

HEALTH AND PHYSICAL EDUCATION

for Class VII



PUNJAB SCHOOL EDUCATION BOARD

Sahibzada Ajit Singh Nagar

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Writers

Co-ordinator : S Harjinder Pal Singh S Harpal Singh, Lecturer
Vetter : Dr Kuldip Singh Banur S Baldev Singh Gidda
Translator : Mrs Ramneek Bala Prof. Amrik Singh

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Foreword

It has always been the endeavour of Punjab School Education Board since its constitution in 1969, to improve the syllabi of different subjects on the modern lines and prepare the textbooks in a scientific manner as per the revised syllabi.

Keeping in view the importance of sports on National and International Level, Punjab is the pioneer state to introduce the subject of Health and Physical Education, as a compulsory subject in the curriculum from class VI to VIII.

The syllabus of this subject has been given a new shape as per the recommendations of PCF-2013, which will serve as a supplement to the study of the subject of Physical Education. This book has been prepared by able, experienced and the concerned field experts of this subject. The language of the book is very simple, interesting and of the mental level of the students of the concerned classes. Proper illustrations have been provided to deal with the difficult ideas and subtopics. It has been our endeavour to make the study-material teacher friendly. It is hoped that this book will prove beneficial for both the students and the teachers as well. Suggestions from the field, teachers and experts will be gratefully acknowledged by the Board.

Chairman
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Lesson-1

HUMAN BODY

Kabaddi is a popular game of Punjab. Every spectator on watching the Kabaddi players thinks to have a body like them, as they own a stout, beautiful and strong body, when they enter the playground before starting a match, warming up their bodies. Players have to work very hard to make their bodies strong and beautiful. It is not in Kabaddi only, rather in every game the body should be stout and beautiful. In the field of games a player's progress depends on his body. It is necessary to have the knowledge about our body, if we want to make our body good and take maximum output from it. If the player has no knowledge of different parts of body and their functioning, there is a risk of injury during exercise and there is less growth of the player. Human body is divided into two categories to have proper knowledge about it:

1. Body Structure

2. Body Functions

Body Structure: We come to know mainly about the structure of the body in this part. Physical structure gives our body an external appearance. The human body consists of 206 bones of different shapes and sizes which are joined together through joints to form the body structure. This framework of the body is also called Skelton, which is made of tissues and covered with muscles.

Main Functions of Body Structure:

A human body has many vital organs e.g. heart, lungs and kidneys etc. They play an important role in keeping human beings alive. Like these organs a body structure too has many important functions to do.

- 1. Protection:** A human body has many delicate organs e.g. heart, lungs and brain which must be safeguarded from injuries. A minor injury to these organs can prove fatal for human life. Our body frame protects these organs from injuries as it covers them with bones. As our skull protects the most vital and delicate part of the body i.e. brain as the ribs protect heart and lungs.
- 2. Shape:** Body structure gives a shape to our body. Our body will appear like a mass of flesh, if bones do not join it together to make it a proper structure.
- 3. Movement:** All movements of our body are possible only due to body structure. Muscles inside our body are attached to the structure of

the body. Contraction and expansion of the muscles causes functions in the bones and this results in our ability to do the movement of walking, running and jumping etc.

4. **Mineral Storehouse:** Bones of our body act as a mineral store house. There is a great quantity of calcium and phosphorus stored in our bones. Calcium and other minerals are required for the growth and development of the body, that's why, we should eat a balanced diet. If a deficiency of necessary elements is caused in our body, its supply is provided by our bones.

Bodily Functions : It is necessary to know about the functions of our body after knowing about the body structure. There are different working systems in our body which perform different functions. It is necessary that these systems work properly, if we want our body to remain fit. If any of these systems gets disrupted, it has an adverse effect on the whole body and we fall ill.

Different working systems of human body are as the following:-

1. **Muscle System:** We should have the knowledge of the working of muscles. Muscles help us in walking, running and jumping movements. All the movements of our body are possible due to muscles only.
2. **Blood Circulation System:** The blood keeps circulating in our body continuously all the time. Arteries, veins and tissues are the main parts of this system. Heart appears as the clenched fist of human being which continuously beats and through the veins circulates blood to the whole body. We can see blue veins clearly on upper part of our hands which take blood towards heart.
3. **Breathing System:** A man always needs oxygen to live. We inhale oxygen through breathing and exhale carbon di-oxide. Nose, wind pipe and lungs are its main parts.
4. **Digestive system:** We need energy to do every work. This energy is given by the food. The food we eat becomes useful for our body after many chemical processes. We come to know how food is digested and how the energy produced by this, is used.
5. **Excretory System:** Only a part of the food we eat is usable by our body and the rest of it is excreted from the body in the shape of waste materials. In the similar way, when we work, the energy is consumed, as a result many waste materials are produced in the body e.g. sweat and carbon di-oxide etc. These waste materials are necessary to excrete, otherwise our body develops many diseases. The excretory system discharges these waste materials out of the body. Skin and kidneys are

the major parts of this system. They expel the waste material from the body in shape of urine and sweat.

6. **Nervous System:** Brain controls all the activities of human body. There is a net of nervous system spread in the whole body that sends the messages of brain to the different parts of body and vice-versa. Spinal cord plays an important role in sending messages from brain to muscles and muscles to brain. All messages are sent forward through spinal cord.
7. **Sense Organs:** Eyes, nose, ears, tongue and skin are the main parts of this system. We get knowledge about the changes in our surroundings and environment through them. We can see any object with our eyes, differentiate between odour and fragrance.

We can hear with our ears, tongue tells us about the taste and the skin makes us feel the touch of anything and realization of heat and cold. These sense organs are directly connected with brain.

All the above mentioned bodily systems are vital for body, but the blood circulation system and breathing system among them are very important. If any one system of these two stops working even for a short while, a man can die. Continuous flow of blood and oxygen in the body is very necessary to keep any human being alive.

Human body is like a machine and different systems of the body are like its parts. To make the machine run properly, it is important that all its parts should work properly. If any system of our body is disrupted, its effect can be felt on the whole body and the man becomes ill. It is important to have knowledge about our body to keep it healthy.

EXERCISE

1. What do you know about human body?
2. In order to understand the human body, the body is divided into which two parts?
3. How many bones are there in a human body?
4. What are the main organs of blood-circulatory system?
5. What do you know about sensory system?
6. What is the importance of excretory system in human body?
7. What are the main functions of human body ?

Lesson -2

PHYSICAL CAPACITY and ADVANTAGES of EXERCISE

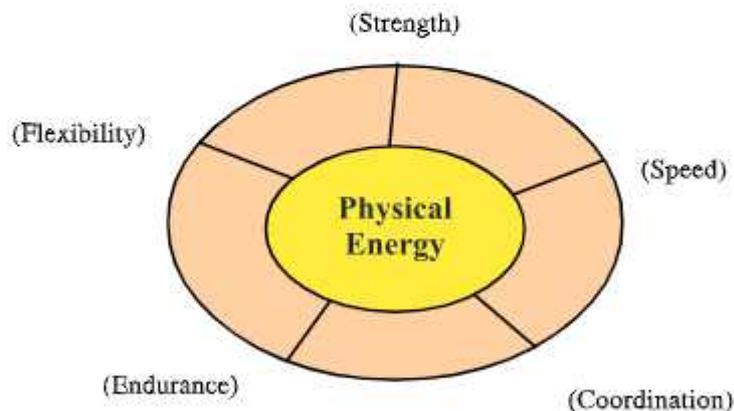
Students, we all know that the level of games has gone very high and many new records are being set by the players in games. Players are setting new miles stones and making their country's name proud in different disciplines of games. Games were earlier limited to people's hobby and entertainment only, but now-a-days players are earning both money and fame. Players do a lot of hard work to succeed in games and develop winning qualities in their body. Player becomes rich and star of the world by winning only one medal in Olympic games or setting any world record. Every player dreams to achieve this target, but it requires a lot of hard work and dedication. A player has to consider many aspects to succeed in games e.g. proper training, required time, excellent playground, good quality sports goods, experienced coach, good diet etc. An experienced coach first of all develops ability to play in the player, so that his body should be completely ready for training and game. If a player lacks the ability to play, he will not be able to compete properly with his opponent and will get tired soon. Physical capacity is required not only in games, but also in every field to do any work. Physical capacity is that quality of the body by which a person can do his routine work without difficulty. In other words a person's capacity to do maximum physical work is called physical capacity.

