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SPORTS




The Commonwealth Games-

The **Commonwealth Games** is an international, multi-sport event involving athletes from the Commonwealth of Nations. The event was first held in 1930 and has taken place every four years ever since (except 1942 and 1946 which were cancelled). The Games are described as the third largest multi-sport event in the world after the Olympic Games and the Asian Games.

It was initially known as the **British Empire Games** and was renamed to the **British Empire and Commonwealth Games** in 1954 and the **British Commonwealth Games** in 1970, before finally gaining its current title, the **Commonwealth Games**, for the 1978 edition. The Games are overseen by the Commonwealth Games Federation (CGF), which also controls the sporting programme and selects the host cities.

India start participation in this games from 1934–1938, 1954–1958, 1966–1982, 1990–
India hosted the Games in 2010, at Delhi. It was India's most successful Commonwealth Games to date with Indian athletes winning 38 gold, 27 silver and 36 bronze medals.

India's position in this games

Year	 Gold	 Silver	 Bronze	Total	Position
2010	38	27	36	101	2nd
2006	22	17	10	49	4th
2002	30	22	13	69	4th
1998	7	10	8	25	7th
1994	6	11	7	24	6th
1990	13	8	11	32	5th

Olympic Games-

The Ancient Olympic Games were religious and athletic festivals held every four years at the sanctuary of Zeus in Olympia, Greece. Competition was among representatives of several city-states and kingdoms of Ancient Greece

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SPORTS AND THE TERMS ASSOCIATED WITH THEM

Badminton

Angled Drive Serve, Backhand Low Serve, Bird, Deuce, Double Droup, Fault, Flick Serve, Forehand Smash, Let, Lob, Love All, net Shots, Rush, Smash.

Baseball

Base, Battery, Bunting, Catcher, Diamond, Hitter, Home Infield, Outfield, Pinch, Pitcher Plate, Pullout, Short Stop, Strike.

Basketball

Ball, Basket, Blocking, Dribbling, Free Throw, Held Ball, Holding, Jump Ball, Multiple Throws, Pivot.

Billiards

Baulk Line, Break, Bolting, Cannon, Cue, Hazard, In-off, Jigger, Long jenney, Pot, Scratch, Screw Back, short Stop, Strike.

Boxing

Ausiliary Point System, Babit Punch, Break, Cut, Defence, Down, Hook, Jab, Lying On, Knock, Seconds out, Slam, Upper Cut, Weight In, Win by Knock-out.

Bridge

Auction, Bid, Chicane, Cut, Declarer, Doubleton, Dummy, Finesse, Grand Slam, Little Slam, Notrumps, Over-trick, Revoke, rubber, Ruff, Shuffle, Suit, Vulnerable.

Chess

Bishop, Capture, Castling, Checkmate, En Passant, Gambit, Grand Master, King, Knight, Pawn, Queen, Rook, Stalemate, Under Promoting.

Cricket

Ashes, Banana, Boundary, Bowling, Caught, Chinaman, Cover Drive, Crease, Doosra, Duck, Duckworth-Lewis Rule, Fine Leg, Follow On, Full Toss, Gardening, Googly, Gully, Hat-trick, Hit Wicket, Inswinger, I.b.w., Leg-break, Leg-bye, Leg Glance, late Cut, maiden Over, No Ball, Off Break, On Drive, Out, Outswinger, Over, Mandatory Over, over Pitch, Popping Crease, Rubber, Run Down, Run Out, Short Pitch, Silly Point, Slip, Square Leg, Stone Walling, Straight Drive, Stumped, Short leg, Spin, Swing, Thirddman, Yorker.

Croquet

Hoops, Mallet, Peg Out.

Draughts

Huff

Football

Advantage Clause, Blind Side, Centre Forward, Corner Kick, Dead Ball, Direct Free Kick, Dribble, Goal kick, Golden Goal, Hat-trick, Marking, OffSide, Penalty Kick, Penalty Shootout, Red Card, Striker, Throw In, Tripping.

Golf

Best-ball Foursome, Bogey, Bunker, Caddie, Dormy, Fairway, Fourball, Foursome, Greed Holes, Links, Niblic, Par, Put, Rough, Stymied, Tee, Threesome.

Gymnastics

A-bars, Ariel, Blocks, Cone of Swing, Dish, Flairs, Giants, Inlocate, Kip, Planche, Tariff, Tumble, Virtuosity, Wrap.

Hockey

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Advantage, Back-stick, Bully, Cary, Centre Forward, Corner, Dribble, Flick, Free-hit, Goal Line, Green Card, Halfway Line, Hat-trick, Off-side, Red Card, Roll -in, Scoop, Short Corner, Sixteen-yard hit, Square Pass, Stick, Striking Circle, Tackle, Tie-breaker, Zonal Marking.

