



Astonishing Performance of Indian Women in Sports

KEYWORDS

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ABSTRACT

Women's fitness is in crisis in the UK, with fewer than one in five doing enough exercise to be healthy, a report will reveal today, prompting Gordon Brown to call for a cultural change to transform girls' attitudes to sport.

The prime minister, in a recorded address at the sports launch today, will warn of a "critical under-representation of women and girls in sports" all levels, and will urge a cultural change that allows girl to see sports and physical activity as a "spirational"

• According to Mark Baugh, PharmD, author of Sports Nutrition: The Awful Truth, "This is a natural process which is designed to protect the foetus from harsh environments humans live in." • Women have more estrogens and body fat than men which can be summed up in one word= metabolism. • They have more testosterone, which allows than a higher percentage of muscle and because muscle is more metabolically active than fat, it burns more calories and revs up their metabolism. Today's report, it time analyses the latest studies of sports participation, to identify the state of women's fitness in Britain. While the country as a Whole is failing to meet the targets, women do worse than the men, particularly in some age group. it found that 80% of women are doing too little exercise to benefit their health. The situation is worsening, according to the study. If trends continue, there will be one million fewer women exercising in 2017. It calls for a "national, joined – Up Strategy" to increase women's performance in sport, involving sport, health and education government departments, as well as business and the media. While time, money and people to be active with all play a part in limiting Women's access to sport "very specific" issues involving the body image and confidence of women and girls must be recognised and addressed, says the study.

THE TOP 10 MOST GLAMOURS WOMEN IN INDIAN SPORTS • DIPIKA PALLIKAL • PRATIMA SINGH • SANIA NEHWAL • SANIYA MIRZA • PT USHA • BACHENDRIPAL • MARY KOM • SHARMILA NICOLLET • SONIKA KALIRAMAN

Women's fitness is in crisis in the UK, with fewer than one in five doing enough exercise to be healthy, a report will reveal today, prompting Gordon Brown to call for a cultural change to transform girls' attitudes to sport.

Social pressures which portray sport as unfeminine and encourage girls to be thin rather than fit are an important barrier preventing girls and women from taking part in exercise, according to the study by the Women's Sport and Fitness Foundation.

Negative experiences of sport in school and low body confidence also put women off exercise, the research found.

The prime minister, in a recorded address at the report's launch today, will warn of a "critical under representation of women and girls in sport" at all levels, and will urge "a cultural change that allows girls to see sport and physical activity as aspirational".

"Sport needs to change so that it becomes as much a place for women and girls as it is for men and boys," he will say, telling sports bodies to "work harder to understand women's lives".

A failure to reverse the decline in women's fitness will have serious health implications, ranging from obesity and heart disease to depression and low self-esteem, Brown, a former rugby player and keen sports fan, will tell a conference on women's sport, raising the game, at Arsenal's Emirates Stadium.

The prime minister will also attack the 'critical lack of investment and profile' at the elite end of women's sport, with no professionally paid women in team sport in the UK.

Today's report, It's Time, analyzed the latest studies of sports participation, one involving 350,000 people, and commissioned original research to identify the state of women's fitness in Britain.

It found that 80% of women are doing too little exercise to benefit their health. Government guidelines say five

30-minute sessions of moderate activity a week are needed to produce health benefits, with sports bodies charged with achieving three of the five.

While the country as a whole is failing to meet the targets, women do worse than men, particularly in some age groups. Among 16- to 24- year-olds, for example, women are half as active as men, and exercise levels are even worse for low income and minority ethnic women.

The situation is worsening, according to the study, if trends continue, there will be one million fewer women exercising by 2017.

The foundation's chief executive, Sue Tibballs, said; "To put the challenge into perspective, there has been almost no change in the level of women's physical activity in the UK for the past 20 years. The forecasts show that the situation is getting worse, which points to a real crisis in women's sport and fitness."

The foundation argues that the longer-term consequences of the crisis in activity among women and girls will include greater obesity levels, physical and mental health issues and increased crime and social problems over the next 10 years unless urgent action is taken.

It calls for a "national, joined-up strategy" to increase women's participation in sport, involving sport, health and educational government departments, as well as business and the media. While time, money and people to be active with all play a part in limiting women's access to sport, "very specific" issues involving the body image and confidence of women and girls must be recognized and addressed, says the study.

Girls and women feel "at best, pretty ambivalent about sport," Tibballs said.

"When you think that the highest profile women in sport are the Wags, it is so surprising that girls have these attitudes? Being active and sporty is not an aspirational place for young women to be."