Generally it is seen that physical capacity is considered to be related with the people who do a lot of physical work. Common people who do not know the real meaning of physical capacity, they think that physical strength is required only by the farmers, labourers, soldiers etc. who do heavy physical work or perform hard duties. Besides this, physical capacity is connected with the players who have to win medals in games by working hard. But the fact is that every person whether he is a child, young or old needs physical capacity. A person cannot do any work properly without the physical capacity whether it is a light work or a heavy one. A person can do his work without break for a longer time with his physical capacity and makes his body able to fight against

diseases.

The level of physical capacity is different in every person. Every person's capacity is different from others. This depends on one's profession and exercise. Physical capacity has direct relationship with occupation. A person who does hard physical work has more physical capacity than a person who does light work. The physical capacity of a simple sedentary person is less than the physical capacity of a labourer. Similarly, there is a difference between the players who play different games. There is difference between the physical capacity of a football player and a Kabaddi player as in both the games players do hard work in different manners. A person's physical capacity depends on different qualities. The more effort is made to improve these qualities of ability, the better the physical capacity will be. The characteristics of physical capacity are given below :

1. Speed: The first quality of physical capacity is speed. The ability to do a work in minimum time is called speed. Speed is a very important quality of the physical capacity that has an important role in every game. That player is considered a good player who possesses a great speed. Generally, the person



who owns the quality of speed, completes his work earlier than others.

2. Strength: The energy produced by the muscles of the body is called strength. Strength is required to complete any work. Every light or heavy work requires physical capacity to complete it. A strong person can do heavy work easily.

3. Endurance: The capacity to do a work for a longer time is called endurance. Endurance is an important part of physical capacity that helps a person to continue his work even in the state of fatigue. The long term activities cannot be completed without this quality. The person who can

endure more can work longer than other people.

4. Flexibility: Any player's performance in the game depends on his body's flexibility. Flexibility directly relates to the joints of the body. The more the person turns his joints, the more flexibility he owns. With the help of flexibility, we can turn our body in any direction which makes our work more effective. The main quality of flexibility is that it protects our body from injuries while playing or working.

5. Co-ordination: Co-ordination is also an important quality of physical capacity like other qualities. Co-ordination means the relationship between the brain and the body, There will be no mistakes, if the body receives the messages sent by brain and completes it soon. No work is possible without the co-ordination of brain and body.

Physical capacity enables a person to do his work effectively. A person will be physically healthy and strong, if he has good physical capacity. He can do a work for a longer time without fatigue. If the natives of a country are physically strong and healthy, they can serve their country better and make her prosper.

Importance of Physical Capacity

We have read that physical capacity is required to complete a work whether it is a light or heavy work. Thus, we can say that physical capacity has a great role in human life. Man has become a slave of machines these days, that is why physical work has been decreasing. His muscles are becoming weak and he is getting prone to many types of diseases. In such a situation importance of physical capacity increases even more.

1. Physical systems become able to work properly due to physical capacity. Our muscles become able to do heavy work and we can do more work.
2. A person with physical capacity has less fear of heart and lung diseases like blood pressure, heart attack, respiratory diseases, asthma etc.
3. The body of the person having physical capacity remains beautiful and healthy. His body has good growth and development also.
4. A person with physical capacity has good control on his body. There

is improvement in co-ordination of his brain and muscles.

Advantages of Exercise

Walking, running, jumping and climbing are the basic skills of a human being. He uses these skills again and again in his daily life and exercise is done naturally itself. Sometimes forceful and brisk activities are done to improve these skills, these activities are called exercises. The objective of exercise is to increase the pressure of blood in the body.

There is a deep relationship between exercise and health. The health of a person who exercises and does not exercise can be estimated only by looking at his body. There are many advantages of exercise, some of them are given as below :

1. Muscles of the body become strong and flexible by doing exercise, which increases the physical capacity of a person.
2. Lungs contract and expand vigorously during exercise. By rapid contraction and expansion of the lungs, more carbon-dioxide is exhaled and more oxygen is inhaled into the body from outside. Blood is purified in this process and capacity of the lungs increases.
3. Heart becomes healthy with daily exercise. There is increase in the capacity of the heart and arteries become stronger. A person who exercises reduces the chances of heart attack.
4. There is improvement in the digestive system of a person due to exercise. He feels hungry at the right time, food is digested properly and new blood is produced in the body.
5. Heat is produced in the body while doing exercise and perspiration is caused. Impurities are expelled from the body. Skin becomes clear and the body remains healthy.
6. Exercise removes deformity of the body and one gets rid of joint problem.
7. New cells are produced in the body with exercise. There is increase in the white blood cells and body becomes strong enough to fight against diseases.

8. Exercise makes a man's overall body healthier, it enhances his life. A person who exercises remains alert. Aging is delayed. He remains physically and mentally healthy.
9. There is a famous saying that 'An idle brain is a Devil's workshop'. When a person remains idle, he always thinks about wrong things. But, if his idle time is utilized in playing and taking exercise in the playground, his health remains good and he is away from evil thoughts.
10. Extra fat of body is burned through exercise. A man's body becomes healthy, active and beautiful/shapely.

EXERCISE

1. What is meant by human capacity?
2. Write the name of parts of human capacity.
3. What do charactersitics by speed?
4. What do you mean by co-ordination? What is the importance of co-ordination for a player?
5. Write in detail about the importance of human capacity.
6. What do you mean by exercise? What are the advantages of exercise?

Lesson-3

Posture and its Deformities

Most of the species in animal kingdom have four legs. Man is the only animal that stands on two legs. The arms take the place of the front feet (legs). Man has got this two legged body after the evolution of millions of years. Now, his legs have to carry the burden of arms too. If we don't make an effort to keep the body in its shape, our head and upper parts of the body would not stay at their place and thus deformities will be caused.

Now the question arises how to keep the body straight in its natural position in a proper manner. There are muscles around the bones of the body which keep the bones in their right place. The muscles of the feet maintain the shape of the feet and provide the base for the body to stand on its feet. Similarly the muscles of the legs help the legs to stand straight on the feet. The muscles of the legs also help keep the thighs in their place and muscles around the hip keep it in its place. The muscles of the neck, back and waist keep the upper body towards the back and the muscles of the stomach and chest do not let the head and the body bend too back.

Thus our body maintains its structure in its natural shape with the help of the muscles. All these muscles together keep the body in proper shape. If there is lack of balance and co-ordination in these muscles, our body will bend either backwards or forward in an unnatural way. If muscles at the back are weak and don't support the back well and those of chest are strong and as a result shrink, a hump is caused at the back. When the weak muscles cannot support the bones properly, the bones become bowed or bent and many deformities are caused in body structure.

Definition of body Posture

Meaning: Body posture has been defined in many ways. But no particular definition has been accepted as final. If the body structure is straight and in good shape and if the lower part of the body balances the upper part well, it can be called a good body posture. Thus the good or bad condition of the body posture can be defined only according to a particular task like standing, sitting, sleeping, walking and studying etc. If the body posture is beautiful, smooth, comfortable and smart in these activities, than it will be called a good body.

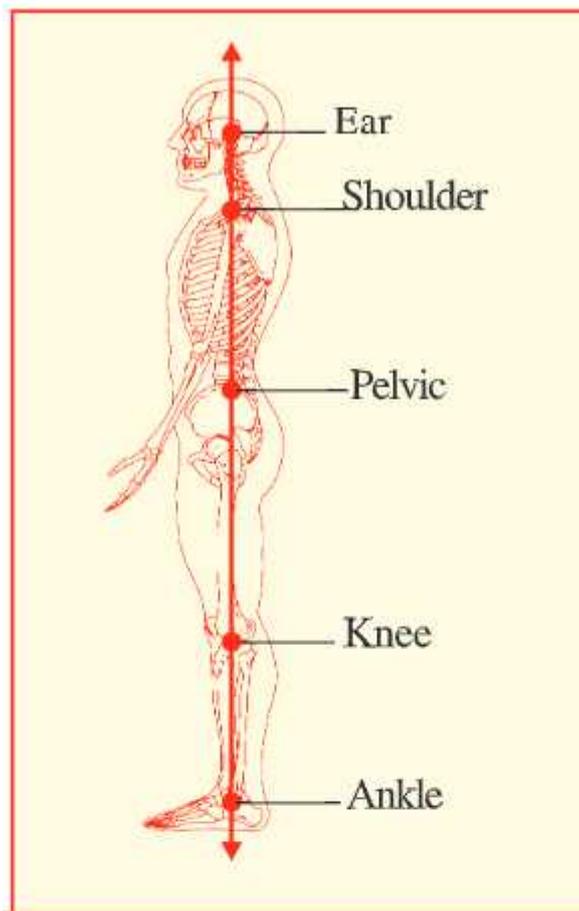


Fig. No.1 A Good body Posture

Figure 1 shows a sample of a good body posture. Upper part of the body is properly supported by the lower part. Look carefully at the line drawn from head to foot. It starts from the highest part of the body and goes down next to the ankle. This is called line of weight bearing (axial). It starts from the skull, passes through the middle vertebrae of the neck, through the waist, hip joint, knees and ankles and goes to the bottom. Thus the body weight is balanced on this imaginary line and the body looks symmetrical. The body does not look asymmetrical or unbalanced. So one should stand in such a way that the line of weight bearing(axial) should be as given in the fig. 1. It is possible to achieve this posture only if the head is held straight, chin and chest are kept forward and stomach is kept inward.