Horse Racing

Jockey, Punt, Steeplechase, Thorough Bred.

Judo

Ashi-waza, chui, Dan, Dojo, Gyaku, Hajime, Ippon, Jigotai, Kaeshiwaza, Koka, Makikomi, Nage-waza, O-goshi, Randori, Scarf, Tani-Otoshi, Uchi-komvi, Waki-gatame, Yoshi, Yuko.

Karate

Age Zuki, Ai-uchi, Aka, Chakugan, Dachi, Encho Sen, Fudotachi, Gedan, Geri, Hajime, Ibuki, Jion, Kakato, Koka, Makiwara, Nidan, Obi, Rei, Sanbon, Shiro, Tobigeri, Ude, Waza-ari, Yoko-geri, Zanshin, Zen-no.

Polo

Bunker, Chukker, Mallet.

Rowing

Bow, Bucket, Cow, Ergometer, Feather, Paddle, Regatta.

Rugby Football

A Trackle, Lines, Scrum, Touch, Try.

Shooting

Bag, Bull's Eye, Marksmanship, Muzzle, Plug.

Skiing

Tobogganing.

Swimming

Breast Stroke, Crawl.

Table Tennis

Anti Loop, Backspin, Chop, Loop, Penhold Grip, Push, Spin, Twiddle.

Tennis

Ace, Backhand Stroke, Deuce, Deep Volley, Deuce, Double Fault, Fault, Ground Stroke, Half Volley, Let, Love, Slice, Smash, Volley

Volleyball

Ace, Base-line, Blocking, Doubling, Foot Fault, Heave, Holding, Jump Set, Lob Pass, Love All, Point, Quick Smash, Scouting, Service, Spike, Tactical Ball, Volley, Windmill Service.

Wrestling

Half-Nelson, Head Lock, Heave, Hold, Rebouts, Scissor.

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Athletics

Commonwealth Stadium (Canada), Olympic Stadium (Athens), Stadium Australia (Sydney)

Baseball

Brooklyn (USA), Dodger Stadium (USA), Qualcomm Stadium (USA), Veterans Stadium (USA).

Basketball

Alamodome (Texas), Charlotte Coliseum (USA).

Boat Rowing

Putney (England).

Boxing

Madison Square Garden (USA), Yankee Stadium (USA).

Cricket

Asgiriya Stadium (Kandy), Arbal-Niaz Stadium (Peshawar), Bangabandhu National Stadium (Dhaka), Barabati Stadium (Cuttack), Brabourne Stadium (Mumbai), Chinnaswamy Stadium (Bangalore), Eden Gardens (Kolkata), Eden Park (Auckland), Ferozeshah Kotla Ground (Delhi), Gaddafi Stadium (Lahore), Green Park (Kanpur), Indira Priyadarshini Stadium (Visakhapatnam), Iqbal Stadium (Faisalabad), Jinnah Stadium (Gujranwala), Khetarama Stadium (Colombo), Lal Bahadur Stadium (Hyderabad), Leeds (London, England), Lords (London, England), M. A. Chidambaram Stadium (Chennai), Melbourne (Australia), National Stadium (Karachi), Nehru Stadium (Pune), Nehru Stadium (New Delhi), Nehru Stadium (Goa), Old Trafford (Manchester, England), Oval (London, England), Pindi Stadium (Rawalpindi), Sabina Park (West Indies), Sawai Man Singh Stadium (Jaipur), Sinhalese Sports Club Stadium (Colombo), Trent Bridge (England), Wankhede Stadium (Mumbai), Wanderers (South Africa).

Football

Ambedkar Stadium (New Delhi), Athens Olympic Stadium (Greece), Brookland (England), Corporation Stadium (Kolkata), Fed Ex Field (USA), Millennium Stadium (UK), Nehru Stadium (New Delhi), Oita Big Eye Stadium (Japan), Pontiac Silverdome (USA), Salt Lake Stadium (Kolkata), San Januario Stadium (Brazil), Veterans Stadium (USA), Wembley (London), Yokohama International Stadium (Japan).

Golf

Augusta National Club (USA), Lyon Golf Club (France), Metropolitan Club (Melbourne), Sandy Lodge (Scotland), Yangon Club (Myanmar).

Greyhound Racing

White City (England).

Hockey

Dhyan Chand Stadium (Lucknow), Lal Bahadur Stadium (Hyderabad), Merdeka Stadium (Kuala Lumpur), Major Dhyan Chand Stadium (formerly National Stadium, New Delhi), Nehru Stadium (New Delhi), Sawai Man Singh Stadium (Jaipur), Shivaji Stadium (New Delhi),

Horse Racing

Aintree (England), Doncaster (England), Epsom (England), Flemington (Melbourne).

