



TRADITIONAL INDIAN SPORTS

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Abstract:

Introduction:

The history of sports in India is vary ancient and dates back to the Vedic area. It is more likely that many of today's Olympic disciplines are advanced versions of games of strength and speed that flourished in ancient India. Chess, wrestling, Polo, archery Hockey, possibly a fallout from polo are same of the games believed to have originated in India.

India has a vast and unique culture so every state has its won traditional sports to follow. There are few famous villages sports are also very adventures sports in India. Kabaddi is one of the most popular sports in India played by the people in village as well as in small towns is a Indian games which requires both power and skill for its play.

Origin - The origin of Kabaddi in pre-historic times when man learned how to defend in groups against animals or attack weaker animals individually or in groups for survival and food.

Kho-Kho - In India goes back a long way it was first started in the state of Maharashtra. one of the main points of a successful animal life is "Active Chase" which is fundamental principle of the Indian game called Kho-Kho. It was a recognized sports in the ancient times even earlier to the oldest mythological writing of classics Maharashtra.

Mallakhamb - It is an ancient traditional Indian sports "Malla" means gymnast and "Khamb" means pole. Thus the name Mallakhamb. It is used by wrestlers for

practicing their skill in the game Kusti. But now a days the trend has changed and it has got a specially identity.

The origin of this ancient Indian sports can be traced to earlier part of the 12th century. A mention of wrestlers exercising on wooden poles is found in the Manasholas. Written by chalukya in 1153AD.

Vallamkali - The snake boat race known as vallamkali in Kerala it is interesting traditional game held on the occasion of Onam. it is famous water sports and one of the main attraction held in kerala.

Origin - Vallamkali was first originated in Assyria on new year day in BC300. Boat Race took place other countries like the Andaman and Nicobar, Cambodia, Bangkok, Burma Britain.

Jallikallu - Jallikallu is one of the oldest living ancient sports seen in the modern era. The ancient sports of Jallikallu fit crowds of brave young men against angry bulls. It is similar to the Spanish running of the bulls but a traditional part of pongal celebration in Tamil Nadu.

Kambala - The buffalo race when the fields are fush with water there is one sight not to be missed kambala is unique to Dakshna Kananada this race back to more than Thousand years kambala was the events when farmers paid tribute to their gods for protecting their crops.

Camel Race - Camel racing in Pushkar is one of the major attractions for tourist in Rajasthan camels are very important part of

desert life. These camels are decorated beautifully at the time of race.

Kalarippayattu - (Martial Arts) Martial art is a part of India's ancient culture. Kalarippayattu is the one of the oldest form of Indian martial art. This famous art is from Kerla. Indian martial arts is a gift to the modern world and mother of all other Asian martial arts.

Archery - Archery is one of the most ancient sports originated in India. this is favorite pastime or sports of the people of Manipur. It is an everyday activity of the state dwellers. During every festival archery matches are held.

These are some of the games which have been a part of Indian history and culture and still hold much relevance to day through almost all of them are losing their appeal popularity and participants with each passing years. Some traditional Indian sports are in fact verge of extinction but I

still believe Indian sports and sporting potential is far greater than what is facing displayed at the moment.

Traditional sports and games form integral part of culture of each nation. UNESCO has considered cultural value of the traditional sports and games and granted status of "Intangible Heritage" to TSG. Several measures and programmes are proposed by this world body to preserve and promote his age old treasure which is on the threshold of extinction.

References:

- 1) Famous Indian Epic "Mahabarat"
- 2) Indian History Period of Lord Buddha.
- 3) English Movie- "Little Buddha" By J.Thomous & Francis.
- 4) Book "Kabaddi kabaddi" by Famous Sport Journalist Shri. Chiranjeev.
- 5) OCA Journals, different newspapers and personal Experience.
