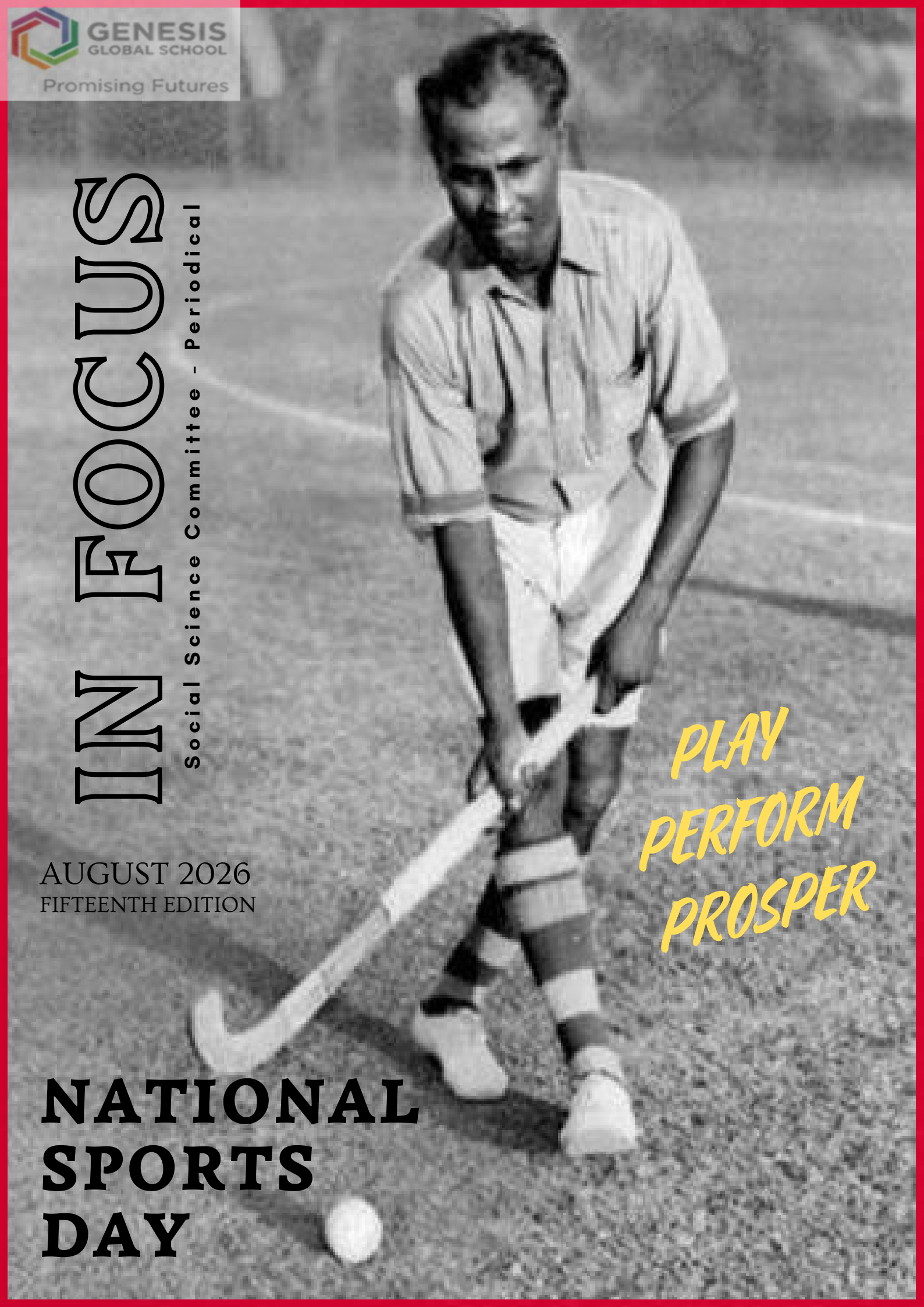
GENESIS GLOBAL SCHOOL
Promising Futures

IN FOCUS

Social Science Committee - Periodical



AUGUST 2026
FIFTEENTH EDITION

PLAY
PERFORM
PROSPER

NATIONAL SPORTS DAY

EDITORIAL NOTE
Celebrating the spirit of sports

Sport is more than competition; it teaches us discipline, teamwork, resilience and perseverance. As we celebrate National Sports Day on 29 August, In Focus turns its lens towards India's sporting journey and honours Major Dhyan Chand, whose remarkable contribution to hockey continues to inspire generations.



This special edition explores traditional games, sports tourism, women achievers, and the role of science and technology in modern sport. For our students, sport is about participation, confidence, character and learning from every challenge.

Play. Perform. Prosper.

