

ASIAN AND OLYMPIC GAMES

Ayan and Mira were reading the newspaper.

“Historic Victory for India at the Olympic Games!”

Paris: India won six medals at the 33rd Summer Olympic Games, including five bronze and one silver. Highlights included Manu Bhaker’s two bronzes in shooting, One with Sarabjit Singh in Mixed team, Swapnil Kusale’s historic bronze in the 50m Rifle 3 Positions, the men’s hockey team securing a bronze, Neeraj Chopra’s silver in javelin, and Aman Sehrawat’s bronze in wrestling. This victory marks a milestone for India, adding to its growing legacy in international sports. Fans and fellow athletes celebrated the achievement, calling it an inspiration for the next generation.

Ayan (flipping through the newspaper): Did you see this? Our country just won six medals, including five bronze and one silver at the Olympics!

Mira (excitedly): That’s amazing! The Olympics bring together the best athletes from all over the world.

Ayan: Yeah! And we also have the Asian Games, where our athletes compete against the best in Asia. Last year, we won a hundred medals!

Mira: I wonder how these events started. Let’s find out!



Learning Outcome

The learner-

- explains the history of Asian Games
- describes the Symbol, Motto and Flag of Asian Games
- describes the Symbol, Motto, Flag, Oath & Anthem of Olympic Games
- analyses India’s performance at the Olympic Games

4.1 ASIAN GAMES

The Asian Games were officially started in 1951. It is also referred as Asiad. The concept of Asian Games is to bring players of Asian Countries together to compete in various multi-sport events. Asian Games are organised every four years like olympic.

MODULE-1

Physical Education



Note



MODULE-1

Physical Education

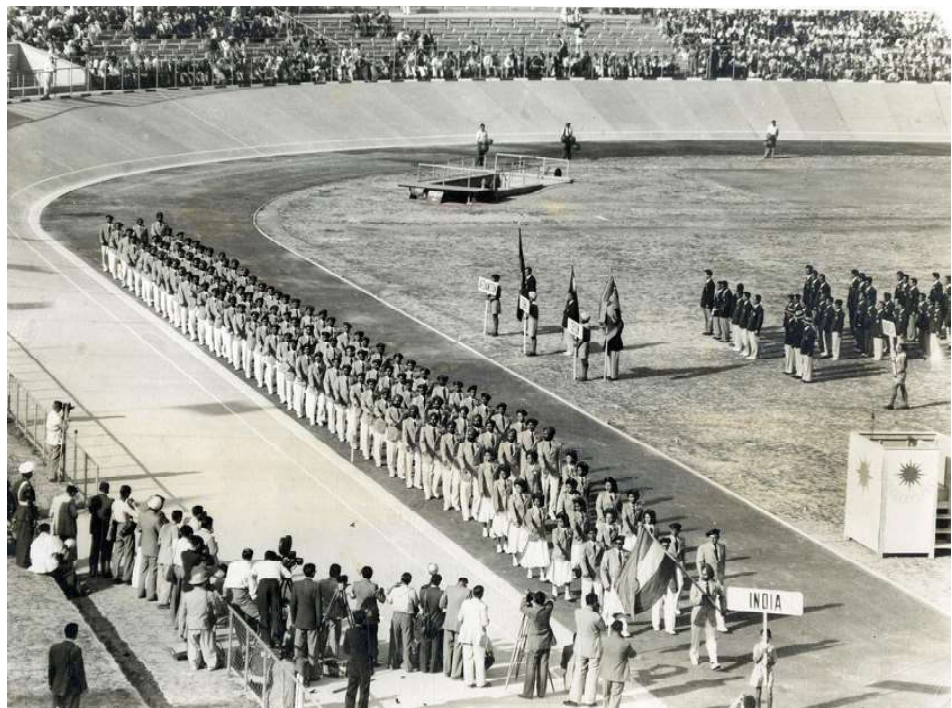


Note

Asian and Olympic Games

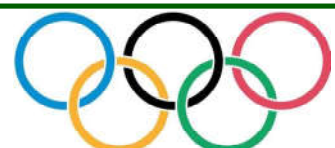
From the first Games held in 1951 in New Delhi, India, and till the 1978 Games, Asian Games were in control of Asian Games Federation (AGF). After the breakup of the Asian Games Federation in 1987, Asian games have been organised by the Olympic Council of Asia (OCA). The Games are recognised by the International Olympic Committee (IOC) and provide opportunity to athletes from Asia to compete and show their excellence in sports. Following the Olympic Games, the Asian Games are the second largest multisport event in the world.

