

ATHLETICS



- Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.
- Athletics events were depicted in the Ancient Egyptian tombs in Saqqara, with illustrations of running at the Heb Sed festival and high jumping appearing in tombs from as early as of 2250 BC.
- The Tailteann Games were an ancient Celtic festival in Ireland, founded circa 1800 BC, and the thirty-day meeting included running and stone-throwing among its sporting events.
- The original and only event at the first Olympics in 776 BC was a stadium-length running event known as the *stadion*.
- This later expanded to include throwing and jumping events within the ancient pentathlon. Athletics competitions also took place at other Panhellenic Games, which were founded later around 500 BC.

Believe it or not

1. 100m race completed in 9.58sec
2. 800m race completed in 1:40.91sec
3. Long Jump 8.95m
4. High Jump 2.45m
5. Pole Vault 6.18m

Event	Name of the person	LINK
100m	Osain Bolt	https://www.youtube.com/watch?v=By1JQFxfLMM
800m	David Rudisha	https://www.youtube.com/watch?v=YKEOjWEzVGs
Long Jump	Mike Powell	https://www.youtube.com/watch?v=TOWfsAwvTSU
High Jump	Javier Sotomayor	https://www.youtube.com/watch?v=vWde8sMxe1w
Pole Vault	Armand Duplantis	https://www.youtube.com/watch?v=2QFUh2P9_Bg

Some Asanas to be learnt by the students.
The complete process has been written

TADASANA	VAJRASANA	PAWANMUKTASANA
The word is derived from the Sanskrit word TADA meaning palm tree. It is the beginning and ending of Surya Namaskar according of Ashtangayog.	It is also known as the diamond pose. It is the kneeling pose. The name is derived from Sanskrit word VAJRA means diamond or thunderbolt.	It is derived from two Sanskrit words PAVANA which means wind and MUKTA which means to release.
Procedure: <ul style="list-style-type: none"> - Stand straight on the floor. - Take a small gap between feet. - After deep inhalation, raise both the arms. - Keep arms upward by interlocking fingers. - Come on the toes by raising heels concurrently. - Feel the pressure of stretching from toes. - Try to maintain this pose along with slow and deep breathing. 	Procedure: <ul style="list-style-type: none"> -Kneel down on the ground or floor with your knees, ankles and toes touching the ground. --Toes should be stretched backwards. -Place palms of both the hands on your knees. -Upper body must be straight. 	Procedure: <ul style="list-style-type: none"> - Lie down on your back. - Keep your feet together and place your arms beside your body. Take a deep breath. - While exhaling, bring your knees towards your chest. - At the same time press your thighs on your abdomen. - Clasp your hands around your legs. - Hold the asana when you breathe normally.
Benefits: <ul style="list-style-type: none"> - Strengthens the legs. - Activates the nerves of the entire body. - Improves strength of vertebral column. - Improves digestion. - Develops the strengths of arms and less. - Reduces the problems of flat foot. 	Benefits: <ul style="list-style-type: none"> - Helpful for concentration. - Back pain and chest disease. - Enhances memory power. - Cures mental stress. - Reduces hip fat. - Gives relief from constipation, acidity and digestive process. 	Benefits: <ul style="list-style-type: none"> - It eases tension in lower back. - It enhances blood circulation. - It helps to cure menstrual disorder. - It helps in reducing the fats of thighs, buttocks and abdominal area. - It relieves constipation.
Contradiction: <ul style="list-style-type: none"> - People suffering from headaches, low blood pressure and insomnia. During pregnancy. 	Contradiction: <ul style="list-style-type: none"> - Person suffering from joint pain. - Difficulty in movement. - Person suffering from spinal column. - People suffering from hernia. 	Contradiction: <ul style="list-style-type: none"> - People suffering from heart problems. - People suffering from high blood pressure. - People suffering from slip disc.
TADASANA https://www.youtube.com/watch?v=9eNMoDT2I-k VAJRASANA https://www.youtube.com/watch?v=sMp2ct00bME PAWANMUKTASANA https://www.youtube.com/watch?v=YMO8QRprW2w		

