

## SPORTS – KEY TO FITNESS

In India, sports and games has very old tradition since mythological era. Since then in every period sports has been given importance. Sports are useful to maintain health, physical fitness, mental strength. Sports competitions being organised on state level, national as well as International level such as Olympic Games. These games give chance to sportsmen to show their strength, ability and skill in sports. Every sportsmen's aim is to achieve to highest level in their game.

India Post issued variety of stamps to commemorate different Games, and sports events. I am displaying stamps, First Day Covers, Special Covers, Miniature Sheets, Book Marks, Stamp Booklets etc. to show India's progress in the field of Sports at the International level.

My aim is to display exhibit on sports is that people must know the importance of Sports and game in their life, and they will encourage next generation to take part in sports and games for their better future

### Plan of Exhibit

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## TRADITIONAL GAMES

**HOPSCOTCH** – is a popular outdoor game that can be played with several players or alone. The players tosses a small object into numbered spaces of a pattern of rectangles outlined in the ground and then hops or jump through the spaces to retrieve the object.

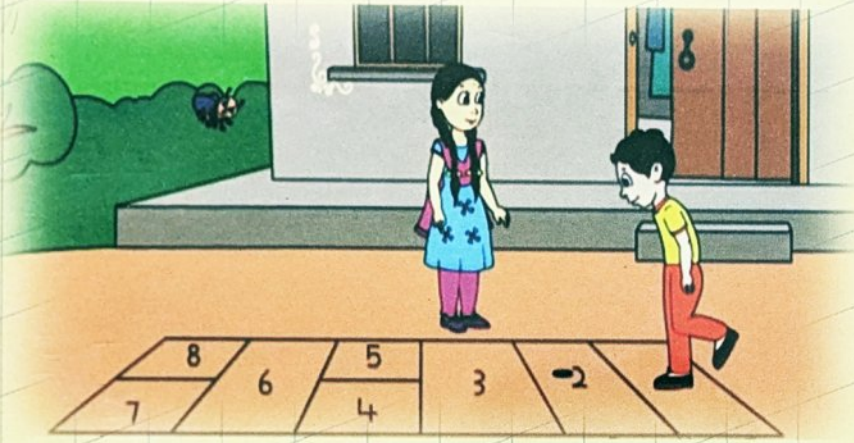
*Special cover of Karnapex 2024 depicts cancellation of Hopscotch.*



ವಿಶೇಷ ಲಕೋಟೆ / विशेष आवरण / SPECIAL COVER

ಸಾಂಪ್ರದಾಯಿಕ ಆಟ - ಹಾಪ್‌ಸ್ಕಾಟ್ ಅಥವಾ ಕುಂಟೆಬಿಲ್ಲೆ  
पारंपरिक खेल - हॉप्सकॉच या कुंटेबिल्ले

TRADITIONAL GAME - HOPSCOTCH OR KUNTEBILLE



कर्नापेक्स ★ 2024 ★ KARNAPEX  
ಕುಂಟೆಬಿಲ್ಲೆ



कुंटेबिल्ले

07-01-2024

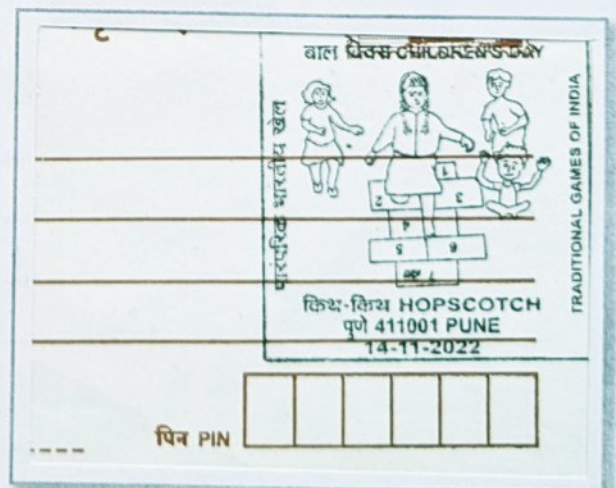
बेंगलूरु 560 001 BENGALURU



## HOPSCOTCH

A game that improve a child's balancing and motor skill. You can create a hopscotch grids with chalk and toss a stone into Square 1. The child then jumps over square 1 and completes the grid.

Special Cancellation released at Pune HO. On 14.11.2024 to commemorate Children's Day



## TRADITIONAL GAMES OF INDIA

Traditional games are an important part of Indian Culture and can help children learn about rules, collaborations and resilience

### SEVEN STONES/LAGORI

It calls for the use of a ball ideally rubber ball and a row of seven flat stones put on top of one another, 3-9 players can be found in each side. Players has to knock down stones from the distance of 20 feet.

Special cancellation of Children's Day show the image of play Seven Stones.



### GILLI DANDA

An outdoor game that involves hitting a small wooden stick (gilli) with larger stick (danda) to achieve distance and accuracy. It believes to be the precursor of modern game like cricket.

Special cancellation released at Children's Day show the image of play Gilli Danda



**KITES** – Fly kites in the sky requires skill which enhances patience hand eye coordination and social interaction. Players use strings to cut each other's kites in the sky



## ADVENTURE SPORTS

Action sports, adventure sports or extreme sports are activities perceived as involving a high degree of risk of injury or death. Ice-scating, ice hockey, skiing, rock climbing, white water surfing, Hot water ballooning, car and bike racing are called adventurous games.

