

SPORTS: INDIAN AND NATIONAL

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1. Introduction to Indian Sports

Sports are a vital part of India's national identity, with increasing emphasis on promoting fitness, excellence, and global recognition.

- Traditional Indian sports: Kabaddi, Wrestling, Archery, Kho-Kho, Gilli-danda, Atya-patya.
- Modern sports gained prominence during British rule.
- Cricket is the most popular spectator sport.
- India has hosted major international events (Asian Games, Commonwealth Games, Cricket World Cups).

2. Major Sports in India

2.1 Cricket

Cricket is arguably the most popular sport in India, with a massive fan base and professional leagues.

- **Governing Body:** Board of Control for Cricket in India (BCCI).
- **Key Tournaments:** Indian Premier League (IPL), Ranji Trophy, Duleep Trophy, Vijay Hazare Trophy, Syed Mushtaq Ali Trophy.
- **Terminology:** Pitch, Wicket, Crease, Boundary, Over, Maiden Over, LBW (Leg Before Wicket), Bowled, Caught, Run Out, Stumped, Hat-trick, Sixer, Yorker, Googly, Flipper, Doosra, Umpire Decision Review System (DRS).

Exam Pointers:

- **BCCI:** Richest cricket board in the world.
- **IPL:** World's most popular T20 league.
- **India's World Cup Wins:**
 - **ODI World Cup:** 1983 (Captain: Kapil Dev), 2011 (Captain: MS Dhoni)
 - **T20 World Cup:** 2007 (Captain: MS Dhoni), **2024 (Captain: Rohit Sharma)**

2.2 Hockey

Hockey is historically significant, having been India's dominant sport for decades, especially during the Olympic golden era.

- **Governing Body:** Hockey India.
- **Key Tournaments:** Hockey India League, National Championship.
- **Terminology:** Bully, Scoop, Short Corner, Penalty Stroke, Striking Circle, Hat-trick, Tiebreaker, Sudden Death, Push-in, Centre Forward, Halfback, Astro turf.

- **Olympic Legacy:** India has won 8 Olympic gold medals in men's hockey.

Exam Pointers:

- **"The Wizard of Hockey":** Major Dhyan Chand. His birthday (August 29) is celebrated as National Sports Day.
- **No National Sport:** Contrary to popular belief, India does not have a designated "National Sport."

2.3 Badminton

Badminton has seen a significant rise in popularity and success in India in recent years.

- **Governing Body:** Badminton Association of India (BAI).
- **Key Tournaments:** Indian Open, Premier Badminton League (PBL).
- **Terminology:** Shuttlecock, Smash, Drop, Net, Clear, Love, Deuce, Alley, Baseline, Fault, Let.

2.4 Athletics

Athletics covers a wide range of events including running, jumping, and throwing. India has seen emerging talent in this field.

- **Governing Body:** Athletics Federation of India (AFI).
- **Terminology:** Track, Lane, Hurdles, Shotput, Discus Throw, Javelin Throw, High Jump, Long Jump, Triple Jump, Relay, Photofinish, Cross Country.
- **Key Athlete:** Neeraj Chopra (Javelin Thrower) - first Indian track and field athlete to win an Olympic gold.

2.5 Chess

Chess originated in India (Chauapar/Chaturanga) and has produced numerous Grandmasters.

- **Governing Body:** All India Chess Federation (AICF).
- **Terminology:** Checkmate, Gambit, Grandmaster, Stalemate, Pawn, Rook, Knight, Bishop, Queen, King, Castling, En Passant.
- **Notable Players:** Viswanathan Anand (multiple World Champion), D. Gukesh.

2.6 Shooting

India has consistently performed well in shooting at international events.

- **Governing Body:** National Rifle Association of India (NRAI).

- **Terminology:** Bull's Eye, Range, Air Rifle, Free Pistol, Rapid Fire Pistol.
- **Notable Players:** Abhinav Bindra (first Indian individual Olympic gold medalist), Manu Bhaker.

2.7 Wrestling

Wrestling is a traditional sport deeply ingrained in Indian culture, with a strong presence in rural areas.

