



INDIAN CULTURAL HERITAGE AND DIVERSE SPORTING ACTIVITIES

Dr. Vikrant Ramchandra Wankhade,
Director of Physical Education & Sports
Bharatiya Mahavidyalaya, Amravati (M.S.)

Abstract: The purpose of this article was to throw light on the various sports activities found as Indian cultural heritage. Through much research it has been found that Indian culture has given many sports and physical activities to the whole world. Like warriors using spear, bow, arrow, shield, sword and mace to fight. Horse riding, chariot racing and elephant riding were used for fighting and hunting purposes. Boxing and sparring were done for entertainment and to develop one's body. India is a country of diversity, where as many dialects are spoken and as many games are played as there are communities of people. India has a very rich history, in which many games are played, like Wrestling, Thang-Ta, Kalaripayattu, Kho-Kho, Tug of War, Mallkhamb, Hecko, Kabaddi, Lagori and Langdi, Gatka, Archery, Gilli Danda etc. There are many sports that India has given to the world. India has given Yoga as the most important sport.

Keywords: cultural heritage, sporting activities

Introduction:

The culture of every person is according to his society, depending on the place he lives in, he passes on his culture to the coming generations. Whether he is educated or uneducated, cultural heritage continues to be passed on to him. Indian culture is a very ancient culture, and it has also been seen that other cultures have become extinct with time, but Indian culture has been going on for thousands of years. There have been many attacks on India but still the Indian culture continues. Culture is manmade. We see that just as a person creates a thing like a house, car, equipment, clothes etc., in the same way culture is also created. Sports culture is also a part of it, which may be different in every country. Culture is different in every country according to its geographical variation and social conditions. Similarly, the creation of games has also been different. Games have been created according to the culture of the country. If we look at the history of India, it can be understood that sports have had their own place since the Vedic period. In ancient Indian culture, strength, power and ability were prayed to God. To achieve this, various physical activities, dances and games were played. In ancient India, games like chariot racing, elephant riding, horse riding, fencing, wrestling, boxing, Kabaddi, Kho-Kho, Dand Baithak, Mallkhamb, stick throwing etc. have been going on since ancient times. There are many other games which are the contribution of Indian culture but the date of their origin is not known. But still, some lifestyle which is the gift of Indian culture, which is known today as Yoga, is also a priceless gift given by this culture to the entire world.

Cultural heritage and various sports activities:

Some cultural heritage and various sports activities of this year of India have been explained as follows.

Period Of Sindhu Ghati Civilization (3250 BC -2500 BC):

There is no record of sports and physical activities being performed in Indian culture before the Vedic period, but excavations at Harappa and Mohenjodaro show that various physical activities and games were played for entertainment to gain physical strength, including dance is special, games were played based on water sports, ball and dice, Animal fighting and boxing were popular. But it is not possible to say which game

might have originated from the games played on the basis of these dice. Must be played on board basis on research has shown this.

Vedic Period (2500 BC-600 BC):

In the Vedic period, it was seen that the Aryan people practiced yoga and pranayam more. To prepare physically and live a long life, yogic activities like Suryanamaskatar were done. Spears, bows, arrows, shields, swordsmen and maces were used to fight the warriors. Horse riding, chariot racing and elephant riding were used to fight with elephants and for hunting purposes. Boxing was very popular among duelists. During this period, descriptions of games played with balls are also found.

Early Hindu Period (600 BC-320 AD):

It was seen that the Hindu people practiced yoga and pranayam. Hunting was very popular during this period as it was considered a royal sport. Also, swimming games and chess were played. Throwing dice was more popular. Animal fighting, wrestling, men fighting, spear throwing, archery, kabaddi, using various weapons were practiced during this period.

Late Hindu Period (320 AD-1000 AD):

Universities like Takshashila and Nalanda were developed during this period. During this period, mountaineering, archery, swimming, wrestling and yoga had a special place. The rulers of this period took more part in physical activities and they used to make their soldiers do various physical activities for their security and for attack work. These types of activities were like hunting, cock fighting, elephant fighting, buffalo and pheasant fighting. During this period, more emphasis was given on swimming and yoga activities.

Middle Period (1000AD- 1757 AD):

This period was a very important period, during this period Gurukuls were formed and they were patronized by the kings. During this period, gymnasiums were built at various places in which activities like Suryanamaskar, Dandbaithak, mace swinging, Mallakhamb, wrestling, fencing, swimming were taught. Games like horse riding, hunting, javelin throw, man-to-man fighting, music, dance, chess were played. At the end of this period, the Mughals attacked India and the peninsula was ruled by the Mughals. The Mughals also promoted activities like wrestling, swimming and hunting more than yoga. Foreign rulers promoted activities like gymnastics, pole drill, knife fighting, fire-fighting, archery, fighting wild animals, hunting and swimming. Cricket started being organized more often during the British period. Later, this German method of gymnastics was adopted and along with it, drills and exercises were started. The British rulers ruled for a long time due to which sports like cricket, hockey, football became very popular in India. Gymnasiums and sports clubs have also made a huge contribution in maintaining Indian cultural activities. In which he took care of stick meeting, yoga practice, local dance, stick throwing and indigenous games like Kho-Kho, Kabaddi.

British Period (Before 1947):

This period was very influential for Indian culture. During this period, the Indian youth generation moved away from Akharas and Vyasyam schools because foreign activities were more attractive. There were many invasions of India that disrupted Indian physical activities, including from the Muslims, the Portuguese, the French and the British.

Conclusion:

India is a country of diversity, where as many dialects are spoken and as many games are played as there are communities of people. India has a very rich history, in which many games are played, like Wrestling, Thang-Ta, Kalaripayattu, Kho-Kho, Tug of War, Mallkhamb, Hecko, Kabaddi, Lagori and Langdi, Gatka, Archery, Gilli Danda etc. This are the games that India has given to the world. Yoga is the most important sport that India has given it.

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