



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

VOLUME - 11 | ISSUE - 4 | JANUARY - 2022



THE STUDY OF SPORTS OF MAHARASHTRA AND THEIR PRESENT STATUS

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ABSTRACT:

Maharashtra has had a long tradition of sports, exercise, and recreation since ancient times, and it has been consistently beneficial to the overall life of the people and social health. Atyapatya, Hututu, Gotya etc. in ancient Santwangmaya. From the allegorical mentions of games that are found, it seems that those games must have been a norm in the social life of that time. Mentions of many other games and forms of entertainment are found in the folk songs and folk dances of the time. Although cricket is considered to be the most popular sport in Maharashtra today, Kabaddi, field hockey, kho kho, badminton, and table tennis are also widely played. Hind Kesari and Maharashtra Kesari wrestling tournaments are held regularly in rural areas of the state. Sports/sports is not only an effective tool for the personal development of the individual but also for social transformation. In this paper, an attempt has been made to know the information about the traditional games such as Mallakhamba, Kusti, Atyapatya, Kho-Kho, Kabaddi as well as Lathi, Jambia, Farigadka, which started and are played in every corner of Maharashtra. The study of sports in Maharashtra and their current status has been done in the present research paper.



KEY WORDS: Sports, Mallakhamba, Kusti, Atyapatya, Health, Fitness, Kho-Kho, Kabaddi, physical education, Sports of Maharashtra.

OBJECTIVE OF RESEARCH:

- 1) To study history of sports of Maharashtra.
- 2) To know the current status of sports of Maharashtra.

INTRODUCTION:

Sports play an important role in human life. Various games can help to relax the mind and refresh the body and mind by making people forget the pains and worries of life. The body gets a lot of exercise in physically demanding games and it makes the body fit and strong. Sports develop morale, perseverance, sportsmanship, etc. Marks also increase. Team sports give scope for cooperative attitude, team spirit, and leadership qualities and these qualities are useful on various occasions in life. Competition in sports also increases the quality of sports. International harmony also increases due to sports competitions among nations.

Outdoor Sports, Football, Tennis, Hockey, Cricket, Exercise Games, Volleyball, Gymnastics, Basketball, Swimming, etc. Efforts were made in Maharashtra during the pre-independence period for the development of sports by starting state-level organizations and their sub-branches at various places. According to the 1945 report of the Physical Education Committee, the government issued appropriate orders regarding the class-wise curriculum of physical education for students, as well as physical education hours, sports grounds, literature, competitions, etc. In this way, in the pre-independence era, the students and youth of Maharashtra, as well as the adults, became interested in the activities in this field and created an environment conducive to physical education.

As per the recommendation of the Physical Education Committee of 1945, from 1950, rules were laid down for private institutions to start one-year Certificate-Class in Physical Education (CP Ed) for students who passed the final examination and their subsidy scheme was also decided. Accordingly, a total of seven institutions in Mumbai state at that time were approved. During this period, one officer was appointed at the state level and two officers were appointed at the district level by increasing the class of special inspectors for physical education. Plans were started to organize special camps for teachers and students. In 1954, the National Sports Fund was started to be set aside to develop national sports by setting aside some of the income from horse racing. Various organizations are given help from this fund for facilities such as sports halls, swimming pools, auditoriums, etc. The State Sports Festival was started every year from the same fund. Individual competitions, volleyball, kabaddi, Kho-Kho, lazim, wrestling, mallakhamb, folk dances, etc. are organized in this festival. First of all, the matches were started at the center-taluka and district level and after selecting the district team, their sports festival started at the state level.

School competitions are organized at district-state and national levels to give students of primary and secondary schools a competitive experience in sports and improve their quality in the field of sports. These matches are divided into three groups: 'mini' matches for children, junior group, and senior group. These matches include a total of 15 games. These include field events, volleyball, hockey, football, basketball, Kho-Kho, kabaddi, badminton, table tennis, gymnastics, wrestling, handball, judo, swimming, and cricket. Maharashtra's standard in these matches is high. From 1970-71, a district-wise sports-scholarship scheme was started for the students of secondary schools in Maharashtra. Also, the government has made provisions for separate sports scholarships to the athletes who have shown special qualities by taking wrestling competitions at the state level through Akhil Maharashtra Kustigir Parishad.

The Shiv Chhatrapati Yojana has been started by the Maharashtra State Government in 1969-70 to give special awards to outstanding athletes and activists. Male and female athletes are selected for the award. Sports and Exercises Badminton, Basketball, Hockey, Kabaddi, Kho-Kho, Swimming, Table-tennis, Volleyball, Cricket, Football, Pole vaulting, Weightlifting, Bodybuilding Competitions, Wrestling, Billiards, Rifle-shooting, Mountaineering, Chess, Boxing, Cycling, etc. Athletes excelling in sports are selected for awards. The number of these games is constantly increasing. For the past few years, separate competitions have also been organized at the state level for persons with disabilities.