- **Governing Body:** Wrestling Federation of India (WFI).
- **Terminology:** Pinfall, Takedown, Freestyle, Greco-Roman, Half Nelson, Heave.

2.8 Other Popular Sports

- **Football:** All India Football Federation (AIFF). Terminology: Offside, Foul, Penalty Kick, Hat-trick, Dribble, Header.
- **Table Tennis:** Table Tennis Federation of India (TTFI). Terminology: Smash, Drive, Chop, Spin, Deuce.
- **Weightlifting:** Indian Weightlifting Federation (IWF). Terminology: Snatch, Clean and Jerk.
- **Boxing:** Boxing Federation of India (BFI). Terminology: Knockout (KO), Uppercut, Hook, Jab, Ring.
- **Archery:** Archery Association of India (AAI). Terminology: Bullseye, Target, Quiver.
- **Kabaddi:** Amateur Kabaddi Federation of India (AKFI). Terminology: Raid, Raider, Defender, Bonus Line, Tackle.
- **Kho Kho:** Kho Kho Federation of India (KKFI). Terminology: Chaser, Runner, Pole Dive.

3. National Sports Awards

These awards are given annually to recognize and reward excellence in sports in India. Awardees are generally announced in August and presented by the President of India on National Sports Day (August 29). For the 2024 awards, the ceremony was held on January 17, 2025.

3.1 Major Dhyan Chand Khel Ratna Award

- **Purpose:** India's highest sporting honor, awarded for "spectacular and most outstanding performance in the field of sports by a sportsperson over the period of previous four years."
- **Earlier Name:** Rajiv Gandhi Khel Ratna Award (renamed in 2021).

- **Award Money:** ₹25 Lakh.
- **Recent Recipients (2024 Awards, presented Jan 2025):**
 - **Gukesh D (Chess)**
 - **Harmanpreet Singh (Hockey)**
 - **Praveen Kumar (Para-Athletics)**
 - **Manu Bhaker (Shooting)**

3.2 Arjuna Award

- **Purpose:** Awarded for "good performance over a period of previous four years and for showing qualities of leadership, sportsmanship and a sense of discipline."
- **Award Money:** ₹15 Lakh.
- **Recent Recipients (2024 Awards, presented Jan 2025) - Selected Key Athletes:**
 - Jyothi Yarraji (Athletics)
 - Annu Rani (Athletics)
 - Nitu Ghanghas (Boxing)
 - Saweety Boora (Boxing)
 - Vantika Agrawal (Chess)
 - Salima Tete (Hockey)
 - Abhishek, Sanjay, Jarmanpreet Singh, Sukhjeet Singh (Hockey)
 - Rakesh Kumar (Para-Archery)
 - Preeti Pal, Jeevanji Deepthi, Ajeet Singh, Sachin Sarjerao Khilari, Dharambir, Pranav Soorma, H Hokato Sema, Simran Sharma, Navdeep Singh (Para-Athletics)
 - Nitesh Kumar, Thulasimathi Murugesan, Nithya Sre Sivan, Manisha Ramadass (Para-Badminton)
 - Kapil Parmar (Para-Judo)
 - Mona Agarwal, Rubina Francis (Para-Shooting)
 - Swapnil Kusale, Sarabjot Singh (Shooting)
 - Abhay Singh (Squash)
 - Sajan Prakash (Swimming)
 - Aman Sehrawat (Wrestling)
 - **Arjuna Awards (Lifetime Category):**
 - Sucha Singh (Athletics)
 - Murlikant Petkar (Para-Swimming)

3.3 Dronacharya Award

- **Purpose:** Awarded to coaches for "outstanding work in sports training, enabling sportspersons to excel in international competitions."
- **Categories:** Regular and Lifetime.

