



**BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI- 620 024
(ACCREDITED WITH A+ GRADE BY NAAC IN THE THIRD
CYCLE)**

**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA
BACHELOR OF PHYSICAL EDUCATION (B.P.ED)**

**CC-1 HISTORY PRINCIPLES AND FOUNDATION OF
PHYSICAL EDUCATION
(21BPE11)**

SEMESTER-I

CREDIT-4



UNIT II:

Historical Development of Physical Education in India

INDUS VALLEY CIVILIZATION PERIOD (3250 BC – 2500BC)

- This is also known as pre – Vedic age. We do not find any proof or recorded of any kind of physical art or craft during this period.
- But various things found at Harappa and Mohenjo-Daro provides some clue. One of an important and most popular event of pre – Vedic people was considered to be dancing.
- Generally people did not perform dance individually, but event of group dancing was being organized.
- As in modern period, we organise different swimming competition. For conducting various kinds of sports events, marbles, balls and dicers were used.

- For conducting various kinds of sports events, marbles, balls and dicers were used.
- Various proofs prove that dicing was the most popular game during that period.
- From some evidences, it has been proved that dicing was not a full time game, but was used only with board games.
- Another important pass – time during this period was animal fighting.
- Boxing is also considered an important event which was being practised by people of that period.

VEDIC PERIOD (2000- 1000BC) Before Christ

- One of an important asana of yoga, suryanamaskara, has its origin in this period. This asana did not have the same value and importance as it has today, but earlier, it was performed in the form of a religious duty.
- During this period military training got a very importance place.
- It was during this period that another important asana, pranayama came into existence.
- Hand wrestling, perfect use of various weapons were being practiced by people of this period.
- For pass-time animal hunting was used. Various kinds of fights were being conducted between different animals and birds.
- Swimming was one of a favourite pass-time of people.
- Dicing was also popular in this period also.

EARLY HINDU PERIOD (600BC- 320AD)

- The period that immediately followed the Mahabharata war was the darkest period in the history of India due to lack of central political authority.
- The mauryanempire, under Chandragupta maurya and ashoka the great, marks the brightest period of indian history in terms of administration, trade, commerce, defence, social environs, customs and tradition people, festivals, religious observances etc.
- They are fond of wrestling, martial arts, horse-racing, chariot-racing, javelin throwing etc.
- However dramatic changes occurred in the social, political, religious, educational ethics and ethos when ashoka, the great, embraced Buddhism.

LATER HINDU PERIOD (320AD- 1000AD)

- This period is known as the period of rivalry.
- Rajputs were very proudly, hard-working and are divided into hundreds of groups.
- They do not believe in a central authority.
- Even they ruled well up to 13th century.
- They create atmosphere of physical fitness and art training.
- The Rajput children from childhood trained to learn different skills of fighting.
- Not only the boys but also the girls take part in all these activities.
- The activities like chariot race, javelin throw, sword fight, dragger fight, horse ride and other many similar activities are very common and taught to the children.

MEDIEVAL PERIOD (1000AD-1757AD)

- During the period, importance of systematic education was considered and now for this purpose, certain organisations were being established, which were termed as 'gurukulas'.
- Military training was provided much importance during this period.
- There was a kind of gymnasium movement in the country which was headed by shree Samarth ramadas swamee.
- Wrestling and various events of gymnastics got very importance during this period.
- Sport activities got very popularity during this period, some of which were horse riding, javelin, wrestling, Mallkhamb.
- Another important activity was boxing.
- Other activity's which were popular during that period were hunting, swimming and animal fighting.as a recreational activity, chess was used by a large number of people.

BRITISH PERIOD (BEFORE 1947)

- The Mughal-Muslim domination of India was replaced by the British domination after the battle of Plessey in 1557 first with the east India Company being at the helm of affairs and later the British crown becoming the sovereign ruler in 1857.
- The British period which extends up to August, 1947, was a period of repression, suppression, revenge, revolution, reformation, education, enlightenment, awakening, political rising and unrelenting struggle for freedom.
- During this period, India had lost its independence.
- Military training lost its importance during British reign, various acts pertaining to arms were being passed by Britishers.

- Britishers brought various kinds of new sports events with them. Cricket and athletic were some of the few events which they introduced in our country.
- In the various educational organisations, German system of gymnastics was used.
- Outdoor game became more popular during this period.
- Modern games and sports entered India via the British army and the Indian princes who frequented England and other European countries for various reasons.
- Games and sports like soccer, cricket, volleyball, hockey, snookers etc.,

PHYSICAL EDUCATION INDIA (AFTER 1947)

- As a result of efforts of various revolutionaries, India finally got independence in the year 1947.
- Now India became a democratic country and government of India did various efforts to improve the deteriorated status of physical education, which was the result of political of britishers.
- The established of a committee which was named “Tara Chand Committee”.
- This committee came into existence in the year 1948.
- Various recommendations were provided by this committee to improve the condition or status of physical education in the country.
- To advise the government in various issues relating to physical education a board named Central Advisory Board was being set up in the year 1950.
- Lack of professional qualities coaches, the job of providing training was entrusted to those players who had performed well in their respective.

- In order to promote physical education in throughout the country, sports and youth welfare department was set up in the 1958 by ministry of education.
- To provide the qualitative coaching, national institute of sports was established in the year 1961, improve the standard of coaching.
- Rural sports tournament scheme was being launched by government of India in the year 1970-1971.
- Sports talent search scholarship scheme was introduced by government of india in the year 1970-1971.
- National sports women were launched in the year 1975 by government of india.
- In 1984 sports authority of India came into existence and with SAI, society for national institutes of physical education and sports got merged.

CONTRIBUTION OF AKHADAS AND VYAYAMSHALS

Akhara

- Akhara or akhada in its earliest usage, akhara referred to training halls for professional fighters.
- Govind sadashiv ghurye translates the term as “military regiment”.
- Ancient use of the word can be found in the mahabharadha (400 BCE texts describing 900 BCE eras) epic which mentions jarasandha’s akhara at rajkir.
- Legendary figures like parashurama and agastya are credited as the founders of the early martial akhara in certain regions of India.

Vayamshala (gymnasium)

- A gymnasium, also known as a gym, is a covered location for gymnastics, athletics and gymnastics service. The word is derived from the ancient Greek gymnasium.
- They are commonly found in athletic and fitness canter and as activity and learning spaces in educational institutions.
- “GYM” is also slang for “fitness centre”, which is often an area for indoor recreation.
- **Individual competition:-**
- Individual competition were organised during master was seriously or killed.
- Fighting were also organised between men and beasts.

YMCA AND ITS CONTRIBUTIONS

- The Young Men's Christian Association (YMCA or "Y") was founded on June 6, 1844 in London, England, by George Williams.
- The original intention of the organization was to put Christian principles into practice.
- Young men who came to London for work were often living in squalid and unsafe conditions, and the YMCA was dedicated to replacing life on the streets with prayer and bible study.
- This openness was a trait that would lead eventually to including in YMCA all men, women and children, regardless of race, religion or nationality.
- Also its target of meeting social need in the community was dear from the starts.

- Now the YMCA uses a holistic approach to individual and social development encompassing spiritual, intellectual and physical methods.
- Since 1844 the YMCA has grown to become a worldwide movement of more than 45 million members from 124 national federations affiliated through the world alliance of YMCAs.
- Currently the English national council of YMCA of the USA is headquartered in CHICAGO, Illinois.
- YMCA is open to all regardless of faith, social class, age, or gender.



THANKING
YOU