note: (i) The “about – turn” is always made right about.

While giving a word of command to the students, the teacher or the captain will stand only in attention position. Arms close to the body while turning.

3.YOGASANAS

Yoga as a system of physical exercise has been existing in india since very Ancient time. The word Yoga is derived from “Yog” which means union between Jivatma and Paramatma.

Types of yogasana :

- * Padmasana
- * Pachimotasana
- * Vakrasana
- * Yogamudrasana
- * Sarvangasana
- * Halasana
- * Sirasasana
- * Dhanurasana
- * Salabasana

3.1 Padmasana :

Lotus position or **Padmasana** is a cross-legged sitting **meditation pose** from **ancient India**, in which each foot is placed on the opposite thigh.

It is an ancient **asana** in **yoga**, predating **hatha yoga**, and is widely used for **meditation** in **Hindu**, **Tantra**, **Jain** and **Buddhist** traditions.

Way of doing padmasana :

1. Sit erect on the blanket with two legs out stretched.
2. Bend the right leg and keep the right foot on the left thigh.
3. Bend the left leg and keep the left foot on the right thigh as shown in the picture.
4. Place the palms on the knees. Keep this position some times and come back to position.



3.2 Paschimottanasana :

Paschimottanasana is Seated Forward Bend, or Intense Dorsal Stretch is a seated forward-bending asana in hatha yoga and modern yoga as exercise.

The name Paschimottanasana comes from three Sanskrit words. Paschima has the surface meaning of "West" or "the back of the body".

In terms of the subtle body, it means the central energy channel, the sushumnanadi, which runs the length of the backbone.

Uttana means "intense stretch" or "straight" or "extended". Asana meaning "posture" or "seat".

The name Dandasana is from Sanskrit, daṇḍa meaning "stick" or "staff". The traditional Indian Vyayama gymnastic exercises include a set of movements called "dands", similar to Surya Namaskar and to the vinyasas used in modern yoga.



Way of doing Paschimottanasana :

1. Lie flat on your back on the blanket.
2. Slowly lift the upper limb, and bend forward. Try to hold the toes with your fingers.
3. Knees straight and the chin touches the knees.
4. Come back to position after a few minutes.

3.3 Vakrasana :

Vakrasana (**Twisted Pose**) is a beginner level seated spinal twisting pose. "Vakra" means twist in Sanskrit language. Here, it means twist of the spine.

Vakrasana is an asymmetrical pose in which the upper body, that is the torso, is in a twist and this gently opens up shoulders and hips. Vakrasana is a combination of two words, Vakra means "twisted" and asana means a "yoga posture." When you

practise Vakrasana steps, you experience a suitable twisting of the spine, and therefore it is known as easy spinal twist pose and half spinal twist pose.

Vakrasana is a simple yoga asana, but even then, this asana helps you to stretch and twist to the lower abdomen muscles, and Vakrasana benefits the body organs like liver, intestine, testis, kidney, ovary, pancreas, and stomach.

Vakrasana benefits people who are suffering from diabetes, and if you practice Vakrasana regularly every day, then this will help you burn belly fat.



Way of doing Vakrasana :

1. Sit on the blanket with legs stretched out.
2. Place the left leg near the right knee as shown in the picture.
3. Stretch out the left hand back with palms resting on the ground.
4. Look as far backward as possible. Come back to position after a few seconds.

Questions and Answers :

1. Who is called the father of Yogasanas ?

Ans : Sage Patanjali is called the father of yogasanas.

2. What are the eight chapters of the sage Patanjali ?

Ans : 1.Yama 2.Niyama 3.Asana 4.Pranayama 5.Pratyahara 6.Dharana
7.Dhyana 8.Samathi.

3. What are the points to be remembered while practicing yogasanas?

Ans :

- ✓ Yoga should be practiced on the blanket or carpet and not on the bare floor.

- ✓ Perform asanas in the open space, enjoying the fresh air and proper sunlight.
- ✓ Wear a loose underwear & a banian and avoid tight fitting garments, spectacles, belts, brassieres etc., while practicing yogasanas.
- ✓ Asanas can be performed either in the early morning or in the evening with an empty stomach.
- ✓ Highly sick people, pregnant women and people suffering from heart diseases can avoid asanas.
- ✓ Practice each asana slowly and steadily, taking care of inspiration and expiration.
- ✓ Select any few asanas and practice them regularly every day.
- ✓ If you have to practice asanas in a room, then open the windows and doors to get good ventilation.

4. Write the benefits of Yogasanas.

Ans :

- * The blood circulation is regularized and the blood in the different blood vessels is purified. The endocrine glands are stimulated for effective functioning.
- * Yogasanas give sufficient exercise to the internal organs of the body. Thereby the body, gets more resistance power.
- * One who performs yogasanas looks younger in age and lives longer. Diseases like constipation, gastric trouble, diabetes, blood pressure, hernia, head ache, etc can be cured by practicing yogasanas.
- * The power of contraction and expansion of lungs is increased. Life span, youth and health depend upon the flexibility of the spinal cord. Totally yogasanas keeps the body parts flexible.
- * Yogasanas promote not only physical and mental fitness but also intellectual and spiritual development.

5. Explain the difference between yogasana and other physical exercises?

Ans : In other physical activities, the internal organs do not get proper exercise. But the yogasanas give sufficient exercise to the internal organs. As a result, an individual can maintain good health and longevity of life.

6. What type of place is more suitable to practice yogasana?

Ans : It should be a place where we get fresh air and proper sun light. Yogasanas should be practiced on a mat or on a carpet.

7. Which time is suitable for asanas?

Ans : It's better to practice yogasana either in the morning or in the evening. Morning 5.30 to 6.30 is the best time to practice yogasana.

4. TRACK AND FIELD EVENTS

Track and field Athletics consists of the natural activities of running, Jumping and Throwing. Even though these activities are natural, efficiency in performance and better results can be obtained only by hard training and proper adoption of the techniques of the concerned events.

4.1. Sprint events:

sprint, in athletics (track and field), a footrace over a short distance with an all-out or nearly all-out burst of speed, the chief distances being 100, 200, and 400 meters and 100, 220, and 440 yards.

The course for sprint races is usually marked off in lanes within which each runner must remain for the entire race. Originally, sprinters used a standing start, but after 1884 sprinters started from a crouched position using a device called a starting block (legalized in the 1930s) to brace their feet.

Races are begun by a pistol shot; at 55 to 65 meters (60 to 70 yards), top sprinters attain maximum speed, more than 40 km per hour (25 miles per hour). After the 65-meter mark the runner begins to lose speed through fatigue.

All important international races at 200 meters and 220 yards, as well as 400 meters and 440 yards, are run on an oval track. The starts are staggered (the lanes farther from the center begin progressively farther forward on the track) so that each runner will cover an equal distance.

As a result, the competitors, particularly in the 400 meters and 440 yards, have no exact knowledge of their respective positions until they have completed the final turn. Great emphasis is therefore placed on athletes' ability to judge their own pace, as well as upon their speed and endurance.

Types of starting methods:

1. The bunch start
2. The medium start
3. The elongated start.

In the bunch start:

The runner places the front foot about 19 inches from the starting line and the rear foot about 29 inches from it. This type of start provides a high elevation, a favorable body lean and a faster foot action.

In the medium start:

The runner places the front foot about 13 inches from the starting line and the rear foot about 34 inches from it.

In the elongated start:

The runner places the front foot about 13 inches from the starting line and the rear foot about 41 inches from it.

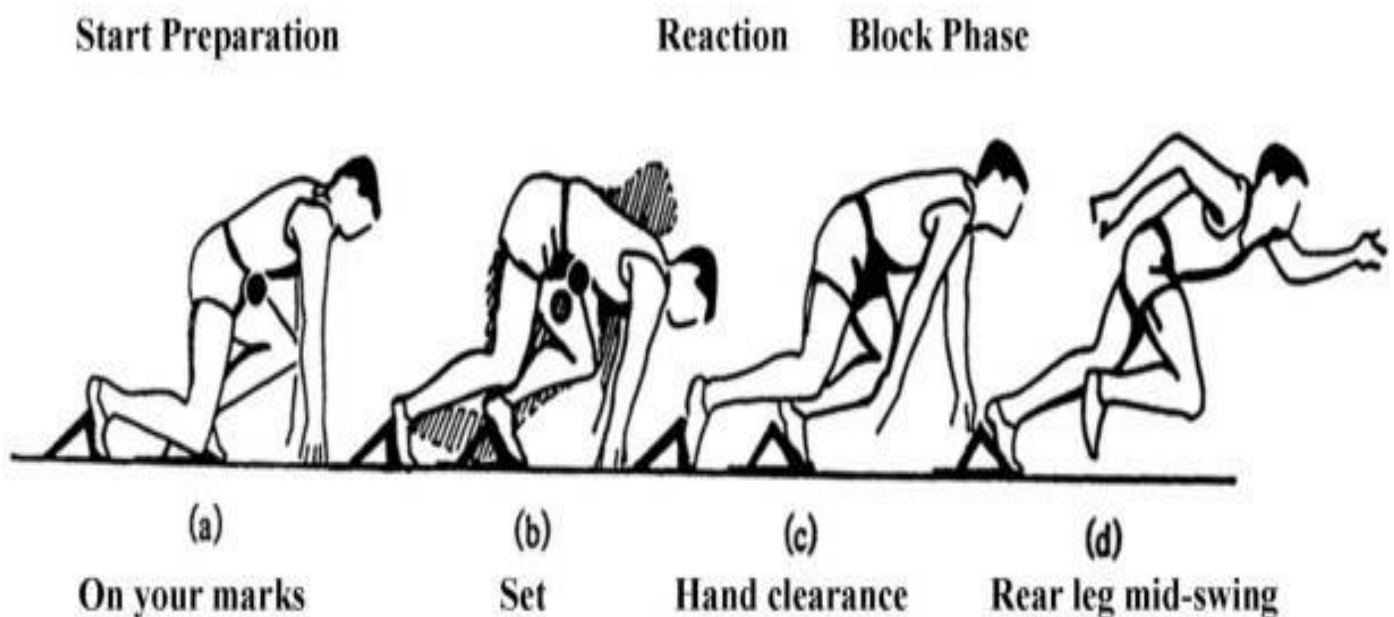
Starting of the sprint event:

There are three commands that a starter gives while starting the race.

