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History of Indian sport

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Abstract

This article try to bring history of Indian Sports India is home to a diverse population playing many different sports across the country. Cricket is the most popular sport. Football is the popular sport in some of the Indian states. The country has won eight Olympic gold medals in field hockey, another popular game in India. Kabaddi, an indigenous sport is popular in rural India. Several games originated in India including Chess, Snooker and other regional games. India has won medals in Badminton, Kabaddi, Hockey and many other sports and disciplines. Cricket is the most played sport followed by Badminton and Football. Cricket is also the most popular sport in India, the other popular spots being Badminton, Football, Tennis, Hockey, and Kabaddi. India also hosts several major events associated with Tennis, Badminton, Hockey etc.

Keywords: Sports, India, players, games

Introduction

India has hosted and co-hosted several international sporting events, including the 1951 and 1982 Asian Games, the 1987, 1996 and 2011 Cricket World Cup, the 2003 Afro-Asian Games, the 2010 Hockey World Cup and the 2010 Commonwealth Games. The Indian Premier League (IPL) is a premier twenty20 cricket league held every year from 2008. The Indian Super League is a football league tournament held since 2014. Major international sporting events annually held in India include the Chennai Open in tennis, the Indian Masters in golf. From 2011 to 2013, India hosted the Indian Grand Prix Formula 1 race at the Buddh International Circuit, Greater Noida. The National Games of India is a national domestic sports event, which has been held in the country since 1924. It will host the 2017 FIFA U-17 World Cup.

Before independence

The history of sports in India dates back to the Vedic era. Physical culture in ancient India was fuelled by religious rights. The mantra in the Atharvaveda, says, "Duty is in my right hand and the fruits of victory in my left." In terms of an ideal, these words hold the same sentiments as the traditional Olympic Oath: "For the Honour of my Country and the Glory of Sport." Badminton probably originated in India as a grownup's version of a very old children's game known in England as Battledore and Shuttlecock, the battledore being a paddle and the shuttlecock a small feathered cork, now usually called a "bird." Games like chess (chaturanga), snakes and ladders, playing cards, originated in India, and it was from here that these games were transmitted to foreign countries, where they were further modernized.

After independence

India hosted the Asian Games in New Delhi in 1951 and 1982. The Ministry of Youth Affairs and Sports was initially set up as the Department of Sports in 1982 at the time of organization of the IX Asian Games in New Delhi. Its name was changed to the Department of Youth Affairs & Sports during celebration of the International Youth Year in 1985. India has also hosted or co-hosted several international sporting events, including the 1951 and the 1982 Asian Games, the 1987 and 1996 Cricket World Cup, the 2003 Afro-Asian Games, the 2010 Hockey World Cup, and the 2010 Commonwealth Games. Major international sporting events annually held in India include the Chennai Open, Mumbai Marathon, Delhi Half Marathon, and the Indian Masters.

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The country co-hosted the 1987, 1996, 2011 Cricket World Cup and the first Indian Grand Prix in 2011.

Olympics



The Indian Hockey team at the 1936 Berlin Olympics, later going on to defeat Germany 8–1 in the final.

A single athlete, Norman Pritchard, represented India in the 1900 Olympics, winning two silver medals. India sent its first national team to the Olympics in 1920, and has participated in every Summer Olympic Games ever since. India has also competed at several Winter Olympic Games since 1964.

India has won a total of 26 Olympic medals. India won its first gold medal in men's field hockey in the 1928 Olympic Games. Abhinav Bindra became the first Indian to win an individual gold medal at the Olympic Games, and India's first gold medal since 1980, when the men's field hockey team won the gold.

India has won very few Olympic medals, despite a population exceeding one billion, around half of them under the age of 25. Numerous explanations have been offered for the dearth, including poverty, malnutrition, widespread vegetarianism, neglected infrastructure, the lack of sponsorship, the theft of money and equipment, political corruption, institutional disorganisation, social immobility, the predominance of cricket, and other cultural factors.

According to several informal statistics, India is the country with the lowest number of total Olympic medals per capita (out of those countries which have won at least one medal). In the Winter Olympic Games, India has seen four consecutive representations—Nagano (Japan, 1998), Salt Lake City (Utah, USA, 2002), Turin (Italy, 2006), and Vancouver (British Columbia, Canada, 2010). Shiva Keshavan, Asian Champion in luge represented India in all four winter games.