The report finds that sport is still seen by some as “unfeminine”. With thinness often coming above healthiness in female priorities. A quarter of women surveyed for the study agreed with the statement “I hate the way I look when I exercise or play sport” and a third of 18- to 24-year-olds and nearly half of 25- to 34- year olds feel under greater pressure to be thin than to be healthy.

School PE lessons also appear to have far-reaching negative consequences: 23% of women say PE put them off sport and two in five girls feel self-conscious about their bodies in PE lessons.

P T USHA

Pilavullakandi Thekkeparambilm Usha (b. June 27, 1964) is an Indian athlete. The queen of Indian track and field for two decades, P.T. Usha has been associated with Indian athletics since 1979. The Initials stand for Payyoli Tevara-parampil, her family names according to the traditional naming system in many parts of South India. She was born in the Kerala village of Meladi-payyoli near Calicut, afflicted by ill health and poverty. In 1976 the Kerala State Government started a Sports School for women, and Usha was chosen to represent her district, at a cost of Rs. 250 per month paid by the state.

In 1979 she participated in the National School Games, where she was noticed by O.M. Nambier, who coached her through most of the rest of her career. India Today described the athletics situation in 1979 as a time when ‘athletics was very much a male sport and track-suited women a rarity.’ her debut in the 1980 Moscow Olympics was lackluster. In the 1982 New Delhi Asiad, she managed only silver medals in the 100 m and the 200 m, but at the Asian Track and Field Championship in Kuwait a year later, Usha took gold in the 400 m with a new Asian record. Between 1983-89, Usha garnered 13 gold’s at ATF meets. She finished first in the semi-finals in the 1984 Los Angeles Olympics, but faltered in the finals. In almost a repeat of Milkha Singh’s 1960 feat, there was a nail-biting photo-finish for the third place. Usha lost her bronze by 1/100th of a second. The first Indian woman (and the fifth Indian) to reach the final of an Olympic event by winning her 400 m hurdles Semi-final.

In the 10th Asian Games held at Seoul in 1986, P.T.Usha won 4 gold and 1 silver medal in the track and field events. Here she created new Asian Games records in all the events she participated. P.T.Usha also won the most medals at a single championship six at Jakarta in 1985. Her five gold at the 6th Asian Track and Field Championship is also a record for the most number of gold medals by a single athlete in a single international meet.

Usha’s success story begins from the 1982 Asiad in which she won 2 gold medals in 100 meters and 200 meters respectively. She won 17 medals, 13 gold, 3 silver and a bronze in four Asian Track and Field Championship during the period from 1983-89.

Usha has won 101 international medals so far. She is employed as an officer in the Southern Railways.

Saina Nehwal

Saina Nehwal (born 17 March 1990) is an Indian badminton player. Currently ranked number 7 in the world by Badminton World Federation, (2) Saina is the first Indian woman to reach the singles quarterfinals at the Olympics and the first Indian to win the world Junior Badminton Championships. Previously coached by S.M.Arif, a Dronacharya award winner, Saina is the Indian National Junior champion and is currently coached by Indian badminton legend pullera Gopichand at his academy in Hyderabad. Her professional career is managed (3) by GroboSport (4)Saina was born in Hisar, Haryana, India and spent her complete life in Hyderabad, her foray into the world of badminton was influenced by her father Dr. Harvir Singh, a scientist at the Directorate of Oilseeds research, Hyderabad and her mother

Usha Nehwal, both of whom were former badminton champions in Haryana(5). In December 1998, Saina’s father took her to meet Coach Nani Prasad at the Lai Bahadur Stadium in Hyderabad. Seeing potential in the girl. Prasad asked Singh to enroll Saina as a summer trainee. Harvir Singh and Saina, who was 8 years old at the time, would wake up at 6 every morning and head to the stadium which was 20 km away. After two hours of practice, Singh would drop Saina to school on his way to work. Saina would often fall asleep on these journeys which prompt her mother to accompany them for the next three months. Travelling nearly 50 km a day in order to accommodate end the training schedule, Singh eventually decided to move closer to the stadium in 1999. This however didn’t end the travelling ordeal as Saina was asked to attend evening training sessions as well. With there extra training sessions, travelling expenditure rose to over Rs. 12,000 per month. In order to keep up with the rising cost of her training, Saina’s father withdrew money from his savings and provident fund. The tight-rope walk continued until 2002, when sports brand Yonex offered to sponsor Saina’s kit. As her status and rankings improved, the sponsorships increased. In 2004, BPCL signed the rising star onto their payroll, and in 2005 she was spotted by the Mittal Champions Trust. (6).