1. On your marks
2. Set
3. Go

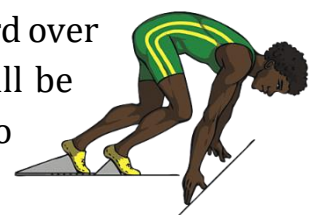
On your marks:

When the starter says “On Your Marks” the runners should take up their position, behind the starting line as shown in the picture.



SET:

When the starter commands “SET” the sprinter rocks further forward over his hands raising his hip without any jerky movement. The hip will be slightly, higher than the shoulder. Push the upper limb forward to have an unstable position of the body as shown in the picture.



Go:

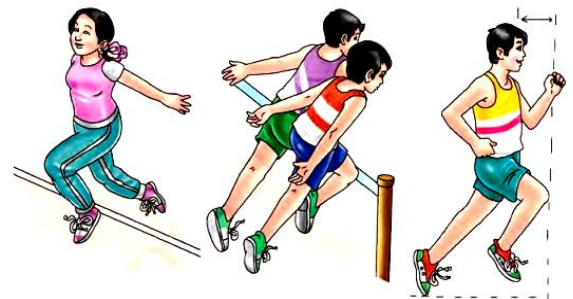
When the starter commands “GO” or fires the Gun, the sprinter runs out of the starting block and keeps the first two or three strides of the feet close to the ground. The body angle will get more upright until about eight strides. When the runner’s “Torso” crosses the tape at the finishing line, he is said to have completed the race.



The finishing techniques in sprint event:

A runner having approached a few strides from the tape can employ any of the following finishing techniques.

- i) “Run through” Technique
- ii) “Drop finish” Technique.
- iii) “Shoulder shrugging” Technique.



“Run through” Technique:

The runner can sprint right through the tape, without decreasing the speed to a point 4-5 meters beyond, and slow down gradually. This is called “Run through” technique.

“Drop finish” Technique:

The sprinter can thrust his arms out behind, and the chest down on the tape. This is called “Drop finish” technique.

“Shoulder shrugging” Technique:

The runner shrugs his shoulder by turning the chest sideways into the tape at the very last moment. This is called “Shoulder shrugging” technique.

Starting foul:

Only one foul can be permitted. If a runner takes a wrong start twice, he or she will be disqualified from the competition.

Race finishing:

When a runner’s “torso” Crosses the tape at the finishing line, he is said to have completed the race.

Some important points to sprinters:

1. In all sprint events, the runners should run in their own lanes only.
2. Athletes should not touch the starting line.
3. The runner should not take a wrong start twice.
4. The runner should obey the commands of the starter, recall starter and other officials concerned.

Starting block:

Starting blocks are a device used in the sport of track and field by sprint athletes to brace their feet against at the start of a race so they do not slip as they stride forward at the sound of the starter's pistol. The blocks also enable the sprinters to adopt a more efficient starting posture and isometrically preload their muscles in an enhanced manner. This allows them to start more powerfully and increases their overall sprint speed capability.



Questions and answers :

1. Who won the men's 100m race at the 2024 Summer Olympics games ?

Ans : Noah Lyles

2. Who won the 2024 Olympic Women's marathon race ?

Ans : Sheila Chepkirui, Kenya.

3. Name the Indian athlete who is known as the "Payyoli Express" ?

Ans : P.T. Usha

4. In a 110m Hurdles event, how many hurdles does a sprinter have to jump over ?

Ans : Ten hurdles.

5. How many gold medals did P.T. Usha win at the 6th Asian track and field championship held at Jakarta in 1985 ?

Ans : Five gold medals.

6. Who won the summer olympics at 2024 ?

Ans : In men's team **Tamirat Tola**, in Women's team **Sifan Hassan**.

4.2. LONG JUMP

The **long jump** is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a takeoff point. Along with the triple jump, the two events that measure jumping for distance as a group are referred to as the "horizontal jumps". This event has a history in the ancient Olympic Games and has been a modern Olympic event for men since the first Olympics in 1896 and for women since 1948.

Technique :

There are five main components of the long jump: the approach run, the last two strides, takeoff, action in the air, and landing. Speed in the run-up, or approach, and a high leap off the board are the fundamentals of success. Because speed is such an important factor of the approach, it is not surprising that many long jumpers also complete successfully in sprints. Classic examples of this long jump / sprint doubling are performances by Carl Lewis and Heike Drechsler.

Fundamental Skills :

There are four basic skills in the long jump events as given below

- ❖ Approach
- ❖ Take off
- ❖ Flight in the air
- ❖ Proper landing

Approach:

The objective of the approach is to gradually accelerate to a maximum controlled speed at takeoff. The most important factor for the distance travelled by an object is its velocity at takeoff – both the speed and angle.

Elite jumpers usually leave the ground at an angle of 20° or less, therefore it is more beneficial for a jumper to focus on the speed component of the jump. The greater the speed at takeoff, the longer the trajectory of the center of mass will be. The importance of takeoff speed is a factor in the success of sprinters in this event.

The length of the approach is usually consistent distance for an athlete. Approaches can vary between 12 and 19 steps on the novice and intermediate levels, while at the elite level they are closer to between 20 and 22 steps.

The exact distance and number of steps in an approach depends on the jumper's experience, sprinting technique, and conditioning level. Consistency in the approach is important as it is the competitor's objective to get as close to the front of the takeoff board as possible without crossing the line with any part of the foot.

Last two steps:

The objective of the last two steps is to prepare the body for takeoff while conserving as much speed as possible.

The penultimate step is longer than the previous ones and then the final one before takeoff. The competitor begins to lower his or her center of gravity to prepare the body for the vertical impulse. The last step is shorter because the body is beginning to raise the center of gravity in preparation for takeoff.

The last two steps are extremely important because they determine the velocity at which the competitor will enter the jump.

Takeoff:



Takeoff board

The objective of the takeoff is to create a vertical impulse through the athlete's center of gravity while maintaining balance and control.

This phase is one of the most technical parts of the long jump. Jumpers must be conscious to place the foot flat on the ground, because jumping off either the heels or the toes negatively affects the jump. Taking off from the board heel-first has a braking effect, which decreases velocity and strains the joints. Jumping off the toes decreases stability, putting the leg at risk of buckling or collapsing from underneath the jumper.

While concentrating on foot placement, the athlete must also work to maintain proper body position, keeping the torso upright and moving the hips forward and up to achieve the maximum distance from board contact to foot release.

There are four main styles of takeoff: the double-arm style, the kick style, the power sprint or bounding takeoff, and the sprint takeoff. The distance between the take-off board and the end of landing area is 10 meters. The dimension of take-off board used for long jump is starts from length 1.22m and width 20cm.

Double-arm:

The double-arm style of takeoff works by moving both arms in a vertical direction as the competitor takes off. This produces a high hip height and a large vertical impulse.

Kick:

The kick style takeoff is where the athlete actively cycles the leg before a full impulse has been directed into the board then landing into the pit. This requires great strength in the hamstrings. This causes the jumper to jump to large distances.

Power sprint or bounding:

The power sprint takeoff, or bounding takeoff, is one of the more common elite styles. Very similar to the sprint style, the body resembles a sprinter in full stride. However, there is one major difference. The arm that pushes back on takeoff (the arm on the side of the takeoff leg) fully extends backward, rather than remaining at a bent position. This additional extension increases the impulse at takeoff.

Sprint:

The sprint takeoff is the style most widely instructed by coaching staff. This is a classic single-arm action that resembles a jumper in full stride. It is an efficient takeoff style for maintaining velocity through takeoff. The "correct" style of takeoff will vary from athlete to athlete.

Action in the air and landing:



A decathlete landing a jump close to the 8-metre mark

There are three major flight techniques for the long jump: the hang, the hitch-kick, and the sail. Each technique is to combat the forward rotation experienced from takeoff but is basically down to preference from the athlete.

Once the body is airborne, there is nothing that the athlete can do to change the direction they are traveling and consequently where they are going to land in the pit.

However, certain techniques influence an athlete's landing, which can affect the distance measured. For example, if an athlete lands feet first but falls back because they are not correctly balanced, a lower distance will be measured.

