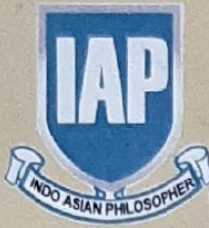


ISSN 2348- 5825

International Registered & Recognized Research  
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# *Indo Asian Philosopher*

(Refereed & Peer Reviewed Research Journal)

Year - V, Issue - IX , Vol. - II

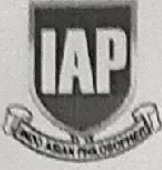
Impact Factor 2.62  
(GRFI)

April 2017 To Sept. 2017



EDITOR IN CHIEF

DR. BALAJI KAMBLE



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**Sports - in Ancient India****Shaikh Shakil Shaikh Rahim**

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**Introduction:**

India has had a long history of Physical Education, far more ancient than Greece. To understand sports today, we need a sense of what physical game and sports activities were like in past times. Primitive man moved in order to satisfy a felt need or a necessity. Their physical activities of primitive man were not organized. His motives for physical activities were mainly to search for foods and to protect himself. For people whose language was less adequate, dance was a mean of expression, particularly in a certain tribal societies.

Before Independence, there were only five institutions in the country training teachers of physical education. The first college of Physical Education in India was started by Y.M.C.A. Madras, in 1920. Shri H.C. Buck was the founder of that college. In 1952 two other institutions namely, Christian College of Physical Education, Lucknow and Government Post Graduate College of Physical Education, Banipur, West Bengal, came into existence. In 1938 the institute of Physical Education in Kandivli was started by the erstwhile State of Bombay.

In India, having a long recorded history of civilization, physical activity was not promoted because of religious teachings that instead promoted self denial and abstinence from activities including physical activity. Many people think about history as a chronological sequence of events that gradually leads to a better and more 'modern' society. Many historical accounts are full of references to societies that are traditional or modern, primitive or civilized, underdeveloped or developed, pre-industrial or industrial. This terminology implies that history is always moving forward so that societies are improving and becoming more developed.

Sports vary by time and place:

People in all cultures, past and present, have used human movement in their ritual life. As we study history, we see that few cultures have had physical game that resemble the highly organized, rule governed competitive games that we describe as sports today.

### **Greek Philosophers:**

- 1) Herodotus: He recognized the use of physical education as an aid to medicine as early as the 5<sup>th</sup> century.
- 2) Galen: He stated that physical education is a part of hygiene and subordinate to medicine.
- 3) Socrates: He gave emphasis on the importance of physical education attaining health in order to achieve one's purpose in life.

### **Objectives of the Study:**

- 1) Foremost objective and related with physical development.
- 2) Development of organ systems such as circulatory system, nervous system, muscular system, digestive system.
- 3) Development in size, shape and efficiency of organic systems due to effects of physical activities which are performed.
- 4) It is related to social development, mental development and development of health.

### **Hypothesis of the Study:**

- 1) There was significant role of organizations in promotion of physical activity to get freedom from British.
- 2) There was important role of organizations to build the nation and develop the patriotism in the youth of India.

### **Significant of the Study**

- 1) This study find the contributions of Bharat Seva Dal, Scout and Guides, Hanuman Vyayam Shala, NDS and other organizations have given to promotion of physical education in Indian society.

### **Statement of the Problem:**

- 1) The problem formulated for the present duty was to find out the early history of physical education in India the study entitled is "Physical Education in Ancient India"

### **Tools:**

- 1) Questionnaire
- 2) Discussion with witness

**Collection of Data:**

- 1) Data is going collect through survey method use of questionnaire, discussions with concern people of many areas in India. Secondary data like library source, historical book. Manuscripts books on organization which developed the programs of physical activity in pre-independence period.

**Data Analysis:**

- 1) To meet the objectives of the study and to verify the formulated hypothesis the data would be analyzed, using descriptive research method. Finally the report will be write down on the basis of data in a descriptive manner.