QUALITIES OF A GOOD BODY POSTURE

Good health is the first precondition of a good body structure. A straight and balanced body is beautiful to look at. It gives a good impression to others and one feels good about oneself whereas people make fun of a man with asymmetrical body. So having a good symmetrical and balanced posture

has social value too. A straight and balanced body puts less pressure on the muscles because the weight is balanced and equally divided between front and back muscles. If the posture is good, internal organs (lungs etc.) work properly without any problem. Such a person remains active while doing all daily activities like walking, running, playing etc. He does not feel tired easily and does not fall ill often. He enjoys a long and healthy life. It is easier for a man to achieve good posture without much effort, when he is young, say, till the age of twenty. So all the children should form good and healthy habits to develop a good body structure.

DEFORMITIES OF A BODY POSTURE

As has already been told above, the body posture of a man can be developed till the age of twenty. So a child's parents and teachers should see to it that his posture while sitting, standing and studying is proper. They should guide him to develop good habits. Besides this, proper attention must be paid to the balanced diet of the child. The diet must include sufficient calcium, phosphorus and vitamin D, so that the bones become strong and are not bent or deformed.

If the children don't get proper balanced diet, and if they are not made aware of the importance of good habits regarding posture, they will not take care to take balanced diet and will not do proper exercise. In this case some of their muscles will become weak and stretch long while other muscles will shrink and become small. Bones also become weak and they can suffer from the following physical deformities.

1. Kyphosis
2. Lordosis
3. Scoliosis
4. Having both Kyphosis and Lordosis
5. Knock knees
6. Flat foot
7. Depressed chest
8. Pigeon shaped chest
9. Flat chest
10. Bent Neck

1. KYPHOSIS

A hump is caused when the backbone becomes weak. Muscles of the neck and back become weak and stretch after loosening while those of chest shrink and become small. In this case, the neck is bent forward and as a result body too appears to be bent forward. Back bone is also bent, the hip bone (pelvic) turns inward and knees bend forward. The feet turn toward outside.

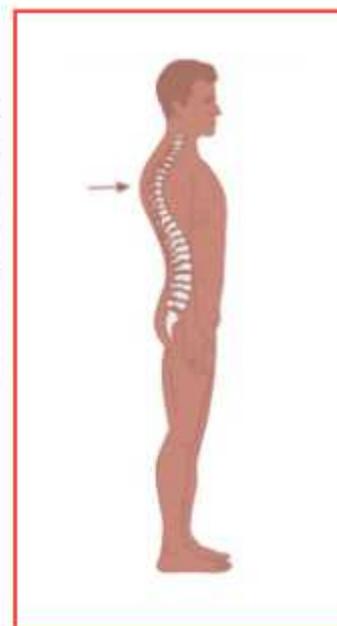


Fig. No. 2 Kyphosis

CAUSES

The reasons for kyphosis are given below :-

- a. Weak eyesight and loss of hearing.
- b. Learning forward to study in dim light.
- c. Lack of proper furniture for sitting.
- d. Weak muscles caused by lack of exercise.
- e. Wearing tight and ill fitting clothes.
- f. Development of the body at uneven pace, i.e. either too fast or too slow.
- g. Leaning forward because of shyness in case of girls while growing.
- h. Too much bending forward while working.
- i. Following professions like tailoring, carpentry and gardening etc. which involve forward bending of the upper part of the body. Office clerks who lead a sedentary life sitting on the desk too can suffer from the problem.
- J. An accident or illness too can cause this deformity.

EXERCISES TO PREVENT KYPHOSIS

The following exercises are recommended for the treatment of kyphosis :

- a. Keeping the chin up, chest forward and head straight while sitting, standing and walking.
- b. While resting on the back of the chair the head should be bent back

with the eyes looking straight forward. The hands should hold each other at the back (interlocked) so that shoulders are pulled and drawn back.

- c. Lying with a pillow under the back.
- d. Standing in a corner pushing against both the walls with one hand each and bending each arm with the weight of the body till the elbow touches the waist. Repeat with the other arm.
- e. Hanging from the stairs. The back should be towards the wall bars.
- f. Lying on the stomach, lifting the head and front part of the torso upwards, putting the weight on the hands.
- g. Deep breathing exercises should be done.
- h. Push ups, swimming and other chest exercises should be done.

Note: *Apart from the above exercises, keep in mind the following healthy points about the body posture.*

2. LORDOSIS

In this case, the muscles of the hip region shrink and become small and the muscles of the stomach loosen and stretch and become long. Lower part of back bone bends forward and the stomach too is pushed out (protrudes). There is a change in breathing process. The breathing becomes difficult.

REASONS

- a. The habit of walking with stomach pushed forward in the case of children.
- b. Lack of balanced diet during childhood.
- c. Lack of exercise.
- d. Over eating.
- e. Bearing more children (in case of women).

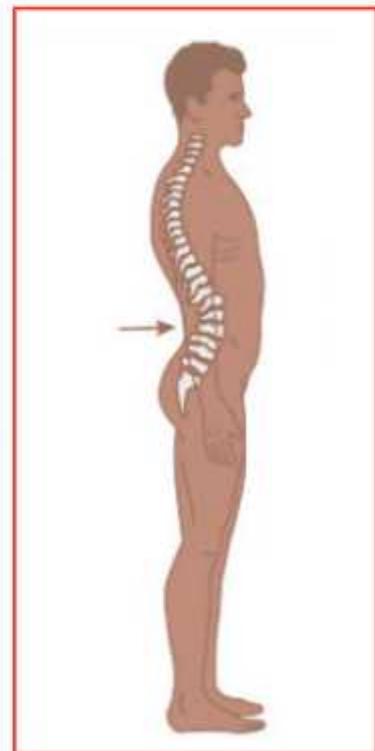


Fig. No. 3 Lordosis

EXERCISES for TREATMENT

- a. Bending the trunk forward and again straightening it, while standing.
- b. Doing sit ups. First lying down on the back, sitting up and again lying down. The knees should be bent while doing this exercise.
- c. While lying down, the shoulders and the feet should be raised alternately.
- d. The legs should be raised upward slowly while lying down at the angle of 45° and again brought down.
- e. Doing Flat Asan.
- f. Standing at attention and doing toe-touching exercises.
- g. Doing breathing exercises.

3. SCOLIOSIS

Scoliosis is caused by bending of the body on one side for long hours. The muscles of the back bone become weak and loose, while the muscles of the other side become hard and small and they shrink. The backbone becomes like a bow or like 'C' - the third letter of alphabet.

Causes behind Scoliosis :

Causes behind scoliosis are given here.

- a. In most of the cases spine is curved towards the left. Since the right hand is used while doing the work, so the body too turns to the right. While working the left hand is raised upwards and the body turns to the right side, due to this the spine is slightly bent to the right side.

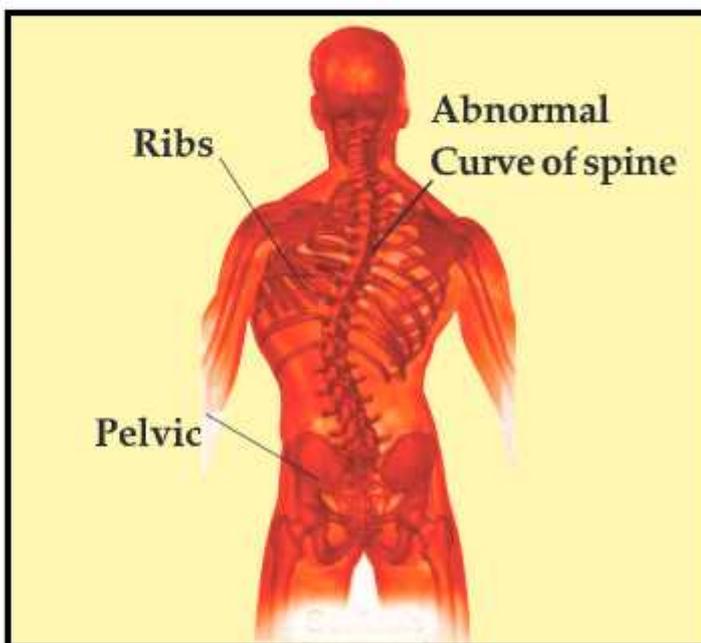


Fig. No. 4 Scoliosis

- b. Even carrying a bucket full of water with one hand everyday can cause the spine to bend to the other side.
- c. Boys and girls aging between 10-12 years carry their siblings (younger brother or sister) on one side. So, carrying of weight on one side again becomes the cause of scoliosis.
- d. Wrong posture while studying is another cause of scoliosis.
- e. An amputee's spine (whose one leg is amputated due to any reason) also curves more to one side because they have to walk with a limp to one side.

