

Be a Champion

Lessons in Sports, Character, and Discipline



Based on Unit 7: Educational Series

“I am an Indian and India is my home. I am happy as a simple soldier among my own people.”

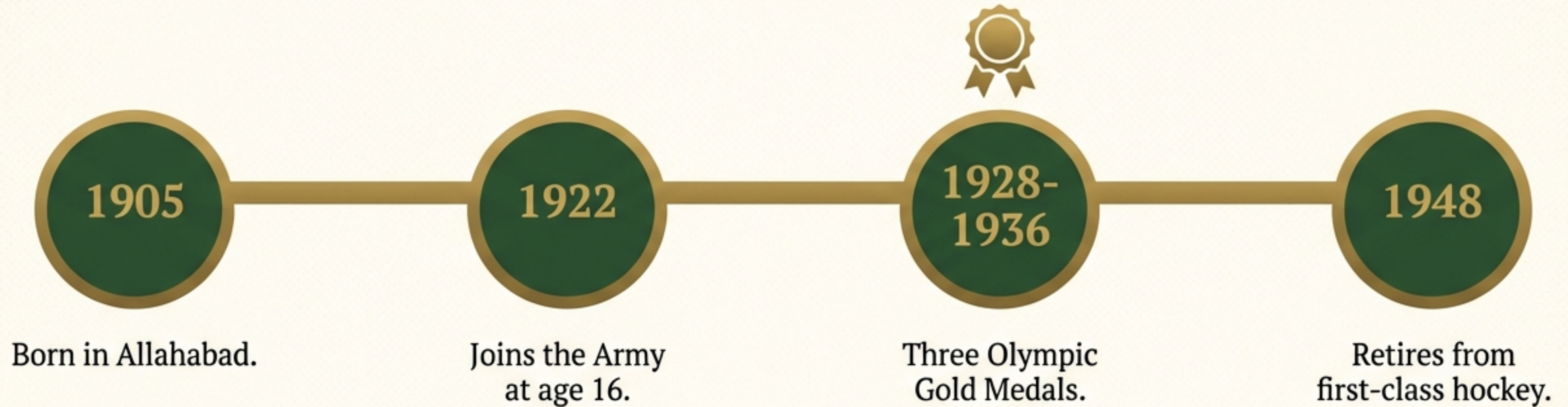
— Major Dhyan Chand

The Spirit of Patriotism: The Refusal

Adolf Hitler, impressed by Dhyan Chand's performance, offered him a high rank in the German Army. Dhyan Chand refused the power and prestige, choosing loyalty to his homeland instead.



Profile of a Legend: Major Dhyan Chand



Player Card

- 🎓 Education: Basic education till age 16.
- 👤 Profession: Soldier / Hockey Legend.
- 🏆 Legacy: Defined Indian Sportsmanship.

The Hall of Fame: The Arjuna Awards



The Highest Honour: Officially titled “Arjuna Awards for Outstanding Performance in Sports and Games”.

Awarded By: Ministry of Youth Affairs and Sports.

The Reward Package (as of 2020):

- A bronze statuette of Arjuna
- A ceremonial dress and certificate
- Cash Prize: ₹15 Lakh

2023 Arjuna Award Recipients

Excellence across all disciplines.



Ojas Pravin
Deotale
(Archery)



Aditi
Swami
(Archery)



Murali
Sreeshankar
(Athletics)



Parul
Chaudhary
(Athletics)



Mohammad
Hussamuddin
(Boxing)



R Vaishali
(Chess)



Mohammed
Shami
(Cricket)



Pawan
Kumar
(Kabaddi)



Ritu Negi
(Kabaddi)



Nasreen
Shaikh
(Kho-Kho)

