

ASIAN AND OLYMPIC GAMES

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

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

Ancient Olympic Games :

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

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

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

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

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

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

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

Importance of Games

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

Rules for the Players :

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

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

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

Modern Olympic Games :

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

Barron de Cubertin :

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



Fig. 35

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

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

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

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

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

Olympic Motto—

This motto is maac : from three lined words-

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

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

Olympic Oath

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

Rules of Games :

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

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

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

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

Olympic Flag :

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

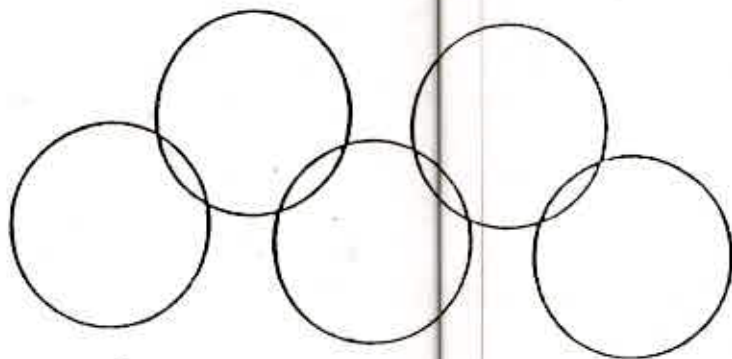


Fig. 36

Sport Events:

Following are the minimum games included in Olympics:

1. Archery
2. Athletics
3. Basket Ball

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

Chronological order of Olympic Games :

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

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

Olympic Games and India :

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Asian Games:**No. Year Venues**

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

Asian Games and India:

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

Asian Games :

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

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

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

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

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

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

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

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

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

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

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

Eleventh Asian Games Beijing (China) 1990.

From 22.9.1990 to 7.10.1990

Medals of Indian player

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

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

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

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

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

EXERCISE

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

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