Following three types of Adventure sports

### LAND BASED ADVENTURE SPORTS



Rock Climbing



Snow boarding



Skig



Mountain Climbing

### AIR BASED ADVENTURE SPORTS

**Hot air Ballooning** – A hot air balloon is lighter than air aircraft contains heated air. Suspended beneath is a gondola or wicker basket which carries passengers and a source of heat, in most cases an open flame caused by burning liquid propane. This is a thrilling and hyper-casual game packed with fun.

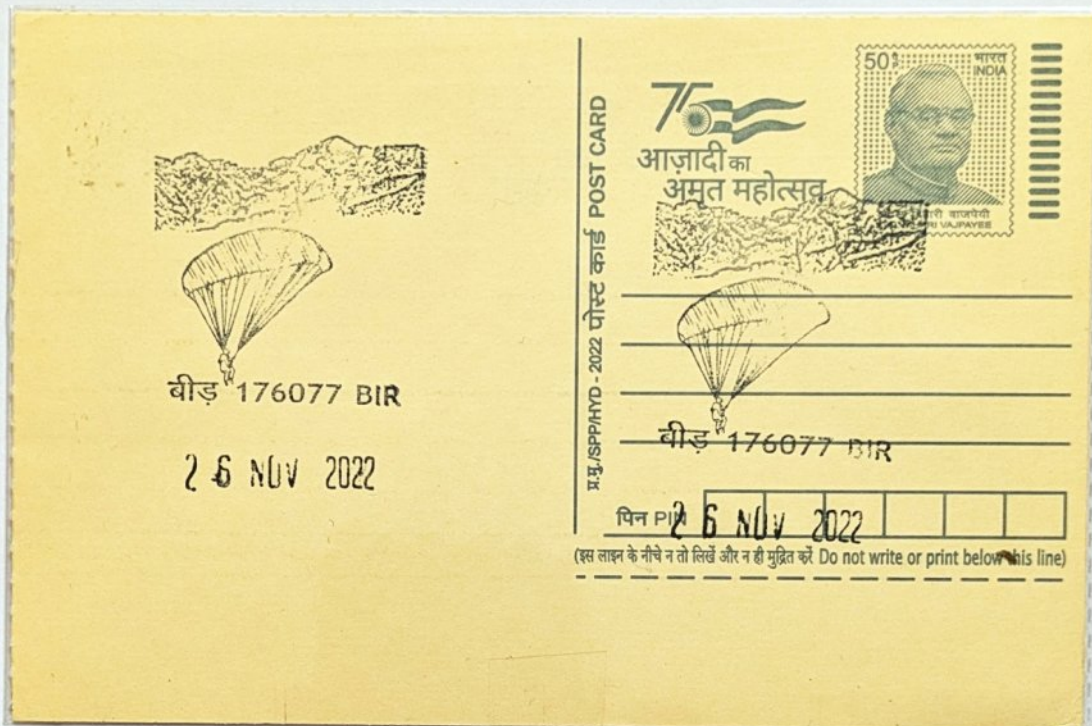


## ADVENTURE SPORTS – AIR BASED SPORTS

**PARAGLIDING** is the recreational and competitive adventure sport of flying paragliders: light weight, free flying foot launched glider air craft with no rigid primary structure. The pilot sits on harness or in a cocon like 'pod' suspended below a fabric wing. Wing shape is maintained by the suspensions lines. The pressure of air entering vents in the front of the wing and the aerodynamic forces of the air flowing over the out side.

Paragliding is played where geographical conditions are perfect, hence in Manali and Bir towns situated in Himachal Pradesh, where paragliding sport is popular game.

*Post card depicts Permanent Picture Cancellation para glider backdrop of mountains.*



Following stamp images depicts two types of Para gliders flown in the sky.



Paragliding in Military

**ADVENTURE SPORTS – WATER BASED SPORTS**

**Rowing** – Rowing has been staged at all Olympic games since at Paris Olympic 1900. Rowing events are head-to-head races, ranging from Single sculls to the Eight which is contested by teams of eight rowers with a cox. Technique and team work are vital to ensure getting the maximum speed and distance out of every stroke.

➔ Maxim Card on Kayaking sport in Olympic games



## HIGH JUMP

High Jump is a track and field event in which competitors must jump unaided over a horizontal bar placed at measured height without dislodging it.

High jump is one of the most popular athletics event in the world and has been a part of the Modern Olympics since its start in 1896.

