

## DEVELOPMENT AND PROMOTION INDIGENOUS SPORTS AND ACTIVITIES IN INDIA (A CONCEPT IONAL PAPER)

\* Dr. Arvind Rami

\*\* Dr. Udaji V. Parmar

\*\*\* Neeraj Silawat

Today the concept and experience related to the field of sports and physical education is placed and depend on the progression history of its. It is a source of identity of physical education and sports. Many activities of today are pre-organized in the history also. In the ancient India Lord Buddha in his teaching put banned on sports activities, entertainment, physical activities; in spite of this people does not stop participating in these activities. Indigenous sports and physical activities yoga, chariot race, elephant riding, horse riding, fencing, wrestling, boxing, kabaddi, kho-kho, dance, dand bethak, malkhamb, lathi etc. are such types of sports activities which running over from ancient period. But we don't know much about Indian inventor or discover who had invented or discovered these sports, and also we don't know the correct dates of appearance of these sports and physical activities. As per it we all are aware of the fact that in India it's normal implementations, and performance of sports, physical activities and yoga in different asana or body position and the function of breathing like pranayam, was also very popular or famous from primitive time.

India was ruled by many foreign empires or India was ruled by many foreign kings (Muslims, Portuguese, Frances's and Britishers). They have their own physical activities and programmers which had spoiled the indigenous sorts and indigenous activities in India. In Muslim period Muslim empire or in mugal period mugal empire were interested in teaching disciplines such as gymnastics, drills, knife battle, agni shaman, swimming, shooting, fighting with wild animals, hunting and horse riding. But these training were given to soldiers only. Only Britishers ere the rulers who ruled over India for about 200 years British dynasty or empire who established over India for about 200 years. During British Empire original physical activities and indigenous sports activities and soldiers training had lost their own importance. When arms act was passed in India, according to this act Indians cant keep arms with them; and the primitive sports activities played and conducted by Indians such as fencing, knife fighting etc. were abolished by the Britishers.

In Indian system physical cultural activities such as Indian sports and activities in normal and especially soldiers training in British Empire were rapidly finished. In Indian system cessation appeared on physical cultural activities and soldiers training, when arms act was passed by British rulers, restriction on the use of indigenous arms and banned on the aakhada and vyayamshala. Again 1956 central advisory board of physical education to encourage

and give popularity to indigenous sports and indigenous activities implemented or prepare different schemes like NFC., NDS., HVPM., Amravati and YMCA madras also played a very important role to promote and develop indigenous sports and indigenous activities in India.

### How we can promote and develop indigenous sports and indigenous activities

1. We should start compulsory indigenous sports and activities at the primary level in every govt. and non govt. schools
2. We should relate and linked indigenous sports and activities with the physical fitness and health, because of this we can attract and create interest in the children.
2. State and central govt. should try to give special job opportunity in indigenous sports whereby many youngsters will come and continue these sports.
3. Yoga is also a popular and famous activity which is given by sage hermits, now more need for promoting and developing yoga that's why state and central govt. should start new yoga college and Yoga University in every state.
4. We should try to modify these indigenous sports and indigenous activities; because of this we can create more interest and attraction in children for joining these activities.
5. State and central govt. should take responsibility to start special centre for promoting and developing indigenous sports. And this special centre can start in various schools and colleges.
6. State and central govt. should give special financial helps to aakhada and vyayamshala for developing and promoting indigenous activities. Because we know very well these activities mostly running through aakhada and vyayamshala.
7. SAI and state agency should declare some special scholarship and award in only indigenous sports. Because of this many boys and girls will attract and continue these activities.
8. Print media and electronic media can also play a very importance role to developing and promoting indigenous sports. After all these sports are identity of our culture and history.
9. Famous physical education colleges and institutes like LNIPE, Gwalior, HVPM, Amravati, YMCA, Chennai, MDSS Mahavidyalay Gujarat Vidyapith, Ahmedabad; play a huge role to running and conducting these sports and activities very systematically in surrounding areas.

\* Mahadev Desai Sharirik Shikshan Mahavidyalay, Gujarat Vidyapith, Sadra