Lawn Tennis:

DLTA Grounds (New Delhi), Wimbledon (England), Forest Hill (USA).

Polo

Hurlington (England), Jaipur Pologrounds.

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Rugby Football

Blackheath, Twickenham (England), Millennium Stadium (Cardiff, UK).

Shootng

Bisley (England), Markopoulo Center (Athens).

Snooker

Blackpool (England).

Swimming

Subhas Sarovar (Kolkata), Talkatora Swimming Pool (New Delhi).

Swimming and Rowing:

Cape Griz Zen Putney-Mort -Lake (England), Sleen Sports Complex (Australia).

Table Tennis - NDMC Indoor Stadium (New Delhi).

Tennis - Foro Italico Stadium (Rome), Rolland Garros Stadium (Paris), Flushing Meadows (New York)

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Indian Defence

- The President of India is the supreme commander of the Indian defence system
- The whole administrative control of the Armed forces lies in the Ministry of Defence
- The Defence Minister (Raksha Mantri) is responsible to Parliament for all matters concerning defence of the country.
- Indian defence system has been divided into three services-
 1. Army
 2. Navy
 3. Air Force

Organisation

The Principal task of the Ministry of Defence is to obtain policy directions of the Government on all defence and security related matters and communicate them for implementation to the Service Headquarters, Inter-Service Organisations, Production Establishments and Research and Development Organisations. It is also required to ensure effective implementation of the Government's policy directions and the execution of approved programmes within the allocated resources.

Indian Army

The Indian Army is organized into seven commands:

S.No.	Command	Headquarter
1	Western command	Chandigarh
2	Eastern command	Kolkata
3	Northern command	56 APO
4	Southern command	Pune
5	Central command	Lucknow
6	Army Training Command	Shimla
7	South Western Command	Jaipur

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Indian Navy

Indian Navy is organized into following commands:

S.No.	Command	Headquarter
1	Eastern command	Vishakhapatnam
2	Southern command	Kochi
3	Western command	Mumbai

Indian Air Force

Indian Air Force is organised into seven commands:-

S.No.	Command	Headquarter
1	Western command	New Delhi
2	Central command	Allahabad
3	Eastern command	Shillong
4	South western command	Jodhpur
5	Training command	Bangaluru
6	Maintenance command	Nagpur
7	Southern command	Thiruvananthapuram

Indian Coast Guard

The Coast Guard is headed by a Director General. Its headquarters is based in the Capital, New Delhi. It has

- 3 Regional headquarters at Mumbai, Chennai and Port Blair
- 1 District Headquarters in each of the nine coastal states and 2 in the Union territories of Andaman and Nicobar Islands and Lakshadweep Islands.
- 4 Coast Guard Stations, one each at Vadinar, Okha, Tuticorin and Mandapam.
- It also has aerodromes in Daman and Chennai
- Air Enclaves at Goa, Kolkata and Port Blair.

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Defence Production Units

Unit	Established	Total Factories	Places
Hindustan Aeronautics Limited (HAL)	1964	12	Bengaluru(5), Koraput, Nasik, Karwa, Kanpur, Lucknow, Barrackpur, Hyderabad
Bharat Electronics Limited (BEL)	1959	9	Bengaluru, Ghaziabad, Pune, Machilipatnam, Taloja (Maharashtra), Panchula (Haryana), Kotadwara, Hyderabad, Chennai.
Bharat Earth Movers Limited (BEML)	1964	3	Bengaluru, Mysore, Kolar Gold Fields
Bharat Dynamics Limited	1970	1	Hyderabad
Mishra Dhadu Nigam Limited (MIDHANI)	1973	1	Hyderabad
Goa Shipyard Limited (GSL)	1957	1	Goa

Paramilitary and Reserved Forces

Indo-Tibetan Border Police (ITBP)	<ul style="list-style-type: none"> It was established in 1962, after the Chinese attack. It is basically employed in the Northern borders for monitoring the borders and also to stop smuggling and illegal immigration
National Security Guard (NSG)	<ul style="list-style-type: none"> It was established in 1984 It has been established to counter the surge of militancy in the country. It is highly trained force which deals with militants effectively
Central Industrial Security Force (CISF)	<ul style="list-style-type: none"> It was set up in 1969 after the recommendations of Justice B Mukherji. Its objective is to monitor the industrial complexes of Central Government
Assam Rifles	<ul style="list-style-type: none"> It was established in 1835 and is the oldest paramilitary force in the country Its main objective is to keep vigilance of international borders in North East and countering insurgency operations in Arunachal Pradesh, Manipur, Mizoram and Nagaland
Border Security Force	<ul style="list-style-type: none"> It was established in 1965

