

The role of sports in India

Mallikarjun C Pujari, Vijaykumar SD

Table Tennis Coach, Gulbarga, Karnataka, India

Physical education, Guest Lecture govt, Firsted Grade Degree College Humanabad, Karnataka, India

Abstract

India is home to a diverse population playing many different sports across the country. Cricket is the most popular sport. Football is a popular sport in some of the Indian states. The country has won eight Olympic gold medals in field hockey. Kabaddi, an indigenous sport is popular in rural India. Several games originated in India including Chess, Snooker and other regional games. India has won medals in Badminton, Kabaddi, Hockey and many other sports and disciplines. Cricket is the most played sport followed by Badminton and Football. Cricket is also the most popular sport in India, the other popular sports being Badminton, Football, Tennis, Hockey, and Kabaddi. Roller Hockey. India also hosts several major events associated with Tennis, Badminton, Hockey etc. This article focus on role of sports in India and its important.

Keywords: Playing, Sports Medals

Introduction

Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness. They shape our body and make it strong and active. They give us energy and strength. They remove tiredness and lethargy. They improve blood circulation. This improves our physical well-being.

India has hosted and co-hosted several international sporting events, including the 1951 and 1982 Asian Games, the 1987, 1996 and 2011 Cricket World Cup, the 2003 Afro-Asian Games, the 2010 Hockey World Cup and the 2010 Commonwealth Games. The Indian Premier League (IPL) is a premier twenty20 cricket league held every year from 2008. The Indian Super League is a football league tournament held since 2014. Major international sporting events annually held in India include the Chennai Open in tennis, the Indian Masters in golf. From 2011 to 2013, India hosted the Indian Grand Prix Formula 1 race at the Buddh International Circuit, Greater Noida. The National Games of India is a national domestic sports event, which has been held in the country since 1924. It will host the 2017 FIFA U-17 World Cup.

Popular Sports in Present India and importance Hockey

Hockey is the national game of India. It has made India stand tall and has proved itself to the world, in spite of being under political suppression. Hockey is a team game, which is played by two teams of eleven players. Either team tries to hit the ball with the hockey stick into the goal, and also tries to prevent the opponent from doing so.

The game of hockey is played widely across India. It is popular and is played by both men and women. The origins of

the game can be traced back to the earliest civilisations of the world.

The rules of hockey are very similar to the rules of football except that players must use sticks instead of their feet to play the ball.



Cricket

Cricket is a team game, which is played between two teams of eleven players each. It's a bat-and-ball game. In India, cricket is by far the most popular sport and almost practiced like a religion. The cricket field consists of a large circular or oval-shaped grassy ground.

The pitch where the batsmen have to face the bowler is 22 yards. The objective of the game is to score more runs than the opposing team. The team bowling first tries to bowl out the batting side, and then out score them. Batting and bowling are thus alternated.



Tennis

Tennis is the game in which two opposing players (singles) or pairs of players (doubles) use tightly strung rackets to hit a ball of specified size, weight, and bounce over a net on a rectangular court.

Points are awarded to a player or team whenever the opponent fails to correctly return the ball within the prescribed dimensions of the court.

One of the distinguishing factors, which make tennis more special among all other sports, is its simplicity of rules. A player's objective is to make the opponent discontinue the rally.



Football

Football is considered to be the most popular sport in India. It is also a team sport played between two teams of 11 players each. It is a ball game played on a rectangular grass field with a goal post at each end.

The object of the game is to score by maneuvering the ball into the opposition's goal post. The team who scores the maximum number of goals is the winner. The rules of football are quite simple; you have to use your foot to guide the ball and pass it within your teammates and score a goal.



River rafting

River rafting is done using a raft on whitewater or different degrees of rough water, in order to have some thrill and excitement. In India, one can enjoy river rafting on the Ganges.

The Ganga near Rishikesh in Uttarakhand is a popular spot for whitewater rafting. The Whitewater River rafting stretch of the Ganges is from Kaudiyala to Rishikesh where the river has 12 major rapids over 36-kms long, most of which are easily navigable.

Scuba diving and snorkeling

They are done using self- contained breathing equipment to stay underwater for periods of time greater than human breath-holding ability allows. The diver swims underwater using fins attached to the feet.

If one wants to dive into the water to check out the beautiful marine life hidden inside the mysterious horizons of the sea, then the coastal regions of India are the best places for divers and snorkellers.

Surrounded by a long stretch of coastal belt on the three sides, a water sport fan can get immense opportunities in India to enjoy the sun, sand, sea and surf.



Canoeing and Kayaking

Canoeing and kayaking are other popular water sports in India. The facilities for these sports are available along the beaches of Indian coastline and lakes of north India and northeastern states of India. To move on the cool blue waters, brings loads of thrill to the adventurer.



Rock climbing

It is a sport in which a person loves to climb a steep rock. People use gears and safety equipments while climbing. This is a physically exhausting sport and is very much challenging. Manali Valley in Uttar Pradesh is an excellent place for rock climbing.



Trekking

This includes walking through the mountains and exploring some of the hidden cultures and living styles of India. Just walk through mountains and streams.

Some of the other adventure sports in India are paragliding, skating, skiing and rappelling.

One can also visit the forests and deserts and enjoy the animal's safari, jeep safari and stay in the camps.

Now days, government is also promoting sports by different means. Sports awards are given by the Sports Ministry of India to honour the players who have performed very well in their field of sport.

It is done so as to enhance the player's spirit and recognise his or her achievements. It is also intended to help and support sportspersons with outstanding caliber. In future, India will also have name in the world of sports.



Conclusion

Sports and games are very important for us. They keep us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity. Sports and games help in character building. They give us energy and strength.

It is not the sound and the fury that counts but effort in the right direction to make a mark. Keeping this in view, it is high time that we spot out our sports talents and provide all necessary facilities to train them properly so as to enable them to compete with world champions with no feelings of diffidence.

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