The idea for the Asian Games was first introduced in 1948 by Guru Dutt Sondhi, an Indian member of the IOC. The idea was much appreciated, and in 1949 the Asian Games Federation (AGF) was made to plan the event. From March 4 to March 11, 1951, the first Asian Games were held in New Delhi, India. Players came from 11 Asian countries and competed in six different sports. However, since their inception in 1951, they have grown in scale, prestige, and influence, reflecting Asia's rising prominence in global sports. In 1954, the second Asian Games were held in Manila, Philippines. People from 19 countries took part in Manila. With each new Asian Games, the number of countries that took part and games grew. Over the years, the Asian Games have acquired more significance and greater prominence in the region. The Games now host over 40 nations competing in a wide range of disciplines, including both Olympic sports and traditional Asian games like Kabaddi, Sepak Takraw, and Wushu.



First Asian Games (New Delhi 1951)

The Asian Games follow the same sports schedule as the Olympics. Two of the most important sports are Athletics and swimming. Traditional sports like Sepak Takraw,





Note

Kabaddi, and Wushu, that show the different sports cultures of Asia, are also included in the competitions. The Asian Games have contributed greatly towards bringing the Asian countries together to share their cultures, and improve their sports. Asiad continues to be an important sporting event for players and fans alike, as people from all over Asia come together through sports to make friends and work together.



DO YOU KNOW?

The Asian Games were established to heal regional tensions after World War II and provide a platform for Asian athletes to compete at an international level. China joined the Games in 1974 in Tehran (Iran) and has dominated the medal tally since 1982.



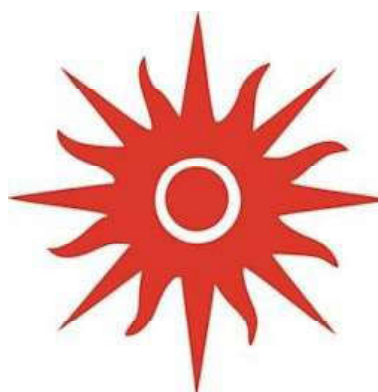
Activity 4.1

Find out a traditional Asian game from India, or from any other participating country, that you think should be included in the Asian Games. Make a presentation about the game, highlighting your reasons as to why it should be included.

4.2 LOGO OF THE ASIAN GAMES

The logo of the Asian Games changes from one event to the next because it highlights the unique characteristics, culture, spirit, and values of the hosting country and place.

The Olympic Council of Asia (OCA) symbol where a bright red sun having sixteen (16) rays and a white ring in the middle is mandatory for designing of logo of Asian Games. In 1949, the Asian Games Federation introduced this iconic symbol.



Following are the logos of different Asian Games organised till date.



MODULE-1

Physical Education



Note

Asian and Olympic Games



Each of the above logos reflects the unique characteristics of the counties hosting the Asian Games.

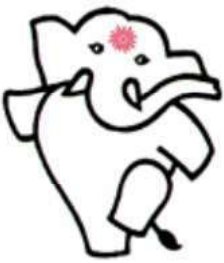
4.2.1 Mascot of the Asian Games

The mascots of the Asian Games are colourful figures that stand for the spirit and culture of the hosting country. Each mascot is carefully made to represent the ideals of the games and is often based on local animals, history, and customs. The first Asian Games to have a mascot was the New Delhi Games held in 1982.





