Chapter - 2

SPORTS THROUGH THE AGES

A. Primitive Stage

Sports is as old as human civilization. The theory of evolution throws some light on the nature and type of activities which are an essential part of modern physical education and sports. Pre-historic men had the capacity to adapt themselves to new environmental conditions. They climbed trees, leaped and jumped on rocks and this kept them healthy and fit. They gradually lost these activities when the physical environment changed with the growth of civilization. But the innate tendency to climb, leap, jump, walk, hop, run from one place or tree to another or in an open ground, to chase or to escape remained and is still predominant. This natural inclination is expressed today in the form of sports.

Ancient man was constantly on the move in search of food and own safety. This gave him good physique. His physique and ability to think and manual effort gave him mastery over the environment. Though now physical strength is not needed by in many to earn one's food, the same fitness tendency has continued in the form of sports.

The struggle for existence contributed to man's physical development. The primary need of man is food. Primitive man had to go out in search of it and obtained it by hard work-climbing trees to get fruits, digging the ground for roots, catching fish or hunting animals. The search for food was not an easy task but a vigorous form of physical exercise. By this man developed strength, stamina, courage and resourcefulness. They developed strong healthy bodies capable of overcoming ill health and disease without any medical treatment.
The popular activities during the primitive stage of human society were running, climbing, jumping, throwing and chasing. The competitive spirit now and then appeared in various forms. Wrestling, which probably originated as a means of establishing physical superiority, became a good pastime. Ancient Men had a number of dance forms such as war dances, ritual dances, sacred dances and mimetic dances. Learning and practicing these helped in building their body and this in turn was used for protection and other uses.

The war dances developed out of group fights. Likewise, ritual dances were the result of superstitious beliefs. When there was no reproduction after worship, it was believed that some form of dancing might bring the desired result. Sacred dances were performed to please the supernatural powers to avert any possible calamity. The mimetic dances were performed in imitation of any important act, such as hunting in which some played the role of wild animals.

B. Historic Period

A review of history reveals that physical education and sports, practiced by people, reflect the philosophy and dominant purpose of the state. A few groups believed in the elevation of the soul and the body. As a means to it, a few others did very little towards developing physical education programmes. However, the ancient Egyptians, Babylonians and Hebrews gave priority to physical development of man. Consequently they developed extensive physical education programmes.

In 55 B.C. Persia revolted against Media under the leadership of Cyprus who had a philosophy of conquests. The physical education programmes were directed towards developing fighting men. Young boys at about the age of six years were trained in various disciplines like
running, jumping, javelin throwing, riding, war dances and marching. Physical education for girls was, however, a neglected aspect even at that time.

About two centuries later, because of corrupt practices, the Persians neglected rigorous physical exercises. As a result, Persia fell an easy prey to Alexander. The Spartans went further and developed physical education and sports for girls also, so that they could become good mothers. Weaklings, at birth, were exposed to die. Athens also had similar military needs but with a different philosophy. Learning, beauty and grace loomed large in the picture of Athenian life; less rigour and more freedom was the standard for men. Physical education and sports for women were given very little consideration. For Athenians the physical activities were the same as those of Sparta. But additional aspects of performance were stressed. Beauty, grace and sportsmanship were added with speed, courage, strength and skill. These philosophies spread and made themselves felt during Greek control of the Panhellenic games, the most needed of which were the ancient Olympic games. Romans also had the philosophy of conquest which led to hard work and physical exercises that prepared the youth for war. All dangerous activities marked the epoch of Roman life. Revival of asceticism in the dark ages, produced a general lack of interest in physical activity during the French Revolution. Germany made use of physical activity and its accompanying attitudes to bring the great goal of defeating France.

Ling of Swedan saw in informal physical drill a means of improving the efficiency of the Swedish army. The fears of neighbours and desire for conquest have been responsible for certain type of physical education down the ages. Similarly, England permitted more athletic games and
less mass drill for the army. But golf was outlawed at one time because it interfered with archery practice.

The Puritans and early settlers in America, who had a great deal of work to do, frowned upon those types of play that did not consist of some work form. Increased leisure, greater freedom of thought and a philosophy of success have led to a variety of vigorous competitive games in the United States of America not modelled after work forms. The depression with its enforced leisure for millions stimulated recreational activities.

International Movements in Sports

The contribution of Greeks to the world of sports is great. The Olympic games are their greatest contribution to the World. The ancient Olympic games began in the year 776 B.C. at Athens, the ancient Greek city. The Greeks were sports-loving people and the games were part and parcel of their religious fervour and programme. Olympic games were always regarded as a sign and symbol of peace. The ancient Olympic games is the oldest show on the earth. The games formed a part of a religious festival held in honour of God Zeus. The Greek ideal of life was a balance of brain and muscle in the harmony of discipline. Winning in Olympic game was a great honour and distinction and every citizen sought to achieve it. Even Plato, the great philosopher, is said to have won prizes as a wrestler in the games. The games continued for well over many years until it was suppressed by the Roman Emperor Theodosius, in 394 A.D.

Modern Olympic games are revived due to the devoted zeal of a French nobleman, Dr. Barron Pierre-de Coubertin. He is rightly called the father of modern Olympic games. He realised that the Olympics which can break down the barrier of race, religion, colour and language
could alone establish the brotherhood of man. He conceived of Olympics as an instrument for promoting peace and understanding among people and nations and brought them together.