- Editorial Team

In Focus | Humanities Department

INDIA'S OLYMPIC JOURNEY

NORMAN PRITCHARD– 1900
First Indian Olympic medalist

AMSTERDAM HOCKEY GOLD– 1928

LOS ANGELES HOCKEY GOLD – 1932

BERLIN HOCKEY GOLD– 1936

MOSCOW HOCKEY GOLD– 1980

BEIJING – 2008
Abhinav Bindra

LONDON – 2012
6 medals

PARIS– 2024
6 medals

AND THR JOURNEY CONTINUES
LOS ANGELES –2028

Sports through Geography





INTERNATIONAL PARALYMPIC COMMITTEE

FIFA

ICC

Tourism in Sports





- DESTINATION MARATHONS & CYCLING TOURS: FEATURE ARTICLES ON GLOBALLY RENOWNED AMATEUR CHALLENGES, FROM RUNNING THE GREAT WALL MARATHON TO CYCLING THROUGH THE FRENCH ALPS OR THE DOLOMITES.
- TRAINING CAMPS & WELLNESS RETREATS: INVESTIGATING THE RISE OF AMATEUR ATHLETES BOOKING WEEK-LONG HIGH-ALTITUDE TRAINING CAMPS IN PLACES LIKE KENYA OR SPECIALISED TRIATHLON RESORTS



Adventures and extreme sports destinations

- **White-Water & Deep-Sea Hubs: Spotlighting the world's premier hubs for extreme water sports, such as rafting the Zambezi River or scuba diving the Red Sea.**
- **The Geography of Flight: Showcasing paragliding, skydiving, and wingsuit base jumping hubs like Interlaken, Switzerland, or Queenstown, New Zealand (the "Adventure Capital of the World").**
- **Eco-Impact & Sustainable Adventure: Addressing how extreme sports tourism can support remote communities while examining the environmental footprint left on fragile wilderness ecosystems.**

WOMEN WHO INSPIRE

Icons of field hockey:-
Icons of football:-

- SAVITA PUNIA: Known globally as "The Great Wall" of Indian hockey, Punia is the former captain and current star goalkeeper of the Indian Women's National Team.

- SALIMA TETE: Tete is affectionately dubbed the "Ferrari of Indian hockey" due to her blistering, world-class midfield speed.

- SWEETY DEVI NGANGBAM: commanding captain and defensive rock of the Indian national team

- MANISHA KALYAN:- widely considered the most talented and explosive forward in modern Indian football. Blessed with blistering pace.



INDIA'S TRADITIONAL SPORTS



Kabaddi
Originating in ancient India over 4,000 years ago as a combative combat-training exercise for warriors, it transitioned into an international sport with the formation of the All India Kabaddi Federation in 1950.



Kalaripayattu
Originating in Kerala during the 3rd century BCE, it is recognized as the oldest surviving martial art in the world, historically practiced by the warrior class to defend kingdoms.

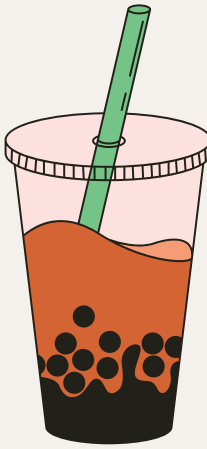


Gulli Danda
Dating back over 2,500 years to the Maurya and Gupta Empires, this ancient street game is widely considered the historical precursor to modern bat-and-ball sports like cricket and baseball.

SPORTS SCIENCE 101



FOOD AND NUTRITION



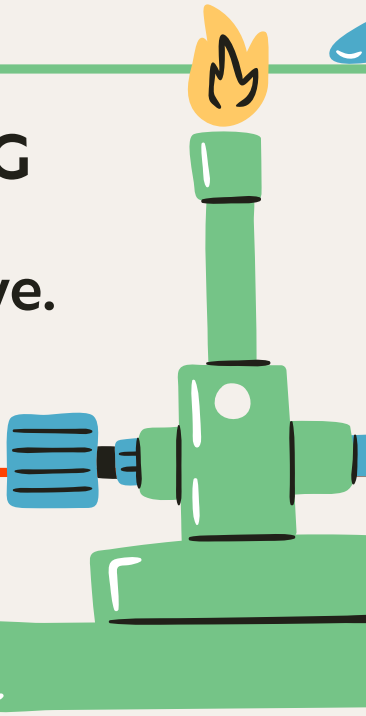
- EAT AFTER WORKOUTS.
- DRINK PLENTY OF WATER
- CARBS GIVE ENERGY

REST AND RECOVERY



- Get deep sleep
- Take easy walk days
- Listen to your heart

SMART TRAINING



- Practice the right move.
- Use it or lose it

KEEP A DIARY WITH YOU ALL THE TIME

- Write your daily affirmations in it
- helps boost your confidence

PROPER HYGIENE AND CARE

KEEP YOURSELF CLEAN AND FRESH





SPORTS QUIZ



WHICH SPORT IS THE OLYMPIAN NEERAJ CHOPRA ASSOCIATED WITH?