Exercises Recommended :

The following exercises help in the treatment of scoliosis:

- a. Moving the upper body forward, backwards and sideways.
- b. Hanging or suspending oneself by beam or bar, will make the back bone straight.
- c. Weights like pail of water etc. should be lifted with both hands alternately.
- d. Deep breathing is also very beneficial.
- e. Regular exercise should also be done to make the body flexible and supple.
- f. Swimming is another good exercise for the problem.

4. Kyphosis and Lordosis:

For the treatment of both the problems, the exercises recommended for both the problems, should be done regularly.

5. Knock Knees :

Deficiency of calcium, phosphorus and Vitamin D can cause bent bones in small children. The lack of above nutrients makes the bones weak and they cannot bear the body weight because of which the bones turn inwards. All this results in knock knees. A person with knock knees cannot stand at attention. His knees knock with each other when he tries to put his feet together in the attention. He cannot walk or run properly. The problem can be treated by doing exercises

which require the knees to remain outwards. Cycling, Swimming and horse-riding are the recommended exercises for the treatment of the problem.

6. Flat Foot:

If we look carefully at the sole of the feet, we find that there is an arch which goes upwards towards the toe. When the muscles of the feet become weak and loose, these arches lose their curvaciousness and the feet become flat. A flat foot cannot bear the body weight well. It causes pain. Running and walking becomes difficult.

Causes

The following reasons cause flat foot:

- a. Lack of exercise.
- b. Obesity (being over-weight)
- c. Standing for long hours (as policemen do during their duty).
- d. Wearing ill-fitting shoes.
- e. Wrong and faulty body posture.



Fig. No. 5 Normal foot Fig. No. 6 Flat foot

Symptoms of flat foot

In order to know whether the foot is flat or not, we should follow the following method :

Spread some soft and wet soil leveled on the ground. Then placing your foot on it and move forward. If the foot is normal, it will look like the foot in figure 5 and if the foot is flat, it will look like the foot in figure 6. The

figure makes it clear that the inner portion of the sole of the normal foot does not touch the ground while the whole sole of the flat foot touches the ground because its arches have become straight as in Fig. 6.

Exercises for flat foot:

To reform the flat foot, the following exercises need to be done :

- a. Walking and running on the toes.
- b. Walking and running slowly on heels.
- c. Climbing the stairs/ ladders.
- d. Cycling forcefully with the toes.
- e. Dancing.
- f. Walking on the heels and the toes on the feet.
- g. Holding and raising something with the toes of the feet.
- h. Walking on the slope of the triangular wooden board.



Fig. No. 7 Walking on the triangular slope

7. Deformities of the chest :

The deformities of the chest are like these :

1. Depression in the chest.
2. Pigeon shaped chest
3. Flat chest

These deformities can occur even at a very young age. Depression in the chest is caused by a depression in the bone. Pigeon shaped chest has slightly raised bones while flat chest has ribs which are not raised and are at the level of the chest bones. All these deformities hamper the breathing process because the lungs cannot contain enough air and as such cannot expand properly while breathing. These problems usually occur at a very young age.

CAUSES

- a. Deficiency of Calcium, Phosphorus and Vitamin D in daily diet.
- b. Lack of exercise.
- c. Bad posture like bending forward while sitting, standing or walking.
- d. Other serious diseases.

EXERCISES

The following exercises should be done to remove the deformities of chest.

- a. Practice of breathing exercises daily.
- b. Doing push ups.
- c. Using 'toka' for cutting cattle feed.
- d. Doing push ups while hanging or suspending oneself on a rod.
- e. Doing miscellaneous exercises of arms & body.

8. BENT NECK:

When the muscles on one side of the neck become weak and loose (sagging) and those of the other side shrink, the neck turns on one side.

CAUSES

- a. Making the infant lie on one side for long hours.
- b. Carrying the child only on one side.
- c. Loss of vision in one eye.
- d. Bad posture while studying.
- e. The habit of looking with neck bent to one side.

Exercise

The children should be made to sit and walk while keeping the neck straight. Neck exercises must be done everyday.

Some important points regarding posture:

To maintain the correct body posture, the following points must be kept in mind:

- a. Sufficient amount of Calcium, Phosphorus and Vitamin D should be included in the diet of the children.
- b. The children should be given sun bath and massage at least twice a week.
- c. It is also very important to have light and good furniture while studying.
- d. Children should have regular eye tests.
- e. The children should be taught to maintain correct posture while doing daily activities like walking, studying, sitting and standing etc.
- f. It is not good to stand for along time putting weight only on feet.
- g. Breathing exercises should be done daily.
- h. Shoes and clothes should not be tight.
- I. Exercises should be done regularly.
- J. Specific exercises should be done to remove the deformity of the body posture.

EXERCISE

1. What is meant by body posture? How does our body stand on both the legs?
2. What are the qualities of a good body posture?
3. What are the benefits of having a good body posture?
4. How are deformities formed in the body posture? Write down the main deformities of the body.
5. Give the reasons of kyphosis. What are the exercises recommended to reform the deformity?
6. Give the reasons of lordosis. Which exercises are recommended to reform the deformity?

7. How do our feet become flat? Explain the symptoms of flat feet and also write exercises to reform it.
8. Which deformities occur in the chest bones? How can they be reformed?
9. Give the reasons for the following deformities. Also write down the exercises recommended for them:
 - (a) Bent neck
 - (b) Knock knees
 - (c) Flat chest
10. Give a list of some good habits which help in having a good body posture.

SPORTS INJURIES and THEIR TREATMENT

Brazil was considered a strong contender for winning the FIFA World Cup, 2014 played in Brazil. Brazilian team was moving ahead vigorously defeating her rival teams and the eyes of the sports lovers of the whole world were on this World Cup Competition. The Brazilian team had reached very close to the cup, when Neymar, the main player of the Brazil's team got serious injury on his spine during a match. He could not play the next match because of this injury. This resulted in Brazil's defeat in the next two matches and Brazil was out from the World Cup. Injury received by the Brazilian player during the match destroyed their dream of winning the World Cup.

Injuries are common things in human life. There is a little risk of injury during work. If there is minor mistake or negligence, there can be injury. Similarly, players receive injuries in the playground. Though players remain very careful in the playground, they receive injuries. There is difference between the injuries we receive during the general work and the injuries received in the playgrounds. If a player comes to the ground fully prepared and carefully, there are less chances of injuries for him as compared to other players, but we cannot say that he will not receive injuries at all. Every player receives some injuries in his sports life. Common injuries received during playing games can be cured within one or two days, but sometimes a player receives a serious injury, as a result he has to be out of the field for a long time. He even sometime does not remain able to play again in his life. Injuries received by the players in the playground are called sports injuries.

Causes of Sports Injuries : There can be many reasons of sports injuries. Some of them are given as following :-

1. **Lack of Knowledge**: The player should have complete knowledge of the rules and the equipments used in the games. Sometimes the player starts playing without having the complete knowledge of sports equipments and hence, there remains a risk of injury.
2. **Lack of Physical Ability**: There is a great importance of training for good performance in games. If a player starts playing without proper training of the game, he may receive injuries due to lack of strength, speed and flexibility in the body.

3. **Negligence:** A little negligence in the playground may become the reason of an injury. If a player ignores the rules of the game during playing, he himself may get injured or may harm other players.
4. **Faulty Methods of Warming-up:** Warming up of the body is very necessary before playing a game, so that muscles of a player are able to bear the burden of the game properly. There can be injuries like muscle pull, if the player does not warm up his body properly.
5. **Improper Playgrounds:** Sometime due to unlevelled playground, pits, scattering of sharp objects and nails causes injuries. The playground should be checked properly before playing.