Coubertin mobilised public opinion and presented his plan to an International Congress held by French Sports Union on June 16, 1894. It was due to his earnest zeal and spirit that the first modern Olympics were held from 5th to 15th April, 1896. The ideals that Coubertin set before the world are: "The important thing in the Olympics is not to win but to take part. The important thing in life is not the triumph but to struggle. The essential thing is not to have conquered but fought well"

### Olympics Sports held at various places

<table>
<thead>
<tr>
<th>S.No.</th>
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Asian Games

With the end of the Second World War many new nations were born especially in Asia and African continents. These new nations wanted to establish their identity and also large co-operation and neighbourhood among themselves. Among the many efforts made, the Asian Games is one.
It lay dormant until March 1947, when the Asian Relations Conference was called by Pt. Jawaharlal Nehru in New Delhi. Using this occasion, Mr. Sondhi, a sports enthusiast, raised the question of Asian Games project with some assembled representatives attending the Conference and also approached Pt. Nehru, who readily offered his support for the idea.

During the London Olympics in 1948, the plan was again put before a gathering of Asian representatives and the first Asian Games were initially set to take place in 1950.

The Asian games were born on February 1949, when representatives of Afghanistan, Burma, India, Pakistan and the Philippines signed the Asian Games Constitution at Patiala House, New Delhi. The games, it was hoped, would give rise to the concept of an All Asian Games through the idea of bringing together the youth of Asia on the field of sports.

After several postponements, the first Asian Games were finally held in New Delhi in March 1950. Since then the Asian Games have been held regularly at four years interval. Since then India hosted the Asian Games twice, the first and the ninth in the years 1950 and 1982 in New Delhi.

<table>
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Sports in India

During the legendary period boxing and swimming were popular sports activities in India. Samadeva’s *Katha Sarit Sagara* gives a good account of the sports competitions which were said to have formed part of life in those days (Tawney, 1924).

During the Pre-Vedic period, archaeological excavations at Mohenjo-Daro in the Larkhana district of Sind have revealed the presence of magnificent baths and houses of baked bricks during the pre-Vedic period. Among the ruins, the Great-Bath is the most impressive. It was an hydropathic establishment with an open quadrangle in the centre with verandas on all sides and a number of galleries and rooms. The open quadrangle also contains a swimming bath, about 39 feet long, 23 feet wide and 8 feet deep with a flight of steps at either end. This shows that swimming activities were popular in those days. During the Vedic age (C.2000-1000 B.C.), the Indo-Aryans were a strong, war-like race, skilled in the use of bow and arrow, spear and battle axe and adept at riding horses and driving chariots. *Pranayama* and *Suryanamaskara* were prominent exercises in *Yogasana* to keep good health and physical condition.

It may be deduced that during the Epic Age (C.1000 to 600 B.C.) sports training was directed mainly towards military training such as Archery, Javelin and Spear throwing, fighting with sword and battle-axe. During these periods, however, wrestling, swimming and dancing were the most popular activities. Bhima, Jarasandha, Duryodhana and Balarama were the heroes of the wrestling arena. Arjuna, Ekalavya, Dhronacharya were the specialists in archery during the legendary period. Taxila was an important training centre which attracted members from royal families and the nobility.
During the historical period (6th Century B.C. onwards), Buddha himself kept healthy by exercising in the form of walking and by doing asanas. Nalanda was a great centre of learning during the 5th century A.D. Proper care of the body was taken through Yogic exercises. Rajputas practiced wrestling, horse-riding, arrow shooting, hunting, chess playing etc. as a tradition.

During the rule of Muslim kings, men practiced activities like horse-riding, use of spear and sword. They also played indoor and outdoor games. Chaugan (Ancestor of Polo) was popular during the Muslim period. Wrestling was popular at the time of Moghul emperor Akbar. Boxing also received royal patronage and reputed boxers were imported from Persia and Turan. Babar was a keen swimmer. Since it was essential for soldiers to cross rivers, they were encouraged to learn swimming. Animal fights, gladiatorial combats, chess, chaupar chandel-mandal, pachissi were popular games during the Moghul period.

The battle of Plassey on June 23, 1757 placed the fate of Indian security in the British hands. They established schools and universities in India to train Indians for the clerical work. They also put physical education and sports programme in the curriculum of their educational institutions. The political consciousness led to the popularity of local traditional gymnasioms (Vyayama-Shala), wrestling arenas (Akhada) and training grounds. These centres of sports training provided opportunities to the young and the old to take part in indigenous physical exercises and sports. People engaged in exercises for self defence such as the use of sword, spear and lathi, while dand and baithak formed a regular feature of the programme, together with wrestling.
In 1903 one of the Missionary schools at Bellary in South India, which now forms part of Karnataka state, the St. Joseph High School, was equipped with sports facilities. In 1912 the Education department of the Government of India got allotted a non-recurring grant of Rs. 25 lakhs for maintenance of school hygiene and also for the purchase of playing fields. In 1920 the well-organised Government schools had a good layout for physical education and sports facilities.

After the end of the First World War, a great need was felt for trained teachers of Physical Education to teach students in schools. To fulfil this demand, the Young Men Christian Association (Y.M.C.A.) at Madras took the lead and established the first College of Physical Education in India in the year 1920. The college even today is housed in the same spacious building, has extensive play fields (around 70 acres) and also possesses a good swimming pool. The Government College of Physical Education was established at Hyderabad in 1931. Another College of Physical Education was established in 1932 at Calcutta by the Government of Bengal.

To train the physical education teachers in India, a number of institutions were also established. Among them the Christian College of Physical Education was established in 1932 under private Missionary management at Lucknow. The Government of Bombay also established a training college at Kandivili. The first ever Indian P.E. school - the Hunuman Vyayam Prasarak Mandal - was founded in 1914 at Amaravathi by the two Vaidya brothers. After the Independence of India, during the Second Five Year Plan period, in the name of Lakshmibai, Queen of Jhansi, a college of Physical Education was established at Gwalior in the year 1957.
The modern concept of physical education is not only to keep fit but also to produce International level sportsmen and women in India. With this idea the Government of India established the National Institute of Sports at Patiala in Punjab in the year 1964 to train coaches in specialised games and sports.