- **Award Money:** ₹15 Lakh (Lifetime), ₹10 Lakh (Regular).
- **Recent Recipients (2024 Awards, presented Jan 2025) - Selected:**
 - **Regular Category:**
 - Subhash Rana (Para-Shooting)
 - Deepali Deshpande (Shooting)
 - Sandeep Sangwan (Hockey)
 - **Lifetime Category:**
 - S Muralidharan (Badminton)
 - Armando Agnelo Colaco (Football)

3.4 Maulana Abul Kalam Azad (MAKA) Trophy

- **Purpose:** Awarded to the overall winning university in inter-university tournaments.
- **Recent Recipients (2024 Awards, presented Jan 2025):**
 - **Overall winner:** Chandigarh University
 - **1st runner-up:** Lovely Professional University, Punjab
 - **2nd runner-up:** Guru Nanak Dev University, Amritsar

3.5 Rashtriya Khel Protsahan Puruskar

- **Purpose:** Awarded to corporate entities, sports control boards, NGOs, etc., for their role in sports promotion and development.

Exam Pointers

- National Sports Day: **August 29 (Dhyan Chand's birthday).**

4. Important Sports Terminology

Understanding specific terms used in different sports is crucial for MCQs.

Sport	Important Terms
Athletics	Shotput, Hurdles, Discus Throw, Triple Jump, Relay, Lane, High Jump, Track, Hammer Throw, Photofinish, Cross Country.
Badminton	Shuttlecock, Double fault, Hit, Game match, Forehand, Deuce, Back Hand, Net, Service court, Love, Smash, Drop, Lob, Flick.
Baseball	Banting, Base, Battery, Throw, Strike, Diamond, Pinching, Perfect game, Put out, Homerun, Hitter, Infield, Base runner, Catcher.
Basketball	Underhead, Common foul, Free throw, Technical foul, Overhead, Triple, Pass, Lay-up, Dribble, Pivot, Rebound.
Billiards/Snooker	Cushion billiards, Pull, Cue, Scoring, Break shot, Hit, Object ball,

	Pocket, English, Screwback, Cannon.
Boxing	Round, Ring, Stoppage, Kidney punch, Punch, Upper-cut, Timing, Knock out (KO), Footwork, Jab, Hook, Cross, Bob and Weave, Southpaw.
Chess	Gambit, Grandmaster, King's Indian Defence, International Master, E.L.O. rating, Checkmate, Stalemate, Pawn, Rook, Knight, Bishop, Queen, King, Castling, En Passant, Promotion.
Cricket	Runout, LBW, Gully, Toss, Run, Yorker, Wicket, Cover, Runner, Long on, Silly point, Midwicket, Mid on, Pitch, Square leg, Stump, Slip, Bails, Boundary line, Forward short leg, Crease, Seamer, Pavilion, Over the wicket, Round the wicket, Gloves, Follow-through, Wicket Keeper, Late cut, Hook, Over, Maiden Over, Bouncer, Wide Ball, No Ball, Duck, Hat-trick, Caught, Bowled, Googly, Flipper, Doosra, DRS, Powerplay.
Football (Soccer)	Pass, Baseline, Hat-trick, Defender, Left out, Stopper, Dribble, Offside, Move, Right out, Rebound, Corner back, Head, Penalty kick, Side back, Kick, Goal, Foul, Red Card, Yellow Card, Free Kick, Goal Line, Goal Mouth, Volley.
Golf	Ace, Off The Deck, Albatross, Mulligan, Peg, Double Eagle, Claw Grip, All Square, Condor, Dogleg, Approach Putt, Bogey, Bunker, Apron, Beach, Birdie, Ball Mark, Ballooning, Blind Shot, Caddy, Chip, Dub, Flag, Four-Ball, Sand Trap, Tee Shot, Par, Fore.
Hockey	Penalty stroke, Push-in, Penalty Corner, Cut, Scoop, Bully, Tiebreaker, Short corner, Centre forward, Halfback, Astroturf, Goal, Dribble, Sudden Death, Left in, Left out, Off-side, Carried, Stick, Striking circle, Undercutting, Flick, Long Corner.
Kabaddi	Corner, Raid, Bonus-Line, Tackle, Cover, Lobby, Struggle.
Kho-Kho	Out, Runner, Foul, Chaser, Pole Dive, Kho.
Lawn Tennis	Smash, Service, Volley, Back-hand-drive, Forehand, Ace, Advantage, Deuce, Game Point, Breakpoint, Shot, Grass Court, Break, Drop shot, Netplay, Baseline, Grand Slam, Let, Lob, Slice, Topspin, Double Fault, Fault, Love, Tie-break.
Shooting	Air rifle, Free pistol, Range, Bull's eye, Rapidfire Pistol, Standard rifle, Trap, Skeet, Clay Pigeon.
Swimming	Backstroke, Lane, Freestyle, Pool, Crawl, Breaststroke, Butterfly, Medley, Dive, Lap.
Table Tennis	Drive spin, Half volley, Chop, Volley, Backhand, Late service, Push, Block, Lob, Topspin, Smash.
Weightlifting	Snatch, Jerk, Clean and Jerk, Press.
Wrestling	Point, Half Nelson, Freestyle, Heave, Pinfall, Takedown, Greco-Roman, Bout.

