

ANNEXURE 7.1
Sports Activities at Sri Aurobindo Ashram

	A5 (6 & 7)	A4 (8-9)	A3 (10-11)	A2 (12-13)	A1 (14-15)	B2 (15-16)	B1 (16-17)	C (Girls 18-21)	D (boys 18-21)	E (Women 21- 35)	F (Men 21 to 40)	G (wom en above 35)	H (men above 40)
Su n	Gymnast ics	swimmi ng	relays	combati ve	gymnasti cs	Minor games	Major games	Gymnast ics	Swimmi ng	Athletics	Swimmin g Minor/ma jor games	Minor games	Gymnast ics Marchin g
Mo n	Music	Athletics	Gymnast ics	Gymnast ics	Combati ve	Athletics	Gymnast ics	Swimmi ng	Major games	Swimmin g keep fit minor / games			
Tu e	Lessons	Games	Music	Major game	swimmi ng	Gymnast ics	Athletics	Minor games	Gymnast ics	Major games keep fit			
We d	Swimmi ng	Relays	Swimmi ng	Gymnast ics	Major games	Combati ve	Minor games	Gymnast ics	Athletics	Minor games keep-fit parade & mass exercise			
Thr u	Relays	Gymnast ics	Athletics	Minor games	Gymnast ics	Swimmi ng	Combati ve	Athletics	Minor/ major games	Gymnasti cs			
Fri	Games	Music	Lessons	Swimmi ng	Athletics	Major games	Gymnast ics	Combati ve minor games	Gymnast ics	Minor games			
Sat	Athletics	Lessons	Games	Athletics	Minor games	Gymnast ics	Swimmi ng	Major games	Combati ve/ minor games	Gymnasti cs; keep fit			

Source: PED, Sri Aurobindo Ashram. (Highlighted groups were more intensely observed)

ANNEXURE 7.2

Dehashakti Sports' Program



Vision

The aim of Dehashakti Sports Program is to provide, through systematic training and planned activities, an all-round physical education program to students of Auroville. In the context of education in Auroville, physical education is as important as the mental and the vital aspects. Just as we study various subjects in school for a broader mental development, similarly at Dehashakti, we offer diverse physical subjects to develop the student more integrally; movement, mobility, control, health, fitness, strength, stamina, and various other qualities of the physical being to name a few. It is essential to note that sports and physical activities find their justification, not in themselves, but as a tool and a support that they can bring to the students in the course of their physical education development. All the activities are done according to the requirements and possibilities of different age groups. To keep the interest of the children alive, we switch between moderation and intensity.

Program

The Dehashakti physical education campus serves students from 1st standard up to the secondary level, from many different Auroville schools and so has a wide range of physical education activities to suit various age groups; Athletics, Gymnastics, Swimming, Soft Martial arts, and large number of team & individual games to mention a few.

To provide a variety in terms of activities offered by Dehashakti Sports Program, leisurely outings such as trips to the beach to have a fun swim in the sea or a casual cycle ride of an hour in the spirit of picnicking are also occasionally organized.

Approach

We aim at inculcating in them the drive for a continuous and ever-growing progress through congenial and joyful exercises and training in the field, track and court disciplines that we can presently offer. The pleasure of being together, the impetus to excel, to do one's best, to strive always towards a greater perfection, are legitimate inclinations and motivating forces in cultivating in oneself the qualities of true sportsmanship.

Sports and physical education has always been an integral and essential part of the curriculum offered to the children. Dehashakti means "the full power and perfection of the body" therefore we offer a comprehensive programme for physical development, providing activities that incorporate and develop movement, mobility, control, health, fitness, strength, stamina, challenge, and body skills. Emphasis is given to developing team spirit, fairness in play, the right attitude during competitions and games, and to encouraging weaker children to actively participate.

The following four fields of sports activities enable Dehashakti Sports to incorporate most of the above-mentioned aspects: individual (athletics, swimming and gymnastics), aesthetic (gymnastics), inter-individual (combative games, tennis & table-tennis), and collective (softball, basketball, volleyball, cricket, futsal and football). The Dehashakti Sports programme is constantly evolving in response to changing circumstances and to the needs of the pupils.