Innovators of the Game: K. S. Ranjitsinhji

Player Bio

Nick Name: Ranji

Born: 10th September 1872

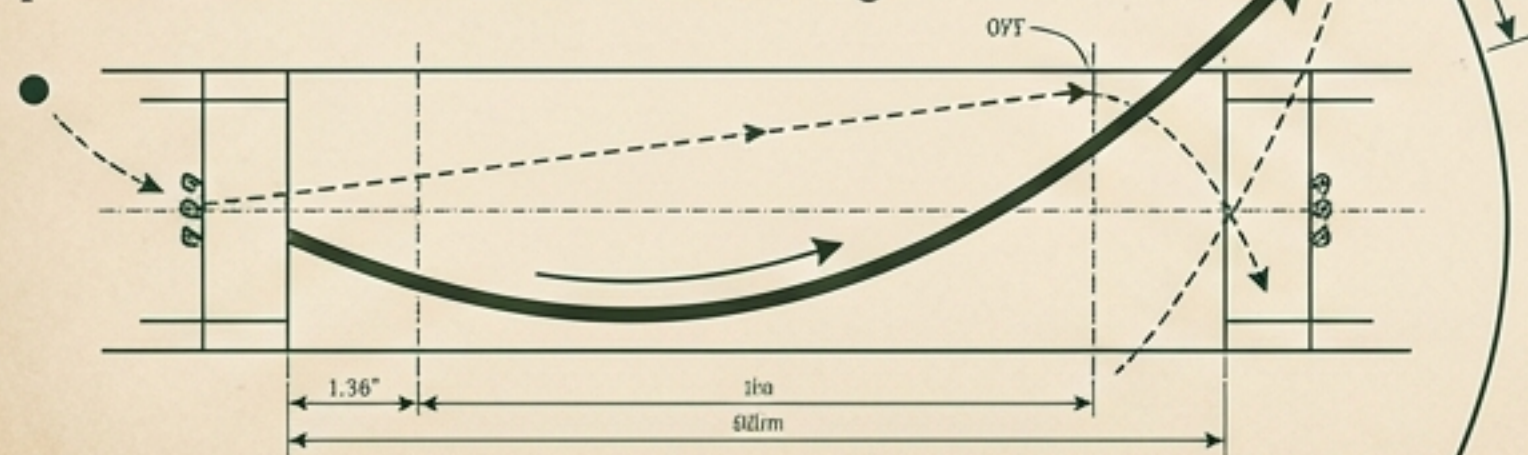
Role: Right-handed Batsman

Test Match High Score: 175

First Class High Score: 285

Innovation: The Leg Glance

Ranji is credited with inventing this elegant shot, using the pace of the ball to flick it behind the legs.



Legacy: The Ranji Trophy is named in his honour.



Character Under Pressure: The Rivalry

The Sore Loser



Prabhat

Age: 12

- ✦ Cannot accept defeat
- ✦ Plays only when sure of winning
- ✦ Angry and sad when losing

The True Player



Surya

Age: 12

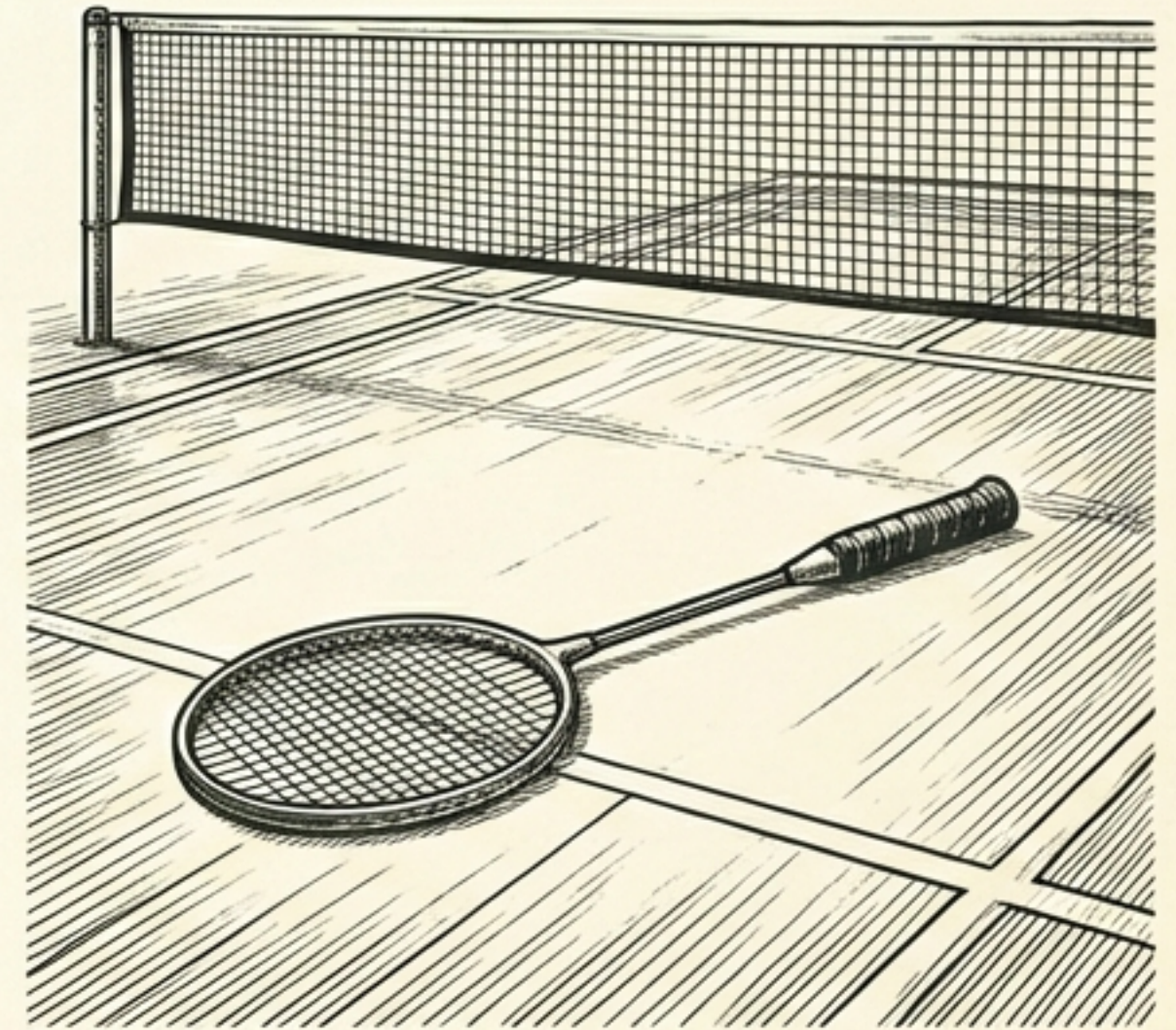
- ✦ Relaxed and cracking jokes
- ✦ Excellent skills
- ✦ Plays with good spirit

