

Punjab's contribution to sports in India

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Introduction to Physical Education

Paper No. 1

Topic No. 8 (b)

Topic Name: Punjab's contribution to sports in India

Lecture No.: 22

Lecture Title

Punjab's Contribution to Sports in India FAQ's

Q-1 What make Punjabi's superb athletes?

Ans 1- Sound physiques, supple and flexible bodies, extremes of climate, a good and balanced diet and spirit of adventurism make Punjabis superb athletes

Q-2 What is the role of Punjab in sports?

Ans 2- Punjab plays a wide variety of sports and games, ranging from modern games such as hockey and cricket, to the more traditional games such as kabbadi, wrestling and khoondo khoondi (similar to hockey). There are 100 traditional games and sports of Punjab.

Q-3 Name some renowned person who contributed for sports in Punjab?

Ans 3- Milkha or Ajmer (athletics), Parveen Kumar or Gurdip Singh (throwers, athletics), Parduman or Joginder Singh (throwers, athletics), Manjit Walia or Sunita Rani (athletics), Kaur Singh or Palwinder Singh (boxers), Tara Singh or Parvesh Chander (weightlifters)

Q-4 Name some siblings sports player of Punjab who are renowned players of our country?

Ans 4- Ajit Singh & Harmik Singh, Roman Ghosh & Deepu Ghosh, Kanwal Thakur Singh & KiranThakur Singh

Q-5 Why there is a necessity of sports?

Ans-5 Sports are the sources of recreation. They provide relief and a sense relaxation in a life of monotony of routine marked by miseries, hardships and hurdles. They

infuse a sportive spirit to take up the heavy burden of life in a lighter vein and not to think of life either as a tragedy or a comedy but as the ordinary business of living. It is very essential to maintain health and physical fitness. It encourages the growth of team-spirit. Sports and games bring about various methods of diversions