The Maharashtra State Sports Council advises the Directorate of Sports on the development of sports and games in Maharashtra. The scope of the Council's work expanded widely after 1960. To help the work of sports development in educational institutions, to establish a link between the work of state-level sports organizations and the government, to recommend recognition and grants to sports organizations in the state, and to help the government to plan and implement sports development plans, etc. Major works come under the purview of this conference. On the advice of this council, the following types of sports have been approved by the government in connection with giving grants to sports organizations. including field events, volleyball, basketball, hockey, football, cricket, badminton, tennis, table-tennis, swimming, gymnastics and athletics, cycle racing, billiards, chess, judo, ball-badminton, kabaddi, Kho-Kho, wrestling, mallakhamb, Sports include yoga, weight lifting, boxing, rifle-shooting, softball, climbing, ring tennis, handball, bodybuilding, carrom. The expenditure incurred on materials, playgrounds, competitions, and sports guidance of these sports organizations is subsidized by the government as per the financial provision.

Sports of Maharashtra and Their Present Status:

In the Vedic period in Maharashtra, dyut sports, dice games, archery, 'mrigaya' means hunting, etc. There are mentions of games being popular. Also, horse or chariot races, group dances, etc. during Yagna, Samnadi festival. used to happen Various types of recreational games are seen to have been prevalent in Maharashtra since the Satavahana period. People of the Satavahana period used to play Sonata. Wrestling is a special indigenous form of Maharashtra dating as far back as the Satavahana period. In Gathasaptashati (1st-2nd century AD) instructions for wrestling are found.

Vaya-Murali, Bhutya, Vasudev, Bahurupi, Potraj, etc., were considered worshipers of folk culture in Janjivan. Doing public works. Kathakirtan, Ghana, Bharud, etc. A type of religiously evocative entertainment was the norm at the time. At the same time, bulls, reds, chickens, chickens, etc. Animal fights, bullock cart races, elephant hunts, snake-mongoose fights, bears, monkeys, etc. Animal exercises, magic games, cards, card games, etc. In Maharashtra, there is a kind of folk entertainment that has been going on for a long time.

During the Bahmani period, some games came to Maharashtra from North India, among which chess became more popular. In ancient times it was played under a different name 'Chaturanga'. Apart from that, Chaucer, Ganjifa, etc. Games were also played. Vitidandu, Chenduphali, Lagoreya, Bhowara, Surparambi, Patpat Sawli, Lapandaw, Vawadi or Patang, Ekibeki, Hututu, Hamama etc. Games were loved by children. Among these, the game of witidandu came to Maharashtra from the south. Its original name was 'Wakt-Lend Moond'. Pinga, Phugdi, Tipri, etc. Children's games were prevalent.

During the Yadav period, Garudi and Kolhati (Dombari) people's athletic games, Kalsutri doll games, etc. Dyes were popular. Deut or saripat was also popular. The games like wrestling, koldandu, lagora, ball games, hamama, surkandi (surparambi) were loved by children. Children's toys included clay and wooden toys, dolls, pictures, etc. Bhingri, Taranguli, Chinchore, Kavdya, etc. are mentioned in sitting games in Maharashtra.

Lathi, Bothati, Farigadga, Kusti, Lazeem, etc. in Maratha Empire. Masculine sports were popular. Wrestling arenas and independent gymnasiums came into existence from the time of Shiva. Danda, Jhor, Beetha, Surya Namaskar, Mallakhamb, etc. for a healthy body and good posture. Exercising is very common among children and youth. Pranayama and yoga for physical health also have a long heritage. Along with kathakirtans, lavanya and powade of democrats were particularly effective means of entertainment for the masses during this period. Dance plays like Phugdi, Pinga, Tipri, Zimma, Kees Bai Kees, Agota-Pagota, and Kombda, known as special Janani games, girls and women Nagpanchami, Gauri, Hadga, etc. Playing on the occasion of festivals.

A combination of military and physical education is a feature of Maharashtra's sporting history. In the akhadas of Shiva's time, the youth were taught physical skills such as jor, jodi, wrestling, archery, dandapatta, bothati, swordsmanship, javelin throwing, horse riding, etc. Balambat Dada Deodhar, who passed away during the Peshwa period, was the pioneer of modern wrestling. After him, his disciple Damodar Guru did extraordinary service to Mallavidy. He promoted Mallakhamba Vidya in Maharashtra. Gymnasiums were also established at various places.

The thrown ball is a popular sport in Maharashtra and the country. This game is very similar to volleyball. These sports competitions are held by schools and colleges. But this game is not included in the government competition. Throwing and calling are two basic skills in this game. Langdi is played in various schools and gymnasiums. This game is very popular among students. But this game is not included in government-level competitions. There is no reference to the origin of this game. But the rules of this game were published by Akhil Maharashtra Physical Education Board in 1860. At the local level, the rules of the game vary slightly. Lame is known as a very fast game.