Source: <http://www.edu.aurovilleportal.org/centers/item/119-dehashakti-sports-program>

ANNEXURE 7.3

Various Activities for Physical Education at Auroville Body Awareness Programmes at Auroville

TAI CHI CHUAN WORKSHOPS

Taught by Marco, the workshops are directed towards:

Mastery of the body through breathing and muscular relaxation.

Improvement of movement through balance and coordination.

Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

One week intensive workshops for beginners:

These workshops are from 7.30am to 10.30am and will cover Chi basics, a few Chi Qong exercises, a few of the Brocades and the beginning of the 24 form.

Three week intensive workshop for beginners:

This workshop is from 7.30am to 10.30am from Mondays through Saturdays and will teach the mobilization of the Chi, the whole 24 form, 11 Chinese Chi Qong exercises and 8 Brocades.

Regular classes:

Tuesday 7.30 - 8.30am Chi; 8.30 - 9.30am 24-form

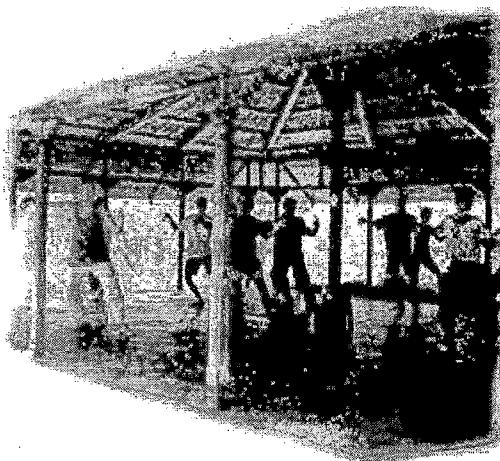
Wednesday 7.30 - 8.30am 24-form

Thursday - Saturday 7.30 - 8.30am 108-form

These classes are suspended during workshops and vacations (Jan 10 – Jan 15, Jan 31 – Feb 19)

Source: http://www.auroville.org/art&culture/martial_arts/t%27aichi.htm

Kalarippayattu



The most ancient martial art of Kerala

Kalarippayattu is the most ancient martial art, born in Kerala State, India. One form of it is practiced in Auroville by a few of the residents.

Legend

According to the legend, Bodhidharma went to China in 5th century A.D. and taught

Buddhism and Kalaripayattu for self-defense.

Even now, we can see ancient images depicted on the walls of the Shaolin Temple of Indian masters teaching the Chinese hermits both Kalaripayattu and massage.

Swiftness and concentration



Kalaripayattu develops swiftness and concentration and leads to rightness of action.

Bridge

Recognising that the Body is the bridge between Spirit and Matter, it is important to strengthen and develop physical consciousness.

As the Mother says:

*"We want to come in contact with the supreme consciousness, the universal consciousness; we want to bring it down in ourselves and to manifest it. But for that we must have a very solid base; our base is our physical being, our body. Therefore we have to build up a **body solid, healthy, enduring, skilful, agile and strong**, ready for everything. There is no better way to prepare the body than physical exercise: sports, athletics, gymnastics, and all games are the best means to develop and strengthen the body."*

The Kalari

There are 3 types of Kalaripayattu in Kerala: Northern, Southern, and Mid-Kerala. They all work from a 'Kalari' (gymnasium, dojo), which has traditional measurements of 42 feet long by 21 feet wide. It must be built in the direction from East to West, with the entrance from the East. The prayer-place, consisting of 7 steps, is in the southwest corner. Before starting the classes, every student is required to bow and pray.

Five stages

There are five stages in Kalaripayattu's northern style, which is practiced in Auroville. The first three cover extensive body fitness training, stick training and weapon training. The fourth gets into bare-hand training, and only those who have thoroughly studied and practiced the previous stages will be taught this 4th lesson, since it is the most secret part of the Kalaripayattu training. A student must be very obedient, trustworthy, good-tempered and master of himself to move to this stage.