Development of Games And Sports in India

Among the oldest games played on an organised basis in India are polo, football, cricket and tennis. Football is played by all classes of people. Next to it in popularity, though for a more exclusive patronage, come polo, cricket and tennis. All these games became popular long before the Indian Olympic Association was formed.

Tennis

The early history of tennis and its popularity in India dates from the end of the nineteenth century. The British introduced it in India the moment it gained popularity in Britain in 1877. The first tournament played in India was the Punjab Tennis Championship which was held as early as 1885 in which T.D. Barrington won the Men's Singles and A.P. Mill and E.L. French won the Men's Doubles. With the beginning of the twentieth century, tennis spread to many important Indian towns and cities. It was introduced in the well-to-do educational institutions which were under the management of British principals. The civilian clubs also adopted it as a means of keeping fit and making social contacts. The first All-India Lawn Tennis Championship was held in 1910. The All-India Lawn Tennis Association was founded in the year 1920-21. India had produced a number of outstanding inter-national level tennis players before Independence. Among them are late Raj
Kumari Amrit Kaur (1889-1964) a former Health Minister of Government of India and in her name the Raj Kumari Amrit Kaur Coaching Scheme was introduced in the year 1953. Mohammed Saleem was another Davis Cup player who represented India from 1921 to 1924. C. Ramaswami was one of the most prominent tennis players in India upto 1930. He represented India in the Davis Cup matches in 1922. S.M. Hadi was awarded a Full Blue at Cambridge in 1921 and he represented India in the Davis Cup in 1923 and 1925. N.Krishnaswamy (captain), S.L.R. Sawhny and Ghaus Mohammed were the members of the first Indian tennis team which was sent officially outside the country to Kenya in 1936. After Independence there came a number of good tennis players who represented India in many international tennis tournaments and Davis Cup matches. Ramanathan Krishnan, Naresh Kumar, Jaideep Mukherjee, Premjit Lal, Akhtar Ali, Ramesh Krishnan, Vijay Amruth Raj, Nandan Bal, Leandar Paes, Mahesh Bhupathi are the prominent ones. Leandar Paes won the bronze medal in the Atlanta Olympic Games held in the year 1996. He is the only player who brought laurels to India by securing a place in the Olympics after many years.

Polo

Chaugan, which has affinities with Polo, was played for hundreds of years, from the time of Akbar in India. Modern polo too originated in India and is generally traced to a team of horse riders from Manipur in 1962. The Indian Polo Association was formed in 1892. The revival of old Chaugan in modern form appealed to Maharajas, Nawabs and Princes who took to Polo and played it with the British Army officers. Major Shah Mirza Beg of the Hyderabad Army earned a reputation as one of the world's best players. The most prominent teams during the
first Four decades of the Twentieth Century were those of Alwar, Bhopal, Hyderabad, Bikaner, Jaipur, Jodhpur, Patiala, Kishengarh and Kashmir and among the British the Indian Cavalry was important.

The Maharajas of Jaipur were great polo players. In 1933 the famous Jaipur team went England and won all the open tournaments. The Jaipur team also won the Indian Championship in polo from 1930 to 1938. For the first time a national Indian polo team took part in the World Championship at Deauville in France and won the Championship. The most important polo competition in India is for the Ezra Cup. The Maharaja of Jaipur is the President of the Indian Polo Association.

Cricket

More than a hundred years ago the British servicemen introduced cricket in India. The first cricket match on record was played in India in 1784 between the old Etonians and Parsees. In 1792 the first Cricket Club in India was formed at Calcutta and has the distinction of being the oldest cricket club outside Great Britain. In 1866 Bombay Union Hindu Club was formed and in 1883 the Mohammadan Cricket Club came into existence. When cricket became a popular pastime of the British in India, it was soon taken up by the Indian princes. Of these the most famous name is Maharajah Ranjitsinhji of Nawanagar. He is more familiarly known as 'Ranji', after whom the Ranji Trophy is called. The Board of Control for Cricket in India was founded in 1926 and received recognition in the same year by the Imperial Cricket Conference, which is the main controlling body for the game. To perpetuate the memory of another great cricketer, Duleep Sinhji (1905-1959) nephew of Ranji, another tournament on Zonal basis for National Championship was introduced by the Board of Control for Cricket in India in 1961-62. The Irani Trophy match is
played between winners of the Ranji Trophy and the Rest of India. The Devdhar Trophy matches are played between different zones of India. Rohington Shield matches are played between inter-zonal teams of university players. Cooch Bihar Trophy matches are played between school teams.

Athletics

The Olympics movement in India started in 1919. The initiative for this was taken by Sir Dorabji Jamshedji Tata (1859-1932), a great Indian philanthropist and one of the architects of modern India. He is largely responsible for the present set-up of the Indian Olympics Association and has given generous donations to Indian sports. The first Indian Olympic team was sent in 1920 to the Seventh Olympic Games held at Antwerp, consisting of the following members:

1. Sri P.F. Chaugle (Hubli) - Marathon and 10,000 metres
2. Sri A. Dattar (Satara) - Marathon and 10,000 metres
3. Sri K. Kaikadi (Belgaum) - Cross Country
4. Sri P.C. Bannerji (Bengal) - 400 metres
5. Sri G. Navale (Bombay) - Light Weight Wrestling
6. Sri N. Shinde (Kolhapur) - Bantam Weight Wrestling

In 1923 Dr. A.G. Neohren, Physical Director of Y.M.C.A., formed an ad hoc committee in order to hold the Indian Olympic Games for the first time at the Roshanara grounds, New Delhi, on the 8th and 9th Feb. 1924. And in 1924 a team of seven competitors was sent to Paris to take part in the Eighth Olympic Games there. Mr. H.C. Buck, Principal of the Y.M.C.A., College of Physical Education, Madras, accompanied the team as Manager. Mr. Sohrab Boot also went there as an observer. This was India's second participation in the Olympic Games.
The First Indian Olympic Association had the following members:

1. Sir Dorabji Tata President
2. Dr. A.G. Neohren Secretary
3. Mr.G.D. Sondhi Associate Secretary

After the formation of the Indian Olympic Association an Indian team including a Hockey team, was sent to Amsterdam in 1928, for the Ninth Olympic Games in which India won the Olympic Hockey Championship.

