

Course Name: Bachelor of Physical Education

Year: I st

Paper Name: Introduction to Physical Education

Paper No. -I

Topic No. 8 (b)

Topic Name: Punjab's Sports Culture and Heritage

Lecture No.: 21

Lecture Title

Punjab's Sports Culture and Heritage

FAQ's

Q1. Which are the various sports popular in Punjab?

A1. Punjabis play a wide variety of sports and games, ranging from modern games such as hockey and cricket, to the more traditional games such as kabaddi, kushti (wrestling) and khuddo Khoondi (similar to hockey). There are over 100 traditional games and sports of Punjab.

Q2. What is world kabaddi league?

A2. The world kabaddi league (WKL) is a professional Circle kabaddi league in India, United States, Canada, Pakistan and the United Kingdom. It is the first worldwide circle style kabaddi League.

Q3. Explain in brief about “ Goongi Kabaddi”?

A3. A popular style is “ Goongi Kabaddi “ where a raider player does not speak and say the word kabaddi but just touches the opponent's team player and the whom he touches only that player will try to stop the player.

Q4. What do you know about Sansarpur?

A4. Sansarpur is a village in Jalandhar district . Among all the Indian villages, Sansarpur has produced the largest number of Olympians for the country. The village in its heyday produced 14 hockey Olympic players, who represented India, Kenya and Canada at the Olympics.

Q5. Describe the speed fund Academy in Ludhiana?

A5. To groom player who have already excelled at National/ State Level, the sport Department in the year 1999-2000 started Speed Fund Academy for Outstanding players (only Boys) in the age group of 13-21 years, at Ludhiana. In this academy players are given a diet of Rs. 100/- per day, free education, medical, transport facilities, accommodation and sports equipment. The players are also provided a sports kit worth Rs. 10,000/- per annum.