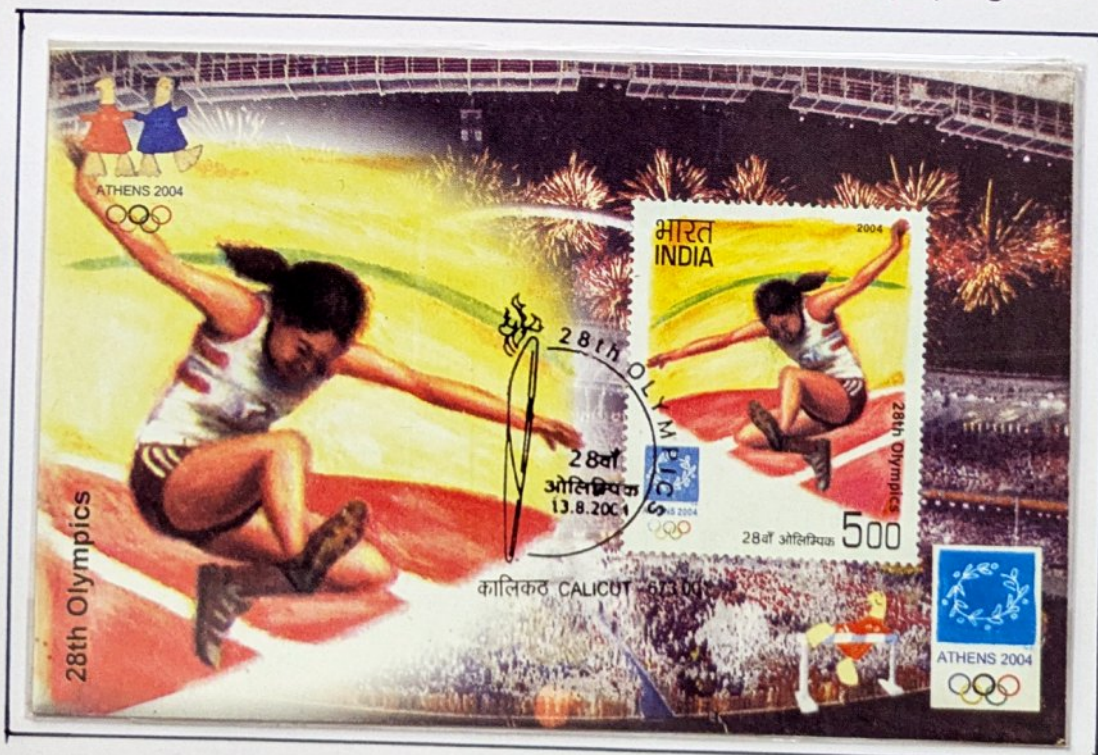
Three types of High Jumps.

- Fosbury flop – The current technique used by world-class high jumpers
- Scissors – Also known as eastern method, the jumper clears the bar in a neatly upright position.
- Western roll and straddle – The jumpers body is face-down and parallel to bar at the height of the jump.



**LONG JUMP** – Long Jump is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take off point.

The Maxim Card was released at Calicut to commemorate 28<sup>th</sup> Olympic games at Athens 2004.



**RUNNING** – Running is a method of terrestrial locomotion by which humans move rapidly on foot. Four types of running events are played in Olympic and other international sport events.



**Hurdles (110 m, 400 m)** format similar to the sprints over similar distances, excepts the runners have to jump over hurdles before they get to the finish line

**Relays** – Relay races are where team of runners complete against each other. There are typically 4 runners and 4 lets to the race.

**Spring** – is running over a short distance at the top-most speed of the body in a limited period of time. Sprints are held at Summer Olympics and outdoor world championships : the 100 meter, 200 meters and 400 meters

**RUNNING** – Running is a warm up exercise regular running activity can significantly improve mental health, self-confidence, healthy ageing and quality of life.



**DISCUSS THROW** – also known as disc throw, is track and field sport in which the participant athletes throws and oblate spheroid weight – called discus – in an attempt to mark further distance than other competitors. The event consists of throwing a heavy disc, with the weight or size depending on the competitor. Men’s discus has been a part of every modern Olympics.



**WEIGHT LIFTING** – Sport in which barbells are lifted competitively or as an exercise. The weight used in modern competitive lifting is the barbell, a steel bar or rod to which cast-iron or steel disk weights are attached at each end on a revolving sleeve.

Snatch, Clean and Jerk and Press are the three International lifts.

Indian weightlifter **Karnam Malleswari** holds the distinguished honour of being the first woman from India to win a medal at the Olympic. Lifting 110 Kg, and 130 Kg. in the ‘Snatch’ and ‘Clean and Jerk’ categories respectively to the total 240 Kg, Karnam Malleswari became the first woman to win a prestigious Olympic Bronze Medal.



## CYCLING

Cycling also known as bicycling or biking is the activity of riding a bicycle or other type of cycle. Cycling is practised around the world for purposes including transport, recreation, exercise and competitive sport.



On 3<sup>rd</sup> June 'World Cycle day is celebrated. Karnataka Circle issued Special Cancellation on 3.6.2023 to create awareness benefits of cycling.



Mumbai Philatelic Bureau issued Special Cancellation on cycling on 17.12.2023. Cancellation slogan depicts line 'Cycling for better tomorrow.

Cycling has been contested at every summer Olympic Games since the birth of the modern Olympic movement at the 1896 Summer Olympics, at which a road race and five track events were held

# SHOOTING

Sport shooting is the use of firearm, to hit a target with a bullet. These can be satisfactory targets as moving targets known as clays. Today shooting is a popular sport all over the world, with athletes from over 100 countries taking part in the shooting events at each Olympic games.

Maxim Cards issued by India Post during Athens 2004.



*Odd shape stamp of Shri Lanka on Beijing Olympic 2008*



Rio Olympic 2016 Maxim card

## ARCHERY

**ARCHERY** is the sport , practice or skill of using a bow to shoot arrows. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity.