Kinds of Sports Injuries:

Sports injuries are mainly of two types. These injuries are classified on the basis of their forms. Sports injuries are as of the following kinds-

1. **Exposed Injuries**
2. **Unexposed Injuries**

1. Exposed Injuries : These kinds of injuries are generally received in the playground while playing games. These injuries are received on outer parts of the body and these can be seen clearly. These injuries are received by falling or striking of some outer object during a game. These can be further divided on the basis of forms of the injuries:-

a) Abrasion: Under this kind of injury the outer part of the skin is peeled off due to abrasion, even internal part of the skin is also peeled off. This injury is received, when a player falls on a hard ground. The outer skin is peeled off and blood starts flowing out. There is risk of infection due to exposure of skin to dust and dirt. The injury of the player should be cleaned properly by taking the player out of the ground and bandaged after applying the ointment.

b) Incision: Sometime players strike against each other very hard during the game, as a result one player's sharp body part like elbow, knee or other sharp part hits the other player and his skin gets torn as a result. The player may receive this injury due to striking in some hard object also e.g. hitting against a pole or a stand or table lying outside the playground. This kind of injury causes a cut in the skin, as a result blood comes out profusely. But this is not a serious injury. The injured spot should be cleaned properly and bandaged afterwards. If the cut is very deep then the doctor's help should be sought.

c) Punctured wound: This injury received during game is considered very serious. This injury is caused by some sharp or pointed object e.g. hit by sharp spikes of the shoes or a javelin. The player is injured deeply due to striking of a sharp pointed object and a lot of blood comes out of it. The player

should be provided immediate medical help.

2. Unexposed Injuries: These injuries are not visible on the outer part of the body. They are called unexposed or invisible injuries. These injuries are received usually on heavy muscles or on joints. The main cause of these injuries is over strain or burden put on the muscles or on the joints. The player feels sharp pain in these injuries and it takes much time to heal the injury. Invisible injuries are of many types e.g. :-

(a) Sprain: Sprain is the injury of joints. Tissues which connect the joints are affected in this injury. Pressure is put on joints of the player while running in the playground and he loses his balance. Tissues of his joints get strained or broken. This injury is called sprain. This injury is mainly received on ankles, joints of knees or wrists.

Symptoms:

1. There is sharp pain on the injured spot.
2. The injured part gets swollen.
3. The injured part becomes red coloured.
4. One feels pain in moving the injured joint.

Treatment: Ice should be rubbed immediately on the injured part after the player gets injured. There is less swelling on the injured part, if ice is rubbed on it. Ice fomentation should be done on the injured part for first two days after the injury. The injured joint should neither be rubbed in any case nor any heat (fomentation) should be given to it. Joint should be bandaged to give it a support. After the injury is healed a little, light exercise of the joints should be done and one should walk slowly. It may take a long time to heal the injury and the player should not play till his injury is healed.

(b) Strain: This is an injury of the muscles and generally received on the heavy muscles. A player's muscles are pulled under this injury, as a result he feels a severe pain and he is unable to walk, run or do any other activity properly. There can be many reasons of a player's strain e.g. fatigue, not to warm up the body properly, much pressure on muscles, jumping on the hard surface etc.

Symptoms :

1. There is severe pain on the injured spot.
2. The player finds it difficult to run.

3. There is swelling on the injured spot.
4. There is a change in the physical structure of the player.

Treatment : The player should be taken off the field immediately after the injury. The player should lie down immediately. This procedure should be repeated for 24 hours after the injury. On the third day, first warm water should be applied to the injured area, afterwards cold water should be applied on the fourth day, light exercise should be done and the player should not play until the injury is completely healed.

(c) Dislocation : People misunderstand dislocation as fracture, whereas there is a great difference between both the injuries. The bone dislocates from the joint due to overstrain or sudden jerk. The affected joint stops moving in this injury and the player is unable to play. This injury is received while running fast in the ground, striking hard against other player, hitting a pole or a table or over bending of the joint while falling down.

Symptoms :

1. The joint is deformed.
2. The movement of the injured part is stopped.
3. There is severe pain.
4. The joint appears hollow, if touched with hand.
5. There is swelling on the joint and the skin turns red.

Treatment: The player should be laid down immediately after the accident. The injured part should be bandaged and ice should be placed on it. The injured part should not be moved. This injury is received due to pull of the tissues. They are pulled and broken, and the bone comes out of the joint. The seriousness of this injury cannot be judged without the consultation of the doctor. Hence the patient should be taken to the doctor immediately, so that the treatment is started on time.

(d) Fracture: Bone broken into two pieces due to an injury is called fracture. Breaking of the bone is a serious injury. It causes a great pain to the player and takes a long time in healing. There are many kinds of fracture, among these there are common and serious fracture as well. There can be fracture, if the safety equipments are not used or some negligence is shown.

Symptoms:

1. The injured bone gets deformed.
2. There is severe pain on the injured spot.
3. There can be cracking sound, if the bone is moved.
4. The injured body part stops working.

Treatment: The injured bone should be supported with iron or wooden plate by tying them up with it, after the fracture. Even gauge can be used to support the injured bone. It should not be moved at all. One must try to stop bleeding, if it flows from the injury. The player should be taken to the doctor immediately, so that x-ray of the injury can be done to know the details of it. The treatment of the player should be done according to the advice of the doctor and the player should take rest till complete recovery.

EXERCISE

1. What do you mean by sports injuries?
2. What are exposed injuries?
3. Which injuries are called unexposed injuries?
4. What is the difference between Dislocation and Fracture?
5. What is sprain? Write the symptoms and treatments of the sprain.
6. What are the main causes of sports injuries?

Lesson-5

YOGA



Fig. No. 8 Yoga

The word 'Yoga' has been derived from the Sanskrit word 'yuj' which means 'to join' cause to meet. The objective of yoga is unity, union and love. In simple words we can say that Yoga means union of man and God. Science that unites man and God is called the science of yoga. Man's mind always goes astray and this perturbation does not cool down by itself. Mind can be controlled with the help of Yoga. According to *Rishi Patanjli*, "To control the instincts of our mind is called Yoga."

Definition of Yoga: Different scholars have defined yoga in different ways.

According to Dr. Radha Krishnan, "Yoga is that path which leads a human being from darkness to light."

According to Ramcharan, "Yoga gives beauty to body, peace to mind and tranquillity to soul."

Misconceptions about Yoga: Yoga is being preached throughout the world, yet people have many misconceptions about Yoga. Due to these misconceptions people stay away from Yoga.

A. The Yoga is related to a particular religion : Yoga was started in India

by the hermits and ascetics. Many people consider that Yoga is related to the Hindu religion and they consider that Yoga is meant for the Hindus only. This concept is totally wrong, rather Yoga can be done by any person belonging to any religion. Yoga is a kind of exercise; it has no connection with any particular religion.

- B. Yoga is meant only for men:** Many people consider that people doing Yoga, have to follow strict rules. Hence, it can be done by men only, it is meant for women. Fact is that, there are no set rules for doing Yoga and it is equally useful for men and women.
- C. Yoga is only for the sick people:** Many types of diseases can be cured with the help of Yoga. Some people assume that Yoga is a method of a treatment and meant for only those people who are suffering from any disease. This assumption is wrong. Yoga can be done by any healthy person and he can save his body from any disease.
- D. Yoga is meant for hermits only:** In olden days, Hermits and ascetics used to do yoga practice while staying in forests. Even today people have a wrong assumption that one has to leave his home to do yoga and there is no connection of a household man and the yoga. But, in reality Yoga can be done even while staying at home.

Asanas:

Asana is an old method of Yoga which makes the base of Pranayam, Dhyam and Smadhi. Asana word has been derived from the Sanskrit word 'ass' that means 'the art of sitting'. According to the scripture 'Yoga Sutra' written by Patanjli, Asana is that posture of a person in which he can sit for maximum time comfortably.

Types of Asanas: Asanas are of many types. There is a great importance of asanas in Yoga. It can be classified into three groups-

- 1. Cultural Asana:** Asanas which are performed to strengthen body are called Cultural Asana. Cultural Asana helps in making body strong, flexible, active and more powerful because if body is not strong we shall not be able to perform any physical activity in an efficient manner. Chakra Asana, Hal Asana, Bhujang Asana, are some of the examples of Cultural Asanas.
- 2. Meditative Asana:** This type of asana is used to do 'smadhi' or meditation. In these asanas, the body is kept in a position in which one can sit comfortably for a long time and concentrate one's attention. Mind concentration can be increased with the help of these asanas and brain gets sharpened e.g. 'Padam' asana and 'Vajra' asana.