5. Key Sports Bodies and Federations in India

These organizations are responsible for governing, developing, and promoting specific sports in India.

- **Ministry of Youth Affairs and Sports (MYAS):** The apex governmental body responsible for youth affairs and sports in India. It formulates national sports policies, coordinates with federations, implements development programs, and oversees the preparation of Indian teams for international events.
- **Indian Olympic Association (IOA):** The governing body for the Olympic Movement in India. It is responsible for selecting athletes to represent India at the Olympic Games, Commonwealth Games, Asian Games, and other international multi-sport events.
- **National Sports Federations (NSFs):** Autonomous bodies responsible for a specific sport. They are registered under the Societies Registration Act, 1860, and operate under the supervision of MYAS. Examples include:
 - Board of Control for Cricket in India (BCCI)
 - Hockey India
 - Badminton Association of India (BAI)
 - Athletics Federation of India (AFI)
 - All India Chess Federation (AICF)
 - National Rifle Association of India (NRAI)
 - Wrestling Federation of India (WFI)
 - All India Football Federation (AIFF)
 - Table Tennis Federation of India (TTFI)

Exam Pointers:

- **Apex Body:** Ministry of Youth Affairs and Sports.
- **Olympic Representation:** Indian Olympic Association.
- NSFs are typically autonomous but operate under government supervision.

6. Government Initiatives and Policies for Sports Promotion

The Indian government has launched several schemes and policies to foster a sporting culture and develop talent.

- **National Sports Policy 2025 (Approved July 2025):**
 - Supersedes the National Sports Policy, 2001.
 - **Vision:** To establish India as a global sporting powerhouse and a strong contender for excellence at international sporting events, including the 2036 Olympic Games.

- **Five Key Pillars:**
 1. **Excellence on the Global Stage:** Strengthening sports programs from grassroots to elite levels, talent identification, competitive leagues, and infrastructure development.
 2. **Sports for Economic Development:** Promoting sports tourism, strengthening sports manufacturing, encouraging private sector participation (PPP, CSR).
 3. **Sports for Social Development:** Driving mass participation, culture of fitness (through campaigns and community events), launching fitness indices, enhancing universal access to facilities.
 4. **Integration with Education (NEP 2020):** Integrating sports into school curricula, training educators and physical education teachers.
 5. **Strategic Framework:** Serving as a model policy for States and UTs.
- **Khelo India Scheme:**
 - **Purpose:** To revive the sports culture in India at the grassroots level by building a strong framework for all sports and to establish India as a great sporting nation.
 - **Key Components:**
 - **Khelo India Youth Games (KIYG):** Annual national-level multi-sport grassroots event for U17 and U21 athletes.
 - **Khelo India University Games (KIUG):** Multi-sport event for university-level athletes.
 - **Khelo India Winter Games:** Annual event for winter sports.
 - **Khelo India Para Games:** Introduced in 2023.
 - Promotion of indigenous games.
 - Talent identification and nurturing.
 - Development of sports infrastructure.
- **Target Olympic Podium Scheme (TOPS):**
 - **Purpose:** To identify, nurture, and prepare elite athletes for Olympic and Paralympic Games. Provides financial assistance for training, equipment, international competitions, and support staff.
- **Sports Authority of India (SAI):**
 - **Purpose:** The premier national sports body for sports development in India. It implements various sports promotion schemes, manages sports training centers, and provides support to NSFs.
- **National Sports Development Fund (NSDF):**
 - **Purpose:** A fund for promotion of sports in the country. Contributions to this fund are eligible for 100% income tax exemption.
- **Fit India Movement:**

- **Purpose:** A nationwide movement launched in 2019 by PM Narendra Modi to encourage people to inculcate physical activity and sports in their daily lives.