*Picture Post Card on Archery  
In Paris 2024 Olympic.*

Special Cover released during Rajpex 2010 regarding Sports in Rajasthan. Princely States, Government as well as Non-Government organisations have patronized And promoted various sports.



Tribes with archery



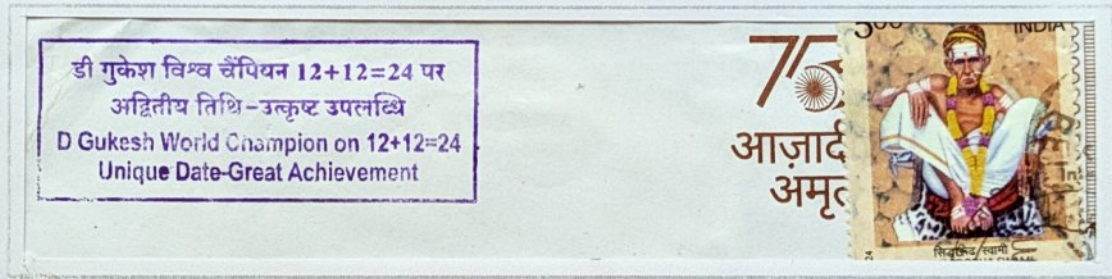
Archery in Games



The Cancellation on cover depicts an Archer stretched bow aiming the target spot.

## CHESS

Meghdoot card image depicts mascot 'TAMBI' wearing lungi during 44<sup>th</sup> FIDE chess Olympiad 2022, Mamallapuram, Chennai. The Special Cancellation released at Nashik to congratulate D. Gukesh, youngest World Chess Champion 2024.



Slogan cancellation on travelled cover released at Belgavi HPO to honour D Gukesh World Champion on 12.12.24 Unique date – Great Achievement

Travelled cover stamp image depicts chess 'Bishop'. **GARRY KASPAROV** – is a Russian chess grandmaster, former World chess Champion (1985-2000), political activist and writer. His peak FIDE chess rating of 2851, achieved in 1999, was the highest recorded until being surpassed by Magnus Carlsen in 2013.



## WRESTLING

**WRESTLING** – Wrestling is a martial art and combat sport that involves grappling with an opponent and striving to obtain a position of advantage through different throws

At the Olympics there are two variations of wrestling : Freestyle and Greco-Roman. The rules are almost identical, except that in Greco-Roman a wrestler may not attack an opponent below the waist or use his own legs to execute holds

Maxim Card issued at Calicut during Athens Olympics 2004



Maxim Card issued at Bangalore during Rio Olympics 2016.



## BOXING

Boxing – is a combat sport and martial art. Taking place in a boxing ring. It involves two people. Usually wearing protective equipments, such as protective gloves, hand wraps, and mouth guarts, throwing punches at each other for a predetermined amount of time

Maxim Card issued on Boxing Commemorate Rio 2016 Olympic games by India Post



## TRADITIONAL MARTIAL ART GAMES



**Travelled envelope** two stamps issued by India Post to commemorate diplomatic relations between India and Vietnam.

India stamp depicts 3000 year old 'Kalaripayattu' the traditional martial art from Kerala.

Vietnam stamp depicts 'Vivonam' traditional vietnamese martial art and world's martial arts, being famous for high flying and neck-champing blows.

To  
 R. V. Wan  
 S, Vihang  
 Maduban Col  
 Makhamala  
 Nashik -  
 Mob NO: -

From  
 POST MASTER (HSG - I)  
 Belagavi Philatelic Bureau  
 Belagavi Head Post Office  
 Belagavi - 590 001

## TABLE TENNIS

Table tennis is a racket sport derived from tennis but distinguished by its playing surface being atop a stationary table rather than which player stand. Either individually or in a term of two, players take alternating turn returning a light hollow ball over the table net into opposing half of the court using small rackets until they fail to do so, which results in a point for the opponent.

First Day Cover issued to commemorate 5<sup>th</sup> Asian Table Tennis Championship 1980



Table tennis Paddle and ball Stamp margin indicates table image



## BADMINTON

Badminton is a racquet sport played using rackets to hit shuttlecock across the net. Although it may be played with larger form, the most common forms of the game are 'Single' (with one player per side) and 'Doubles' (with two players per side) Points scored by striking the shuttlecock with the racquet and landing it with the other team's half of the Court.



**Prakash Padukone, Saina Nehwal and P V Sindhu** has shown their badminton skill at National and International sports events and won medals, which is a proud moment of Indians.

Jaduberia Village is the shuttlecock manufacturing hub in the Country. Almost every family in this hamlet has been making shuttlecocks for generations.

To acknowledge this village as manufacturing hub of shuttlecock, Permanent Picture Cancellation was introduced on 22.08.2022. Travelled cover cancellation depicts image of shuttlecock with unique stamp of Badminton.



# HOCKEY

Hockey is kind of invasion game that is played by two teams of eleven players. Each team's goal is to push a small and heavy hockey ball into their opponent's goal.