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(BSF)	<ul style="list-style-type: none">It keeps a vigil over the international borders against the intrusion in the country.
Central Reserve Police Force (CRPF)	<ul style="list-style-type: none">It was set up in 1939Its main objective is to assist the State/Union Territory Police in maintenance of law and orderThe 88th Battalion of CRPF, known as 'Mahila Battalion' (commissioned on March 30, 1986) is the world's first paramilitary force comprising entirely of women.
National Cadet Corps (NCC)	<ul style="list-style-type: none">It was established in 1948Its main objective is to stimulate interest among the youth in the defence of the country in order to build up a reserve man power to expand armed forces
Territorial Army (TA)	<ul style="list-style-type: none">It was established in 1948It is a voluntary, part time force (between 18 and 35 years), not professional soldiers, but civilians, who wish to assist in defence of the country
Home Guards	<ul style="list-style-type: none">It was established in 1962, to assist the police in maintaining security, to help defence forces and to help local authorities in case of any eventuality.
Coast guard	<ul style="list-style-type: none">It was setup in 1978Its main objective is to protect the maritime and other national interests in the maritime zones of India
Intelligence Bureau (IB)	<ul style="list-style-type: none">It was set up in 1920Its objective is to collect secret information relating to country's securityIt was originally set up as Central Special Branch (CSB) in 1987 and renamed IB in 1920.
Central Bureau of Intelligence (CBI)	<ul style="list-style-type: none">It was established in 1953Its objective is to investigate cases of misconduct by public servants, cases of cheating, embezzlement and fraudCBI is also entrusted with the investigation of international crime cases in collaboration with INTERPOL
National Crime Records Bureau (NCRB)	<ul style="list-style-type: none">It was established in 1986Its objective is to collect crime statistics at the national level, information of inter-state and international criminals to help investigation agencies.
Rapid Action Force (RAF)	<ul style="list-style-type: none">It was established in 1992Under the operational command of CRPF10 battalions of the CRPF have been reoriented for tackling communal riots in the country.

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Quotation	Quoted By
1 Swaraj is my Birth Right	Bal Gangadhar Tilak
2 Take care to get what you like or you will be forced to like what you get.	G. B. Shaw
3 A thing of beauty is a joy forever	John Keats
4 To be and not to be that is the question.	Shakespeare
5 Delhi Chalo	Netaji Subhash Chandra Bose
6 Superstition is the religion of feeble minds.	Edmund Burke
7 Let a hundred flowers bloom and let a thousand school of thought contend.	Mao-Ste-Tung
8 Aram Haram Hai	Jawahar Lal Nehru
9 Where wealth accumulates, men decay.	Goldsmith
10 Beauty is truth, truth is beauty, that is all.	John Keats
11 I came I saw I conquered	Shakespeare
12 Good Government is no substitute for self government.	Alfred Tennyson
13 A democratic Government is of the people, for the people and by the people.	Abraham Linkon
14 Jay Hind	Netaji
15 Law grinds the poor and rich men rule the men.	Gold Smith
16 The human soul needs actual beauty more than bread.	D. H. Lawrence
17 War is the greatest crime man perpetrates against man.	Zarathustra
18 There never was a good war or a bad peace.	Benjamin Franklin
19 The only man who never makes mistakes is the man who never does anything.	Theodore Roosevelt
20 Truth and Non-violence is my God	M. K. Gandhi
21 Jai Jawan, Jai Kishan	Lal Bahadur Shastri
22 Eureka Eureka	Archimedes

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| 23 | Just as I would not like to be a slave, so I would not like to be a master. | Abraham Linkon |
| 24 | Brevity is the soul of wit. | Shekspear |
| 25 | East is east and west is west and never the twin shall meet. | Kipling |
| 26 | Knowledge is Power | Hobbes |
| 27 | Man is by nature a political animal. | Aristotol |
| 28 | Temptation usually comes in through a door that has delibarety been left open. | Arnold Glasow |
| 29 | I therefore want freedom immediatly this very night, before dawn if it can be had? | Gandhiji |
| 30 | Man is not the creature of circumstance. Circumstances are the creature of men. | Disraeli |
| 31 | Excellent things are rare. | Plato |
| 32 | Well done is better than well said. | Benjamin Franklin |
| 33 | Ambition is like love: Impatient both of delays as well as rivals. | Buddha |
| 34 | The child is father of the man. | William Wordsworth |
| 35 | Faith is the bird that feels the light when the dawn is still dark. | Rabindra Nath Tagore |
| 36 | Patriotism is religion and religion is love for India. | Bankim Chandra Chatterjee |
| 37 | Oh! Disrespectable democracy! I love you! | G.B.Shaw |