

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

Glossary

1. **Instill**- Gradually but firmly establish (an idea or attitude) in a person's mind
 2. **Sportive**- Relating to, interested in, or good at sport.
 3. **Fitness**- The condition of being physically fit and healthy.
 4. **Budding**- Beginning and showing signs of promise in a particular sphere.
- Sports stadia** - It is a place or venue for (mostly) outdoor **sports**, concerts, or other events and consists of a field or stage either partly or completely surrounded by a tiered structure designed to allow spectators to stand or sit and view the event.