Note

Asian Games 1982 New Delhi: “Appu”  New Delhi 1982	Asian Games 1986 Hidori 	Asian Games 1990 Beijing: “Panpan” 
1994 Hiroshima “Poppo and Cuccu” 	1998 Bangkok Chai-yo 	2002 Busan - “Duria” 
2006 Doha, Qatar “Orry”  2006 Doha, Qatar (15th AG) <i>Orry, the Qatari oryx.</i>	2010 Guangzhou, China “Le Yangyang”  2010 Guangzhou, China (16th AG) <i>Le Yangyang, five Goats</i>	2014 Incheon, Korea “Baram and Chumuro and Vichuon”  2014 Incheon, Korea (17th AG) <i>Vichuon, Baram and Chumuro. Baengnyeong Island's harbour seals</i>



MODULE-1

Physical Education



Note

Asian and Olympic Games

2018 BhinBhin, Kaka and Atung, Jakarta and Palembang



2023 Congcong, Lianlian and Chenchen, Hangzhou



4.2.2 Moto of Asian Games

The official motto of the Asian Games is “Ever Onward.” This motto shows the spirit of athletes and countries participating in the games: constant improvement, hard work, and striving for excellence. It offers a commitment to pushing the limits of sports, overcoming obstacles, and trying to reach higher goals. The motto is a reminder that the purpose of the Asian Games is to promote unity, friendship, and cultural exchange among Asia’s many different countries. It is also meant to encourage athletes to reach their full potential and make a lasting impact in their chosen sports.



ACTIVITY 4.2

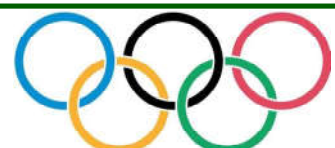
Search the Internet about the Asian Games and complete the list below.

The three traditional games from Asia which are played during Asian Games and NOT in Olympics are

- 1.
- 2.
- 3.

4.2.3 Flag of Asian Games

The Asian Games do not have an official flag of their own. Instead, the flag of the OCA, the regulating organisation of the Asian Games is used as the flag of the Asian Games. The OCA’s flag has a white background with five interlocking Olympic rings in the centre. The rings are coloured blue, yellow, black, green, and red, representing the five continents of the world coming together in the spirit of sportsmanship and international unity. The OCA flag is used during the inauguration and valedictory ceremonies and other official events and venues associated with the Asian Games.



**Note****4.2.4 India's performance in Asiad**

In the 1st edition of Asian Games India was ranked 2nd with a total of 51 medals which include 15 Gold, 16 Silvers and 20 Bronze. In the 2nd edition of Asian game held at Manila in 1954, India won a total of 17 medals and ranked 5 in the medal tally. In Tokyo 1958 Asian games India was on 7th ranked with 13 medals. In the 4th edition of Asain Games which was held at Jakarta 1962 India was 3rd on medal tally with 33 medals. The 5th and 6th edition were hosted by Bangkok in 1966 and 1970, respectively where India positioned at 5th spot in both the edition.

The recent Asian games was conducted at Hangzhou in 2023 where Indian performed very well and won a total of 107 medals and was ranked 4th in the medal tally. For more details you can see following table.

	Edition	Gold	Silver	Bronze	Total Medals	Rank
1 st	New Delhi 1951	15	16	20	51	2
2 nd	Manila 1954	5	4	8	17	5
3 rd	Tokyo 1958	5	4	4	13	7
4 th	Jakarta 1962	10	13	10	33	3
5 th	Bangkok 1966	7	3	11	21	5
6 th	Bangkok 1970	6	9	10	25	5
7 th	Tehran 1974	4	12	12	28	7
8 th	Bangkok 1978	11	11	6	28	6
9 th	New Delhi 1982	13	19	25	57	5
10 th	Seoul 1986	5	9	23	37	5
11 th	Beijing 1990	1	8	14	23	11
12 th	Hiroshima 1994	4	3	16	23	8
13 th	Bangkok 1998	7	11	17	35	9
14 th	Busan 2002	11	12	13	36	7
15 th	Doha 2006	10	17	26	53	8
16 th	Guangzhou 2010	14	17	34	65	6
17 th	Incheon 2014	11	10	36	57	8
18 th	Jakarta 2018	16	23	31	70	8
19 th	Hangzhou 2023	28	38	41	107	4
20 th						
21 st						
22 nd						