Nafisa AH

Nafisa Ali was born to photographer, Ahmed Ali, son of S. Wajid Ali and brother of zaib-un-Nissa Hamidullah. Her mother’s name is Philomena Torresan, who is now settled in Australia.(1) She went to Sr. Cambridge from La Martinere Girls, Calcutta.(2) She has also studied Vedanta taught by Swami Chinmayananda, who started the center Chinmaya Mission of World Understanding.

Her husband is the renowned Polo player and Arjuna awardee, retired Col R.S. Sodhi. After marriage she chose to be a wife and take care of her three children: daughters Armana, Pia and son Ajit. (1) After a break of 18 years she returned to the film industry. (Edit) Career

Nafisa Ali has accomplishments in several fields. She was the national swimming champion from 1972-1974.

She won the Miss India title in 1976 and was runner-up at the miss International contest in 1977. Ali was also a jockey at the Calcutta Gymkhana in 1979. (Edit) Acting career

She has acted in several Bollywood films, the notable ones being Junoon (1979) with Shashi Kapoor and Major Saab with Amitabh Bachchan (1998), Bewafaa (2005) and Life in A... Metro with Dharmendra in 2007.

Now she has also appeared recently in the film Yamla Pagla Deewana (2010).

She has also acted in a Malayalam film called Big B (2007) with Mammooty. She is associated

with Action India, an organization working to spread AIDS awareness.

(Edit) political career

Nafisa Ali contested the 2004 Lok Sabha elections unsuccessfully from South Kolkata.

On 5 April 2009, she contested the Lok Sabha election from Lucknow on the Samajwadi Party

ticket after Sanjay Dutt’s disqualification by the Supreme Court on the basis of a prior conviction.

She then rejoined Congress party in November 2009 and apologized to Sonia Gandhi for contesting on SP ticket.(3) (Edit)Personal life

She is married to Colonel R.S.Sodhi, a polo player who won the Arjuna Award. He is presently a real-estate developer. (2)

In September 2005, she was appointed the chairperson of the Children's film Society of India (CFSI).

SANIA MIRZA

Sania Mirza was born in Mumbai, India on the 15 November, 1986 to Mr. Imran Mirza and Naseema. Sania Mirza's father imran was a sports journalist previously after that he went into the printing business and finally he became a builder and her mother Naseema was associated with the printing industry. The family later relocated themselves in the city of Hyderabad. Sania Mirza got her schooling from Nasr School Khairatabad and passed her SSC examination with first division securing 63% marks.

Sania Mirza has got a younger sister by the name of Anam. Sania was drawn to the lawn tennis by her father; she started playing tennis at the tender age of six at Nizam Club Hyderabad. When Sania was first taken to the coach he refused to coach her, later on after a week he called up the parents of Sania and told them that he has never seen such a talent at such a tender age. Her initial training was handled by CK Bhupati father of Mahesh Bhupati, the legendary Indian tennis player.

Sania Mirza's father was unable to take care of the expenses of the training of Sania therefore he approached some business houses for help, GVK industries and Adidas started to sponsor her from the age of 12 years. Later on her father Imran took over as her coach. Her physiotherapist is Badrinath.

Sania Mirza started playing in international tournaments from the year 1999 when she first represented India in the World Junior Championship, Jakarta, after that Sania went to participate in the Asian Games in the year with Paes where she won a Bronze medal. She again did India proud when she figured in the main draw for the girl's double junior Wimbledon Tennis tournament with a 13 year old Russian player Alisa Kleybanova and won the Grand Slam title. Doing so Sania became the first youngest Indian player to do so.

Sania Mirza has won 21 ITF titles till date. In the year 2005 Sania Mirza created waves in the tennis world when she reached to the 3rd and 4th rounds of many Grand Slam tournaments. She has a very powerful forehand (Double handed backhand) and serves an array of strokes. She is greatly influenced by the German player Steffi Graf. Related

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Bachendri Pal

Early life Bachendri Pal was born into a family of very moderate means, in 1954, in a village named Nakuri in Garhwal. Bachendri was an active child, and did well in her school; she excelled in sports too, and at the same time was singled out in school for punishments for a variety of petty misconducts.

