



# REVOLUTION OF KABADDI AS ITS EVOLUTION IN INDIA

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**Abstract:** This study describes about the revolutionary changes which has been seen in the game kabaddi. Kabaddi It is one of the most well-liked sports in India, where both small towns and villages participate. Kabaddi's origins can be traced back to prehistoric times when humans learned how to defend themselves against animals in groups or attack weaker animals on their own or in groups in order to survive and obtain food. The game Circle Kabaddi dates back 4,000 years. It was intended to be used as a group attack on an individual and vice versa. Real indicators of the popular Kabaddi were the sludgy floor, dusty, polluted playfields, bleeding toes and knees, dehydrating temperature, and layered skin tan. Despite being a popular game in South Asia, it has become incredibly popular worldwide. Over the past 50 years, there has been a slow but noticeable shift in the game's trends. What was formerly thought to be a brawl is no longer the case. Mats, shoes, new strategies, and rule modifications have all increased the sport's appeal and given skilled players the advantage over heavier opponents who possess superior skills and techniques. Seeing professional Kabaddi on TV was startling and unexpected. What amazing progress. An indoor feast has replaced an outdoor celebration. It has transformed stony mud courts into secure, cushioned beds. 90% of open injuries have been avoided thanks to Mother India, the birthplace of Kabaddi, extending its case. We will hope soon it will popular worldwide as an Indian originated game.

**Index Terms - Component, formatting, style, styling, insert.**

## I. INTRODUCTION

"GAME" is a universal term that transcends all linguistic and cultural barriers. People who are familiar with games, whether professionally or as amateurs, seem to share them. Numerous games that we consider to be recreational activities are actually remnants of religious rites that have existed since the beginning of human history. The customs and values of a specific nation or area are reflected in games. The essence of games is the enjoyment of free will. Conventional games serve as educational tools. Other names for Kabaddi include Ghidugudu, Do-do, and Hututu. The majority of Tities' tropical nations play this age-old, group-based mass game. In Bangladesh, it is referred to as Hadudu, and in Sri Lanka, as Gudu. The Indian game Kabaddi and the Indonesian Chub. One of the earliest games with Indian roots is kabaddi.

## Kabaddi in Mahabharat

Kabaddi It is one of the most well-liked sports in India, where both small towns and villages participate. Playing the Indian game of kabaddi requires both strength and skill. Kabaddi's origins can be traced back to prehistoric times when humans learned how to defend themselves against animals in groups or attack weaker animals on their own or in groups in order to survive and obtain food. The game is compared in "Mahabharata" to a precarious situation in which Abhimanyu, the heir to the Pandavas, finds himself encircled by the enemy on all sides. History also shows that ancient princes used to play Kabaddi to show off their prowess and win their brides. In general, Kabaddi is more widely used in Asian Countries, though some other countries are also taking keen interest (6).



The three forms of kabaddi that are played by men's and women's teams worldwide—standard style, beach kabaddi, and circle kabaddi—have led to the organization of specific regulations and the creation of institutions that have contributed to the sportification of this traditional Indian game. According to the theory of sportification, all sports have a tendency to grow more specialized, standardized, and rationalized over time. But kabaddi's sportification and globalization can be seen as a synthesis of non-Western and Western ideologies through processes meant to supplant antiquated discourse forms with contemporary ones. (1).

As you are aware, the game has been played in India for a very long time—roughly a thousand years ago. The game Circle Kabaddi dates back 4,000 years. It was intended to be used as a group attack on an individual and vice versa. An analogy drawn from a dramatized version of the great Indian epic Mahabharata is the tight situation Abhimanyu found himself in when the entire team of opponents surrounded him. Buddhist texts describe how the Gautama Buddha enjoyed recreational games of circle kabaddi. A few more kings from the Mahabharata era include Jarasandh, Bhim, Balrama, Krishna, Abhimanyu, Kansa, and Daryodhana, to name a few, who made history by following the rules of battle. Prithiviraj Chauhan, Krishna Devaraya, and King Chadergupta are further outstanding examples of preserving, Chauhan is further great examples for maintaining the tradition of Kabaddi in form of sport as well as battle.



Thus, the history of Indian scenarios has undergone numerous changes due to the origin of Kabaddi. The popularity of this game can be attributed to its rural, indigenous origins, which evoke charm and identity for a remarkable display of human strength, sound reasoning, a strong sense of determination, and, ultimately, human satisfaction.

