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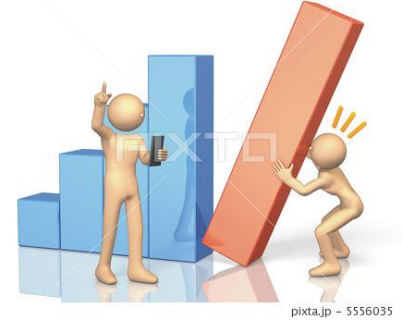
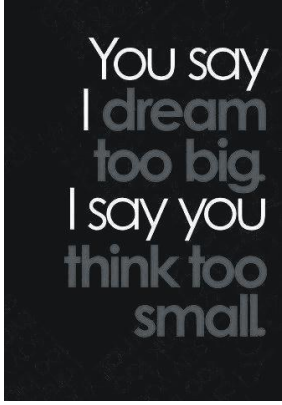
ELIXIR

- An Ocean of Intelligence

அறிவே தெய்வம்

உன்னை நம்பு

வெற்றி நிச்சயம்



(A New Discovery in Physical Education)

In this Edition : (1) Tournaments (Fixtures) (2) Awards in Sports (3) Competitive Questions - An esasy approach (4) One Game - One Month

From

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To

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(1). TOURNAMENT (FIXTURES)

{ In Previous Issue : League Tournaments or Round Robin Tournament }

The next method of drawing league fixtures is cyclic method. In cyclic method, there are two different procedures should be followed.

1. For Odd number of teams
2. For Even number of teams

Cyclic Method

1. For Odd number of teams

Step I

If the total number of teams are in an Odd number,

- i) calculate the number of rounds
- ii) calculate the number of matches in each round

Step II

For calculating number of rounds, if the total number of teams are in an Odd number, the total rounds may be 'n' rounds.

For Example, for 5 teams, the total number of rounds may be 5.

For calculating the number of matches in each round,

If there are 5 teams, there will be two matches and one team will get bye.

All the teams will get bye in any one of the round.

For Example, the total number of teams are 5,

The total number of teams : 5

The total number of rounds : 5

- to be continued in the next edition

(2). AWARDS IN SPORTS***2. Arjuna Awardees in Badminton***

<i>No</i>	<i>Year</i>	<i>Recipient Name</i>
14	1982	P. Ganguli
15	1982	Ms. M. Goswamy (nee Bisht)
16	1991	Rajeev Bagga

3. Arjuna Awardees in Basketball

1	1961		Sarbjit Singh
2	1967		Khushi Ram
3	1968		Naib Sub. Gurdial Singh

*- to be continued in the next edition***(3). COMPETITIVE QUESTIONS – AN EASY APPROACH**

- 1 Olympic torch first time used in _____
a) 1890 b) 1910 c) 1928 d) 1932
- 2- How many Olympic Gold medals won by Pakistan Hockey team _____
a) 2 b) 3 c) 4 d) 5
- 3-In which city 1896 Olympic games are held _____
a) Athens b) Olympia c) Beijing d) Rome
- 4- How many Silver medals in Olympic won by Pakistan Hockey team _____
a) 2 b) 3 c) 4 d) 5
- 5- 2008 Olympic games held in which country _____
a) Pakistan b) England c) Italy d) China
- 6-IOC stand for _____
a) International Olympic Committee
b) International Olympic Countries

c) Indian Olympic Committee

- to be continued in the next edition

(4). ONE GAME – ONE MONTH (CRICKET)

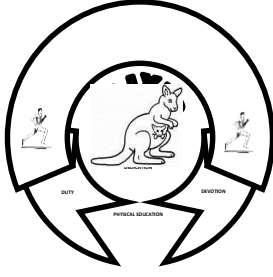
OVERVIEW OF THE GAME

Cricket is a bat-and-ball game played between two teams of eleven players on a cricket field, at the centre of which is a rectangular 22-yard-long pitch with a wicket (a set of three wooden stumps) at each end. One team bats, attempting to score as many runs as possible, whilst their opponents field. Each phase of play is called an innings. After either ten batsmen have been dismissed or a fixed number of overs have been completed, the innings ends and the two teams then swap roles. The winning team is the one that scores the most runs, including any extras gained, during their innings.

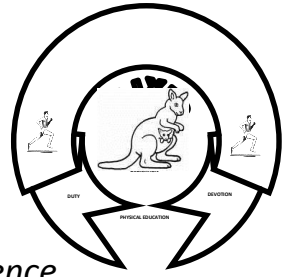
HISTORY OF THE GAME

Cricket can definitely be traced back to Tudor times in early 16th-century England though there have been a number of claims, many of them spurious and/or lacking evidence, supporting earlier dates from 1301. The earliest definite reference to cricket being played comes from evidence given at a 1598 court case which mentions that "creckett" (sic) was played on common land in Guildford around 1550. The court in Guildford heard on Monday, 17 January 1597 (Julian date, equating to the year 1598 in the Gregorian calendar) from a 59-year-old coroner, John Derrick, who gave witness that when he was a scholar at the "Free School at Guildford", fifty years earlier, "hee and diverse of his fellows did runne and play [on the common land] at creckett and other plaies."

- to be continued in the next edition



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Dear Professional friends,

I am very much thankful to all the members for your great support as our six months subscription is concern. Really i feel wonder, when i look back the 2nd August, 2016 when we started this newsletter or the rebirth of this newsletter.

I hope, this newsletter has satisfied all your physical education needs. Once again, i will promise you that i am going to cover all the physical education updates., even in the exercises (practical aspects).

From the month of June, 2017 you will receive our newsletter as "Physical Education" magazine. Because, everyone can easily remember and understand about our magazine by seeing the name itself.

Some of our members have renewed their one year subscription. I request all of you to get one year renewal as early as possible. I have reminded you in our whatsapp group too.

The amount for one year subscription is Rs.750/- (annual), you can pay the same account which you paid already. I further request all the members to get at least one subscription as your contribution.

All the best and Do the best.

Sportingly Yours,

The secretary,

ELIXIR EDUCATIONAL TRUST

கடமை, பக்தி & அர்பணிப்பு - இது எங்கள் தாரக மந்திரம்

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(Duty, Devotion & Dedication is our motto)