

Success story of sportsmen

Sportsperson to Sports Minister - Rajyavardhan Singh Rathore



Rajyavardhan Singh Rathore was born to Col. Laxman Singh Rathore and Manju Rathore on January 29, 1970 in Jaisalmer, Rajasthan. He became the first Indian to win a silver medal in men's shooting double trap at the Olympics.

In school life, Rathore was an outstanding player in basketball, volleyball, cricket, football, kabaddi and athletics. He was awarded a scholarship from the School Game Federation of India for his outstanding performance in national cricket. Representing National Defence Academy (NDA) basketball team, he won Gold medal for individual performance. He was honored with the "NDA" Blazer's Best Player award. After entering Indian Military Academy in Dehradun, he won gold medals in volleyball, football, cricket, boxing, water polo. Being the best player, he was awarded the Gold Medal of the Sikh Regiment and received the Board of Honour for Best Cadet.

In 1996, Rajyavardhan Rathore began his training for shooting at the Army Marksman Infantry School and regular practice took place at K.D. Karni Singh Shooting Range in Delhi. In 2003, he won bronze medal in the World Championship held at Nicosia in Cyprus.

As a lieutenant in the Indian Army he won a silver medal in the men's double trap shooting event at the 2004 Athens Olympics. Rajyavardhan played a crucial role in winning gold for the team in the Asian Clay Shooting Championship held in the year 2005. He won gold medals three times in the Asian competitions between 2002 and 2004. Rajyavardhan won 25 international medals in various competitions like the Commonwealth Championships of 2002 and 2006, the ISSF World Shooting Championships and the Asian Clay Target Championships.

After retiring from the army, he became active in politics. In 2014 he was elected to the Lok Sabha and served as Minister of State for Information and Broadcasting following which he was entrusted with the Sports Ministry which he took up very passionately.

He believed sports participation amongst the youth is vital for the future of the country, inculcating leadership qualities and nurturing virtuous individuals. Indian sportspersons should have access to international platform to display one's skills and abilities to the world. With these thoughts, Rajyavardhan Rathore implemented many innovative plans like Khelo India and Target Olympic Podium (TOP) that resulted in generating keen interest for sports.

In recognition to his contribution to the field of sports, Rajyavardhan Rathore was awarded the Arjuna Award by the Government of India in 2003-04 and the Rajiv Gandhi Khel Ratna award in 2004-05. He went on to receive the highest civilian award the Padma Shri in 2005-06 and was the first Indian soldier below the rank of brigadier to receive such a medal. All Indians salute this talented sportsperson!

USHA - Tenacious Personality



PT Usha is a dominant personality both in India and the world over and was a great athlete. Even today, children take her name when talking of the fastest woman on the track.

Born on June 27, 1964 as the second daughter of 6 children to Paithal and Lakshmi Amma, she lived with her family in a village named Payyoli, Kozikhode district, Kerala. P T Usha comes from a very humble and poor background. Even then she displayed a special aptitude and passion to play which was noticed by the sports loving Physical Education teacher of her school Balakrishnan Master. Once while talking to parents, his eyes fell on a group of small girls playing in the field. He noticed a pair of very fast-moving feet in the group. It belonged to a dusky girl in blue skirt and white blouse. Patiently waiting for their game to finish he gently called and enquired her name. Very shyly she responded Usha of class 4.

Balakrishnan Master used to select few students and make them practice running and jumps in preparation for competitions. Usha too joined them. In return he used to provide them tea and snacks from a nearby stall which the children enjoyed. The PE teacher made Usha from 4th standard, run with the district champion of the 7th standard and PT Usha won that race. It was a defining moment, a beginning of her exploits on the athletic track. In 1976, the Kerala government started a training center at

Kannur district. Usha won a scholarship of Rs 250 from her district and joined the new facility for athletic training. Her parents especially her mother, encouraged and gave her confidence.

P.T.Usha's career

At the age of 16 she became the youngest Indian athlete to qualify for the Olympics held at Moscow in the year 1980.

In the 1982 Usha bagged a silver medal in the 100 m and the 200 m run, at the Asian Track and Field, Usha bagged gold in the 400m. She created a world record by winning gold in 100, 200, 400 metre run, In the 1986 Seoul Asian Games, Usha brought home four gold medals and a silver in the 100 meters run.

Her outstanding achievement in athletics earned her many names such as 'Golden Girl', 'Payyoli Express'. and many other names For her excellent achievements in sports, in 1984, Usha was conferred with the Padma Shri and Arjuna Award.

In 1991, the golden girl found her better half in V. Srinivasan. The duo got married and were later blessed with a son named Ujjwal. The sabbatical she took from athletics for moving the family way did not hinder her return. She continued winning medals and breaking National records and at the age of 34, she won silver medal in the 200 and 400 meters run in the Asian Track Federation meet held at Fukuoka in Japan, proving that age cannot be a barrier to any success.