The fifth stage deals with Ayurvedic treatment for body and mind. After successfully completing the first four stages, a student will get plenty of exercises and will have a good physical condition. He will then obtain the ability to treat others physically and mentally.

Source: http://www.auroville.org/art&culture/martial_arts/kalari.htm

Physical Education at Auroville



The perfection of the body, as great a perfection we can bring about by the means at our disposal, must be the ultimate aim of physical culture.

- Sri Aurobindo

The new work of transformation

At this day and age the unity of mind and body is a widely recognised and accepted fact and the totality of life is universally emphasised. It has become commonplace to say that we have to live a healthy life and that, without health, we cannot achieve or retain anything accomplished. If we are to build bodies that are ready to become fitter instruments for the new work of transformation, health should not merely be defined as just the absence of disease or infirmity. It should be a powerful tool that gives us the ability to sustain adaptive effort ('adaptive' in the sense of a progressive overloading of the system) and use it to imply body power, vitality and ability to resist fatigue.

All levels of the being

It is now a known fact within the scientific community worldwide - and also in the world of coaching - that even if one wishes to develop only one aspect of any formation, one cannot ignore the whole. So it is with the body: it is like an orchestra, each part integrating and working in unison with the other parts. The Integral Yoga emphasises the need for integral development of all levels of the being. Our aim should be to develop our physical capacities and attributes to their perfection through a consciously chosen programme. The notion of perfection implies a harmonious and complete development. Just as we train the young mind through studies of various subjects (e.g. language, mathematics, arts, history, science etc.), so also the body needs development and training in a comprehensive, varied programme that covers all different parts of the physical being.

Comprehensive programme

Auroville's aim is the development of this comprehensive programme for physical education, providing activities which incorporate and develop movement, mobility, control, health, fitness, strength, stamina, challenge, and body skills.

Source: http://www.auroville.org/education/physical_edu/phy_edu.htm



ANNEXURE 7.4

Tests of Fitness

	Test 1	Test 2	Test 3	Test 4	Test 5	Test 6	Test 7	Test 8
GROUPS	SPEED & AGILITY	BALANCE, COORDINATION & AGILITY	PUSHING STRENGTH	LEG STRENGTH & ENDURANCE	PULLING STRENGTH	ABDOMINAL STRENGTH & SPINAL FLEXIBILITY	BACK STRENGTH & SPINAL FLEXIBILITY	ENDURANCE, TIMING & COORDINATION
CHILDREN 14-15 YEARS (Group A1)	Squat-thrust 25 in 1 min.	Kick up to handstand against a wall	Push-through (Dund) 2 X 15 reps.	Squat (Balthak) 2 X 30 reps.	Modified Chinning 2 X 15 reps.	Overhead-roll 15 reps. Sit-up 15 reps.	Hyper-extension on floor 20 reps.	Rope Skipping 250 steps
BOYS & GIRLS 15-16 YEARS (Group B2)	Squat-thrust 30 in 1 min.	Kick up to handstand landing on feet	Push-through (Dund) 25 reps. Straight Dip 12 reps.	Squat (Balthak) 2 X 50 reps.	Modified Chinning 2 X 25 reps.	Overhead-roll 20 reps. Sit-up 20 reps.	Hyper-extension on bench 20 reps.	Rope Skipping 500 steps
BOYS & GIRLS 16-17 YEARS (Group B1)	Squat-thrust 30 in 1 min.	Kick up to handstand landing on feet	Rising on Parallel Bars 5 reps. & Push-through (Dund) 30 reps.	Squat (Balthak) 2 X 60 reps.	Modified Chinning 2 X 25 reps. Chinning the Bar 3 reps.	Overhead-roll 25 reps. Sit-up 25 reps.	Hyper-extension on bench 25 reps.	Rope Skipping 600 steps
SENIOR GIRLS 18-25 YEARS (Groups C & E)	Squat-thrust 30 in 1 min.	Kick up to handstand landing on feet	Rising on Parallel Bars 5 reps. & Push-through (Dund) 30 reps.	Squat (Balthak) 2 X 60 reps.	Modified Chinning 2 X 25 reps. Chinning the Bar 3 reps.	Overhead-roll 25 reps. Sit-up 25 reps.	Hyper-extension on bench 20 reps.	Rope Skipping 600 steps
SENIOR BOYS 18-25 YEARS (Groups D & F)	Squat-thrust 32 in 1 min.	Kick up to handstand balance for a few seconds	Rising on Parallel Bars 2 X 15 reps.	Squat (Balthak) 2 X 100 reps.	Chinning the Bar 2 X 8 reps.	On Inclined Board Overhead-roll 20 reps. Sit-up 20 reps.	Hyper-extension on bench 25 reps.	Rope Skipping 1000 steps