3. **Relaxative Asana:** These asanas are done in lying position. The objective of these asanas is to relax the body. These asanas remove bodily and mental fatigue e.g. 'Shava' asana and 'Makra' asana.

Principles of Asanas : A person who does asanas, has to follow certain rules. We can avail full benefits of asanas, if we follow these rules. Some of the main rules of doing asanas are as the following:

1. It is necessary to stretch the muscles while doing asanas. Flexibility is produced along with stretching of the muscles. There is no use of doing asanas, if no stretch is produced while doing asanas.
2. It is necessary to consider the gender and age while doing asanas. Children should not do such difficult asanas which hamper their physical growth. Girls should not practise 'mayur' asana much as it puts a lot of pressure on stomach.
3. Do not exert too much force while doing asanas. Body should be in a static and comfortable position.
4. Body should be bent slowly while doing asanas. Do not give jerks while doing asanas.
5. Asanas should be done according to progress. Simple asanas should be practised first and difficult asanas afterwards.
6. Heart patients and pregnant women should not do difficult asanas.
7. The place for doing the practice of asanas should be clean and peaceful. Early morning is the best time for doing asanas.
8. Asanas should be done on an empty stomach or four hours after taking meals.

EXERCISE

1. What do you mean by 'Yoga'?
2. What is 'Yoga' according to Rishi Patanjali ?
3. Write any one definition of Yoga.
4. What do you mean by the word 'Asanas'?
5. How many types are there of Asanas? Write in detail.
6. 'Yoga is only a method of treatment.' Write your views regarding this statement.

VALUE of SPORTS

Sports have been associated with man since the beginning of time. Early man used to live in the jungles. He did not know anything about the kind of life we lead today. He used to hunt for food. He had to run, jump, hop and climb the trees in search of food. Slowly man made progress settled down at one place and started growing food. Here, too, he had to work very hard to produce food. He was rarely free from work. Still he found time for recreation and games. Hunting, bow and arrow, horse-riding, bull-fighting, cock-fighting and fencing etc. were the most popular games.

Machines have totally revolutionized man's life after industrialization. The heavy and strenuous physical work is done by the machines. Man's life has become more comfortable and easy. People have lesser amount of work to do now. Now man has enough time at his disposal to enjoy himself. Now he spends more time on games and recreation.

Walking, running, jumping, hopping, throwing and climbing the trees are the fundamental skills of man. As man progressed in professional and vocational fields, his fundamental skills also underwent a change. He turned these fundamental skills into games. He made rules for games which are available throughout the world in the written form. Some of these games are only locally. The competitions for these games are also held at national and international level. But some special games have gained not only national but international status also.

The games that are played these days can be divided into two parts-

Major games and Minor games.

Major Games

Football, Hockey, Cricket, Netball, Throw ball, Volleyball, Kabbadi, Kho-Kho, Wrestling, Gymnastics, Boxing, Swimming, Diving, Badminton, Lawn-Tennis, Table Tennis and Handball etc.

Minor Games

Touch and go, Tag games, Shadow games, with ball for example hide and seek, pick the handkerchief, Searching the leader, Cat and Mouse, Peeling the skin, threes or fours, Masula-Ghori, Anar Chuchi or Jang-Palanga and Fire on the Mountain run, run. Do in twos or threes standing kho kho, tip cat (gulidanda), dodgeball etc.

Of the above given major games, Kabaddi, Wrestling and Kho-Kho are of Indian origin. Their development has also taken place in India. Few

equipments are needed for playing these games. They can be played in a small area as not much space is needed to play these games. In this way, children of all classes can participate in them. Games like football, Volleyball, Basketball, Cricket, Lawn Tennis, Table Tennis and Badminton etc. are not of Indian origin.



Fig. No. 9 Kabaddi

These games mostly started being played at the end of 19th century and in the beginning of 20th century in India. Football, Hockey, Volleyball and Basketball have become popular in villages also, but Cricket, Lawn Tennis, Table Tennis and Badminton etc. which require costly equipments are more popular in cities, though now they are being played in the villages also.

VALUE of SPORTS

Now we will study that why do we play these games.

We can divide answer of this question into two parts :

1. Value of sports for an Individual
2. Value of sports for the Nation

VALUE of SPORTS for an INDIVIDUAL

Every person starts physical activity from his childhood. An infant starts moving his hands and feet immediately after his birth. This activity greatly contributes to his growth. As he grows older his activities also grow. These activities can be divided into two parts :

1. Natural activities
2. Traditional activities

Both kinds of activities are important for the child. Playing games is the most favourite activity of every child. He is very enthusiastic about the game and enjoys playing. The inner urge compels him to play same game everyday. This urge can be satisfied only by playing a game. A child who does not have this urge to play, is not considered normal. This urge to play and enjoy oneself does not die with age. Old and young, all are keen to enjoy themselves with one game or the other. So the parents should inculcate in children the interest for games in such a way that they become experts in the game and can go on playing the game throughout their lives. Games develop the overall personality of the children and make a man a complete man. Thus art of playing a game well is like a jewel in the personality of a child, a jewel, of which he cannot be robbed off. The parents who don't allow their children to play are unjust to their children and they hamper their development. Games help the children to develop well. The following are the advantages of playing games.

Physical Growth and Development: Games help a child to grow and develop physically. He becomes active and smart. During the physical activity of playing games the old cells are broken. To repair these cells, the heart has to beat faster and supply pure blood to them. In this process his respiration also improves and the lungs get more oxygen through better respiration. Lungs purify the blood and the health improves. The toxins are also expelled from the body with perspiration caused by activity in games. Thus the body systems become healthy and the body develops in a natural way. Gurbani celebrates this desire of men to play and enjoy himself - "ਨਚਣੁ ਕੁਦਣੁ ਮਨ ਕਾ ਚਾਉ". Says Gurbani. A healthy mind lives in a healthy body.

Emotional Development: Players lead an entirely different life from the common man. They are so enthusiastic about the game and are so busy playing that they forget all about everything else in life. Thus game helps them to be free of tensions of everyday life which is becoming complicated day by day.

Besides, games train man to have good control over his emotions. Discipline in the playfield, teaches him to have full control over the expression of his emotions. He learns to control his emotions of fear, anger and anxiety.

Proper use of free time (leisure): Every person, old or young has some leisure hours in his daily routine. If this time is not used properly, man is at the risk of falling into bad habits and bad company. It is rightly said "An idle man's brain is devil's workshop." An idle man's brain always thinks of some mischief or the other. So it is important that every person cultivates some or the other hobby and keeps himself busy in some useful manner. Games are a creative way of recreation by which a child can develop a complete and ideal personality.

Obedience: Games teach a student to be obedient and respectful. Every player has to obey the rules of the game. Refrees and umpires see to it that the

rules are obeyed. They punish the players if they disobey the rules. This way the players learn to live in discipline and form the habit of obedience which is very beneficial.

Punctuality: Games teach a man to be punctual. A player goes to play on time daily. He is scolded by his coach as well as captain, if he does not arrive punctually to play. Sometimes, the game already gets started before he reaches the ground and he has to sit for a long time outside the playground. A team is scratched from the tournament, if it does not reach on time and the opponent team is declared winner. In this way every player learns to be punctual in every sphere of life.

Co-ordination: In a team, when the members co-ordinate with one another the quality of co-operation among the team members is inculcated. In the games like football, basketball and hockey, no single player can win the match alone. He has to co-ordinate with others and give full co-operation to the team members in order to win the game. Thus the members of a team play together and learn the quality of co-ordination with one another, a quality which helps them to win the game.

Responsibility: There are many players in a team. Members of a team are given different duties in a game. Some are forward players, while others are back or half back players. Every player has to look after his side. This helps them learn the quality of sharing responsibility. This quality enables them to stand in good stead throughout their lives. Co-ordination among the team members helps them to do their duty well.

Tolerance : Games teach a person to be tolerant. In fact only a tolerant person can be a good player. He learns to be patient. He does not lose temper and maintains self control. He is neither overjoyed on winning a match, nor is he depressed when he loses the game. He has patience and is balanced enough to take victory or defeat in his stride. He plays the game for the sake of the game and not for victory.

Determination: Games make a man determined. A determined player rarely loses a game and turns victorious in whatever he takes up in life. He does not lose heart even when the defeat stares him in the face and thus is able to win the game, more often. Such determined people don't face disappointments in life.

Self-Confidence: Games teach a child to be self reliant and self confident. The praise earned by him when he plays well encourages him to be a good player by overcoming his drawbacks and he tries his best to be a good player. Thus quality of self-confidence, learnt in the playfield, helps him overcome many a problem in his life.