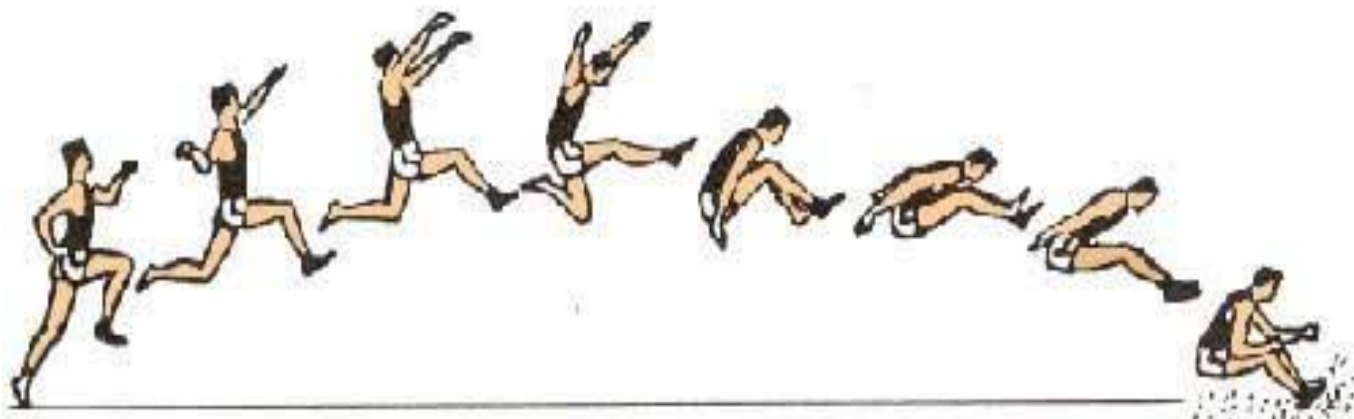
Hang:

Following the pivotal takeoff phase, the jumper executes a deliberate maneuver wherein the free leg descends until it aligns directly beneath the hips.

This strategic positioning, characterized by an elongated and streamlined body silhouette, is meticulously crafted to minimize rotational forces.

By maximizing the distance between both the arm and leg extremities and the hips—the theoretical center of mass—the rotational inertia is significantly increased.

Leveraging the principle that longer levers rotate at a slower pace than shorter ones, this configuration facilitates a controlled and stable aerial trajectory.



As the free leg descends to meet the takeoff leg, forming an angle of 180° relative to the ground, a symmetrical alignment is achieved with both knees positioned directly beneath the hips.

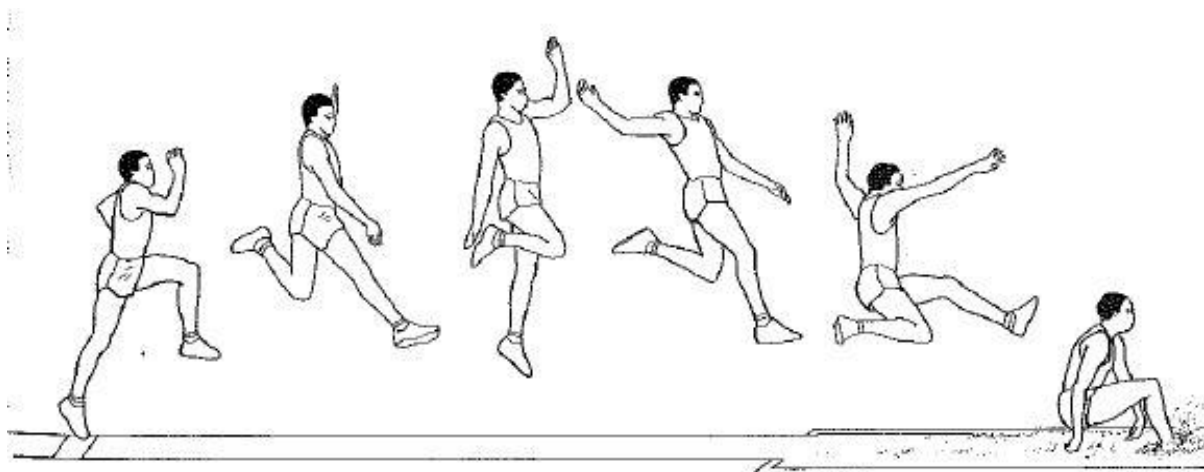
This alignment marks the apex of stability during the airborne phase, as minimal rotational tendencies are manifested. This aerodynamically advantageous posture, colloquially termed the " 180° position", epitomizes the pinnacle of equilibrium, affording the jumper enhanced control and poise amidst the dynamic forces encountered in flight.

Hitch-kick:

In the realm of athletic performance, particularly in the domain of jumping techniques, a prevalent strategy observed among practitioners involves the utilization of a single-step arm and leg cycle.

This technique, ingrained within the repertoire of many athletes, serves a fundamental purpose: to mitigate and alleviate the forward rotation momentum experienced during the jump.

Characterized by a deliberate and synchronized motion of the arms and legs, this cycling maneuver is strategically devised to offset the rotational forces generated at the moment of takeoff.



Central to the efficacy of this technique is its capacity to orchestrate secondary rotations of both the upper and lower extremities, thereby fostering a mechanical equilibrium that counterbalances the initial rotational impulses triggered upon liftoff.

By implementing this methodological approach, athletes can harness the principles of biomechanics to optimize their jumping performance, enhancing stability, control, and overall efficiency in their aerial endeavors. This nuanced understanding underscores the intricate interplay between physics and human kinetics, illuminating the sophisticated strategies employed by athletes to excel in their athletic pursuits.

Runway of long jump:

The runway of long jump is 40 – 45m. The width of the runway of long jump 1.22m to 1.25m. The thickness of the lines drawn on the runway shall be 5cm.

Fouls:

- * Delaying more than 60 seconds after the final call.
- * Take off beyond the take-off board.
- * Walking back towards the runway even after a jump.

Sail:

The "sail technique" represents a fundamental long jump approach widely employed by athletes in competitive settings. Following the culmination of the takeoff

phase, practitioners swiftly elevate their legs into a configuration aimed at touching the toes.

This maneuver serves as an entry-level strategy particularly beneficial for novice jumpers, facilitating an early transition into the landing posture. However, despite its utility in expediting the landing process, this technique fails to mitigate the inherent forward rotational momentum of the body effectively.

Consequently, while advantageous for its simplicity and expedited landing preparation, the sail technique lacks the requisite mechanisms to adequately counteract excessive forward rotation, posing a notable limitation to its effectiveness in optimizing jump performance.

Proper landing:

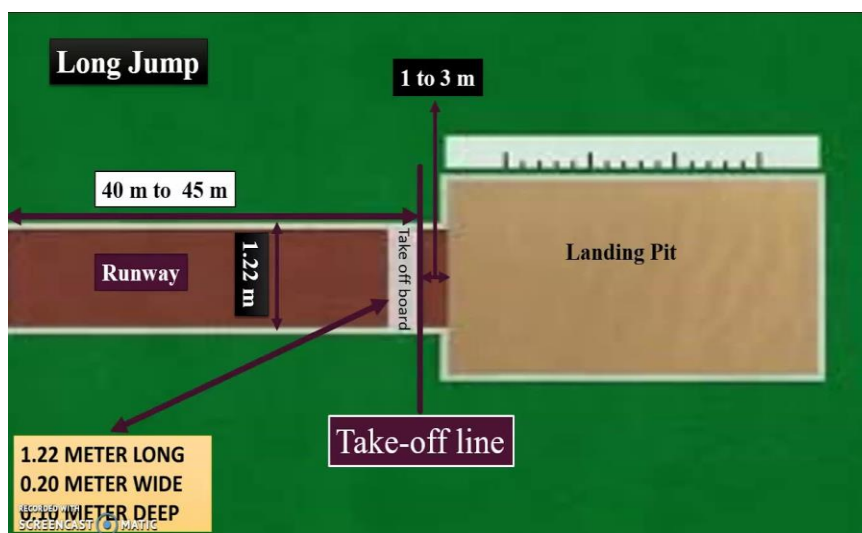
Both legs must be brought forward while landing. The center of gravity of the body should be lowered. The heels of both legs should have the floor contact first. Moving backward after landing should be avoided.

Tips : The landing area should be filled with sand and the surface of the sand shall be leveled with the take off board.



Tie Break :

If there is a tie for the first place, the second best performance. Will be considered for breaking the tie. If the tie still remains, the third best jump and so on untill 6th best jump is considered. If the tie still remains. If it is for first place, one more chance will be given for the tied athletes. If the tie remains for other places even after considering 6th best jump, the athletes so tied will be awarded the same place.



Questions and Answers :

1.What is the length of the runway of long jump ?

Ans: 40 to 45m.

2.What is the width of the runway of long jump ?

Ans : 1.22m to 1.25m

3.What is the thickness of the lines drawn on the Runway ?

Ans : The thickness of the lines shall be 5cm.

4.What is the distance between the take off board and the end of landing area ?

Ans : 10 meters

5.State the dimension of take off board used for long jump ?

Ans : Length 1.22m. Width 20cm.

6.What is the distance between the take off board and starting of the landing area?

Ans : Maximum 3m ; Minimum 1m.

7.State the dimension of long jump pit ?

Ans : Length – 9m width 2.75m.

8.How many chances will be given to the participants ?

Ans : Six chances are to be given, when the participants are 8 or less than eight.

9.How many jumpers are selected for the final ?

Ans : 8 jumpers

5.MAJOR GAMES

5.1.KABADI :

Kabadi is a contact team sport that originated in Tamilnadu, India played between two teams of seven players. It's one of the traditional games of south Asia. In this game, a raider enters the opposing half of the court to touch defenders and attempt to return within 30 seconds without being tackled. Points are awarded for successful tags, while defenders earn a point for stopping the raider. Tagged or tackled players are temporarily out but can re- enter when their team scores. Raids alternate between teams throughout the game.