A National Federation has been set up for each of the major games and sports. These federations are affiliated to the International Olympic Committee. Their aim is to promote and control games and sports on the international level. To do this they work through National Federations in all the countries whose names appear on the Olympic list. These National Federations select competitors for the Olympic Games, but they must submit their selections through their own National Olympic Association, one of whose tasks is to collect entries from all the National Federations in its country and send them to the International Olympic Committee. On account of this, the National Federations and State Associations are formed as follows:

Amateur Athletic Federation of India (A.A.F.I.) was formed in 1944. Since 1949 the National Athletic Championships have been held every year in order to create more interest in athletic events.

The first coaching camp was held at Subathu (Simla Hills) in 1950. Within a year ten more coaching camps were held at various places in which more than 200 coaches were trained. In 1950 the Federation also started official tests in order to have Certified Officials. Since 1958
the Federation has been conducting annually the National Athletic Championships for boys and girls below 16 years of age. In order to attract public interest to foster keen competition in athletics the A.A.F.I. Council on 5th August 1962 decided to introduce new competitions on three national levels:

1. All-India Inter-Zonal Championship
2. All-India Inter-State Championship
3. All-India Open Championship

**Basketball**

The Basketball Federation of India, founded in 1950, conducts separate annual National Championships on provincial basis for men and women. Since 1954 an Inter-State Championship for High School boys has been held every year and is conducted at the same time on the lines of the National Basketball Championship. The Federation obtained free services of Frank Kaufmann, an American basketball coach, for three months. The Rajkumari Coaching Scheme also provided Rs.15,000/- for basketball coaching during the year 1956-57.

**Boxing**

Boxing as a form of sport is popular in the Armed Forces and to a certain extent in public schools. The Indian Amateur Boxing Federation was founded in 1958. At the Jakarta Asian Games Padam Bahadur Mall represented India and won a gold medal. The Government of India also honoured him with the Arjuna Award for 1962.
Cycling

Cycling Bowls or Banked Tracks are essential for track racing. The National Sports Club of India has constructed two Cycling Bowls, one in Delhi and another in Bombay, both of which conform to international specifications. There are two other Cycling Bowls in India, one at Patiala and another at Bangalore, but these do not conform to international specifications. The National Cyclists Federation of India (N.C.F.I.) was founded in 1938 and is affiliated to the Union Cyclists' International. Since then Indian cyclists have been frequently taking part in the Olympic Games and in the World Cycling Championships. In 1963 the XVIII National Championship was held in Delhi but ended in tragedy when two competitors in the road race were killed in a truck accident. In 1951 the Asian Cycling Championship was organised in Delhi by the N.C.F.I.

Football

The British Army in India first played organised football in 1880. The first football tournament in India, known as the Durand Football Tournament, was organised in 1888 on the initiative of Sir Mortimer Durand, Foreign Secretary to the Government of India. It was conducted in Simla with the object of promoting sports among the British people residing in India. As expected, only the British army teams participated, and in course of time civilian teams also entered the tournament. In 1960 Air Marshal Subroto Mukerjee, President of the Durand Football Tournament Committee, instituted a Junior Football Tournament for school boys. It was organised on an All India basis and later named "The Subroto Mukerjee Cup" in memory of the late Air Marshal. It is also known as the "Junior Durand Football Cup".
The 'Trades Cup', which was instituted in 1889 and renamed Indian Football Association Trophy, is usually shortened to I.F.A. shield. The Mohun Bagan Club was founded in 1889 at 'Mohun Bagan Villa' in North Calcutta with an under-sized football field at their disposal. The club has a brilliant record and in 1904 and in 1905 it won the Cooch Bihar Cup, and emerged winners of the I.F.A. Shield. The first Indian football team entered the 1948 Olympic Games in London. Most of the players who participated in it were barefooted and so they could not do well. The All India Football Federation was not founded till 1937. On formation the Federation directed that the players should not be permitted to play without boots and consequently the Indian football team played better at Melbourne in 1956. It also benefitted from the expert coaching of Mr. S.A. Rahim.

The main trophies for football in India are: (a) The Durand Cup, Delhi; (b) The I.F.A. Shield, Calcutta; (c) The Santosh Trophy (National Football Championship); (d) The Rovers Cup; (e) The DCM Tournament, Delhi (Delhi Cloth Mills); and (f) Sir Aosutosh Mukerjee Trophy (All India Inter-University Football Championship).

Gymnastics

When Swedish gymnastics was introduced in the educational curriculum in England, the British educational authorities subsequently introduced it in Indian schools, wherever possible. The Gymnastic Federation of India was founded in 1951. In 1952 it was affiliated to the Federation International de Gymnastic and also to the Indian Olympic Association. A Gymnastic team of two competitors - Khusi Ram and Vir Sing - was
sent in 1952 to participate in the Olympic Games at Helsinki and in 1956 a team of three competitors - Anant Ram, Pritam Singh and Sham Lal - were sent to Melbourne; but in both the Olympic Games the performance of the Indians was poor.

