Indian culture expects our women to be committed to family or house and a women entering the field of sports has been social stigma and psychological tuition in our country. Currently sports for women represents a fast growing changing element. In Indian culture and recent trends have sparked a need for knowledge about the women sports participation. Now a days women participants achieved many records.

The present investigation is an important task undertaken by the scholar on "Constrains and Controversies towards women participation in sports and games".

The investigator feels that the result of the present study is to identify the constrains and controversies in sports faced by women and try to rectify it and hence this study.

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