MODULE-1

Physical Education



Note

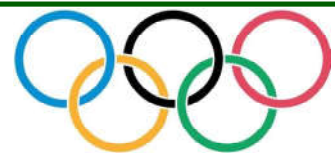
Asian and Olympic Games



Intext Questions 4.1

1. Tick (✓) the correct option.

1. What is the official motto of the Asian Games?
 - a) Ever Onward
 - b) Energy of Asia
 - c) Diversity Shines
 - d) Surging As One
- 2) Which city hosted the Asian Games in the year 2018?
 - a) Beijing
 - b) Tokyo
 - c) Jakarta
 - d) Seoul
- 3) Why did the responsibility of organizing the Asian Games shift from the AGF to the OCA after 1982?
 - a) The AGF wanted to focus on the Olympics.
 - b) The AGF disbanded, leading to the formation of the OCA.
 - c) The International Olympic Committee (IOC) took over the event.
 - d) The AGF was unable to handle the growing scale of the Games.
- 4) How has the significance of the Asian Games evolved over time?
 - a) The Games have remained the same since their inception.
 - b) They have become less important compared to the Olympics.
 - c) The Games have grown in prestige, size, and influence in Asia.
 - d) Participation has decreased due to the inclusion of traditional sports.





DO YOU KNOW?

The ancient Olympics featured a limited number of events compared to the modern Olympics, primarily consisting of athletic competitions such as running, wrestling, boxing, chariot racing, and the pentathlon.



Note

4.3 OLYMPIC GAMES

The Olympic Games are a prestigious international sporting event that command a pre-eminent position in the world's sporting calendar. It is an event where athletes from different nations come together to showcase their skills, compete against each other, and promote the values of unity, friendship, and fair play.

The Olympic Games date back to ancient Greece and have a rich history that spans over two millennia (Millennia is a period of 1000 years). In ancient times, the Games were held in Olympia, Greece, to honour the Greek god, Zeus, who is said to be the father of the Greek gods and goddesses. The festival and the games were held in OLYMPIA, a rural sanctuary site in the western Peloponnesos. They were not only athletic competitions but were also a significant cultural and religious event. The ancient Olympics lasted for over a thousand years before fading away.

The ancient Olympics started in 776 BC in Olympic Valley in honour of Zeus (God of Sky) by his son, Hercules. The games lasted almost 1200 years before Theodosius (King of Rome) banned the Olympic games in 393 AD.

In the beginning, the duration of the ancient Olympic games was five days. They were conducted a gap of four years. The winner of the first Olympic game was "KOROBUS".

At that time, women, prisoners, people who had been punished for any offence, and slaves were not allowed to participate in the Olympic Games. To participate in Olympics the athletes were required to undertake prior training for at least ten months before the commencement of the Games. Also, they were required to spend the last month at the Olympics venue under the control of official judges.

A total of 293 Olympic Games were held from 776 BCE to 393 CE. At the first Games, only one event was held – the stadion foot race, a sprint of about 192 meters. Over time, more events were added the diaulos (400 m race), the dolichos (long-distance race), the pentathlon (a combination of running, long jump, discus, javelin, and wrestling), boxing, pankration (a brutal mix of wrestling and Boxing), and equestrian contests like chariot races.



MODULE-1

Physical Education



Note

Asian and Olympic Games



ACTIVITY 4.3

Search the Internet and complete the following table about the Ancient Olympic games.

The three games which were played during Ancient Olympics were

- 1.
- 2.
- 3.

4.3.1 Modern Olympics

At the end of eighteenth century in the year 1896 the olympics were started again at the Athens, Greece which was known as Modern Olympics.



The IOC was formed on 23rd June 1894. Now IOC consisting of one President, four Vice President and ten Executive Members. The first president of the IOC was Demetius Vikelas. Around 14 countries took part in the first modern Olympic Games. In the beginning all participants were men.





Note

Today, the Olympic Games are the most significant sporting event in the world. The architect of the modern Olympics, Baron Pierre de Coubertin, who played an essential role in the Olympic Games revival and also known as the father of the modern Olympics.

Coubertin was having great interest in education, and firmly believed that the best way to develop the minds of young individual was to build their bodies. He realised that learning and athletics should go together. He put forward the idea for the revival of Olympic Games to further the idea of democracy and international peace. Olympic Games not only develop international fraternity and peace among nations, they also help in developing personality, character, qualities of good citizenship and good habits among sports persons.

As mentioned earlier that the first modern Olympic Games were held in Athens in 1896, where 241 athletes from 14 countries took part in 43 events at Panathenaic Stadium. In 1900, about 997 athletes from 24 countries competed in the Paris Olympics. The 1900 Olympic Games are significant as this was the first time 22 women competed in selected sports. As the games became widespread, many countries joined. In 2020, 11420 athletes from 206 nations participated in 33 sports in Tokyo, Japan.