Hockey

Hockey was first played in India by the British Regiment and then it was introduced in the educational institutions as it suited the Indian climatic conditions. As early as 1885 Hockey clubs in India were formed at Calcutta. Within twelve years the game became so popular that two tournaments, which are now played on All India basis, were organised. One of them is the Beighton Cup Tournament (1895) in Calcutta and the other the Agha Khan Tournament (1896) in Bombay. As the popularity of the game increased, the first association to be formed was the Bengal Hockey Association in 1908. The Indian Hockey Federation was founded in November 1925 at Gwalior and has the distinction of being the second National Federation in India. The Federation later received strong support because of the Indian team's success at the Olympic Games in 1928. Major Dhyan Chand, K.D. Singh Babu, and Lal Shah Bokhari 'greatly contributed to India's reputation abroad. Major Dhyan Chand earned the title of 'Wizard of the World' and received the Padma Bhushan for his services to Indian hockey. The principal hockey tournaments in India are:

1. The Beighton Cup Tournament
2. Rangaswamy Cup (National Hockey Championship)
3. The Agha Khan Cup
4. Dhyan Chand Trophy
5. Scindia Gold Cup
6. Lady Rattan Tata Trophy for Women
7. Indira Gandhi Gold Cup (an International Hockey Tournament)

Kabaddi

Kabaddi is one of the traditional games which is still popular in rural India. The Kabaddi Federation of India was founded in 1954 and since then it conducts annually the All India National Championship. The first All India Kabaddi Championship was held in February 1938 at Calcutta. India won the Gold Medal in Asian Games at Peking in 1990.

Rifle

The National Rifle Association of India was founded in 1953. The first Indian rifle team took part in the British National Rifle Association Competition in 1974. After the formation of the National Rifle Association of India an Indian team for the first time took part in the shooting competition in the Olympic Games at Melbourne in 1956. Maharaja Karani Singh of Bikaner and Prince Bhim Singh of Kolah took part in the shooting competition. Maharaja Karani Singh of Bikaner was the world's second ranked clay pigeon shooter of his times. Recently the Indian Champion, Jaspal Rana, secured many prizes in Asian games for India.

Swimming

Before the formation of the Swimming Federation of India in 1936, the Indian Olympic Association controlled all amateur swimming competitions in India. Then two swimming associations sprang up, later amalgamated into the Swimming Federation of India which was founded in 1940. The first All India Swimming Competition was organised in 1941. Indian competitors
have taken part in the Olympic Games; but they have not achieved any distinction. The international standard in swimming is too high for our competitors.

Volley ball

The Volleyball Federation of India was founded at Ludhiana in 1951. The first National Championship under the Federation was held in 1952. For the first time in 1953, women’s championship was conducted at Jabalpur in which three teams participated. In 1956 a Junior Championship for boys was introduced at Cuttak. In 1952 an Indian team took part in the World Championship at Moscow in Russia and was placed 8th in the tournament. In 1955 another team went to Japan and won the First Asian Volleyball Championship there. In 1958 in the Third Asian Games the Indian team was awarded the Bronze medal. Every year the Federation conducts coaching camps.

Weight Lifting

The First All India Weight Lifting competition was organised by Baghbazar Gymnasiuym in 1920 in Calcutta. The Indian Weight Lifting Federation was founded in 1935. India’s first entry in the Olympic Competition was at Berlin in 1936, in which only one competitor, Zaw Weik of Burma took part. In 1948 D.P. Mony and D.R. Gopal took part in the London Olympic Games and again at Helsinki, in 1952. The first Indian Weight Lifting Championship was held at Bombay in 1940. The Indian Weight Lifting Federation introduced the ‘Bharat Shree’ contest in 1951. Kunjurani Devi and Karnam Malleshwari won gold medals in Asian and World Championships and were honoured by Rajeev Gandhi Khel Ratna awards in the year 1997.
Wrestling

One of the oldest pastime activities in India is wrestling. During the last decade of the nineteenth century and since then Indian wrestlers have commanded respect in Europe and America. In 1892 Karim Bux defeated Tom Cannon when the latter visited India for wrestling bouts. In 1900 Ghulam Pahelwan accompanied late Pandit Motilal Nehru to Paris where he defeated Kader Ali of Turkey. The Gama versus Zybisko bouts have become legendary. Gama enjoyed international fame as world champion, but he died in poverty in Pakistan in 1960 after suffering a stroke and paralysis. In spite of India's ancient traditions, the Wrestling Federation of India was not founded till 1948. However, the First Amateur Wrestling Competition was held in 1934. The Indian team participated in the Berlin Olympic Games. Shri K.D. Jadhav won a Bronze medal at the Olympics. Kartar Singh won a Gold medal during 1982 Asian Games held at New Delhi.

Yatching

The Yatching Association of India was formed in 1960. There are eighteen Sailing Clubs in India. The Fifth All India Regatta was held in Delhi in 1964 under the burgee of the Defence Services Sailing Club. The contribution of the Indian Army both under British rule and after Independence is immense to Yatching.

The Army Sports Control Board was first formed in 1919. It was reconstituted in 1945 as the Services Sports Control Board (India). The Board is an inter-Services body which organises games and sports in all the three Armed Services - the Army, the Navy and the Air Force. Of late, the Indian Army's contribution to games and
sports in India has become very substantial. Many servicemen have been selected to represent India in international competitions.

Table Tennis

The International Table Tennis Federation was founded in 1926. India took part in the first World Table Tennis Championship held at London in 1926. Indian Table Tennis Federation was founded in 1938, and the First National Table Tennis Championship was held in the same year at Calcutta. Jayalaxmi Cup is awarded to the winner of the National Table Tennis Championship for women. In 1952 the World Table Tennis Championship was held in Bombay.

Badminton

The game of Badminton is the gift of India to the world, but the British are responsible for its world-wide popularity. The All India Badminton Association was founded in 1934. Thomas Cup is for men and Uber Cup for women and both are World Championship cups. Miss Meena Shah was awarded the Arjuna Award for the year 1962. Prakash Padukone from Karnataka won the All England Championship in 1980.