**Analysis and Interpretations:**

- 1) Physical perfection has been an integral part of Hinduism. One of the means to fully realize one's self is defined as the body wasy or dehvada.
- 2) Festivals and local fairs are the natural venues of indigenous games and martial arts. Post independence the government made special efforts to preserve and nurture the awesome cultural heritage, by setting up a number of new incentives, and by heightening media exposure at the national level, to propagate and popularize indigenous games.

**Ancient Indian Games:**

People in India brought the idea of throwing the knucklebones of sheep or pigs to tell the future, or to play a game of skill like jacks, when they first came from Africa to India about 40,000 BC. But people in India may have been the first to get the idea of carving those knucklebones and turning them into marked dice.

**Indian Snakes and Ladders game (1700s AD)**

Sometime around the 1200s AD (or possibly earlier), people in India also began playing a game they called Snakes and Ladders (we know it as Chutes and Ladders). This was a Hindu game. Each space was called a house, and each house represented a kind of emotion. You threw dice to see how far you should go, and used a cowrie shell for your piece. The ladders stood for good feelings, while the snakes stood for bad feelings that took you farther away from Nirvana.

**Asol Aap ( Canoe Race )**

Canoeing is a familiar activity with the Nicobarese tribals as this was the only means of transport for their journeys from one island to another. In Asol Aap, the canoe's length is approximately 100' and the number of participants in each team is fixed according to the size of the canoe. As the race takes place on the sea, and depth of water and current vary from shore side to deep sea, only two teams participate at a time. At Car Nicobar, this competition

is organised by the Nicobar Athletic Association. The number of participants is generally 40 to 90, as per the size of the canoe. The race is about 5 to 6 km, and is conducted in the dry season.

In this rather peculiar canoe race, the craft is built from the stem of a coconut tree, and can be of any size for its one or two participants. But in a race, the number of participants must be similar for each canoe.

### **Inbuan**

A traditional game of the Indian state of Mizoram, Inbuan resembles combat-wrestling. The sport is played in a circle, 15 to 16 feet in diameter, on a carpet or grass.

### **Insuknawr (Rod - pushing)**

Insuknawr or rod - pushing is an indigenous game of the state of Mizoram, played only by men. Insuknawr has been declared a 'Mizo National Game' by the Mizoram State Sports Council. It is a test of sheer strength and stamina. The game is played within a circle with a diameter of 16 to 18 ft, and the only instrument used is a rounded wooden rod or pole, 8 ft long and 3 to 4 inches in diameter. The aim of the game is to push the opponent out of the circle within three to five rounds.

### **Kabaddi**

Though kabaddi is primarily an Indian game, not much is known about the origin of this game. There is, however, concrete evidence, that the game is 4,000 year old. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby.

### **Kho-Kho**

Kho-Kho ranks as one of the most popular traditional sports in India. The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. With its origins in Maharashtra, Kho-Kho in ancient times, was played on 'raths' or chariots, and was known as Rathera.

### **Kirip (Nicobarese wrestling)**

Kirip is an indigenous form of wrestling quite popular with the Nicobarese tribe. In this sport, before the bout begins, wrestlers grip each other from behind with their hands, and this grip is not to be slackened till the very end of the competition.

### **Silambam**

The state of Tamil Nadu is considered to be the cradle of modern and scientific staff fencing, popularly known in Tamil as Silambam.

**Golli Gundu**

Golli is one of the most popular traditional Indian games played all over the India, it is also called as kanchey in North India and Marbles in English.

**Conclusions**

The ancient programme of Physical Education of India is very unique reflecting the regions and its culture. The Physical Education Programme of Pre-Independence region are part of the state life and they are evolved over a period of time and their theory practice suggestive of the mood and attitudes of the states culture games, they are with metaphors, symbolic of the experience with people go through and as such integrated to the urban ambience.

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