7. Current Affairs: Major Indian and National Sports Highlights

7.1 Olympics & Paralympics 2024 (Paris) - Crucial for Exam

India made significant strides at the Paris 2024 Olympics and Paralympics.

- **Paris 2024 Olympics:**
 - **Medals:** India won 6 medals (1 Silver, 5 Bronze).
 - **Flag Bearers:** PV Sindhu (Badminton) - female flag bearer; Sharath Kamal (Table Tennis) - male flag bearer.
 - **Medal Winners:**
 - **Neeraj Chopra (Athletics - Javelin Throw): Silver** (second Olympic medal, first was gold at Tokyo 2020).
 - **Manu Bhaker (Shooting): Bronze** (Women's 10m Air Pistol - India's first Olympic shooting medal for women).
 - **Manu Bhaker & Sarabjot Singh (Shooting): Bronze** (Mixed Team 10m Air Pistol).
 - **Swapnil Kusale (Shooting): Bronze** (Men's 50m Rifle 3 Positions - India's first medal in this event).
 - **Aman Sehrawat (Wrestling): Bronze** (Men's Freestyle 57kg - youngest Indian Olympic medalist at 21).
 - **Indian Men's Hockey Team: Bronze** (defeated England in the bronze medal match, second consecutive Olympic medal for the team after Tokyo 2020). Harmanpreet Singh was the tournament's top scorer with 10 goals.
 - **Other Notable Performances:**
 - **Lakshya Sen (Badminton):** Reached Men's Singles semi-finals, a first for an Indian male player.
 - **PUMA India:** Official Footwear Partner for the Indian contingent at Paris Olympics 2024.
- **Paris 2024 Paralympics:**
 - **Medals:** India achieved a record 29 medals (7 Gold, 9 Silver, 13 Bronze).
 - **Key Gold Medalists (selected):**
 - **Avani Lekhara (Para Shooting):** Won back-to-back gold medals.
 - **Sumit Antil (Para Athletics - Javelin Throw):** Won back-to-back gold medals.
 - **Harvinder Singh (Para Archery):** Secured India's first Paralympic gold in archery.

- **Overall Performance:** Marked India's best-ever performance at the Paralympic Games.
- First individual independent India's Olympic medal: **KD Jadhav**, Wrestling bronze, **1952 Helsinki**

7.2 Cricket

- **ICC Men's T20 World Cup 2024 (June 2024 - July 2024):**
 - **Winner: India** (defeated South Africa in the final). Ended a 17-year wait for the title.
 - **Player of the Tournament:** Jasprit Bumrah (India).
 - **Retirements:** Rohit Sharma, Virat Kohli, and Ravindra Jadeja announced their retirement from T20I cricket after the World Cup.
 - T20 World Cup win: BCCI awarded **₹125 crore** to the team.
- **World Championship of Legends 2024 (July 2024):**
 - **Winner:** India Champions (defeated Pakistan Champions by five wickets in the final at Edgbaston).
- **Upcoming Events:**
 - **Cricket World Cup 2027:** To be hosted by South Africa, Zimbabwe, and Namibia.

7.3 Badminton

- **Badminton Asia Team Championships 2024 (February 2024, Shah Alam, Malaysia):**
 - **Winner:** Indian Women's Team (historic gold medal, first ever for India in this event).
 - **Key Player:** Youngster Anmol Kharb was a hero, winning deciders against higher-ranked opponents.
 - **Men's Team:** India previously won two bronze (2016, 2020).

7.4 Chess

- **D. Gukesh:**
 - Became the **youngest World Chess Champion** in history (October 2024, defeating Ding Liren).
 - Recipient of **Major Dhyan Chand Khel Ratna Award 2024**.
- **Koneru Humpy:**
 - Won her second World Rapid Championship title (December 2024).
- **Viswanathan Anand:**
 - Won the Leon Masters chess championship for the 10th time (July 2024).
- **Chess Olympiad:**