	Test 1	Test 2	Test 3	Test 4	Test 5	Test 6	Test 7	Test 8
GROUPS	SPEED & AGILITY	BALANCE, COORDINATION & AGILITY	PUSHING STRENGTH	LEG STRENGTH & ENDURANCE	PULLING STRENGTH	ABDOMINAL STRENGTH & SPINAL FLEXIBILITY	BACK STRENGTH & SPINAL FLEXIBILITY	ENDURANCE, TIMING & COORDINATION
WOMEN 26-40 YEARS (Group E)	Squat-thrust 25 in 1 min.	Kick up to handstand landing on feet	Push-through (Dund) 2 X 20 reps.	Squat (Balthak) 2 X 50 reps.	Modified Chinning 2 X 20 reps.	Overhead-roll 30 reps. Sit-up 30 reps.	Hyper-extension on floor 20 reps.	Rope Skipping 400 steps
MEN 26-40 YEARS (Group F)	Squat-thrust 30 in 1 min.	Kick up to handstand balance for a few seconds	Rising on Parallel Bars 2 X 10 reps.	Squat (Balthak) 2 X 75 reps.	Chinning the Bar 2 X 6 reps.	On Inclined Board Overhead-roll 25 reps. Sit-up 25 reps.	Hyper-extension on bench 25 reps.	Rope Skipping 500 steps
WOMEN OVER 40 YEARS (Group G)	Squat-thrust 20 in 1 min.	Kick up to handstand against a wall	Push-through (Dund) 2 X 15 reps.	Squat (Balthak) 2 X 30 reps.	Modified Chinning 2 X 15 reps.	Overhead-roll 20 reps. Sit-up 20 reps.	Hyper-extension on floor 15 reps.	Rope Skipping 250 steps
MEN OVER 40 YEARS (Group H)	Squat-thrust 25 in 1 min.	Kick up to handstand against a wall	Straight Dip 2 X 12 reps.	Squat (Balthak) 2 X 50 reps.	Chinning the Bar 2 X 3 reps.	Overhead-roll 20 reps. Sit-up 20 reps.	Hyper-extension on floor 15 reps.	Rope Skipping 350 steps
PROFICIENCY AIM	Squat-thrust	Handstand	Rising on Parallel Bars	Squat (Balthak)	Chinning the Bar	On Inclined Board Overhead-roll & Sit-up	Hyper-extension on bench	Rope Skipping
MEN	48 in 1 min.	for 1 min.	3 X 25 reps.	2 X 250 reps.	3 X 15 reps.	50 reps.	50 reps.	5000 steps
WOMEN	42 in 1 min.	for 1 min.	3 X 15 reps.	2 X 200 reps.	3 X 10 reps.	40 reps.	40 reps.	4000 steps

Effective from December 1998.
Before attempting the tests, go through the instructions given on the previous page carefully.

Source: PED, Sri Aurobindo Ashram

ANNEXURE 7.5
Picture of Message at the Corner House

Rejoice and fear not for the
waves that swell,
The storms that thunder,
winds that sweep;
Always our Captain holds the
rudder well,
He does not sleep.

SRI AUROBINDO
Short Poem: 'To R'