Hockey is one of the most popular sport in India, as it is one of the major team sports in which India has been historically successful. Major Dhyan Chand is in fact Magician of Hockey



## XXVIII Olympics

The greatest show on earth, where continents converge, nations compete, human endurance and strength extends its known limits, where history is repeated and often re-written, where the sporting spirit soars citius, altius, fortius, i.e., faster, higher, stronger and finds echoes transcending all boundaries of colour, race or ideology, the Olympic Games, resurrected from antiquity continues its revered tradition.

The Olympic Games were banned by the Roman Emperor Theodosius-I in the 4<sup>th</sup> Century AD. Revival of the games came after a long time when Baron Pierre de Coubertin (1863-1937) made efforts which led to the forming of the International Olympic Committee in 1894, and the first modern Olympic Games was held in Athens in 1896.

India is one of the oldest members of the International Olympic family.

India has the distinction of winning six Gold medals in consecutive Olympic Games in Hockey till 1956. Thereafter in the Tokyo and Moscow Olympics also gold medals in Hockey were won by India. India won a Bronze medal in 1996 at Atlanta in Tennis through Leander Paes and in 2000 at Sydney in Weightlifting through Karnam Malleswari.

To honour the Olympic spirit and to reflect India's striving towards excellence in sports, four stamps were brought out by India Post to commemorate the 28<sup>th</sup> Olympic Games. These stamps feature the disciplines of wrestling, shooting, hockey and athletics.

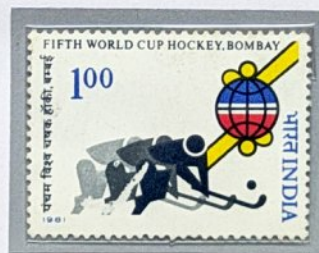
Date of Issue 13.08.2004



## Book Mark on Hockey



Special cover cancellation and stamp depicts hockey sticks and hockey ball.



# FOOTBALL

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Football a game in which two teams of 11 players using any part of their bodies except their hands and arms, try to manoeuvre the ball into the opposing team's goal. Only goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal



FIFA World cup held after a gap of four years in Different Countries. In 2022 FIFA world cup organised at QATAR.



## VOLLEY BALL

Volley ball is a team sport in which two teams of six players are separated by a net . Each team tries to score point by grounding a ball on the other team. Volleyball became an Olympic sport for both men and women at the 1964 Olympic Games in Tokyo.

Maxmim Card issued by India Post on volleyball during Landon 2012 olympic



India post also promoting by arranging various sports competition at National Level. Special cover issued at Vadodara on 19.12.2023 during 36<sup>th</sup> All India Postal Volleyball Tournaments





## SPORTS STADIUMS OF INDIA

**JAWAHARLAL NEHRU STADIUM DELHI** – was constructed to host 9<sup>th</sup> Asian Games 1982. It is one of the biggest stadiums of India, which is having facility in an all-purpose sports arena hosting football and other sporting events.



**TALKatora Stadium** - was constructed to host 9<sup>th</sup> Asian games in 1982 with recycle building material and fly ash and boasting on heat reflective glass.



**WANKHEDE STADIUM, MUMBAI** – own by Mumbai Cricket Association. It has scenic surrounding view of Marine Drive. 2011 Cricket world cup Match was hosted here. It hosted the last match of Sachin Tendulkar's International career.



The Miniature Sheet of Sachin Tendulkar stamp depicts Wankhede Stadium Ground.

**SPORTS EVENTS**

Sports Authority of India has been entrusted with two objective of promoting sports and achieving sporting excellence at the National and International Level. In the year 2017, launched 'KHELO INDIA' scheme.

Sports Authority of India has Successfully organized International Sports events in India.



IX ASIAN GAMES, DELHI



XIX COMMONWEALTH GAMES



COMMONWEALTH YOUTH GAMES



44<sup>TH</sup> FIDE CHESS OLYMPIAD CHENNAI



ODISHA HOCKEY MEN'S WORLD CUP



2003 - 1<sup>st</sup> Afro – Asian Games  
Meghdoot Card

2002 – 32<sup>nd</sup> National Games  
Meghdoot Card

## MASCOTS OF SPORTS EVENTS

A person, animal or object used as a symbol to represent a group (such as a sport team) and to bring good luck. Mascots are fictional characters who represents the cultural heritages of the location where games are taking place. Beautiful stamps are released on these mascots during different sports events



Picture Post Card released New Delhi Commonwealth games depicts Mascot of 'Shera' and images of previous commonwealth games mascots



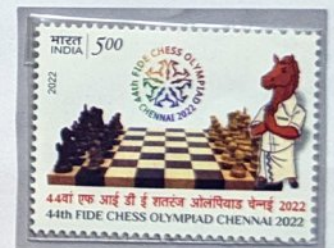
APPU  
Asian Games 1982



FULECO  
FIFA World Cup Football



JIGRA  
Commonwealth Youth Games



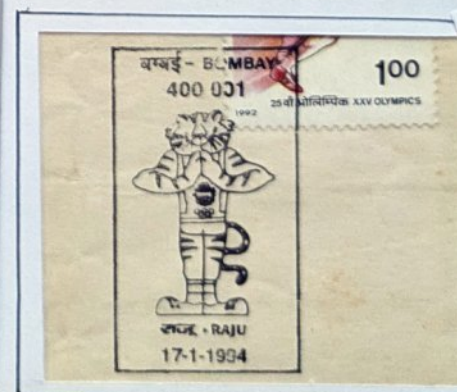
THAMBI  
44<sup>th</sup> Chess Olympiad



OLLY  
Odisha Hockey Mens World Cup



SHERA  
Commonwealth Games 2010



RAJU  
National Games 1994

## ONE DAY CRICKET WORLD CUP

In 1983 India won one day World cup final match against West Indies. To commemorate 40<sup>th</sup> anniversary of the victory Bengaluru GPO issued a Special cancellation on 26.6.2023.