Position in India after the independence

India finally got Independence in the year 1947 and Government of India did various efforts to improve the deteriorated status of physical education. An important 22 step in this direction was the establishment of a committee which was named “Tara Chand Committee”. This committee came into existence in the year 1948. Various recommendations were made by this committee to improve the condition or status of physical education in the country. Dr. S. RadhaKrishnan committee was also formed in 1948 on school education. To advise the government in various issues relating to physical education, a board, named Central Advisory Board of Physical Education and Recreation was set up in the year 1950. The Kothari Commission on Education (1965) stressed the need of compulsory physical education both in schools and colleges. To provide training to athletes in various games and sports, some special kinds of schemes were introduced by the Government of India. Some other important committees and boards were appointed for promotion of Physical education and sports, which are as under: All India Council of Sports (1954) National Institute of Physical Education, Gwalior (1957) National Institute of Sports, Patiala (1961) All India Sports Congress (1962) National Sports Policy (1980) Ministry of Sports and Youth Affairs (1982) National Sports Policy (1984) National Sports (Development) Bill (2011) Because of various efforts of government, people got attracted towards various sports in a large number. As a result of such popularity, various federations were set up on national level. Government of India established certain institutions which were setup especially to provide training of various physical activities. In these institutions, bachelor degree and master degree can be obtained in games and sports. In India, it was realised by the government that people did not lack in natural qualities, but they did not get proper opportunities to show their talents. So, Sports Talent Search Scholarship scheme was introduced by Government of India. In 1982 Asian Games were conducted in India itself. The organisation of such international

Health Education

Health education is a process by which the individual acquires adequate knowledge about 1) diseases, ailments and disorders and their preventive and curative aspects, and 2) fitness - both physical and mental. World Health Organisation (WHO) defines health as “that state of the body and mind in which one lives most and serves best”

Difference between Sports and Games

Jenkins differentiates “A key difference between play and sports is institutionalization of games with formalized sets of rules, national regulations and a governing administrative superstructure of adults. The organizational structure provides for the maintenance and control of the activity through interpretation of rules by adults who act as officials. Sport is also characterized by formally recorded histories and traditions.” 4 Guttman (1988) differentiates between play, games, contests and sports. Play may be either spontaneous or organized. Organized play involves either noncompetitive games or competitive games (contests). Contests may be intellectual contests or physical contests (sports). Chess could be regarded as intellectual contests. What activates should be classified as sport is often debated. Britain is one of the few countries not to recognize chess as a sport, because according to the Sports Council the game is not sufficiently “physical”.

5 Sports, pastimes that stress physical skill and strength encompassing a wide range of individual and team athletics. Organized sports usually have sets of rules that give each a unique character. Amateur sports are intended primarily for the enjoyment of the participants, while professional sports are for the entertainment of the spectators. The differences between sports and games, which are essentially nonathletic, are sometimes indistinct.

Commonwealth Games

India has competed in fourteen of the eighteen previous Commonwealth Games; starting at the second Games in 1934 hosted the games one time. India hosted the Games in 2010, at Delhi. India is the fourth most successful country with a total of 436 medals including 156 gold medals.

Asian Games

India hosted the Asian Games in 1951 and 1982 at New Delhi. India is the sixth most successful country winning 602 medals including 139 gold. India has won the gold medal in Kabbadi ever since its inception.

The National Games of India

The National Games of India is a sporting event held in India. It comprises various disciplines in which sportsmen from the different states of India participate against each other. The country's first few Olympic Games, now christened as National Games

Conclusion

The history of sports in India dates back to the Vedic era. Physical culture in ancient India was fed by a powerful fuel--religious rites. There were some well-defined values like the *mantra* in the *Atharva-Veda*, saying, "Duty is in my right hand and the fruits of victory in my left". In terms of an ideal, these words hold the same sentiments as the traditional Olympic oath: ".....For the Honour of my Country and the Glory of Sport." The founders of the Olympic idea had India very much in mind when they were deciding on the various disciplines. There is a fascinating link between Greece and India which stretches back to 975 B.C. The zest for chariot-racing and wrestling was common to both the countries. but Indian has to struggle lot in terms of sports

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