Her first exposure to mountaineering was at the age of 12, when during a picnic she along with several schoolmates climbed a 13,123 feet height peak. They could not climb down as it had already become dark and had to spend the night at the peak without any food or cover. The experience remained ingrained in her memory, heightening her love for adventure and the mountains. Despite many constraints, she continued her schooling and completed it successfully. On being persuaded by the principal of her school, her parents sent her to collage. She completed her graduation, becoming the first girl of her village to do so.

While doing her graduation, she also secured the first position in a rifle shooting event, beating other boys and girls. She also completed university courses leading to securing an MA and a Bachelor's degree in education, and then she joined the Nehru Institute of Mountaineering (NIM). She was declared the best student and was considered as 'Everest material'. In 1982, while at NIM, she climbed Gangotri I (21900 ft) and Rudugaria (19091ft). Around that time, she got employment as an instructor at the National Adventure Foundation, which had set up an adventure school for training women to learn mountaineering.

(Edit)The ascent

In 1984, India had scheduled its fourth expedition, christened "Everest '84", to the Mount Everest. Bachendri was selected as one of the members of the elite group of six Indian women and eleven men who were privileged to attempt an ascent to the Mount Everest, Sagarmatha in the Nepalese. The news made her filled with a sense of ecstasy and excitement. The elite team was flown to Kathmandu, the capital of Nepal in March 1984; and from there the team moved onwards. Recalling her first glimpse of the Mount Everest, Bachendri this awe-inspiring spectacle was, therefore, devotional."

The team commenced its ascent in May, 1984. On the night of 15-16 May 1984, Bachendri and her tent mate were sleeping in one of the tents at Camp III at an altitude of about 24,000 feet. At around 00:30 hours (1ST), at around 24,000 feet she was jolted awake; something had hit her hard and she also heard a deafening and at the same time she found herself being enveloped within a very cold mass of material. A serac on the Lhotse glacier, above the camp III had slid down, and fallen on the camp raking havoc at the camp. Her tent mate using his knife could slash his way out of the mass of ice. He, thereafter, assisted Bachendri to dig her way out of the mess. Many members of the team were injured, and became unnerved; and they

climbed down to the base camp. Despite an injury on her head, Bachendri chose to continue the ascent.

On 22 May 1984, some other climbers joined the team to ascent the summit of the Mount Everest. Bachendri was the only woman in this group. They continued the ascent climbing "vertical sheets of frozen ice", cold winds sometimes blowing at the speed of about 100 km per hour, temperatures touching minus 30 to 40 degree Celsius. On 23 May 1984, Bachendri reached the summit of Mount Everest, and at 1:07 PM 1ST, she was standing at the peak (29084 ft) along with one another climber. The peak was small to accommodate two persons; and there was a vertical drop of thousands of feet all around the peak. So they first made themselves secured by anchoring themselves by digging their ice axes into the snow.

Bachendri then sat on her knees, touched the summit with her head in the Hindu gesture of thanksgiving to the almighty; took an image of goddess Durga and a copy of Hanuman Chalisa (the Book of Forty Verses of Hanuman) and placed them in the snow. She remained on the summit for about 43 minutes, and took some photographs too. She became the first Indian woman to scale the Mount Everest, and the fifth woman in the world.

She climbed down and reached the base camp safely. Her achievement brought her congratulations from many quarters across the world. In India, the President, the Prime Minister, and J.R.D. Tata congratulated her in personal.

(Edit)Later life

She continued to be active after ascending the highest peak in the world. In 1985, she led an Indo- Nepalese Everest Expedition team comprising only women. The expedition seven world records and set benchmarks for Indian mountaineering. Nine years later, in 1994, she led an all women team of rafters. The team coursed through the wa-

ters of the river Ganges, covering 2500 KM from Haridwar to Kolkata.

The aim should be to encourage women to be healthy rather than thin, Tibballs said. "This is not about body size, but through being active you can have a positive impact on those body image issues that are so crippling to girls' self-esteem."

"Charging around and getting sweaty and hot and feeling good about it is a very liberating thing for women to do in these body-conscious times."

While urging the government to develop a national strategy, the foundation proposes changes including a focus

on the baby boomer generation of women- ensuring they keep active as they age- and on current schoolgirls in an effort to ensure they stay active after leaving school.

It also recommends help for women at other life stages, such as new motherhood. Proposals include free daytime membership of gyms and group buggy pushes led by fitness trainers for mothers of small babies.

The report also calls for better understanding of how women participate in sport and exercise, noting that twice as many men play competitive sports as women and almost six in 10 women exercise than to play sport.