A. FOOTBALL
B. JAVELIN THROW
C. TENNIS
D HOCKEY

WHAT IS THE POSITION OF INDIA IN THE RECENTLY HELD COMMONWEALTH GAMES 2026?

A. FIRST
B. SECOND
C. THIRD
D FOURTH

WHICH SPORT WAS INDIA'S MAIN AREA OF DOMINANCE IN THE COMMONWEALTH GAMES 2026?

A. BOXING
B. WEIGHTLIFTING
C. JUDO
D PARA SPORTS

WHERE WILL THE NEXT COMMONWEALTH GAMES BE HELD?

A. INDIA
B. SCOTLAND
C. PAKISTAN
D USA

ANSWERS: A,D,A,A

SPORTS WORDSEARCH

Find the sports vocabulary hidden horizontally and vertically in the grid below.



f	o	t	b	l	v	l	y	b	a	l	t
n	i	s	f	o	o	t	b	a	l	l	e
t	c	r	c	k	l	t	a	t	w	t	n
r	t	r	i	a	l	c	d	h	r	e	w
i	h	o	c	k	e	y	m	l	s	n	r
a	r	u	g	b	y	c	i	e	t	n	e
t	n	e	t	a	b	l	n	t	n	i	s
h	g	y	m	n	a	s	t	i	c	s	t
l	w	r	s	f	l	v	o	c	t	e	l
o	b	a	l	t	l	o	n	s	n	n	i
n	e	t	b	a	l	l	l	e	y	b	n
f	t	b	c	r	i	c	k	e	t	v	g

athletics
badminton
cricket
football
gymnastics
hockey
netball
rugby
tennis
triathlon
volleyball
wrestling

SCHOOL SPORTS CORNER

Welcome to Our Reading Corner!

01

ABIR CHUGH - MYP 3

KARATE GOLD MEDAL IN ALL INDIA INDEPENDENCE CUP 2026

02

ZORAVAR SINGH SRAN - MYP 1

SILVER MEDAL IN FIRST BVM SHOOTING COMPETITION, 2026

03

ALANKRIT SUSHIL TANDON - CBSC GRADE 5

BRONZE MEDAL, CBSE NORTH ZONE SWIMMING CHAMPIONSHIP 2026

04

SHREENA AGRAWAL - MYP 5

SILVER MEDAL AND SABU CATEGORY IN INDIAN REVENUE SHOOTING 2026

05

AYANSH WALIA - PYP 3

SILVER MEDLEY IN PROFESSIONAL CATEGORY, IN ROLLERS SKATING CHAMPIONSHIP, 2026

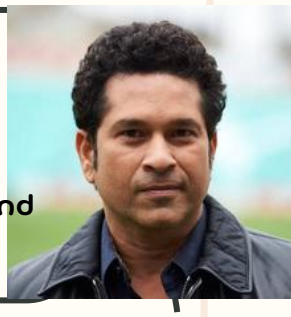
Happy Reading!

Sports hall of fame

1

SACHIN TENDULKAR

Widely regarded as one of cricket's greatest batsmen, he holds the records for the most runs and centuries in international history.





2

ABHINAV BINDRA

He made history as India's first individual Olympic gold medalist by winning the 10m Air Rifle event at the 2008 Beijing Games.

3

PV SINDHU

She is India's most successful badminton player, owning two individual Olympic medals–silver from Rio 2016 and bronze from Tokyo 2020.





4

MARY KOM

The legendary boxer is a six-time World Champion and a 2012 London Olympics bronze medalist. Nicknamed 'Magnificent Mary',

5

VINESH PHOGAT

A powerhouse of Indian wrestling, she has won multiple Commonwealth and Asian Games gold medals.



Major Dhyan Chand was India's greatest hockey player. Known as the 'Wizard', his incredible ball control fascinated fans worldwide. He led India to three Olympic gold medals in 1928, 1932, and 1936. His birthday, August 29, is celebrated as National Sports Day to honour his massive legacy across the nation.

Born in Allahabad, he joined the British Indian Army at sixteen. There, his passion for hockey bloomed while practising under the moonlight. His stellar performance in the 1936 Berlin Olympics amazed dictator Adolf Hitler. Hitler reportedly offered him German citizenship and a high military rank, which Dhyan Chand firmly declined.

Chand scored over four hundred international goals during his glorious career. His unmatched skills forced sports authorities to break his playing stick to check for hidden magnets inside. He received the prestigious Padma Bhushan award in 1956. Today, India's absolute highest sporting honour is named after this legendary hockey forward.



DHYAN CHAND

29 August, 1905 - 3 December, 1979


PLAY
PERFORM
PROSPER