Travelled post card depicts image of World Cup and batsman and bowler in action

## INDIA'S FIRST OVERSEAS TEST CRICKET VICTORY 1971

Special Cover released at Mumbai dt. 30.12.2021 reflects Golden Anniversary of Team India's first overseas Test Victory over England and West Indies in 1971.



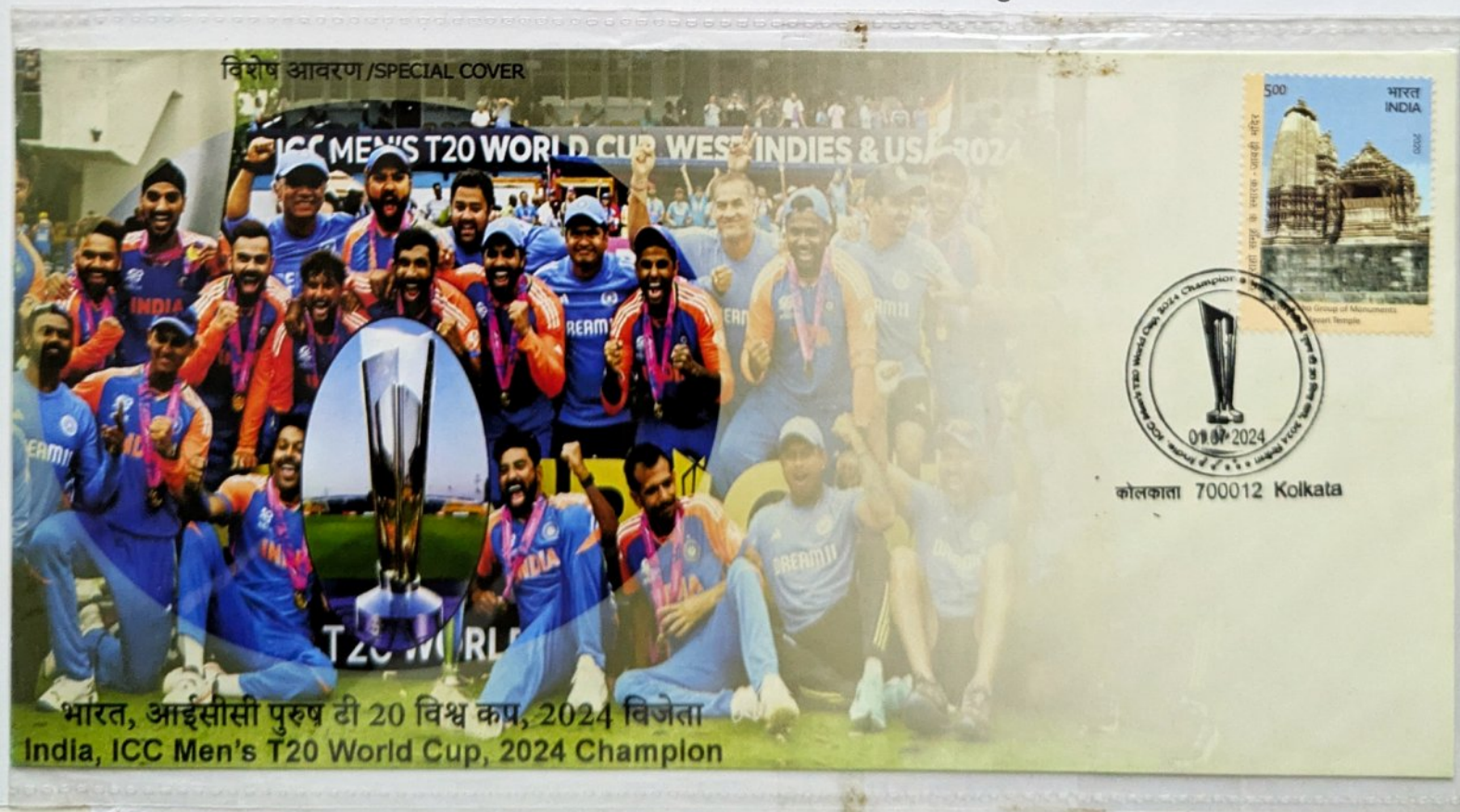
## CRICKET – WINNING MOMENTS OF INDIA

T 20 WORLD CUP – India has won first world cup T20 final match against Pakistan in 2007 and became champion of T20 World Cup under the captainship of M S Dhoni.



Picture Post Card show image of M S Dhoni holding T20 world cup

After a gap of 17 years India became Champion of T20 world cup after defeating South Africa in a crucial match. Rohit Sharma was a successful caption of this time. Special Cover released at Kolkata to commemorate this memorable winning moment.