## History of kabaddi in Assam

In Assam, people have been playing different traditional games as a past time or during various festivals since the beginning of time. When it came to these games, people were not competitive at first. After a long day of labor, they would typically turn to playing to relieve their physical and mental exhaustion. A few of the folk games were approved as official state games and granted royal patronage. Over time, there were some modifications made to the rules of classic games. Over time, a few of the games have vanished. However, some games have undergone changes and transformations. Assam's official games are those that were enjoyed by the Swaragadeo rulers, the Ahom kings. Among the many well-known Haugudu was a well-liked game in ancient Assam. This was a game played by young boys where they formed a circle and sang. These games underwent a number of modifications as the times changed. One could argue that the current popular game Haugudu was a forerunner of the more well-known Kabaddi. (4).

## History of kabaddi in Bangladesh

The way nation states use sport as a quick and easily observable tool to promote themselves or conduct business has created apprehension in the relationship between sports and politics. Although kabaddi, also known as Ha Du Du in rural Bengal, is the national sport of Bangladesh, it has not gained widespread national recognition nor expanded its appeal outside of rural areas. Because Kabaddi defines his game in terms of nationalism, which implies that a sporting event will be supported by the masses, his presence has historically been political. Mythologization is included in the institutionalized classification of many traditional sports, and it frequently serves to distort the true nature of a sport by making it appear more traditional, nationalistic, or patriotic. Conversely, its absence of The political strategy or modernization project of other sports (football and cricket) is validated by their widespread popularity and recognition, which is also political. This is because it asserts a shared post-colonial condition, such as "hybridity," or the virtue of the colonial legacy. Kabaddi was left out as a result of cultural colonization.

## Kabaddi in Tamil Nadu

Kabaddi was one of those popular streetside pastimes in the early 19th century, much like cricket is today. Even now, Kabaddi is an essential part of every rural Tamil Nadu Pongal celebration. Kabaddi is a bravery test. a search for self-assurance and pride. Kabaddi continues to grow from its rural foundations. It used to be a point of pride for every groom, especially in the southern region of Tamil Nadu. (7).

## Kabaddi in South Asia

Real indicators of the popular Kabaddi were the sludgy floor, dusty, polluted playfields, bleeding toes and knees, dehydrating temperature, and layered skin tan. Despite being a popular game in South Asia, it has become incredibly popular worldwide [8–11]. Since the 1900s, Kabaddi, a combative sport, has gained popularity primarily in South Asia. Numerous sports have surfaced and gained popularity among sports fans worldwide. Despite being a very old sport, kabaddi has seen a progressive but noticeable shift in trends over the last 50 years. The Pro Kabaddi League has advanced domestically by raising awareness, inspiring youth aspirations, and generating income from domestic sports in India (5).

## Origin of current form of kabaddi

The game has its roots in prehistoric times, when it was played in various forms. The first known set of regulations for Kabaddi, an Indian indigenous sport, was created in Maharashtra in 1921 for Kabaddi tournaments based on the combined Sanjeevani and Gemini models. After that, in 1923, a committee was established, and it modified the 1921 regulations. The 1923 All-India Kabaddi Tournament was played under the revised rules. Since 1930, the modern game of Kabaddi has been played throughout India and some regions of South Asia. The Senior National championship began in 1952, and the All-India Kabaddi Federation was established in 1950 to oversee the game's promotion. In an effort to increase the game's popularity in India and its surrounding Asian nations, the Amateur Kabaddi Federation of India (AKFI), a new organization affiliated with the Indian Olympic Association (IOA), was founded in 1972. Following the creation of this body, Kabaddi changed, and junior and sub-junior boys' and girls' national level competitions began. Held in 1980, the first Asian Kabaddi Championship was featured as a demonstration match at the 1982 Asian Games in New Delhi. The game debuted at the 1984 South Asian Federation (SAF) Games in Dacca, Bangladesh. The 11th Asian Games were held in Beijing in 1990, and India took home the lone gold medal in the discipline of kabaddi. of Kabaddi at the 1990 Beijing Asian Games, the 11th. India has won five gold medals in a row at the Asian Games, making history in Indian sports. The country is the current champion of the Asian Games, which were held in Hiroshima in 1994, Bangkok in 1998, Busan in 2002, and Doha in 2006.