4.3.2 Olympic Awards

The winners at the Olympic games are awarded medals. The winner gets a gold medal, the runner-up receives a silver medal, and the second runner-up gets a bronze medal in the awards ceremony on the podium. Participants from first to eighth receive a diploma, and all participants receive commemorative medals. The National Anthem of the winner's country is played during the ceremony.



MODULE-1

Physical Education



Note

Asian and Olympic Games

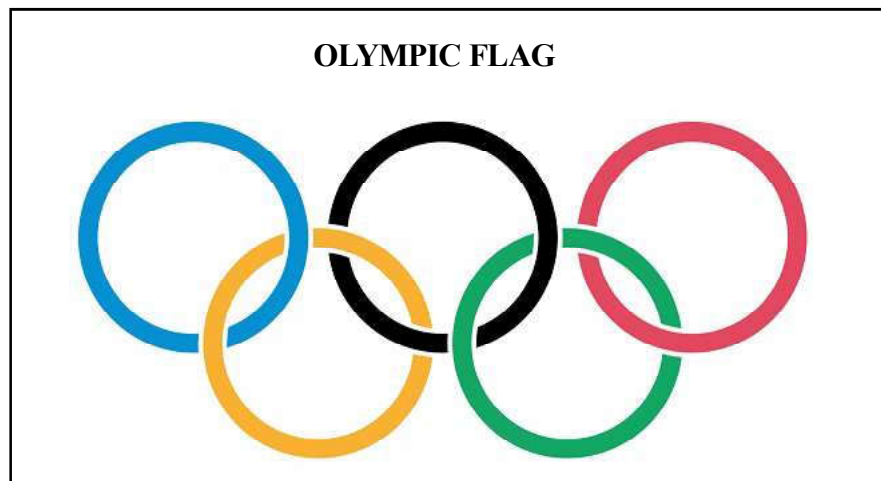


ACTIVITY 4.4

The Olympic Games promote international friendship and unity. Give an example of a real-life situation where the Olympics have helped strengthen diplomatic relations between countries. You may consult the Internet for information.

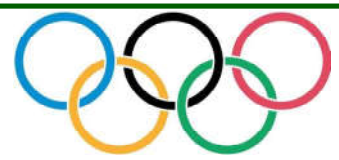
4.3.3 Olympic Flag

The Olympic flag is made-up of five coloured interlaced rings on a white base. These five colours are blue, yellow, black, green, and red. The Olympic flag was designed by Baron Perrie de Coubertin in 1913. It was inaugurated in 1914 in Paris but was first hosted at the 1920 Antwerp Olympics in Belgium.



4.3.4 Olympic Motto

When Pierre de Coubertin created the IOC, he proposed the motto “Citius, Altius, Fortius” which is Latin for “Faster, Higher, Stronger”, which was given by father Henri Didon. It was introduced in the 1924 Paris Olympics and it has been an integral part of the Olympic movement since its inception. In the year 2021 the IOC modified the motto to “Citius, Altius, fortius – Communiter” as the Olympic motto. These are Latin words which mean – “Faster, Higher, Stronger – together”.





Note

Earlier the word together was not there. It was added during the International Olympic Committee's session in Tokyo in 20 July 2021. It expresses the spirit and goals of the Olympic Games, encouraging athletes to constantly strive for improvement, to push their limits, and achieve new heights together in their respective sports.

4.3.5 Olympic Oath

During the Opening Ceremony of the Olympic Games, one athlete and judge from each country take the Olympic Oath on behalf of all the competitors and judges while holding a corner of the Olympic flag. The Olympic oath reads, "In the name of all competitors, I promise that we will participate in these Olympic Games, respecting and adhering to the rules that govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

Victor Boin took the Olympic oath for the first time on behalf of all athletes competing in the Olympic Games in Antwerp, Belgium, in 1920. The official's oath was added in 1972, and the coach's in 2012. The first oath taken by the athletes was initially intended to be a declaration that all athletes were amateurs. The language has changed over time, as being an amateur is no longer a general requirement.

4.3.6 Olympic Anthem

"Olympic Hymn" is the Olympic anthem, played when the Olympic flag is raised. The music of the Olympic Anthem was composed by Greek musician Spiros Samaras and lyrics by Kostas Palamas.