Apart from the various Federations, there are some independent organisations established in India to promote sports and games in Table Tennis, Badminton, Billiards, Squash and Golf.

Another agency which has contributed much to Indian sports and games is the Railways. The Indian Railway Sports Control Board was established long back in India to promote sports and games and to give an opportunity to Railway employees to participate in sports.
Indian Railways has contributed substantially and has produced a number of international level sportsmen and women.

Indian Police Force is another agency which, too, has contributed a lot to Indian sports. The All India Police Sports Control Board established in 1960, is promoting sports in the Police Force. It also helps to develop good relations between the Police and civilians, which promote national integration.

There are a number of Indigenous games which are played in rural India. They are usually played for recreation purposes. These games do not require any special equipments or facilities except a small ground. These are Kabaddi, Kho kho, Atya Patya, Guli-Danda etc.

One of the important steps taken by the Union Ministry of Education in 1954 was the formation of the Central Advisory Board of Physical Education and Recreation in order to enable the Government to refer to it specific matters for expert advice. The Government of India constituted the All India Council of Sports in 1954 to serve as a coordinating link between the National Federations, National Associations and the Central Government.

The purpose of the Council is to give advice and assistance to various sports organisations in order to raise the standard of games and sports. It recommends to the Government of India the amount of financial aid to be given to various sports associations and federations for construction of stadia, conducting coaching camps, purchasing of games materials, sending teams to international competitions and inviting foreign teams. It also recommends names of distinguished sports men and women for bestowing Arjuna awards.
In view of the poor standard of performance of Indian competitors the Government of India appointed an ad hoc Committee to suggest ways and means to improve the standard of sports and games. Dr. K.L. Shrimali, Union Minister of Education, in 1958, while addressing the Committee, referred to the poor standard of Indian competitors in all national and international level sports and games.

In order to improve the standard of sports and games, Government of India introduced Rajkumari Coaching Scheme in 1953, with the object of training good athletes and sportsmen. But it has not fulfilled its objectives. On the basis of the ad hoc Committee's recommendation, the All India Council of Sports advised the Government of India to establish a National Institute of Sports for training coaches. Accordingly the Government of India established the National Institute of Sports at Patiala in March 1961 to train coaches.

In order to encourage University students to participate actively in various games and sports, the Government of India in 1961 instituted the Maulana Abdul Kalam Azad Trophy. The School Games Federation of India was founded at Calcutta in 1954 to encourage, promote and popularise all recognised Olympic athletic events and games as well as indigenous and modern games amongst the school boys and girls of India.

In 1957 the National Discipline Scheme was allotted to the Union Minister of Education for the furthering of educational development programmes. The aim of the scheme is to develop a sense of patriotism, good citizenship, social unity, removal of parochial tendencies, self-reliance and a spirit
of tolerance. Essentially it is a cultural movement based on vigorous physical training activities.

**Sports in Indian Universities**

In the year 1857 three Universities: Bombay, Calcutta and Madras were established in British India. These were the first Universities of their kind. As time passed, more Universities came into being in different parts of the country. To co-ordinate sports and games in India at the university level, the Inter-University Board (IUSB) of Sports was formed in the year 1925.

During the Inter-University Board meetings an effort to sell the idea of organising sports and games tournaments for the university students was made, but there were hardly any takers. The pressure was kept up and during the Annual Meeting of the I.U.S.B. held at Madras on 29th February and 1st and 2nd March 1928, the matter concerning Inter-University Tournaments was once again brought before it. The Inter-University Board held its Ninth meeting held at Delhi in 1934, with the Annamalai University suggesting that it would be desirable to have Inter-University Debates and Sports. The Mysore University also proposed that the I.U.S.B. take steps to bring together students of different Indian Universities by means of Inter-University debates, sports and the like. The Board accepted the suggestions and resolved: "While being conscious of the difficulties in organising the tournaments and debates on an all India basis the Board is strongly of the opinion that Inter University contests in sports and debates be encouraged as far as possible". The suggestion mooted by the Bombay University appeared on the agenda as item no. XXI(2) "Whether constituent Universities should or should not undertake
the physical education of students". This item was fully debated and finally an important resolution was passed and that should be considered a significant break through. The resolution XX1(2) runs as follows:

"In view of the imperative duty on the part of Indian Universities to attend to the physical education of students, information be obtained with regard to the present facilities for physical education existing in them".

The following year, an Inter-University Athletic Board was formed with headquarters at Patna. The I.U.S.B. had already expressed its approval of such a movement. The moving spirit behind this development was Professor J.S. Armor of the Patna Government College, who later also became its first Chairman. Professor Moinul Haq of the Bihar National College became the Secretary. The Aligarh, Allahabad, Banaras, Calcutta, Dacca, Lucknow, Madras and Patna Universities were the first ones to take up membership of the body. Cricket, Football, Hockey and Tennis were the games taken up to start with and very successful inter-university tournaments were held at Patna and Lucknow during the year.

In spite of the promising start, however, little progress was made in the activities of the 'Athletic Board'. The main reason was the restless political situation in the country. After the first year, no further tournaments were held.

It took another five years for the I.U.B. to pass a resolution in February 1939 that the following Universities be requested to frame rules for the conduct of Inter-University Tournaments in the games noted against them and they are as follows:
Allahabad (Tennis), Bombay (Cricket), Lucknow (Hockey),
Madras (Swimming), Patna (Football) and Punjab (Athletics)

A Sub-Committee consisting of Pandit Amarnath Jha, Khan Bahadur
Mian M. Afzal Hussain, Professor Qazi Mohammad Hussain and R.P. Masani
was appointed and requested to meet at Bombay in March 1940 to examine
the rules with a view to making them uniform as far as possible and
to circulate the revised rules to all the members of the Board for their
approval.