## WOMEN POWER – EXCELLENCE IN SPORTS

Women athletics has shown their excellent skill in different sports tournaments and achieved higher medals. P.T. Usha in running, Sakshi Malik in wrestling, P V Sindhu in Badminton, Dipa Karmakar in Gymnastic, Mary Kom in Boxing, Manu Bhakar in Pistol shooting. These women power are the Pride of India.

Following special covers released to honour the golden girls towards their grand achievement.

विशेष आवरण SPECIAL COVER

अमृतपेक्स 2023 AMRITPEX



नारी शक्ति: खेलों में उत्कृष्टता  
WOMEN POWER: EXCELLENCE IN SPORTS



नारी शक्ति: खेलों में उत्कृष्टता  
WOMEN POWER: EXCELLENCE IN SPORTS  
अमृतपेक्स 2023 AMRITPEX  
12-02-2023  
प्रगति मैदान 110001 PRAGATI MAIDAN



विशेष आवरण  
Special Cover

22-08-2016



भारत की गोल्डन गर्ल्स - राष्ट्र का गौरव  
Golden Girls of India - Pride of Nation



भारत की गोल्डन गर्ल्स - राष्ट्र का गौरव  
Golden Girls of India - Pride of Nation  
22-08-2016  
राँची 834002 RANCHI



# GREAT SPORT PERSONALITIES



**MAJOR DHYAN CHAND**  
Hockey



**GOSHTA PAL**  
Foot Ball



**DR. TALIMEN AO**  
Foot Ball



**AARATI GUPTA (SAHA)**  
Swimming

Special Cover released to mark the occasion of conferment of Rajiv Gandhi Khel Ratna Awards – 2016 on four Sport persons for the first time since its inception. The awardees are **Ms. P.V. SINDHU** (Badminton), **Ms. SAKSHI MALIK** (Wrestling), **Ms. DIPA KARMAKAR** (Gymnastics) and **SHRI JITU RAI** (Shooting)

विशेष आवरण/Special Cover

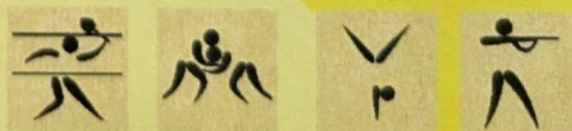
राजीव गांधी खेल रत्न पुरस्कार विजेता - 2016

Rajiv Gandhi  
**KHEL RATNA** 2016  
Awardees



चतुष्टय - राष्ट्र का गौरव  
Quartet - Nation's Pride.

31-08-2016



## SPORTS LEGENDS OF MAHARASHTRA

Sachin Tendulkar – To commemorate his 200<sup>th</sup> Test Match, India Post issued set of two stamps, Miniature Sheet and mix sheetlet.

Attractive Broucher issued by India Post which is a collectable item of every philatelist.



The Picture post card depicts image of Sachin Tendulkar alongwith following India's Legendary Cricket Players.

**Col. C.K. Naidu** – India's first captain in Test Cricket and best all-rounder of the time

**Prof. D.B. Deodhar** – Popularly known as Grand Old man of Cricket. He was solid right-handed batsman.

**Vinu Mankad** – One of India's greatest all-rounder in Cricket. He was right handed batsman varying his drive according to the state of the game.

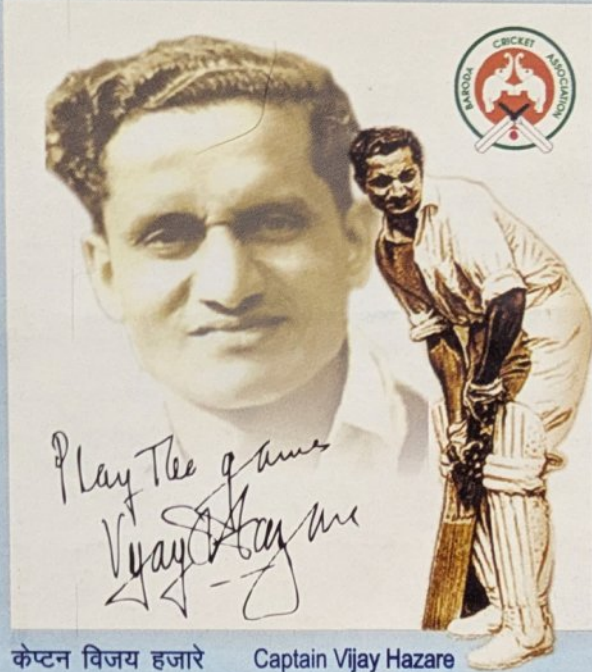
**Vijay Merchant** – was outstanding test batsman. His perfect foot work, and quick reflexes were unique.

SPORTS LEGEND OF GUJARAT

**CAPTAIN VIJAY HAJARE** – He captained India to its first ever Test win in 1951-52 against England, first Indian batsman to score a triple century in first class cricket and first Indian player to make fifty centuries in his first class career.