It is a popular in south Asia and nearby Asian countries. Although accounts of kabaddi appear in the history of India, the game was popularised as a competitive sport of Bangladesh. It's second most popular and viewed sport in India after the Cricket. It was the year 1918 certain rules and regulations were framed by the sportsmen at Sastara and competitions were held according to those rules.



This game contains one Referee, Two Umpires, One Scorer, Two linesman. A raider must start his cant before he crosses the centre line.

The referee tosses a coin. The side that wins the toss shall have the choice of the court or the raid. The game in the second half shall continue with the same number of players as it was at the end of the first half.

Other names for kabadi :

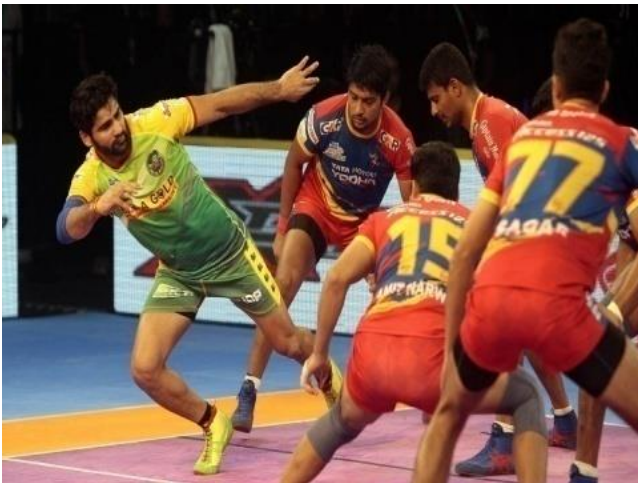
Kai Pidi, Sadugudu.

Few important rules:

- ✳ A team should send only one raider at a time
- ✳ If a raider loses his cant while he is in the opponent's court, he is out.
- ✳ When a raider goes out of boundaries while raiding, he is out.
- ✳ When a player is out, he must leave the court immediately and occupy a seat in the waiting block.
- ✳ Either anti or raider touches any one of the boundary lines, he shall be put out.
- ✳ Only during the struggle, the players use the lobbies.

Raid:

A player who enters the court of the opponent with the cant is known as a raider. Raider crosses the bulk line at least once during the course of a raid, and reaches his court with the cant is known as a successful raid.



Point:

One point is scored for every anti put out in a raid. When a side is completely out, their opponents are given two points extra for the “Lona”. When a raider crosses the bonus line while six or seven anties play in the court, one bonus point can be awarded to his team.

Different types of skills involved in Kabadi:

The skills involved in kabaddi are described under two heads. They are offensive and defensive skills.

Offensive Skills :

- | | |
|----------------------------|------------------------|
| I. Touching with toes | VII. Circle kick |
| II. Side kick | VIII. Roll kick |
| III. Sudden leg thrust | IX. Circle kick |
| IV. Back kick or mule kick | X. Fly kick |
| V. Cross kick | XI. Aero kick |
| VI. Roll kick | XII. Squat leg thrust. |

Defensive Skills:

- | | |
|-----------------------|------------------------------------|
| I. Ankle catches | VI. Bear hug |
| II. Double Knee hold | VII. Back left and double arm hold |
| III. Thigh hold | VIII. Wrist hold interlock grip |
| IV. Double thigh lift | IX. Crocodile catches. Etc. |
| V. Waist hold | |

Ankle hold:

The ankle holds or catch is usually attempted when a raider tries to touch the anti with leg swing. The ankle can be caught either with normal grip or with a finger lock grip.



Wrist hold inters lock grip:

Locking the fingers with those of the raider and pull the raider towards him. A firm hold depends on the twist of the hand to one side after the hold secured. If catches the right hand of the raider, he should twist the captive's hand to the left.



Few important rules for raider:

- ❖ A Raider
- ❖ A raider must start his cant

Cant:

A raider must take his “cant” before he enters into the opponent’s court. He should come back in breath to his own court after the raid. The raider should always utter the word “Kabaddi” repeatedly with clear sound in one breath is called a “cant”.

Scoring system:

Each side shall score one point for every opponent is put out. Two extra points will be awarded for securing a Lona.

5.2 VOLLEY BALL

Volleyball is a typical American game. It was invented by William G. Morgan, Physical Director of Holyoke Y.M.C.A. Mass, U.S.A. in the year 1895. He wanted to introduce a game to the members of his Y.M.C.A. with a view to provide a suitable recreational game, less strenuous than that of Basketball.

The game of Volleyball was introduced into India at the beginning of the 20th Century by the M.C.A. men. The alumni of Y.M.C.A. College of physical education, Madras, have no doubt taken this game to all parts of India. The Volleyball Federation of India was formed in 1951 at Ludhiana. This Federation has been conducting National Championships for men and women and boys since 1952.



There was already a game called “Minton” in which a worsted yarn ball was batted over a 7 feet net with the help of a racket. Morgan modified this game by eliminating the

racket and worsted Yarnall. He experimented the game with a basketball bladder which was patted with the hands over the net.

He called this game as “Minonnette”. The basketball bladder was not suitable for proper play. Therefore, a new ball was devised with the help of a sports company. Dr.A.T.Halsted of “Spring field college” gave the appellation of “Volley ball” to this game.

The rules were framed by the founder of the game in 1917. From time to time the rules were revised. The game gained the world popularity with the hard effort of the Y.M.C.As.

The height of the net shall be 2.43m. for men and 2.24m for women. The circumference of the ball is 65 to 67cm. and the weight 260 to 280 grams.

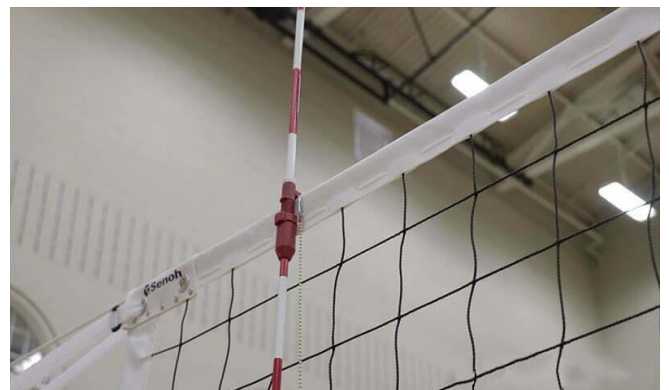
A team shall consist of six regular players and six substitutes (6+6=12 players)

Objective of the game:

The objective of the game is to send the ball over the net to ground it on the opponent’s court, and to prevent the ball from being grounded on it’s own court.

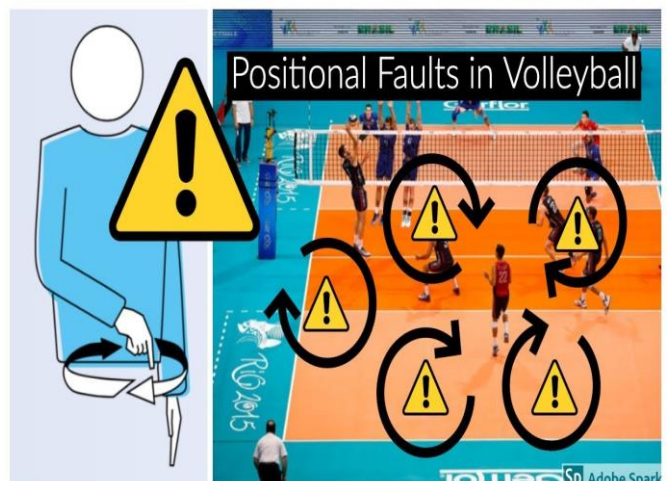
Antenna and it’s uses:

Antenna is a flexible rod of 1.8m. long and 10mm. in diameter. Two antennae are fastened at the outer edge of each side band. The top 80cm of each antenna extend above the net and delimit the crossing space.



Position and Position faults:

Number 2,3 and 4 are front row players and 5, 6 and 1 are back row players. The clockwise rotation is followed during play. The fault is penalised with the loss of a rally and the players are returned to their correct positions. The player service the ball only after the referee’s whistle.



Serve:

Each service made by the player only after the referee's whistle. A serve is the method by which the serving team puts the ball into play at the start of every rally. The server stands behind the back boundary line (the end line) and strikes the ball with one hand or arm — either overhand or underhand — sending it over the net and into the opponent's court.

Rules for a Legal Serve

For a serve to be legal, the following conditions must all be met:

- The server must stand entirely behind the end line at the moment of contact.
- The ball must be tossed or released before being struck — a ball held and hit is illegal.
- The ball must land within the opponent's court boundaries, including the lines, or be contacted by the opponent before landing.
- The server has a set amount of time (typically around 8 seconds) after the referee's whistle to serve.

Failing any of these conditions results in a **service error (SE)** — an immediate point awarded to the receiving team.

Types of Volleyball Serves

Float Serve

A float serve is struck with a firm, open hand and no follow-through, causing the ball to travel with minimal spin. The lack of spin creates an unpredictable, knuckling trajectory that is difficult for passers to read. Float serves can be delivered standing or with a jump (jump float) and are the most common serve type at the high school and club level.

Underhand Serve

An underhand serve is struck from below the waist with a closed fist or open palm. It is the easiest serve to learn and the most common serve for beginning players. Underhand serves are slower and easier to pass, making them less effective at competitive levels.