Playing a fair game: A good player plays a fair game without bothering about the victory or the defeat. Only a player of very low level plays foul. The real aim of games is to inculcate good habits among the children, as it is more important to participate in games than to win the game.

Spirit of Competition: Games create a spirit of competition among the children, which helps them improve themselves in whatever they do. They learn to face competition. They face opposition in the games which teaches them to face opposition in life. This training helps them do well in life.

Helping others: Since victory of the team is the victory of every member of the team, a member tries to be helpful to the other members of the team. This helps them play the game together.

Every member of the team does the duty allotted to him. At the same time a good player helps a weak player to improve his skills. A forward player helps a back player while a back player helps a forward player score a goal. Thus games teach the players to be helpful and this attitude helps them to be good and helpful friends in life.

Importance of games for the nation: Healthy saplings make a garden healthy and colourful. Similarly healthy children make a country healthy and strong. The progress of a country depends on the progress of its youth and children which form its next generation. If the children of a country learn to be regular and punctual, are responsible and helpful, learn to be self reliant and self confident, by taking part in games, the whole nation becomes healthy and responsible, as its people have these good qualities. Individuals make a society. So healthy and progressive individuals make a healthy society and healthy nation. Thus games contribute in making a country great in the following ways:

1. Strong Defence: A country needs strong, healthy and disciplined soldiers to be able to defend its borders. When the citizens of a country become strong by taking part in games, the country too will become strong and the enemy will not dare raise its head. The games teach a man to be strong enough to defend himself and to face the enemy. It is rightly said that the world famous battles were fought in the playgrounds only.

2. National integration: Keeping the nation as one integrated unit was one of the major issues after independence. Punjab and Bengal were partitioned with parts of both going to Pakistan. There was tension among different provinces and regions. Similarly the society was divided into many groups on the basis of religion, caste and creed. These divisions could tear the nation apart. The games played an important role in keeping the nation united. Players from Punjab went to Bengal and from Maharashtra and Rajasthan went to Punjab. This interaction among the players from different states helped in inculcating a spirit of nationalism among the players. National teams consist of players from different states. They play together as one team. Thus as members of the same team, the players from different states come closer to one another and share their joys and sorrows. They behave like brothers. Moreover in a game, all are treated equal. Nobody is considered to be high or low. This way the games help in bringing about a feeling of one nation among the people.

3. Prominent leaders: A nation needs good and experienced leaders in order to make progress. Games help produce good leaders. Games provide good opportunity to the students to work as leaders. The players are made captains by rotation. Thus they learn the qualities of leadership during their term of captaincy. These children (turn by turn) rise to be good leaders in future. Thus games make good leaders who lead the country to the road of progress.

4. Good Citizens: The spirit of sportsmanship that a player is expected to have, helps him become a good citizen. While playing a game in the team, the children learn to obey the rules, to obey the elders, to discharge their duties and responsibilities well. They also learn how to perform their duties well and shoulder the responsibilities well. That is why the play ground is called the workshop of good citizenship. A good citizen is really the most valuable asset of a country.

5. Internationalism: Teams of one country go to other countries to play the games. This helps in creating a feeling of friendship among different countries. Thus a spirit of internationalism is created. Small differences among the countries are removed. An environment of peace is being created slowly in the world. There shall be no wars, if the games are promoted in the whole of the world and there will be a healthy competition to win a gold medal in these games. Thus games give the message of brotherhood by bringing different human beings and different nations close to one another.

EXERCISE

1. Write down the names of ten major and ten minor games.
2. What are the fundamental skills of a man? How did the games of today originate from these fundamental skills?
3. What are the uses of games for man?
4. Which qualities does a man learn by participating in games?
5. How are games useful for a country?
6. What is the importance of games at the international level?

SCOUTING and GUIDING

Brief history

Scouting is a social (public) welfare organization with its branches spread all over the world. The movement for this was started in Britain. World Chief scout Lord Baden Powell was its pioneer. Now this movement has spread all over the world. The main object of the movement is all round development of the children all over the world. It aims at inculcating a sacred feeling of brotherhood by putting an end to the negative feelings like jealousy, envy, communalism.

Lord Baden Powell was a General in the army who resigned from the senior position so that he could devote himself fully to this public welfare movement. He was confident that the movement started by him will certainly bear fruit.



Fig. No. 10 Lord Baden Powell

He started a practical experiment of the movement in 1907 on a small group of boys in a British island called 'Brownsea'. In this camp the boys showed keen interest in Scouting. In 1908 Lord Baden Powell published a book on

scouting which was titled 'Scouting for Boys.' The book was sold in millions. He also started publishing a weekly newspaper 'The Scout'. Thus the movement of scouting got publicity through this book and the weekly newspaper. In 1909, a huge rally of the scouts was organized at Crystal Palace in London. Thousands of scouts from far and wide participated in the rally. Many more rallies of the scouts were held after this, where the scouts displayed their skills, which were much appreciated by the spectators. As a result, people sent their wards to participate in scouting movements. Thus slowly the movement became very popular and very soon spread throughout the world. The younger groups of children were so inspired by the scouts that they also expressed a desire to join the movement. Lord Baden Powell did not want to disappoint them. So he started a new organization for the children of the age group from 7 to 12. This organization was called 'Cubbing'. A book on 'Cubbing' was also published. The title of the book was 'The Wolf Cub Handbook'. Similarly a new organization for elders was started which was called 'Rovering'. A book by the title of 'Rovering to Success' was published for their guidance. This book tells us that the main aim of Rover Scouts was 'Service' - service of humanity.

Women too are an important part of society. They could not be left out of this movement. So Lord Baden Powell started an organization called 'Guiding' for girls in the year 1918. His wife Lady Baden Powell was appointed Chief Guide of the movement for girls. Her hard work and dedication and guidance made this movement very popular among girls all over the world.

In 1921 Lord Baden Powell came to India to take part in the rallies and conferences. He was so pleased with the capability of Indian boys and girls that he recommended to the Govt. of India to allow them to participate in the movement of scout and guides. Till then, only Anglo-Indians and Britishers could participate in this movement. In 1937, a huge rally of Indian scouts was held in Delhi. Lord Baden Powell and his wife Mrs Baden Powell the Chief Guide took part in this rally. Indian scouts were encouraged by their participation in the rally. By 1951, all these scout organizations were merged under the banner of 'Bharat Scout and Guide'. This organization for boys and girls is doing well throughout India. Schools

and colleges are playing their role well in making this movement a success.

Every state in India has made arrangement for scouts and guiding training in the schools. Camps and rallies are arranged at Distt. and State level. The district and state level organizations maintain direct contact with the National level Scouts and Guides.

Importance: Scouting is a public welfare organization. It teaches the children become loyal and obedient citizens who are always ready to help others. It roots out the negative feelings of hatred, casteism, communalism and regionalism and thus helps them become good citizens. They have a feeling of universal brotherhood and believe that there is no one who is enemy to them.

Rallies and conferences of scouts at the international level create a spirit of Internationalism among the Scouts, which creates an environment of world peace. Chances of having a war are reduced. The children become selfless workers who are always ready to help the needy by doing all kinds of charitable work. They are always ready to help others at the time of natural calamities like floods, earthquakes, cyclones and epidemics. They help the poor and orphans. During wartime, they are ready to serve the wounded and sick. Scouting laws teach children to be loyal and obedient. They willingly learn to obey the teachers, parents, Patrol leader and Troop Leader. They are obedient to their elders and are also loving to their younger. The scouts love their country. They learn to do manual work and are interested in learning vocational skills. These skills make the children successful in their future life. Most of the scouts along with their studies do manual work to earn money. They can buy books, note books and other essentials with this money. They can also visit historical places, religious places, big cities and big industries with the money earned by them. Scouting teaches the children to sail through their difficult times successfully and they face all difficulties boldly without having any feeling of inferiority.

Scouting is like a light house for the children. It guides them through life. They automatically learn discipline. Introspection makes them self reliant and they become good citizens. In a nut-shell, scouting helps children grow harmoniously. This way they develop themselves physically, socially, emotionally and spiritually.

SCOUT LAWS

No organization can run without laws. In fact the whole universe runs

according to certain laws. If these laws are not obeyed, the whole system will crumble. Scouting too has its own laws. Scouting Chief Lord Baden Powell has called these laws 'Real Pearls'. These laws help us lead our life well. These laws are very simple and clear. Every young man can take advantage of these laws. The scouting laws are as the following:

1. A scout is an honourable and trustworthy person. He always speaks the truth. He earns the trust by doing good work. He has an unblemished character and earns respect.
2. A scout is always loyal. He is sincere to his friends, comrades and subordinates. He is never greedy.
3. A scout should serve the country, help others and have faith in God.