The Price of Dishonesty

The Act: Fearing defeat, Prabhat signaled his friend Tasneemben to secretly change the score in his favor.

The Discovery: The class teacher caught the act and informed the coach.

The Consequence: Disqualification and a six-month suspension.



Winning by cheating is the ultimate loss.

Champion's Choice: Situational Ethics

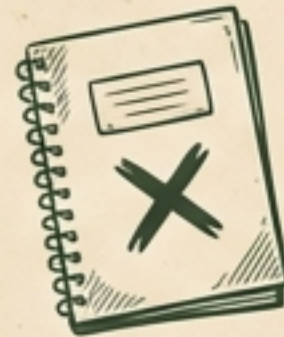
What would you do in these moments?

1



You find a ten rupee note in the school compound.

2



You haven't done homework. A friend suggests you lie.

3



You find an injured bird on your path.

4



You lose a crucial game.

A Champion chooses Integrity, Honesty, Compassion, and Grace.

The Mindset of Preparation

The Ant and the Grasshopper



The Discipline of Routine

	Mon	Tue	Wed	Thu	Fri	Sat
11:00 AM	PRAYER ASSEMBLY					
11:00 AM	Social Science	Science	Science	Maths	Sarvangi Shikshan	Sarvangi Shikshan
12:00 AM						
13:00 AM	Mid-day Meal					
14:00 AM	Hindi	English	Gujarati	Science		
15:00 PM						
03:00 PM	Short Break					
01:00 PM				Sanskrit		
03:00 PM						

Mental Training: The Vocabulary of Sport



Precision Check (Spelling)

Champions pay attention to detail.

- ✓ CORRECT: Patriotic (Not petriotic)
- ✗ CORRECT: Quick (Not qiuck)
- ✗ CORRECT: Country (Not contry)

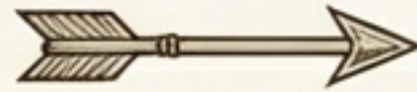
Reviewing Performance: Actions in the Past

Present

Present
(Action)

Past

Make



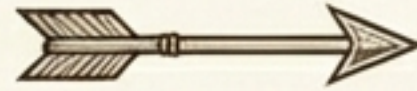
Made

Do



Did

Draw



Drew

Go



Went

Before and After
or "Instant Replay"

Sneha's Yesterday



She did
exercise.



She had
breakfast.



She went
to school.

Know Your Game



Gilli Danda



Langdi



Kabaddi

• Kiyan: “Kabaddi keeps the mind alert.” | Swapnil: “Kho-Kho makes the body quick.” •

Your Turn to Play

We have learned:



Loyalty from Major Dhyan Chand.



Integrity from the lesson of Prabhat.



Preparation from the Ant.

Your Mission:

1. Make a list of games played in your school.
2. Create a chart for your favorite sport: Who plays it? Is it a team sport?

All games make us healthy and strong. Be a champion in your own life.