The 6 Basic Fundamentals in Volleyball

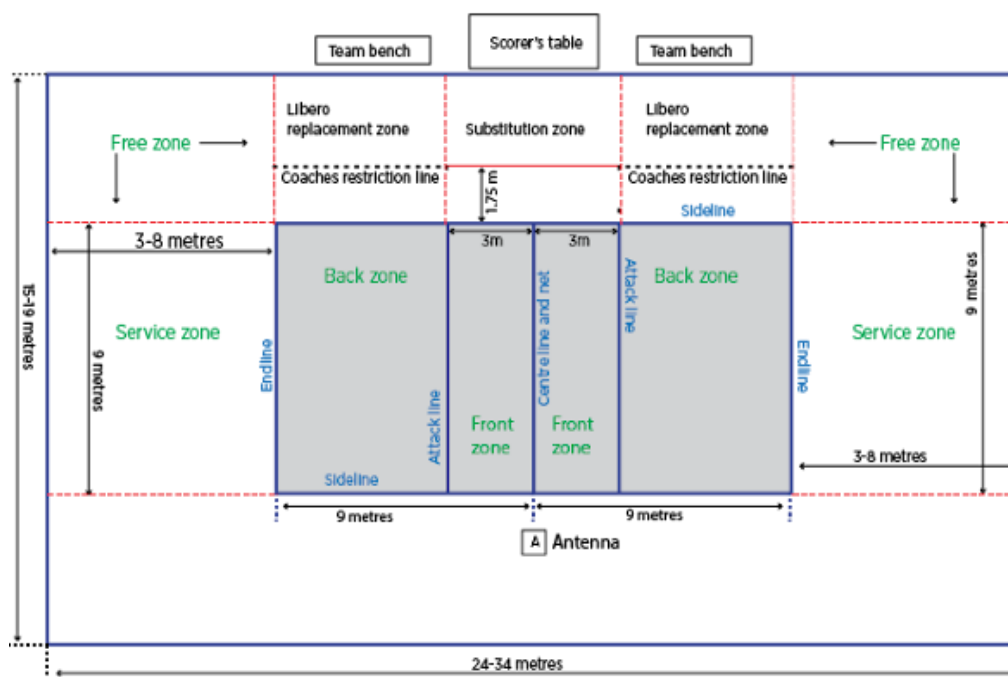
Volleyball is an action-packed sport that rewards strategy, athleticism, and teamwork, as each player must constantly anticipate their opponent's next move and be

ready to react in an instant. Although it can seem complicated with all the different movements that each player is doing, volleyball can be broken down into 6 fundamental actions that are constantly repeated throughout the match.

Those actions are **servicing, passing, setting, spiking, blocking, and boosting.**

Free zone:

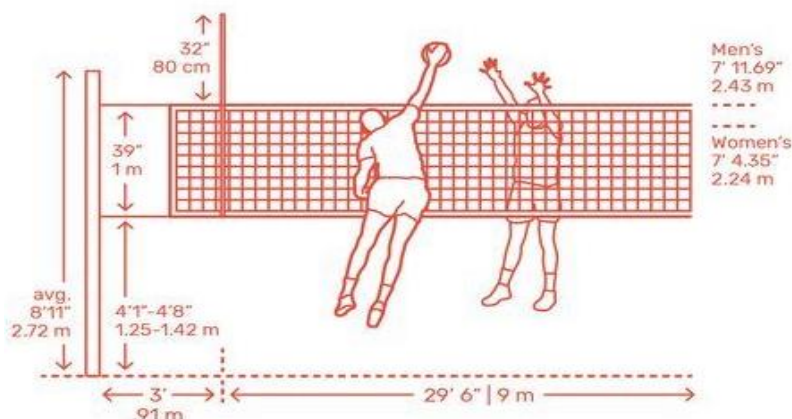
The free zone in a volleyball court is the mandatory, unobstructed area surrounding the 18m x 9m playing court. It must be at least 3m wide on all sides for standard, and 5m–8m for top-tier [FIVB] competitions to allow safe player movement outside the boundaries.



Size of the net:

A standard regulation volleyball net is 9.5 to 10 meters long and 1 meter wide. The top of the net is set to a height of 2.43 meters for men and 2.24 meters for women. These regulations are based on FIVB standards, which also apply to the 9-meter wide, 18-meter-long court.

Dimensions.Guide Volleyball Net



Side band:

Side bands in volleyball are 5 cm (approx. 2 inches) wide white tapes fastened vertically to the net directly above each sideline. They are 1 meter long, extending the full height of the net to mark the side boundary of the crossing space.

Weight and Circumference of volleyball

A regulation indoor volleyball has a circumference of **65–67 cm (25.6–26.4 inches)** and weighs **260–280 grams (9.2–9.9 ounces)**. The official pressure for these balls is 0.30–0.325 kg/cm² (4.26–4.61 psi). These standards are set by the FIVB for senior-level competition.

Chest Number Requirements

- Numbers (1-20, or up to 99 in some leagues) must be placed at the center of the front (chest) and back of the jersey.
- The number on the chest must be a minimum of **15 cm in height**, while the back number must be at least **20 cm**.
- The stripe forming the numbers must be at least 2 cm in width.
- The color and brightness of the numbers must contrast with the jersey color.

How Game Starts

- The game begins with a coin toss conducted by the referee with the team captains.
- The winner of the toss chooses to serve/receive or chooses a side of the court.
- A rally starts with a service: a player hits the ball from behind the back baseline over the net into the opponents' court.

Positions of Players

- There are 6 players on the court: 3 front-row players and 3 back-row players.
- **Positions:** Position 4 (front-left), Position 3 (front-center), Position 2 (front-right), Position 5 (back-left), Position 6 (back-center), and Position 1 (back-right, the server).



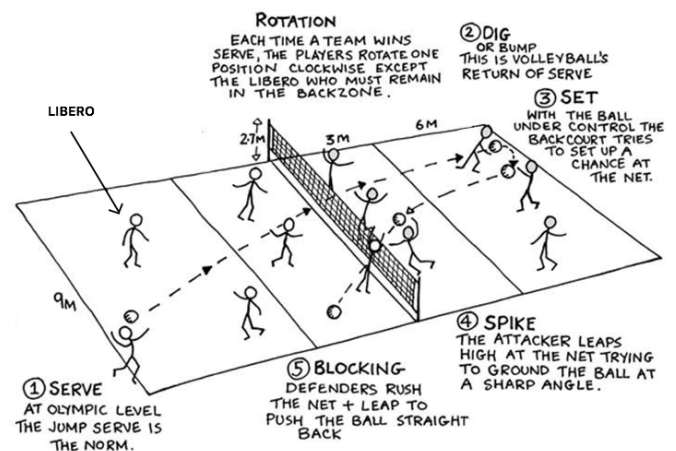
- **Rotation:** When the receiving team wins the rally, they rotate clockwise before serving.

Positional Fault Penalty

- A positional fault occurs if any player is not in their correct rotation position at the exact moment the server hits the ball.
- **Penalty:** The team at fault loses the rally, and the opponent is awarded a point and the next serve.
- The players must also be immediately placed in their correct positions.

When Player Serves

- A player serves after their team wins a rally or gains the serve back from the opponent.
- The server must wait for the referee's whistle.
- The serve must be hit within 8 seconds after the referee whistles.