विशेष आवरण

SPECIAL COVER



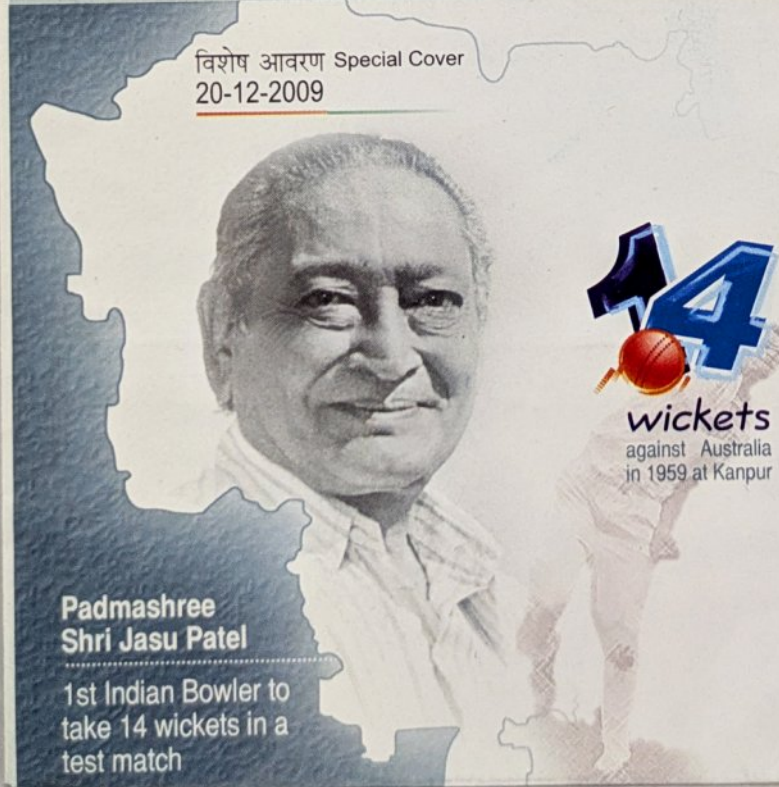
केप्टन विजय हजारे Captain Vijay Hazare  
23-12-2011

गुजपेक्स GJPEX - 2011



**PADMASHREE SHRI JASU PATEL** – Off-spinner who played Test Cricket for India. He was first player who bowled India to their first-ever victory over Australia in the Second Test at the Green Park, Kanpur in 1969 where he took 14 wickets.

विशेष आवरण Special Cover  
20-12-2009



Padmashree Shri Jasu Patel

1st Indian Bowler to take 14 wickets in a test match



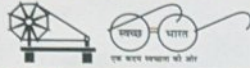
Stamp Mania 2009  
वडोदरा 390003 Vadodra  
२०-१२-२००९ 20-12-2009

## SPORTS LEGENDS OF HARYANA

In Tokyo Olympic 2020, five plays from Haryana won medals for India. Shri Neeraj Chopra Gold Medal in Javelin throw. Ravi Kumar Dahia Silver Medal in 57 kg men's freestyle wrestling, Bajrang Punia – Bronze Medal in 65 kg Men's freestyle wrestling, Sumeet and Surendar Kumar, both members of Bronze Medal winning National Hockey team.



हरियाणा से टोक्यो ओलम्पिक 2020 के पदक विजेता  
Tokyo Olympics 2020 Medal Winners From Haryana



विशेष आवरण  
Special Cover



15-08-2021  
अम्बाला-AMBALA-133 001

## SPORTS LEGENDS OF DELHI

**VIRAT KOHLI** - Best Cricket Player of Indian Team who scored 50 centuries in One day cricket tournaments on 15.11.2023.

**PETIT SEMINAIRE HIGHER SECONDARY SCHOOL**  
355, MAHATMA GANDHI ROAD, PONDICHERY - 605 001  
0413 - 2334776, 0413 - 2358228  
Web: www.petitseminaire.org.in e-mail: petitseminairehst@gmail.com

मेघदूत पोस्ट कार्ड  
MEGHDOOT POST CARD

विराट कोहली का 50वां एक दिवसीय शतक  
50<sup>th</sup> CENTURY

Virat Kohli's 50th ODI Century  
मुंबई 400001 MUMBAI  
15.11.2023

पिन PIN

(एक साइन के नीचे न ले लिखें और न ही मुद्रित करें Do not write or print below this line)

SPORTS LEGENDS OF KARNATAKA

Anil Kumble – Spin bowler of Indian Cricket team, highest wicket taker in Test and ODI.

Prakash Padukone – One of the best Badminton player of India.

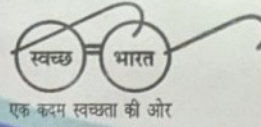
Pankaj Advani - World record holder snooker player of India

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14-07-2017



Anil Kumble  
CRICKET

Pankaj Advani  
BILLIARDS & SNOOKER

Prakash Padukone  
BADMINTON

SPORTS LEGEND OF JHARKHAND

M.S. DHONI – Known as Captain Cool of Indian cricket team. India won ODI world cup in 2011 under his caption ship and also won first T20 world cup in 2007.

विशेष आवरण Special Cover



भारत की ए अंतर्राष्ट्रीय स्तर पर परिसर, रांची  
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भारत बनाम न्यूज़ीलैंड  
४७ अक्टूबर २०१६  
४th ODI India vs New Zealand  
रांची 834002 RANCHI  
24-10-2016

कैप्टन कूल के चमत्कार  
Miracles of Captain Cool