A meeting of the Sub-Committee for the consideration of rules for
the conduct of Inter-University Tournaments was held at Bombay on 29th
March 1940 at 2 P.M. The members present were: Pandit Amarnath
Jha (Chairman), Mr. R.P. Masani, Prof. Qazi Mohammad Hussain, Mr. C.V.
Chandrashekharan (Co-opted). Prof. R.N. Bhagvat of the Bombay University,
(on invitation) and Prof. N.K. Sidhanta (Secretary). At the 16th Annual
Meeting of the I.U.S.B. held at Trivendrum in January 1941, the draft
rules prepared by the Rules Committee were finally adopted.

In order to run the Inter-University Tournaments successfully a
Representative Sports Committee was set up by the University Board
consisting of representatives of (a) Aligarh University (North Zone), (b)
Calcutta University (East Zone), (c) Osmania University (Central Zone)
and Khan Bahadur Mian M. Afzal Hussain of Punjab University as the
Chairman. The Secretary of the I.U.B. became ex-officio Chairman and
Secretary of the Committee, which can be regarded as the embryo of
the present Sports Division of the Association of Indian Universities.
Sports in Karnataka University

Karnatak University was founded in the year 1950 at Dharwad, the city of seven hills, by an Act of the then Bombay Provincial Government. This is situated on one of the beautiful hills which is called Chota Mahabaleshwara i.e., next to the hill station Mahabaleshwar, in Maharashtra. It is one of the reputed Universities in India today not only in academic performance but also in the field of sports. Since its inception, it has given prime importance to the promotion of sports and games and has also arranged various sports programmes for the youth. Even under the Bombay University this part of Karnataka was known for sports and games and had produced a good number of sports persons who represented the Bombay University and also the state.

Formerly Karnatak University was the second oldest University in Karnataka state. Its jurisdiction covered eight revenue districts of Belgaum, Bellary, Bidar, Bijapur, Dharwad, Gulbarga, Raichur and Uttar Kannada which were a part of Bombay and Madras Presidency and Hyderabad state. After the establishment of the Gulbarga University in 1981, only four revenue districts of Belgaum, Bijapur, Dharwad, and Uttar Kannada remained under the jurisdiction of Karnatak University. Now all the colleges in the newly formed districts of Bagalkot, Gadag and Haveri come under its jurisdiction. There are now 240 colleges affiliated to this University. Among these are Arts, Science, Commerce, Engineering, Medical, Dental, Law, Education, Physical Education, Ayurvedic, Homoeopathic and Nursing colleges. To these are added Post-Graduate Centres at Dharwad, Belgaum, Bijapur and Karwar. For smooth and efficient organisation and administration of sports programme, the colleges are divided into Five Zones: Dharwad, Hubli, Belgaum, Bijapur and Uttar Kannada. The Inter-Collegiate Tournaments
are conducted on Single Zone, Two-Zone and Four-Zone basis depending upon the games and participation. Individual events like athletics, swimming, wrestling, weight lifting, gymnastics, mallakhamb, cycling and team games like tennis, chess are conducted on single zone basis. Team games like Kho kho, Kabaddi, Volleyball, Basket ball, Football, Hockey, Cricket, Badminton, Table Tennis are conducted on Zonal and Inter-Zonal basis.

The Karnatak University has been having a fullledged Sports Section since 1971. A Director of Physical Education and Eight coaches in Athletics, Swimming, Volleyball, Wrestling, Cricket, Badminton, Hockey and Yoga are provided.

The University has constituted a Sports Sub-Committee i.e. Board of Sports which governs sports activities in its jurisdiction. The Vice-Chancellor is its president and one of the Syndicate members is nominated as Chairman of the committee. The Board consists of 15 members. The other members are nominated by the Syndicate as per the constitution of the Board of Sports. The Chairman will be nominated by the Syndicate Committee. The constitution of the committee is as follows:

1. One member of the Syndicate Chairman
2. One member of the Syndicate Member
3. One member of the Senate "
4. Two Principals of Colleges "
5. One Principal of Physical Education college "
6. The President of P.G. Gymkhana "
The Board of Sports will constitute various selection committees for selecting the university teams in all the twenty games. These committees consist of five members, each one of whom an expert in those games and the head of the institution who will organise the tournaments, will be the Chairman of the committee.

The Karnataka University is taking part in the Inter-University Tournaments, in the following twenty Sports and Games.

2. Swimming (men and women) 11. Football (men)
6. Cycling (men & women) 15. Table Tennis (men & women)
7. Gymnastics & mallakhamba (men) 16. Tennis (men)
11. The Director of Physical Education Member-Secretary

The Deputy Director of Youth Welfare or his representative, Belgaum
8. Four Physical Education Teachers - one from each Zone
9. Two experts, of which one must be a lady
10. The Director of Students' Welfare, KUD
The Karnatak University has organised zonal and Inter-Zonal of Inter-University Tournaments at Dharwad in the following Sports and Games since its establishment in 1950.