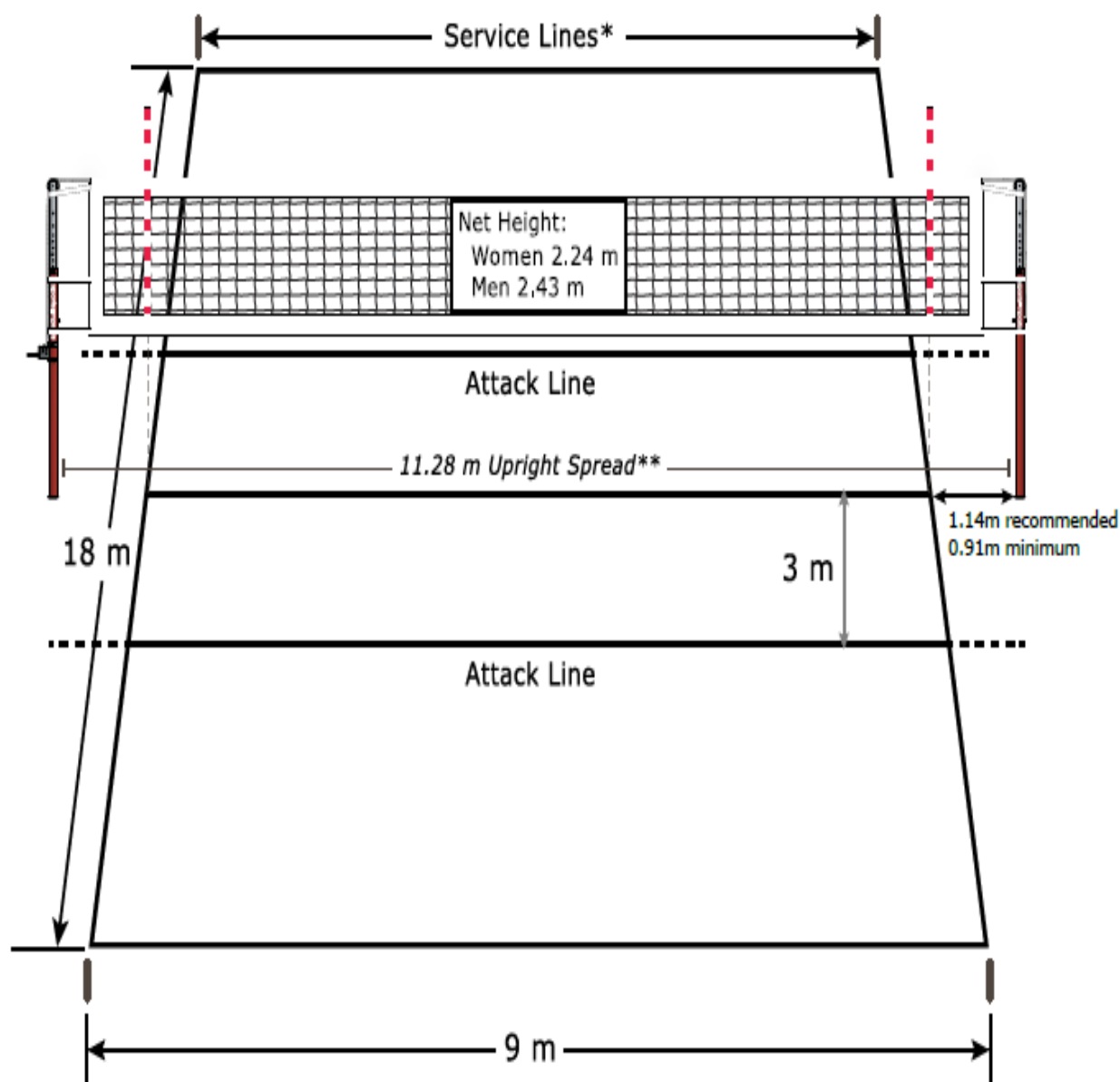
When Ball is Out

- The ball is out if it lands completely outside the boundary lines (touching the line is "in").
- It is out if it touches an object outside the court (e.g., ceiling, wall) or the net antennas.
- It is out if it crosses the net entirely outside the antennas.

How Ball is Played

- Each team has a maximum of three hits to return the ball, in addition to a block contact.
- A player cannot hit the ball twice in succession (except for blocking).
- The ball can be touched with any part of the body, but it cannot be caught or thrown.
- The usual sequence is a dig (pass), set, and spike.

National Collegiate Athletic Association (NCAA),
USA Volleyball (USAV), International Volleyball Federation (FIVB)



	NCAA	USAV	FIVB
Court Dimensions	18 m x 9 m	18 m x 9 m	18 m x 9 m
Free Zone Minimums	3.05 m outside the sidelines 4.58 m beyond the end lines	3 m on all sides	5 m outside the sidelines 6.5 m beyond the end lines
Ceiling Clearance Minimums	12.4 m facilities built before 2006 7.62 m facilities built after 2006	7 m minimum	12.5 m minimum

* Court measurements are to the outside of the lines

** All court lines are 5 cm wide

*** Sports Imports recommends that all floorplates and uprights be on a min. spread of 11.28 m

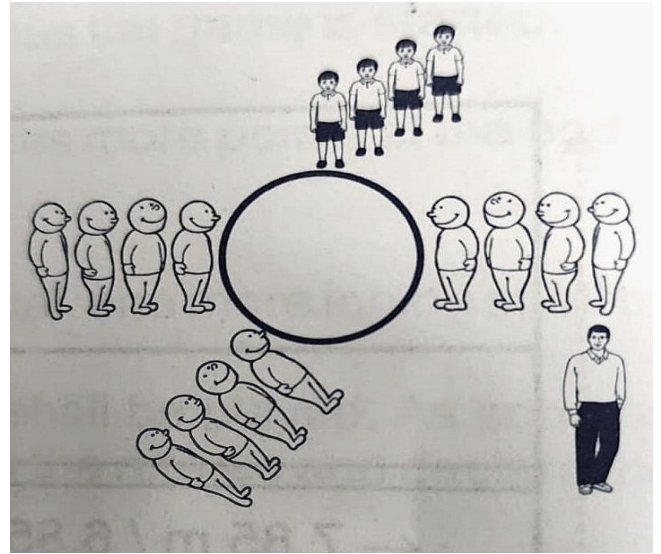
NO SCALE

6. MINOR GAMES

6.1 PARTNER SKIP AWAY

All players except two stand in a circle, facing in, arranged in pairs, each pair holding hands. The odd pair is 'It'. 'It' runs around the circle and tags the joined hands of one of the pairs in the circle. 'It' immediately turns around and runs around the circle in the opposite direction.

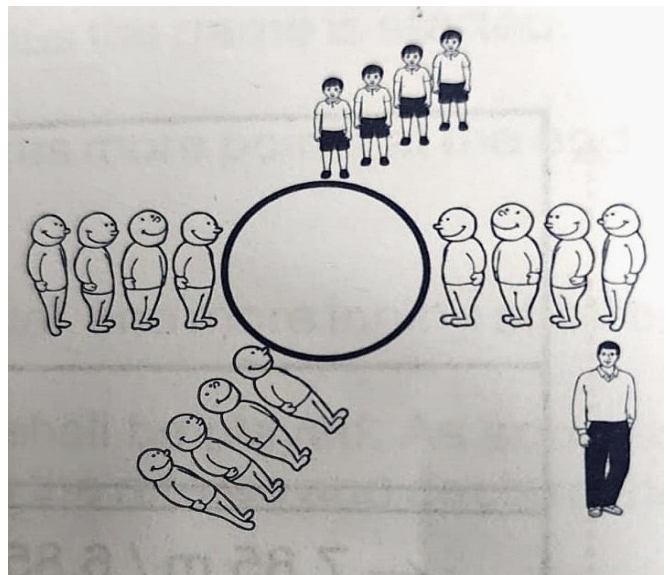
The pair tagged runs around the circle in the direction opposite to that taken by it. The pair reaching the vacant space first wins. The other pair becomes 'It' and continues the game.



6.2 SPOKE RACE

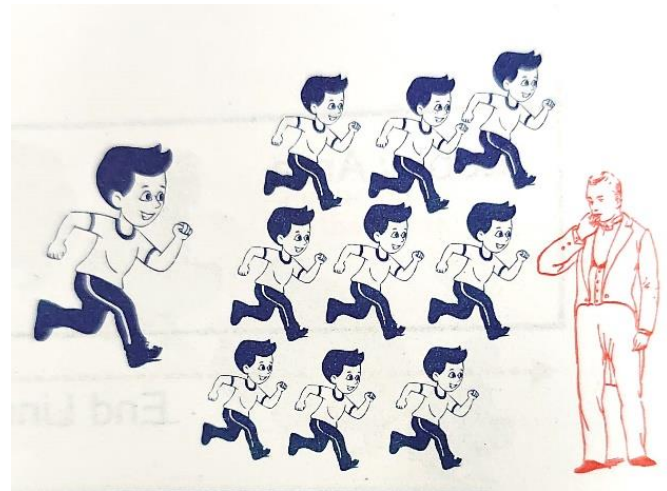
Divide the players into teams of five to eight, and arrange the teams as in the spokes of a wheel. At the signal the first player of each team runs around the circle to the right. The one reaching his original position first scores one point for his team.

At the next signal the second player of each team runs around the circle to the right. The one reaching his original position first scores one point for his team. Continue until all have run. The team which gets more points wins.



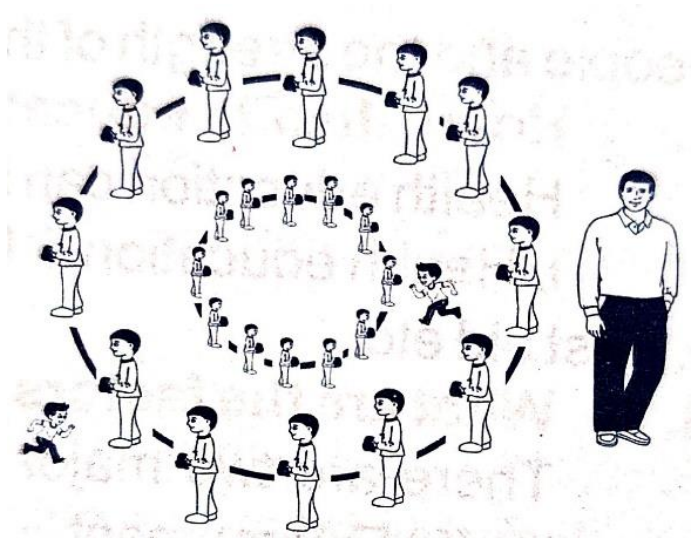
6.3 OSTRICH TAG

The players are scattered in the marked area and 'it' attempts to tag them. A player is safe when he stands on one foot with the arm under the knee of the leg raised in the air and grasping the nose. When 'it' is not near, they run. Each player may use this method of escape three times, and then they may escape only by running. Anyone who is tagged becomes 'it' and the game continues.



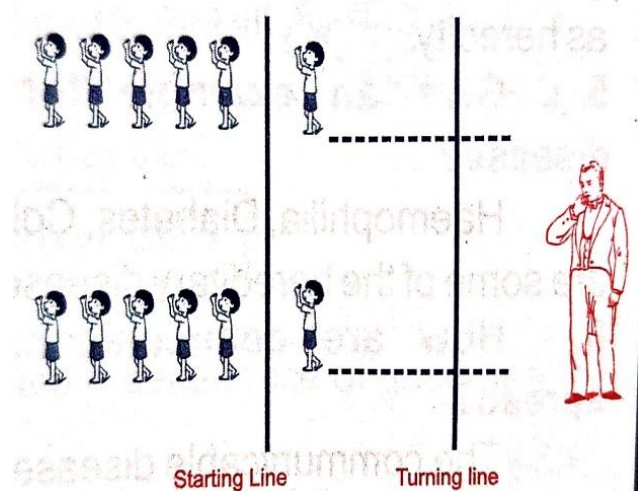
6.4 MERRY GO ROUND

Arrange all players except one in a double circle. The inside circle facing to the right, and the outside circle to the left. The odd player stands in the center. On signal or on music the circles run in the directions as indicated and on the next signal or when music stops, all stop running and with right hand grasp the right hand of a partner; the odd player tries to get a partner. The one left out goes in the center the next time.