Wrestling is the main sport of Indians. Fortunately for us, the art of wrestling has been carried to a very high level by our forefathers: From the Vedic period, the promotion of wrestling can be found in India. History shows that great mythological beings such as Shri Krishna, and Bhima had mastered this science. In ancient times, in the hermitage of sages, there was a pit filled with soft soil under the shade of big trees. In it, the students studying in the ashram take training in wrestling. Modern 'Akhada' is its form. Second, Balbhat Dada Deodhar was a famous wrestler in the court of Bajirao Peshwa. He

defeated all the Nizam's Pahelwans. 'Mallakhamba' is his gift to India. Rajshree Shahu Maharaj of Kolhapur was a famous Malla. Patiala Durbar's world-famous stallion 'Gama' defeated European champion 'Zybisco' in two and a half seconds. He belonged to the Kolhapur court. In the following period, wrestlers from the soil of Kolhapur like Khashaba Jadhav, Shripati Khanchanale, Ganpatrao Andalkar, Maruti Mane, Harishchandra Birajdar, etc. won international fame, while Khashaba Jadhav won the bronze medal in the 1952 Olympic Games held in Helsinki. Thus, India has a great tradition of wrestling. Even today, rural wrestling arenas are filled and it gets a great response from the audience. The competition results show that there have been some changes in wrestling over time and the Indian Mall is also adjusting to it.

Around the end of the 17th century, the Peshwas extended the Maratha Empire to Punjab. He was a very effective ruler. His Durbar (chief Thane) was in Pune. Once two Mallas Ali and Gulab who were under the patronage of the Nizam of Hyderabad came to his court. He challenged us in Bhar Durbar to get us attached. Such was the dominance and stature of these two Mallas that no one came forward to accept their challenge. The Peshwas asked for six months and this challenge was accepted by Balbhatta Dada Deodhar. Balambhattada went to the temple of Sapthasingidevi in Nashik to seek blessings. After twenty-one days of recitation, the goddess gave him a vision in the form of a monkey Marutiraya, the first master of Malla Vidya and strong, making him exercise for three days on a pillar in the temple premises. Balambhattada Deodhar imbibed them and stood in front of the Nizam's palwana. He crushed Ali and another wrestler, Gulab, lost without playing. Later Balabhaddadada extended his influence directly to Kashi. Balambhattada Deodhar is the true father of Mallakhamba. Earlier, many types of Mallakhamba could be seen. At that time there was a thick mallakhamb especially useful for wrestling, while the second one was a mallala (wrestler) who mainly used a short mallakhamb to show off his skills.

However, the current situation seems to have changed a lot. The player's objectives appear to have changed. There is a mentality that the purpose of squatting for health or to increase strength and power is to squat only for competition and to get prizes. Therefore, there have been major changes in the current type of mallakhamba.

It is not known exactly whether the game Kho-Kho has been prevalent in Maharashtra for many years now; But it is very old, no doubt. Kho-Kho is recognized as the fastest of the traditional Indian sports and originated in the land of Maharashtra. When the Deccan Gymkhana in Pune started field sports matches around 1914, the rules of this game applied to everyone to compare the teams from each place and gave this game the form of a discipline, and since then these games have been played according to these rules, except for a little local variation. A book of Kho-Kho rules was published for the first time in 1935 by the All-Maharashtra Board of Physical Education. etc. S. Kho-Kho was first exhibited at the international level in 1936 at the Olympic Games in Berlin. Hanuman Vyyakyaparasarak Mandal in Amravati, Maharashtra organized this exhibition. etc. From 1947, inter-collegiate Kho-Kho matches were held for the men's group. etc. In 1957 All India Kho-Kho Federation was established at Cuttack. etc. In the year 1961-62, the first competition for women was in Kolhapur, etc. In 1996, the first Asian Championship was held in Kolkata.

Kabaddi is widely played in schools, colleges, various sports organizations, and at the individual levels from rural to urban areas. Kabaddi is not just a rural or national sport but has gained international status. A scientific meeting has been achieved. For that, literary production is necessary to spread and promote the game of Kabaddi from a scientific and technical point of view. The game of Kabaddi should be introduced diversely and constructively. Players, coaches, and spectators (general public) should develop a literary taste. This is a small attempt concerning the book 'Modern and Classical Kabaddi Training' by Prasadarao, Shinde, and Bhendigiri to give them basic knowledge of the game. Kabaddi is a game played in our country since ancient times. As Abhimanyu entered the Chakravyuha created by the warlike Kauravas in the Mahabharata and fought the seven great warriors single-handedly. Similarly, in this game, there are seven fielders on one side and one player from the opposition runs up and tackles them. Similarly, during the reign of Shri Chhatrapati Shivaji Maharaj, the brave soldiers of Shiva Raya used to achieve victory by following the style of guerilla poetry during the

war. On this line, tactics are planned in Kabaddi fielding. The game of Kabaddi is built on the above two basic principles. Initially, this game was played in different ways in different regions of India. Also, there were different types of breathing in this game. According to the local language of that region, 'Hututu' in Maharashtra and Gujarat, 'Chedugudu' in the south on the Malabar Coast. 'Vandikali', 'Hududu' in Bengal, 'Kaunwara', and 'Sabarganna' in the north; In Central India, it was played under the name of 'Kabaddi'.