She did not stop after doing so much. To keep her dream alive, today also she runs an athletic school in kerala, Where she gives athletic training to the youth.

P T Usha in the Asian Games

1982 – Delhi, 2 silver medals.

1986 – Seoul, 4 gold medals, 1 silver medal

1990 – Beijing, 3 silver medals

1994 – Hiroshima, 1 silver medal

Complete the table by getting the following players information.

| Sr. No | Name of the player | Types of play | Competition Performance | Awards |
|--------|-------------------------|---------------|-------------------------|--------|
| 1. | Khashaba Jadhav | | | |
| 2. | Leander Paes | | | |
| 3. | Karnam Malleshwari | | | |
| 4. | Rajvardhan Singh Rathod | | | |
| 5. | Abhinav Bindra | | | |
| 6. | Sushil Kumar | | | |
| 7. | Vijender Singh | | | |
| 8. | Vijay Kumar | | | |
| 9. | Yogeshwar Dutt | | | |
| 10. | Mary Kom | | | |
| 11. | Saina Nehwal | | | |
| 12. | Gagan Narang | | | |
| 13. | P. V. Sindu | | | |
| 14. | Sakshi Malik | | | |
| 15. | Hima Das | | | |

Practical work

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| 1 | <p>Physical soundness</p> <ul style="list-style-type: none"> • Training Methods : Circuit Training, Weight Training, Plyometric Training, Fartlek Training, Obstacle Race, Aerobics / Zumba, ABC Drills, etc. <p>Suggestions : While practicing these training methods, one should know the set, rotations, relaxation between the two sets, intensity, variety, hardness and integration of the two exercises accordingly.</p> |
| 2 | <p>Field matters (compulsory)</p> <ul style="list-style-type: none"> • Running - 100m / 200m / 400m Any one; 800m / 1500m Any one • Throwing and jump type - Study the practice of any one throw and one jump. In addition to this practice other field activities (optional). |
| 3 | <p>Various sports and sports events</p> <ul style="list-style-type: none"> • In order to gain proficiency in any of the two games played in the previous class, the game should be practiced using developed techniques. The practice should include stimulating movements, sportsmanship and tactics. Relaxation should be done after doing practice. |
| 4 | <p>Yog</p> <ul style="list-style-type: none"> • Except for the 'Asanas' provided in the textbook, at least five 'Asanas' should be practiced according to the sitting position, sleeping position, reverse sleeping posture types. • Pranayama : 'Anulom-vilom' - Practicing the Pranayama. • The Kapalbhathi postures printed in textbook should be practiced. |
| 5 | <p>Activities (At least one of the given activities should be completed in each session.)</p> <ul style="list-style-type: none"> • Bicycle trip • Keeping records of physical activity with the help of a fitness app. (At least seven days) • Sports Literature Exhibition (in picture format, replica or actual sports literature, etc.) • List the various exercise materials. Try out new exercises using materials. • Conducting a sports quiz. • Visiting sports complexes and recording sports facilities there. • Conduct inter-state / intra-state competitions of any one sport at school on the basis of the Premier League. (E.g. player auctions, team owners, team managers, coaches, etc.) • Trying to reach the goal of performing 'suryanamaskar' collectively |
| <p>IMPORTANT NOTE : The practice of any sports skill, physical activity, or field play etc. should be done only under the guidance of experts.</p> | |

Below is a list of some sports websites, according to which you can find out more by visiting your favorite sports websites.

1. Various competition web sites

www.olympic.org
www.thecgf.com
www.olympic.ind.in/national-games
www.kheloindia.gov.in
www.sgfibharat.com

2. Websites for various sports league events

www.prokabaddi.com
www.prowrestlingleague.com
www.pbl-india.com
www.indiansuperleague.com
www.provolleyball.in
www.iplt20.com

3. Various sports websites

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| www.basketballfederationofindia.org | www.indianathletics.in |
| www.handballindia.in | www.boxingfedertion.in |
| www.the-aiff.com | www.indiaboxing.in |
| www.hockeyindia.org | www.BCCI.tv |
| www.volleyballindia.com | www.ballbadmintonindia.com |
| www.badmintonindia.org | www.indianarchery.info |
| www.swimming.org.in | www.aitatennis.com |
| www.indiangymnastics.com | www.thenrai.in |
| www.khokhofederation.in | www.fencingassociationofindia.com |
| www.indiaskate.com | www.indiankabaddi.org |
| www.tffi.org | www.rollball.org |
| www.aict.in | www.wrestlingfederationofindia.com |
| www.ipa.co.in | www.indiancarrom.com |
| www.onlinejfi.org | www.indiasquash.com |

Doping : www.nadaindia.org www.wada-ama.org

Obesity : www.who.int/news-room/fact-sheets/detail/obesity-and-overweight