6.5 BACKWARD RUNNING RELAY

Arrange the teams in parallel files facing the starting line. At signal, the first player of each team runs backward to the turning line, returns, and touches off the second player. The second player runs and touches off the third player. Continue until all have run. The team finishing first wins.



7. HEALTH EDUCATION

“Health is wealth” is an old saying. Health, in fact is a key to education, success, good citizenship and happy life. Hence health is considered as one’s most precious possession. A healthy individual is like a pillar of the society.

According to the [World Health Organization \(WHO\)](#), health is defined as a state of complete physical, mental, and social well-being, not merely the absence of disease or



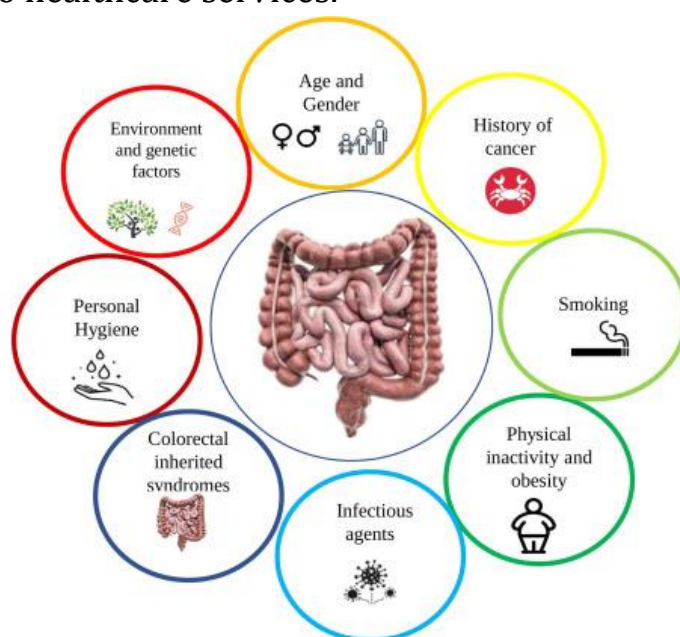
infirmity. Health education, which aims to promote healthy lifestyles and disease prevention, can be classified into three main types: education regarding body and self-care, information about health services and resources, and education on wider policies affecting health (such as environmental regulations).

Several key factors influence an individual's health, often referred to as determinants of health, including genetics, environment, lifestyle choices (diet, exercise), socioeconomic status, education, and access to healthcare services.

Heredity refers to the passing of physical or mental characteristics, or genetic traits, from parents to their offspring through genes.

Examples of inherited traits include eye color, hair type, blood group, and susceptibility to certain genetic disorders, such as diabetes or hemophilia.

Regarding disease, communicable diseases spread from person to person through pathogens like bacteria and viruses,



typically via contact with contaminated surfaces, droplets, aerosols, food/water, or insect vectors.

Contact diseases are a specific subset of communicable diseases spread through direct physical contact (e.g., skin contact, sexual intercourse) with an infected person or indirect contact with their personal items (fomites), such as HIV or leprosy.

A disease is defined as an abnormal condition that negatively affects the structure or function of an organism. These are broadly classified into two categories: **communicable diseases**, which are infectious and spread from one person to another (e.g., cholera, COVID-19, tuberculosis), and **non-communicable diseases**, which are not infectious and are often linked to lifestyle or genetics (e.g., cancer, heart disease).

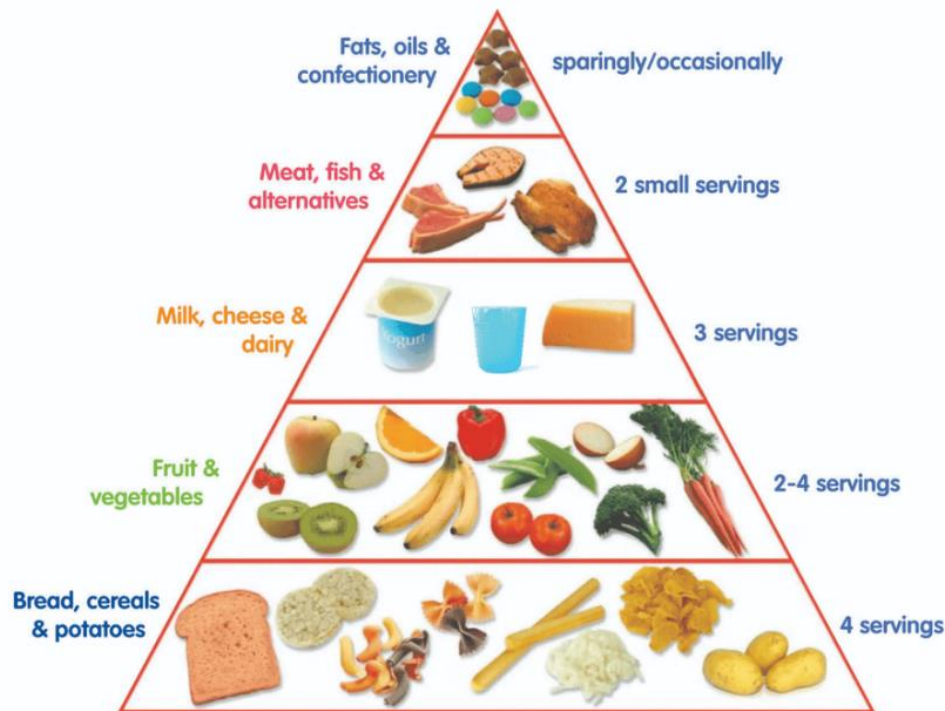
A balanced diet is defined as a diet that provides all essential nutrients in the correct proportions, including carbohydrates, proteins, fats, vitamins, and minerals, required for the body to function properly. Finally, personal hygiene describes the practices, such as regular handwashing, bathing, and oral care, that an individual maintains to prevent infection and promote overall health and well-being.

NUTRITION AND HEALTH

The Role of Food in Maintenance of Good Health

Food plays a fundamental role in maintaining good health by providing the necessary energy, nutrients, and chemical compounds for the body to function, grow, and heal. Key roles include:

- **Supplying Energy:** Carbohydrates, fats, and proteins provide the energy required for daily physical activities, metabolism, and bodily functions like breathing.
- **Growth and Repair:** Proteins are vital for building, repairing, and maintaining tissues, muscles, and organs.
- **Immune System Support:** Vitamins (A, C, E) and minerals (zinc, selenium) boost the immune system, helping the body fight infections and diseases.
- **Preventing Chronic Diseases:** A balanced diet, rich in fruits, vegetables, and whole grains, reduces the risk of noncommunicable diseases (NCDs) like heart disease, diabetes, and certain cancers.
- **Maintaining Physiological Functions:** Nutrients regulate vital processes such as metabolism, blood pressure control, and cholesterol levels.
- **Digestive Health:** Fiber-rich foods support digestion and prevent conditions like constipation.



A Few Communicable Diseases

Communicable diseases, also known as infectious or contagious diseases, are caused by microorganisms like bacteria, viruses, parasites, and fungi that can spread from person to person or via animals/vectors.

Common examples include:

- **Respiratory Infections:** COVID-19, Influenza (Flu), Tuberculosis (TB), Pertussis (Whooping Cough), Pneumonia.
- **Vector-borne Diseases:** Malaria, Dengue fever, Zika virus, Chikungunya.
- **Waterborne and Foodborne Diseases:** Cholera, Typhoid fever, Hepatitis A, Salmonellosis.
- **Sexually Transmitted and Blood-borne Diseases:** HIV/AIDS, Hepatitis B and C, Syphilis, Gonorrhea.
- **Skin/Direct Contact Diseases:** Scabies, Ringworm, Leprosy.

VEGETABLES AND FRUITS

Apple is rich in phosphorus and iron. Hence it provides excellent brain tonic, it sharpens memory. Bitter Gourd purifies blood and reduces sugar level in the blood. As it generates heat in the body, one should not take excessive quantity of this vegetable.

Carrot, a vegetable with a sweet reddish or yellowish tapering root, is rich in vitamin E. It generates fresh blood and provides glow to the skin. Fresh carrot juice is applied on the skin to treat burns.



Date, the fruits of the date, are rich in iron. They increase muscular weight when eaten with ghee.

Fibre in diet helps to prevent ulcer, an open sore in skin or mucous membrane and colon (greater portion of the large intestine) cancer. Green leafy vegetables and drumstick are rich in fibre. Lack of fibre causes constipation - the root cause of many diseases.

Garlic, a bulb with a strong taste and smell, is believed to lower blood pressure and blood cholesterol. Regular consumption of garlic protects us from cold.

Honey is full of essential nutrients. It works as the perfect pick-up, when your energy levels are down.