ARDCHAKRASANA <p>The name is derived from Sanskrit words ARDHA meaning half and CHAKRA means wheel.</p>	Bhujangasana <p>The name is derived from Sanskrit words BHUJANGA meaning snake or serpent. It is the stretching yogic exercise of the front torso and the spine. It resembles with the final stage when the cobra is ready to attack its prey by raising its hood.</p>	SHAVASANA <p>This asana is derived from Sanskrit word SHAVA which means corpse. The pose looks like sleeping pose. It is very simple and everyone can do this asana.</p>
Procedure: <ul style="list-style-type: none"> - Stand straight with feet together and arms alongside. - Hold your hips with your hands. - Bend backwards without bending your knees with slow inhalation. - Remain in this pose for some time. - Do it 2 to 3 times. 	Procedure: <ul style="list-style-type: none"> - Lie down on the belly on the ground. - Keep your hands near the shoulders. - Keep your legs close together. - Straighten up your arms slowly, raise the chest. - Head should turn backwards. 	Procedure: <ul style="list-style-type: none"> - Lie flat on back like sleeping pose and legs should be separated. - Keep arms at the side and palms facing up and relax. - Close eyes and breathe and slowly through the nostrils. - Start concentrating from head to feet.
Benefits: <ul style="list-style-type: none"> - Helps to make ankles, thigh, shoulders, chest, spine and abdomen stronger. - Relives stress and tension. - Improves digestion. - Cures menstrual disorders. - Cures pain in legs. - Reduces fat in the waist and thigh. - Helps to alleviate upper back pain. - Relieves stress in the neck and shoulders. 	Benefits: <ul style="list-style-type: none"> - It alleviates obesity. - Provides strength and agility. - Cures the diseases of liver. - Improves blood circulation. - Makes the vertebral column flexible. - It cures gas disorders and indigestion. 	Benefits: <ul style="list-style-type: none"> - Relaxes whole body. - Helps in releasing stress, fatigue, depression and tension. - Improves concentration, calms the mind. - Improves mental health. - Beneficial for asthma. - Diabetes and indigestion.
Contradiction: <p>Avoid performing this asana if you have migraine, headache, low blood pressure, diarrhea and insomnia.</p>	Benefits: <ul style="list-style-type: none"> - It alleviates obesity. - Provides strength and agility. - Cures the diseases of liver. - Improves blood circulation. - Makes the vertebral column flexible. - It cures gas disorders and indigestion. 	Contradiction: <ul style="list-style-type: none"> - Not for those who has not been advised not to lie down on back. <p>Someone with severe acidity may find lying on back uncomfortable.</p>
ARDCHAKRASANA https://www.youtube.com/watch?v=UjbM05ttgB4 Bhujangasana https://www.youtube.com/watch?v=HE1aplwtKrs SHAVASANA https://www.youtube.com/watch?v=Vw9bZf_x2Fo		

