

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 Summary

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. There are 100 traditional games and a sport of Punjab. It is in the entire sphere Punjab is outstanding. Whether it is in the sports arena or in the sphere of sports administration, Punjabi domination has been unsurpassed by any other community in the country. A host of sporting legends have their roots in this land of five rivers and they have brought success and splendour to the state and the country.