**Inter-University Tournaments conducted at Dharwad**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Game</th>
<th>Men/women</th>
<th>Level/Zone</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Hockey</td>
<td>Men</td>
<td>West Zone</td>
<td>1959-60</td>
</tr>
<tr>
<td>3.</td>
<td>Hockey</td>
<td>Men</td>
<td>West Zone</td>
<td>1960-61</td>
</tr>
<tr>
<td>4.</td>
<td>Table Tennis</td>
<td>Men/women</td>
<td>West Zone</td>
<td>1960-61</td>
</tr>
<tr>
<td>5.</td>
<td>Cricket</td>
<td>Men</td>
<td>West Zone</td>
<td>1961-62</td>
</tr>
<tr>
<td>6.</td>
<td>Cricket</td>
<td>Men</td>
<td>West Zone</td>
<td>1963-64</td>
</tr>
<tr>
<td>7.</td>
<td>Badminton (Shuttle)</td>
<td>Men/women</td>
<td>South and Inter Zonal</td>
<td>1965-66</td>
</tr>
<tr>
<td>8.</td>
<td>Foot ball</td>
<td>Men</td>
<td>South Zone</td>
<td>1966-67</td>
</tr>
<tr>
<td>9.</td>
<td>Tennis</td>
<td>Men</td>
<td>South Zone</td>
<td>1968-69</td>
</tr>
<tr>
<td>10.</td>
<td>Table Tennis</td>
<td>Men/women</td>
<td>South Zone</td>
<td>1969-70</td>
</tr>
<tr>
<td>11.</td>
<td>Badminton (Shuttle)</td>
<td>Men/women</td>
<td>South Zone</td>
<td>1969-70</td>
</tr>
<tr>
<td>12.</td>
<td>Cricket</td>
<td>Men</td>
<td>South Zone</td>
<td>1970-71</td>
</tr>
<tr>
<td>13.</td>
<td>Badminton (Shuttle)</td>
<td>Men/women</td>
<td>South Zone</td>
<td>1971-72</td>
</tr>
<tr>
<td>14.</td>
<td>Kho kho</td>
<td>Men</td>
<td>Zonal and Inter Zonal</td>
<td>1972-73</td>
</tr>
<tr>
<td>15.</td>
<td>Kabaddi</td>
<td>Men</td>
<td>South Zone</td>
<td>1973-74</td>
</tr>
<tr>
<td>16.</td>
<td>Volley ball</td>
<td>Men</td>
<td>South and Inter Zonal</td>
<td>1974-75</td>
</tr>
<tr>
<td>17.</td>
<td>Hockey</td>
<td>Men</td>
<td>South and Inter Zonal</td>
<td>1974-75</td>
</tr>
<tr>
<td>18.</td>
<td>Tennis</td>
<td>Men</td>
<td>South and Inter Zonal</td>
<td>1975-76</td>
</tr>
<tr>
<td>S.No.</td>
<td>Game</td>
<td>Men/women</td>
<td>Level/Zone</td>
<td>Year</td>
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<tr>
<td>19.</td>
<td>Cricket</td>
<td>Men</td>
<td>South and Inter Zonal</td>
<td>1976-77</td>
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<tr>
<td>20.</td>
<td>Table Tennis</td>
<td>Men/Women</td>
<td>South and Inter Zonal</td>
<td>1977-78</td>
</tr>
<tr>
<td>21.</td>
<td>Ball Badminton</td>
<td>Men</td>
<td>All India</td>
<td>1978-79</td>
</tr>
<tr>
<td>22.</td>
<td>Table Tennis</td>
<td>Men/Women</td>
<td>South and Inter Zonal</td>
<td>1979-80</td>
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<tr>
<td>23.</td>
<td>Shuttle Badminton</td>
<td>Men/Women</td>
<td>South and Inter Zonal</td>
<td>1979-80</td>
</tr>
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<td>24.</td>
<td>Tennis</td>
<td>Men</td>
<td>South and Inter Zonal</td>
<td>1983-84</td>
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<tr>
<td>25.</td>
<td>Basket ball</td>
<td>Men</td>
<td>All India</td>
<td>1984-85</td>
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<tr>
<td>26.</td>
<td>Hockey</td>
<td>Men</td>
<td>South Zone</td>
<td>1986-87</td>
</tr>
<tr>
<td>27.</td>
<td>Volley ball</td>
<td>Women</td>
<td>South Zone</td>
<td>1987-88</td>
</tr>
<tr>
<td>28.</td>
<td>Foot ball</td>
<td>Men</td>
<td>South Zone</td>
<td>1989-90</td>
</tr>
<tr>
<td>29.</td>
<td>Table Tennis</td>
<td>Men/Women</td>
<td>South Zone (A)</td>
<td>1989-90</td>
</tr>
<tr>
<td>31.</td>
<td>Athletics</td>
<td>Men/Women</td>
<td>South Zone</td>
<td>1992-93</td>
</tr>
<tr>
<td>32.</td>
<td>Volley ball</td>
<td>Men</td>
<td>South Zone</td>
<td>1993-94</td>
</tr>
<tr>
<td>33.</td>
<td>Cricket</td>
<td>Men</td>
<td>South Zone</td>
<td>1996-97</td>
</tr>
</tbody>
</table>

**Summary**

Sports is as old as civilization. Primitive Men practiced sports while in search of their daily needs. During the medieval period physical education gained importance to develop the physical efficiency of the army. The Greeks' contribution to sports is marvellous. Due to their zeal, ancient
Olympic Games began in the year 776 B.C. Because of the devoted zeal of the French noble-man Baron Pierre-de Coubertin, the modern Olympic Games have been held since 1896. India's participation in sports and games is great. India has also played an important role in the commencement of Asian Games in the year 1950.

Sports activities were popular even during Puranic period in India. Excavations of the Archaeological Survey of India found existence of sports during pre-Vedic and historic period. Muslim rulers also encouraged sports in their kingdom. The modern physical education and sports took a revolutionary turn during the British regime, through the establishment of educational institutions in India. Most of the sports and games developed after the Independence of India. Many outstanding sportsmen and women took part in Olympic and other international competitions and some of them have flown the Indian flag high in the international arena.

Inter-University Sports Board was formed in the year 1925 to mobilise and to create opportunity for young sportsmen and women, to show their excellence in sports and games. Since then it is organising Inter-University Competitions in various games and sports every year.

In accordance with this Karnataka University has formed the Board of Sports and has established a fullfledged Department of Physical Education in the year 1971 to look after sports activities in the colleges. Since then it has been organising Inter-Collegiate competitions in 20 games and sports and selecting University teams to take part in the Inter-University tournaments. It has also organised many Inter-University tournaments at Dharwad.