Lemon, a citrus fruit contains vitamin C, potassium, and calcium. It is good cough reliever. Milk is the only complete food for the baby. It is the only source of vitamin B in the diet of vegetarians. It can be consumed in many forms as curd, paneer, cheese, milk shakes, and ice cream.

Nuts, which include groundnuts, almonds, cashew nuts, walnuts and peanuts are rich in minerals, proteins and fats. Nuts are useful in treating the common cold.



Oats help to remove bile acids. It has the potential to lower blood cholesterol, stabilise blood sugar levels and combat inflammation.

Potato is known as "King of Vegetables". It is rich in protein, vitamin C, Carbohydrates, iron and amino acids. Diabetics, heart patients and patients with high blood pressure should avoid eating potato.

Radish, a white or red root is eaten raw in salads. It is useful for removing stones in kidneys and gall bladder. Its hot effects help in quick digestion and cold effects keep skin soft and glowing.

Spinach, a vegetable with juicy leaves, thick and fleshy is a rich source of iron. Hence it is used for iron deficiency variety of anemia (bloodlessness). It cleanses the blood and clears up skin eruptions. Spinach is used in various soups, cooked vegetable forms, mixed vegetables and juice forms.

Tomato is a juicy fruit, usually red, sometimes yellow. It contains vitamins A, B, and C, potassium salt and iron. It is a Wood purifier. Both in cooked and raw form it is tasty.

8. OLYMPIC GAMES

The origin of the Olympics goes back to the Greek legend of Zeus and Kronos. Poet's praise of Zeus and Kronos, the mightiest of the Gods, fighting for possession of Earth on Mount Olympus and the games being held in commemoration of Zeus' Victory.

The ancient Olympic games were conducted once in four years at Olympia in Greece in honour of the God Zeus / Horkios.

The first ancient Olympics was conducted in the year 776 B.C.

The participants should be born in Greek ii. The events were open only to amateurs iii. The participants should have no criminal records iv. The competitors must have had at least 10 months of training prior to their participation. The Olympic Oath was taken only after sacrificing a pig to God Zeus.

The trumpeters, officials and the competitors only were participated, in the march past.

The victor in each event was honored with a crown of olive leaves. He was then taken into his state in a triumphal procession.

The first modern Olympic games were conducted at Athens in Greece in the year 1896.

The sacred fire was kept burning perpetually at the altar of God Zeus.

The special features of ancient Olympics:

- i. Women were not permitted either to participate or to witness the Olympic games.
- ii. The participants were not allowed to wear any dress and they had to take part nakedly.
- iii. The competitors were only the Greeks and they should not have committed any crime.
- iv. Every competitor had to take the oath of fairness.
- v. The competitors must have practiced for ten months in Palestra and for the last month in Olympia.
- vi. The competitions were only among the Greek city states.
- vii. There were only individual items and not team items.

Five pentathlon events in the ancient Olympics:

1. Discus throw
2. Javelin throw
3. Long jump
4. Wrestling
5. Foot race.

Olympic Oath

"We swear that we will take part in the Olympic Games in loyal competition respecting the regulations which govern them and desirous of participating in them in true spirit of sportsmanship for the honour of our country and the glory of sports."

The opening ceremony of Olympic games

1. March past
2. Declaring the meet open
3. Flag hoisting
4. Lightening the Olympic torch
5. Oath taking
6. Start of the events.

9.MODERN OLYMPICS

First modern Olympics

The first modern Olympic games were held at Athens in the year 1896 A.D.

In 1916, 1940 and 1944 the Olympic sports were not conducted because of the first and second world wars.

controlling body of the modern Olympic games

The I.O.C. is the controlling body of the modern Olympic games

the father of the Modern Olympics

"Baron Pierre De Coubertin" is the father of the modern Olympics.

At 1984, Los Angeles. Olympic games did RT. Usha finish in the 400m hurdles finals

In 1988, Seoul Olympics was Ben Johnson stripped off his gold medals.

the minimum age for male competitors in the Olympic gymnastics event is Sixteen years of age.

The Olympic sports in 2008 were conducted at Beijing in China.

The Olympic flag was first used in the Antwerp Olympics in 1920.

The Olympic flame was first inaugurated in 1932 Olympics in Los Angeles.

There are two kinds of Olympic flags:

1. Olympic flag for hoisting.
2. Ceremonial Olympic flag.

The Olympic flag is white in colour.

There are five interlaced rings at the centre of the flag.

The following five continents are represented by the rings

America (Blue), Asia (Yellow), Africa (Black), Europe (Green), Australia (Red)

Olympic motto

Citius (faster) Altius (Higher) fortius (Stronger) is the Olympic motto.

Rev. Father Didon first used the motto.

Olympic Oath

The Olympic Oath is a solemn promise made by representatives of athletes, coaches, and officials during the Opening Ceremony of each Olympic Games to uphold rules, fair play, and anti-doping, usually delivered by host nation representatives holding

the Olympic flag. As of 2018, it is a combined, modernized oath focusing on solidarity, equality, and inclusion.

Current Olympic Oath Text (Since 2018/2020) The oath is now a unified pledge spoken on behalf of all athletes, coaches, and officials:

The current, unified oath is a solemn pledge emphasizing integrity, inclusion, and the Olympic spirit of fair play, with the full text available on the [Olympics website](#).

Key Facts About the Olympic Oath

- **Origin:** Introduced at the 1920 Antwerp Games by fencer Victor Boin.
- **Combined Format:** Since 2018, the athlete, coach, and official oaths were merged into a single, athlete-led pledge.
- **Purpose & Symbolism:** Emphasizes fair play, anti-doping, and inclusion, with representatives holding the Olympic flag.
- **Participants:** Led by host nation representatives (one athlete, one coach, one official).

The olympic oath was introduced in 1920 at Antwerp.

Marathon race

The marathon race was first introduced in 1896 at the first modern Olympic games in Athens.

The distance is 26 miles and 385 yards (42.196 meters.)

Spiridon Louis, a shepherd of Greeks is the winner of the first Marathon race.

In 490 B.C. the Persians invaded Greece and fought with Greeks at the battle field of Marathon. In that battle, the Persians were defeated. The Greek commander wanted to convey the glad news to Athens. Therefore, he called for Pheidippides, the famous Athenian runner and asked him to run all the way to Athens and communicate the news to the anxious city fathers.

Pheidippides had fought in the battle that day as a soldier. Although he was tired, he obeyed the orders of his commander and ran all the way from Marathon to Athens a distance of 26 miles and 385 yards and said "Rejoice, we conquered" Having conveyed the news he fell down dead.

In his memory the **Marathon** race was introduced in the modern Olympics.

women in the Olympics

In the year 1900 women were first allowed to participate in the Olympics at Paris. It was swimming and diving.

10. SAFETY EDUCATION

Causes of accidents

1. Driving faulty vehicle
2. Absent mindedness
3. Over confidence
4. Carelessness
5. Hurriedness
6. Ignorance
7. Inefficiency
8. Forgetfulness
9. Harsh driving etc.

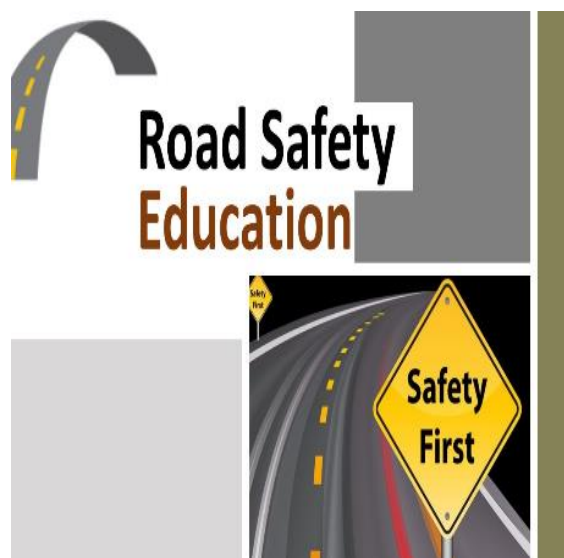


The safety measures to be adopted at home

1. We should keep the medicines, insecticides etc. beyond the reach of the children.
2. Sharp materials like blade, knife, needle, axe, etc. should be kept in a locked room.
3. Toilet and bathroom should be kept neat and clean always to avoid slippery.
4. We should not permit the children to play near the deep pits or wells.
5. It is better not to permit children to handle electric materials, gas stove etc.
6. It is good to wear cotton dress materials while cooking.

The points to be borne in mind while walking on the road

1. We should walk only at the left extreme of the road always.
2. Road rules should be followed very strictly.
3. We should remove the rough materials like skin of plantain fruit, iron rod, glass pieces, etc. if found on the road.
4. We should use the one way traffics and under ground passage without fail.
5. We should check the vehicle whether in good condition, before use.
6. We should see the right side first, then at the left side before crossing the road.



7. We should not see here and there (looking the posters on the wall etc.) while walking on the roads.

The safety measures to be taken at school

1. Play field should be maintained properly, removing thorns and stones, ups and downs etc.
2. Playing courts except kho-kho field should be constructed mostly towards south to north to avoid sun rays.
3. Protected water should be supplied to the children in the school.
4. We should check the play materials whether in good condition, before use.
5. Long jump, high jump pits should be filled up with sand sufficiently.
6. Foam mattress should be used while practicing gymnastic exercises.
7. In the science lab, the chemicals should be handled very carefully.
8. School buildings and furniture should be maintained properly. Conducting classes in the damaged buildings should be avoided.



**“Fitness and Safety Begin
with
Awareness and Practice.”**

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