SUKHASANA The name is derived from the Sanskrit word SUKHAM which means delight or bliss.	CHAKRASANA The name is derived from the addition of two words i.e., CHAKRA meaning wheel and asana.	GOMUKHASANA The name is derived from the Sanskrit words GO meaning Cow and MUKHA meaning head. This asana stretches several parts of the body simultaneously including ankles, thighs, hips, chest, neck, arms and hands.
Procedure: <ul style="list-style-type: none"> - Sit down with the legs straight in front of the body. - Bend the right leg and place the foot under the left thigh. - Bend the left leg and keep the foot under the right thigh. - Place the hands on the knees. - Chin should be in. - Keep the head, neck and back straight. 	Procedure: <ul style="list-style-type: none"> - Lie down on your back. - Fix your hands firmly on ground. - Raise the middle portion of your body upwards. - Raise it as high as possible. - Keep your head downwards between your hands. 	Procedure: <ul style="list-style-type: none"> - Sit down on the ground with legs stretched forward. - Fold the left leg at the knee and sit on the left foot. - Fold the right leg and keep the right thigh with the help of your hands. - Lift your buttocks and bring the heels of both feet together so that they should touch each other. - Bend your fingers of both the hands and clasp each other.
Benefits: <ul style="list-style-type: none"> - Facilitates mental and physical balance without causing strain or pain. - Stretches and lengthens spine. - Calms your mind. - Reduces anxiety and stress. - Improves body posture. 	Benefits: <ul style="list-style-type: none"> - Cures back pain. - Cures pain in kidneys. - Removes obesity. - Prevents the problem of hernia. - Prevents asthma. - Reduces stress. 	Benefits: <ul style="list-style-type: none"> - Leg muscle strong. - Improves functions of lungs. - Treatment of Sciatica. - Improves functions of kidneys. - Reduces stress and anxiety.
Contradiction: <ul style="list-style-type: none"> - Knees and hips are injured. - Slip disc. Back Injury	Contradiction: <ul style="list-style-type: none"> - People suffering from headache. - People suffering from shoulder problems. - People suffering from wrist problems. - Spinal column ailments. 	Contradiction: <ul style="list-style-type: none"> - People suffering from shoulder. - People suffering from knee. People suffering from back pain.

SUKHASANA <https://www.youtube.com/watch?v=nx7m99JKpyo>

CHAKRASANA <https://www.youtube.com/watch?v=9zkVWHJ64rc>

GOMUKHASANA <https://www.youtube.com/watch?v=QsciKIPtmlk>

PARVATASANA It is one of the most important seated yoga postures. As the pose resembles a mountain, it is called parvatasana.	PASCHIMOTTANASANA The name is derived from the Sanskrit words PASCHIMA which means west or back or back of body and UTTANA meaning intense stretch or straight or extended.	MATSYASANA The name is derived from Sanskrit word MATSYA which means fish. It is also known as fish pose.
Procedure: <ul style="list-style-type: none"> - Sit in padmasana or lotus pose. - Stretch your arms sideways and bring them over your head slowly. - Let your palms touch each other. - Stretch your hands well without bending your elbows. - Keep your spine straight. 	Procedure: <ul style="list-style-type: none"> - Sit on the ground with legs forward. - Hold the toe of your feet with the fingers of both hands. - Breathe out slowly and try to touch the knees with your forehead. - After that breathe in slowly, raise your head upwards and come to the prior position. 	Procedure: <ul style="list-style-type: none"> - Sit in padmasana. Lie down in sleeping position and make an arch behind. - Hold your feet with the fingers of your hands.
Benefits: <ul style="list-style-type: none"> - Helps in enhancing height. - Reduces extra fats in the back and waist. - Helps in reducing back pain. - Beneficial for asthma. - Beneficial for spinal cord. 	Benefits: <ul style="list-style-type: none"> - It takes care of gas problem. - It prevents the early ossification of bones. - It reduces obesity. - It gives relief in sciatica, back ache. - Helps to overcome several menstrual disorders. 	Benefits: <ul style="list-style-type: none"> - Helpful in curing back pain and knee pain. - Cures defect of eyes. - Cures skin diseases. - Cures diabetes. - Improves posture.
Contradiction: <ul style="list-style-type: none"> - Back injury. - Hip injury. - Shoulder injury. 	Contradiction: <ul style="list-style-type: none"> - People suffering from enlarged liver. - People suffering from acute appendicitis. - People suffering from asthma 	Contradiction: <ul style="list-style-type: none"> - Back problem. - High or low blood pressure. - People suffering from migraine. - Neck injury.
PARVATASANA https://www.youtube.com/watch?v=Px6mssBpylQ PASCHIMOTTANASANA https://www.youtube.com/watch?v=PZOINB1t4J4&list=PLuNmtC68Qsijno04uXQJdBE5f5GQXzNch&index=12&t=0s MATSYASANA https://www.youtube.com/watch?v=JqNLCd_tGoY		