Atyapatya is a game in which all the players in the game can play at the same time. This feature makes the game fun as well as a lot of exercises. Atyapatya was played during the festival of Shimgya i.e. in the month of Phalgun. Since this game is mainly played in Maharashtra, Pune is credited with first improving this game. Around 1900 English schools had an organization called 'Athletic Association'. This organization first laid the foundation by making rules for the game of Atyapatya. In 1915, the Deccan Gymkhana in Pune published a book of rules by changing the rules of this game. This brought stability to the rules. The disorganized form of the game went away, it became disciplined and matches were made easier.

The game 'Vitidandu' has been played in Maharashtra since ancient times. This game is more popular in villages. Witidandu is a game played in Maharashtra and outside Maharashtra under different names all over India. There are two sides to this game. Throwing the ball and catching the ball. Catching a player with a stick, preventing the stick from crossing the boundary of the field of play, burning with a stick, if the stick sticks, etc. All the first rules of this game were prepared by the All Maharashtra Physical Education Board in 1958 to make things uniform.

"Lagori is a game that has been played for many years in Maharashtra and outside Maharashtra. It is played like a hobby in various places, from bricks, and pieces of wood to colored logs. This game is attractive and useful for children. Catching is based on skills. This game is played in various places due to its low cost and less space. All Maharashtra Physical Education Board was the first to formulate the rules of this game.

In ancient times, people used to fight with various weapons in India or used them for self-defense. One of them is stick fighting. It was a custom of that time to practice sticks from various gymnasiums. It became less and less with time. The stick is to be used to attack the enemy. If he attacks you with a stick, you have to use the stick from that attack. All Maharashtra Board of Physical Education published the rules of stick shootings.

In the old days when gunpowder was not invented, hand-to-hand combat took place. At such times swords, belts, jambia, etc. weapons were used a lot, and therefore the people in the army were taught to use these weapons in a good manner. The art of using these weapons came into existence to defend oneself from the enemy and kill him during actual combat. To be able to strike that type of weapon properly, they used to use some kind of movement to prepare that organ. It was customary to call it 'Ghai'.

Although the game of Bothati started with the Muslim Amdani, it spread more in the Maratha dynasty. During the Marathi Empire, the main army of the Marathas was cavalry. This game of Bothati became very popular among the Marathas; But after the demise of the Maratha dynasty, the horsemen of Maharashtra were gone and so were the horses. Hence the sport became extinct. With time, new games emerged, foreign games were played and eventually this game was abolished and this society spent a manly game like Bothati.

Marathi culture is home to many sports. There are not many players left to play such games in the villages. At least traditional games/sports should be kept alive in local villages. Aasav used to play Balpan Hai outdoor games earlier. But now in a few years, our lifestyle changed and we stopped playing these games. Sur Parambaya, Atya-Patya, Gotya, Sagargotya, Lagori, Mangalagouri games, Zabbu, Badam Saat, Kabaddi, Kho-Kho, Viti-Dandu, Galol, Bhatukali are connected with every game of Maharashtra.

Sur Parambaya was played where there were banyan trees. This game played by climbing a tree was famous in the olden days. The only question is whether the wad tree is gone or the sports players are gone. The play ghosts made every child aware of the responsibilities of adulthood. Women used to play the games of Mangalore in the month of Shravan. In earlier times when women were not allowed

to leave the house, playing these games was an excuse for women to get together. Outdoor games like kho kho used to be played a lot but now it is only for school life. The place of wrestling is still there in the village for pilgrimage or cultural reasons. The game of Viti-Dandu usually starts when the rainy season ends or comes to an end. Children were playing from house to house.

CONCLUSION:

Even in modern education, the importance of games has been recognized and games are seen as an important part of the educational system. Special government as well as school and university organizations are planning many schemes to promote sports. Government scholarships are also awarded to outstanding athletes. Their training is also facilitated in the country or abroad. Various industrial and commercial organizations also organize sports events. The best players can also get great jobs from such big organizations. Thus, the importance of sports is increasing day by day in modern times. Today we have forgotten all these games. Many people will be surprised if told today that there were some games of this kind even in the land of Maharashtra.

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