The first Kabaddi World Cup was held in Mumbai, India, in 2004. India defeated Iran in the championship match to win the first World Cup. India won the second World Cup, which was hosted in Pune, India, in 2007. India took home the gold medal in Hyderabad in 2005's inaugural Asian Women's Championship. For the first time, women's kabaddi was offered at the 2006 South Asian Games in Colombo, Sri Lanka.

## First time kabaddi in indoor

For the first time in the history of Asian Games a separate indoor stadium was built for Kabaddi competition and training in the 15th Asian Games held at Doha [Qatar] 2006. The training/ warming up courts and main field of play was made up of puzzle mats of Korean make. The main field of play was equipped with a giant public screen, which displayed replays and the running score. Two 'Tissot' plasma scoreboards, info terminals for the presentation crew, the ceremony crew and the media were provided.



## Exposure of kabaddi in foreign countries

A great chance to introduce Kabaddi to the Europeans and Australians involved in the Asian Games organization was presented by the 15th Asian Games in Doha. When many spectators from Western Asia, the Mediterranean, the USA, Australia, and Europe saw the game for the first time, they were captivated by its excitement and straightforward rules and wanted to bring it to their own nations. Due to this, Kabaddi has received excellent exposure that will help it grow in the future on the continents of Africa, Australia, Europe, and the United States.

In 2007, Kabaddi was a part of the 2nd Asian Indoor Games, which took place in Macau from October 25 to November 3. India won the gold medal yet again. Both the men's and women's Kabaddi events won gold medals at the 2008 Asian Beach Games in Bali, India, which was hosted by Indonesia.

Over the past 50 years, there has been a slow but noticeable shift in the game's trends. What was formerly thought to be a brawl is no longer the case. Mats, shoes, new strategies, and rule modifications have all increased the sport's appeal and given skilled players the advantage over heavier opponents who possess superior skills and techniques (2).

## Pro kabaddi league (PKL)

Seeing professional Kabaddi on TV was startling and unexpected. What amazing progress. An indoor feast has replaced an outdoor celebration. It has transformed stony mud courts into secure, cushioned beds. 90% of open injuries have been avoided thanks to Mother India, the birthplace of Kabaddi, extending its case. The game is now more beloved than ever. Following the pro-Kabaddi revolution, the number of people watching matches on television in India climbed to 56%, or 43.5 crore viewers, which was the second-highest percentage in the country.



Mashal Sports' Pro Kabaddi is an initiative that has elevated the game's professionalism to new heights. This noteworthy endeavor showcased Kabaddi's contemporary, global, competitive, and international image not only within the nation but also outside its borders. Star Sports About 220 players from 12 teams compete in Pro Kabaddi, which is supported by the International Kabaddi Federation, the Amateur Kabaddi Federation of India, and Mashal Sports. With the option to extend it further, Mashal Sports has purchased the International Kabaddi Federation's (IKF) ten-year organizing rights for the league.

Mr. Charu Sharma, the Managing Director of Mashal Sports and a well-known veteran sports commentator, television anchor, presenter, and sports promoter, is the creator of Pro Kabaddi. The Pro Kabaddi League was founded in 2014 with eight teams by Mr. Charu Sharma, Mr. Anand Mahindra, Chairman Mahindra & Mahindra, and Mr. Rupert Murdoch of Star TV. For example, the Bengal Warriors, U. Mumba, Puneri Paltan, Telugu Titans, Bengaluru Bulls, Jaipur Pink Panthers, Bengal Warriors, and Patna Pirates.

With eight teams in its inaugural season in 2014, the Pro Kabaddi league attracted 435 million\* viewers in its first season and became an instant hit with Indian sports fans. In the ensuing seasons, this contemporary league

of India's age-old sport of kabaddi has only grown stronger. Its four seasons of cumulative viewer growth of 51% is the highest of any Indian sports league. Pro Kabaddi became the talk of Indian audiences in just two years, and it quickly became one of the most influential television shows in major markets.

With the concept of PKL so many new rules also emerged out which makes the game more interesting and safer. Some of the rules are 30second rule, do or die raid, super tackle, technical point, weight category and so many. All these new rules make the game more attractive and energetic to play. The game is becoming popular season by season. Now its international body is trying to introduce it in the Olympics. To make it popular it is necessary to make it introduce in Olympics. We will hope soon it will popular worldwide as an Indian originated game.

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