Scout always has firm faith in God and keeps his mind away from all impure thoughts. He is faithful to his country. He is loyal to the constitution and follows it in letter and spirit. He cannot hear people talking against his country. He is ready to help others from the core of his heart. He must perform a 'good turn' everyday. He ties a knot in his scarf everyday in the morning and unties the knot only after doing a good turn. It is called a 'good turn knot'. This knot reminds a scout that he should do good to others selflessly.

4. A scout is a friend to everyone and a brother to other scouts, to whatever religion or country they might belong.



Fig. No. 11 A scout is a friend to everyone

Scouting does not recognize the distinctions on the basis of colour, cast or creed. Scouts from all religions sit together, work together, cook together and eat together. They share their views and exchange gifts with each other. Thus a scout learns a lesson of universal brotherhood right from the very beginning.

5. A scout is always sweet of tongue. He speaks sweet words. His behaviour towards others is very loving. He wins the hearts of others by being very sweet to them. He is especially considerate and polite to women, children and elderly.

6. A scout is a friend to all living beings. He knows well that all living beings - birds, animals and others are the creation of God. So he never troubles these creatures of God. He is friendly to them and looks after them at the time of need.

7. A scout is always obedient and maintains discipline. He always obeys and observes the laws. He willingly obeys his teachers, parents, Patrol Leaders and Troop Leaders. He never lacks in obedience.

8. A scout is a brave person and always remains in high spirits even at the time of difficulty. He is never afraid of the problems of life. He faces problems boldly and with a smiling face. He does not complain against the problems and does not grumble. He is always at peace with himself.

9. A scout is always contented. He fulfils his genuine needs and leads a contented life in every way. He tries to fulfil his needs in a natural way from the natural resources. He does not waste time, he rather spends his time in a fruitful and useful manner.

10. A scout is true of word, deed and thought. A scout is pure of heart, true to his word, and does good deeds. He never speaks ill of anyone. He is not rude to anyone. He does not indulge in back biting. He is a friend to everyone. He inspires others to do good deeds. He is neither an enemy, nor a stranger to anyone.

For him the whole world is his family. He loves everybody and helps everybody as far as possible.

Note: The above said laws apply to guides also.

SCOUT PLEDGE

I take a pledge on my honour that

1. I will perform my duty toward's my country and God.
2. I shall help others.
3. I shall do my best to obey the scout laws.

Whenever a person joins any organization, he has to take a pledge of that

organization or religious group. A soldier takes the pledge of the army when he joins it. Similarly a man takes a pledge when he joins the police force. Scouting is a big organization. The boys and girls who join this organization have to take a pledge which is called 'Scout Promise'. No one



Fig. No. 12 Scout Pledge

can be a scout without taking the scout promise. He should firmly stick to the scout promise taken by him.

The scout promise inspires a scout to progress by being an ideal person. These laws help him to become a pious, truthful and higher person. By being true to God, it is meant that a scout should always feel the presence of God everywhere. Helping others should be his first and foremost duty. Thus 'scout pledge' helps a scout become a truthful person, who is true to his word and deed, is loyal and contented and is sweet and courteous to talk to everyone.

Note : Scout pledges are same for the guides.

SCOUT MOTTO

The word "Ready" is motto of the scout. He is ever ready to do some good. He is always busy in doing good to others. He obeys his elders and does duty towards others without bothering about his inconvenience of time and place. His aim of life is to do good and always to do good. He does not postpone doing a good deed. He does not delay helping others, in showing the way to others and guiding people in fairs, or crowds etc. He has

a thirst for knowledge, which he always wants to satisfy.

Chief Scout Lord Baden Powell never sat idle. He was always busy in planning something new, even when he was travelling or was in the battlefield. He was always willingly ready to solve the problems of different kinds.

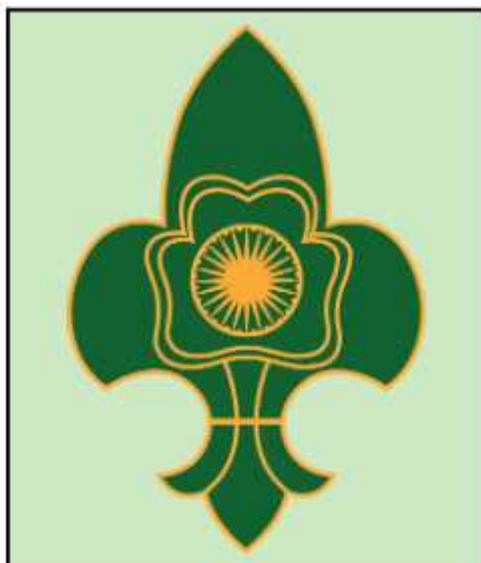


Fig. No. 13 Scout Badge

A scout is inspired by the example of Lord Baden Powell and keeps himself always ready for all kinds of work.

SCOUT SALUTE

Whenever we meet someone we greet him by making some gesture. We can greet someone by folding our hands or by shaking hands with him or by saying particular words. When a scout meets a scout he salutes the other person to greet him. A scout salutes with three fingers while he places his thumb on the little finger. A scout can salute even when his head is bare.

A scout who first sees the other scout, salutes him, even if he himself is senior to him in rank. While taking a pledge, a scout sign is made in place of scout salute.



Fig. No. 14 Scout Salute

EXERCISE

1. What are the benefits of Scouting and guiding? Write in detail.
2. What do we learn from scouting and guiding pledge?
3. Explain in detail the scouting laws.
4. What is the importance of a scout in scouting? Explain.
5. "Scouting helps a child develop an all round personality", give your own views.
6. "Ready" is the motto of scouting. Explain it clearly.
7. 'A scout is a good citizen'. Explain it.
8. Write a note on the contribution of Lord Baden Powell, to the movement of scouting.

THE FATAL EFFECTS of DRUGS and their SAFETY MEASURES

On one hand the modern Science, is discovering new methods of keeping human body healthy and active, the youth of today, on the other hand is destroying his precious life as he has fallen in the grip of bad habit of taking drugs like alcohol, tobacco, cigarette, 'beeree' and 'zarda'. He is inviting incurable diseases like cancer by doing so. This bad habit of taking drugs (intoxicants) is making the students physically and mentally sick. There are such drugs which can be easily obtained e.g. alcohol, tobacco, opium, cigarette, 'beeree' and 'zarda' etc. All these intoxicants have fatal effects on our body.

1. Alcohol- Alcohol is such a curse that has victimized almost one member of every family. An alcoholic can go beyond limits to fulfil his whim of taking alcohol and can do any kind of wrong thing. Even his family atmosphere gets disturbed and his health is affected with many kind of diseases. An alcoholic loses his memory, his digestive system gets damaged, his digestion remains disturbed. He develops liver and abdomen diseases. He feels exhausted due to deficiency of vitamin B.

2. Tobacco- Tobacco contains a poisonous substance namely nicotine which is very harmful for a human being. The tobacco smoke contains 'Tar' substance which accumulates in the lungs which further causes lung cancer. Tobacco causes abdomen diseases, even kidneys get damaged. It causes harm to eye sight. Skin problems can be developed due to consuming tobacco.

3. Opium- Opium and hemp is obtained from a plant. This is very harmful for the health of a person. The heart beat increases by using it. It causes loss of memory. It can cause heart attack also.

4. Cigarette- Both cigarette and beeree are prepared from tobacco. The smoke of cigarette produces gravel like substance namely 'Tar' in the lungs which gradually damages the lungs of the smoker. It causes wind pipe, throat, mouth and lung cancer. The abdomen develops deadly disease ulcer.

The eye sight gets weaker. Intestines remain aching .There is continuous headache and throat gets infectious.

METHODS to PREVENT MENACE of DRUGS

The children should be aware of the menace of drugs so that they can save themselves, family, society and their country from the bad effects of these intoxicants and create a healthy society.

We should remember that a person can fall a victim to these drugs only when he is not fully determined. Nothing can affect the hard determination of a person.

Parents and teachers should motivate the students to read good books to avoid the bad habit of taking drugs. Besides this, the students should be motivated to do physical exercise and recreational activities like Bhangra, Gidha, folk dance and singing etc.

EXERCISE

1. Which intoxicant is used to prepare both cigarette and beere?
2. Which drug can cause tongue throat and mouth cancer?
3. How is alcohol harmful for health ?
4. How can students be saved from the menance of drugs ?