The Olympic anthem was started in 1896 at Athens Olympics but was officially recognised in 1958 by IOC. The lyrics of Olympic anthem are

"O Ancient immortal Spirit, pure ther
Of beauty, of greatness and of truth,
Descend, reveal yourself and flash like lightning here,
within the glory of your own earth and sky.

At running and at wrestling and at throwing,
Shine in the momentum of noble contests,
And crown with the unfading branch
And make the body worthy and ironlike.

Plains, mountains and seas glow with you
Like a white-and-purple great temple,
And hurries at the temple here, your pilgrim,
O Ancient immortal Spirit, every nation."



MODULE-1

Physical Education



Note

Asian and Olympic Games



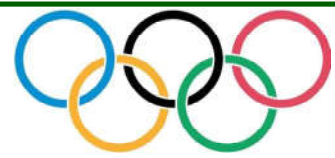
Do You Know?

The Summer Olympics, Winter Olympics, Paralympic Games, and Special Olympics each offer unique opportunities for athletes worldwide to showcase their talents and celebrate the spirit of sportsmanship and inclusion?



Intext Questions 4.2

1. **Tick (✓) the correct option.**
 1. Why was the ancient Olympic Games considered more than just an athletic competition?
 - a) It was used as a training ground for soldiers
 - b) It was a significant cultural and religious event in honour of Zeus
 - c) It was a way to collect taxes from participating states
 - d) It was a form of entertainment organized by the Roman Empire
 2. In which of the year following the first modern Olympic Games held?
 - a) 1886
 - b) 1892
 - c) 1896
 - d) 1900
 3. How often are the Modern Olympic Games held?
 - a) Every two years
 - b) Every three years
 - c) Every four years
 - d) Every five years
 4. How many rings are there in the Modern Olympic flags?
 - a) 3
 - b) 4
 - c) 5
 - d) 6



**Note**

4.4 INDIA'S JOURNEY IN THE OLYMPIC GAMES

India's journey in the Olympic Games spans over a century. India first made its Olympic entry in 1900 at the Paris Games. Norman Pritchard, an Indian-born athlete, won two silver medals in athletics. This marked India's first Olympic success. India's most successful period in the Olympics was from 1928 to 1956 in the sport of field hockey. During this period, the Indian men's field hockey team won gold medals in six consecutive Olympic Games, establishing India as a dominant force in the sport. Legendary players like Dhyan Chand contributed to India's success during this period. While hockey remained India's stronghold, the country also began participating in other sports. Athletics, wrestling, boxing, shooting, badminton, and weightlifting became focus areas. Over the years, Indian athletes have made their mark in individual events by winning Olympic medals. India won 41 Olympic medals in total till 2024 Paris Olympics, including 10 Gold, 10 Silver & 21 bronze.



India in Olympic Games for first time

India's journey in the Olympic Games is a reflection of its rich sporting heritage. Indian athletes have bagged both team and individual successes. The country strives for excellence and hopes to achieve more significant milestones in future Olympics. Government has introduced many new schemes to support athletes' Olympic preparations. As India works towards improving its sports infrastructure, training facilities, and athlete development programmes, through initiatives like the Target Olympic Podium Scheme (TOPS), hopes for future successes have increased. India aims to improve its performance in the Olympic Games further, by focusing on diversifying medal-winning sports and by nurturing talent across various disciplines. Efforts are being made to enhance coaching, infrastructure, and sports science support to help Indian athletes achieve tremendous success on the Olympic stage.

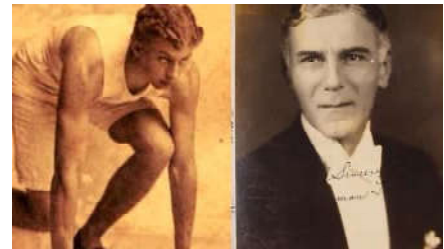
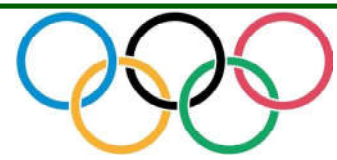


**Note****DO YOU KNOW**

Milkha Singh got fourth place in the men's 400m race (1960 Rome Olympics), known for his inspiring story as the "Flying Sikh." P.T. Usha also got Fourth place in the women's 400m hurdles (1984 Los Angeles Olympics), narrowly missing a medal.

