



Active Minds & Active Bodies

Saina to get Khel Ratna

Ace shuttler Saina Nehwal's name for Rajiv Gandhi Khel Ratna, the country's highest sports honour, was approved by the government which announced the list of all the Arjuna and other award winners for the year 2010. Apart from a medal and citation, Saina will receive a cash prize of Rs 7.5 lakh. She will be conferred the honour by President Pratibha Patil at a function at the Rashtrapati Bhawan on 29th August. Former Indian hockey skipper Sandeep Singh and woman cricket captain Jhulan Goswami were among the 15 sports persons announced by the government for the Arjuna Award for their outstanding achievements during the last one year.



Saina Nehwal

The World Cup mascot 'Stumpy' unveiled

The International Cricket Council (ICC), unveiled the mascot for the ICC World Cup Cricket Tournament 2011, named as "Stumpy", before the last test match between Sri Lanka and India in Colombo. The name of the mascot, "Stumpy", was selected after an online competition in which cricket fans from across the globe participated. Indian skipper Mahendra Singh Dhoni, his Sri Lanka counterpart, Kumar Sanagakkara, and seasoned Indian and Lankan batsmen, Sachin Tendulkar and Mahela Jayawardene, participated in the introduction ceremony.



How Active Is Your Mind?

1. How many lanes are there in an Olympic sized swimming pool?

- a. 4
- b. 6
- c. 8

2. What is the distance of both a short course and Olympic size pool?

- a. 25 and 33 meters
- b. 25 and 50 meters
- c. 33 and 50 meters

3. What is the correct order of swimming strokes for the individual medley (a swimming event)?

- a. Back - Breast - Butterfly - Crawl
- b. Breast - Butterfly - Back - Crawl
- c. Butterfly - Back - Breast - Crawl
- d. Crawl - Butterfly - Back - Breast

4. In which year did swimming become an event for the Olympics?

- a. It has always been part of the modern day Olympics since 1896
- b. It was introduced in 1960
- c. At the 1948 Olympics
- d. None of the above

5. Which swimming stroke was not introduced into the Olympics until 1956?

- a. Back
- b. Breast
- c. Butterfly
- d. Crawl

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SOME GREAT ACHIEVEMENTS IN TEST CRICKET

SACHIN TENDULKAR

- On his Test debut, Sachin Tendulkar was the third youngest debutant (16 years) Sachin has played the most number of Test Matches (169) in Test cricket.



- Sachin is the highest-run-scoring player in Test history with 13,742 runs.

- The little master became the first player to surpass the 12,000 and 13,000 Test run marks.

- Sachin's record of five centuries before he turned 20 is a current world record.

- Tendulkar has scored centuries against all Test-playing nations.

- He holds, with Rahul Dravid, the world record for the most hundred partnerships (18) by a pair in Test cricket.

- He has appeared in 17 double century partnerships – a world record

- Tendulkar played his first 32 Tests on different grounds.

- He holds the unique record of having appeared in most won (56) and most lost (45) Tests for India.

- He is the only batsman to have aggregated 1,000 runs against seven different countries in Test cricket.

- The master blaster holds the record of most runs in between two dismissals with 497 runs in 2003-04 season (spread across three Tests and five innings with the sequence of 241 not out, 60 not out, 194 not out and 2).

- Tendulkar is the first Indian to score 300 runs in a Test without getting dismissed.

- Sachin is the only batsman to have scored at least two centuries against all other Test playing countries.

- He has completed his hundred with a six on four occasions in Test cricket – a world record he shares with Ken Barrington.