

## ANCIENT INDIAN SPORTS: A HISTORICAL ANALYSIS

LAKHVEER KAUR & RAJESH CHANDER

Assistant Professor in Physical Education, Panjab University Constituent College, Sikhwala, Muktsar, Panjab, India

Assistant Professor in History Panjab University Constituent College, Sikhwala, Distt Muktsar, Panjab India

### ABSTRACT

The paper aims to provide the basic information and research in the sports and physical activities in ancient India since the Indus valley period up to early medieval period. The physical and sports have remained a good passion and outdoor and indoor activities as revealed through the archeological and written records during different historical periods. The study also gives the evidences of military and yoga related activities in ancient India. The sports culture started from Indus Valley civilization and comes up to today's modern sports through various ancient ages like:- Vedic age, Epic age, Jainism & Buddhism, Mauryan Period, Post-Mauryan Era. Ancient Indian history was rich with the knowledge of sports and physical activities. Therefore the sports have the history of the history of human civilization.

**KEYWORDS:** Sports, Indoor and Outdoor Games, Epics, Ramayana, Mahabharata, Chaturanga, Horse Riding, Ashtapada, Run and Hide etc