4.4.1 List of prominent Indian athletes who have won medals in the Olympic Games

1. Norman Pritchard – Two Silver medals in Athletes (200m & 200m hurdles) at the 1900 Paris Olympics.
2. K. D. Jadhav - Bronze medal in Wrestling (54 kgs.) at the 1952 Helsinki Olympics.
3. Leander Paes - Bronze medal in tennis (Men's Singles) at the 1996 Atlanta Olympics.
4. Karnam Malleswari - Bronze medal in weightlifting (Women's 69kg) at the 2000 Sydney Olympics.
5. Rajyavardhan Singh Rathore - Silver medal in shooting (Men's Double Trap) at the 2004 Athens Olympics.
6. Abhinav Bindra - Gold medal in shooting (Men's 10m Air Rifle) at the 2008 Beijing Olympics.
7. Vijender Singh - Bronze medal in boxing (Men's Middleweight) at the 2008 Beijing Olympics.
8. Sushil Kumar - Bronze medal in wrestling (Men's 66kg Freestyle) at the 2008 Beijing Olympics and silver medal in wrestling (Men's 66kg Freestyle) at the 2012 London Olympics.
9. Vijay Kumar - Silver medal in Shooting (Men's 25 m rapid fire pistol) at the 2012 London Olympics.
10. Mary Kom - Bronze medal in boxing (Women's Flyweight) at the 2012 London Olympics.

**Norman Pritchard****Vijender Singh****Mary Kom**

11. Gagan Narang - Bronze medal in shooting (Men's 10m Air Rifle) at the 2012 London Olympics.
12. Saina Nehwal - Bronze medal in badminton (Women's Singles) at the 2012 London Olympics.
13. Yogeshwar Dutt - Bronze medal in wrestling (Men's Freestyle 60 kg) at the 2012 London Olympics.
14. P.V. Sindhu - Silver medal in badminton (Women's Singles) at the 2016 Rio Olympics and bronze medal in badminton (Women's Singles) at the 2020 Tokyo Olympics.
15. Sakshi Malik - Bronze medal in wrestling (Women's 58kg Freestyle) at the 2016 Rio Olympics.
16. Mirabai Chanu - Silver medal in weightlifting (Women's 49kg) at the 2020 Tokyo Olympics.
17. Ravi Kumar Dahiya - Silver medal in wrestling (Men's 57kg Freestyle) at the 2020 Tokyo Olympics.
18. Lovlina Borgohain - Bronze medal in boxing (Women's Welterweight) at the 2020 Tokyo Olympics.
19. Neeraj Chopra - Gold medal in Javelin Throw at the 2020 Tokyo Olympics.
20. Bajrang Punia – Bronze medal in wrestling (Men's Freestyle 65 kg) at the 2020 Tokyo Olympics.
21. Manu Bhaker – Bronze in Shooting (Women's 10 m Air Pistol) at Paris 2024.
22. Manu Bhaker & Sarabjot Singh – Bronze in Shooting (Mixed Team 10 m Air Pistol) at Paris 2024.
23. Swapnil Kusale – Bronze in Shooting (Men's 50 m Rifle Three Positions) at Paris 2024.
24. Neeraj Chopra – Silver in Athletics (Men's Javelin Throw) at Paris 2024.
25. Aman Sehrawat – Bronze in Wrestling (Men's Freestyle 57 kg) at Paris 2024.



P.V. Sindhu



Sakshi Malik



Neeraj Chopra

MODULE-1

Physical Education



Note



**Note****4.4.2 Performance of Indian Men's Hockey Team in the Olympic Games -**

1. Gold medal in 1928 (Amsterdam)
2. Gold medal in 1932 (Los Angeles)
3. Gold medal in 1936 (Berlin)
4. Gold medal in 1948 (London)
5. Gold medal in 1952 (Helsinki)
6. Gold medal in 1956 (Melbourne)
7. Silver medal in 1960 (Rome)
8. Gold medal in 1964 (Tokyo)
9. Bronze medal in 1968 (Mexico City)
10. Bronze medal in 1972 (Munich)
11. Gold medal in 1980 (Moscow)
12. Bronze medal in 2020 (Tokyo)
13. Bronze medal in 2024 (Paris)

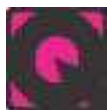


Reliving Indian hockey's glory days: On this day in 1928, India won its first Olympic gold

**Activity 4.5**

Search Picture and performance of athletes who won medals in last Olympics.





Intext Questions 4.3

1. Answer the following questions.

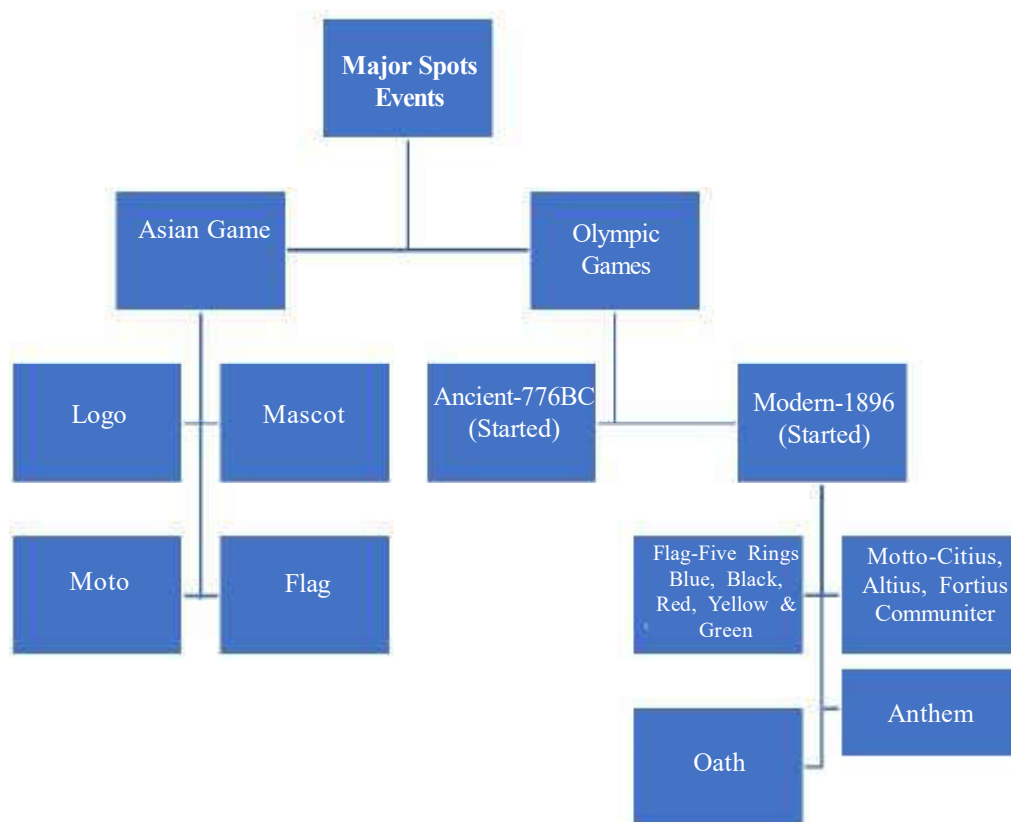
1. How many times has India hosted the Olympic Games?
2. When did India first participate in the Olympic Games?
3. Who is the first Indian athlete to win an individual gold medal at the Olympic Games?



Terminal Questions or Exercises

1. Explain in detail the history of ancient Olympic.
2. Explain the concept of the Olympic flame and its symbolic importance in the Olympic Games.
3. Compare and contrast the modern Olympic Games and the ancient Olympic Games in terms of sports, participating nations, and cultural significance.
4. Discuss the significance of Indian Hockey Team in Olympic Games.

Concept Map



Note



MODULE-1

Physical Education



Note

Asian and Olympic Games



Answer to Intext Questions

4.1

- 1) a) Ever Onward
- 2) c) Jakarta
- 3) b) The AGF disbanded, leading to formation of OCA
- 4) c) The game have grown in prestige, size and influence in Asia.

4.2

- 1) b) It was a significant cultural and religious event in honour of Zeus.
- 2) c) 1896
- 3) c) Every four years
- 3) c) 5

4.3

- 1) 0
- 2) 1900
- 3) Abhinav Bindra

