



PROMOTING APPRECIATION AND INTEREST IN THE INDIGENOUS GAME OF KABADDI AMONG TRAINEE-LEARNERS: A COMPREHENSIVE APPROACH



<https://orcid.org/0009-0008-3850-8658>

DR ULHAS V DESHMUKH

Assistant Professor

Shri Shivaji College OF physical Education

Amaravati Maharashtra

uvdeshmukh66@gmail.com

Received: 07.09.2023

Reviewed :11.09.2023

Accepted: 15.09.2023

ABSTRACT:

This research paper explores the significance of promoting the indigenous game of Kabaddi among trainee-learners and proposes a comprehensive approach to achieve this goal. Kabaddi, deeply rooted in Indian culture, faces challenges in maintaining its popularity in modern times. By instilling appreciation and interest in Kabaddi among trainee-learners, we aim to preserve its cultural heritage and promote physical fitness and community engagement. This paper examines the benefits of promoting Kabaddi and outlines strategies for education, practical training, tournaments, curriculum integration, and community engagement.

KEYWORDS: *practical training, tournaments, curriculum integration, and community engagement.*

Introduction:

Kabaddi, originating in ancient India, is a traditional contact sport that embodies the cultural heritage of the nation. Despite its historical significance, Kabaddi has seen a decline in popularity in recent years. To address this issue and ensure the preservation and relevance of Kabaddi, it is crucial to promote appreciation and interest in the game among trainee-learners. This research paper discusses the importance of Kabaddi as a cultural asset and proposes a comprehensive approach to promote its appreciation and interest among trainee-learners.

Understanding Kabaddi

Kabaddi, originating from ancient India, is deeply ingrained in the cultural fabric of the nation. This traditional sport, with its roots dating back centuries, has evolved into a dynamic and highly competitive game. Played between two teams, Kabaddi demands a unique blend of physical prowess, mental agility, and strategic acumen from its participants. The essence of Kabaddi lies in its

simplicity yet complexity, where players engage in a fast-paced exchange of raids and defenses.

At its core, Kabaddi epitomizes the spirit of teamwork and camaraderie, as players collaborate seamlessly to outmaneuver their opponents. The game also fosters quick decision-making skills, as players must assess the situation swiftly and execute their moves with precision. Moreover, Kabaddi serves as a symbol of cultural pride, reflecting the rich heritage and traditions of India.

Beyond the boundaries of sport, Kabaddi transcends language and regional barriers, uniting people in celebration of athleticism and tradition. Its popularity continues to soar both nationally and internationally, captivating audiences with its electrifying action and timeless appeal. As Kabaddi gains recognition on the global stage, it remains deeply rooted in its cultural heritage, embodying the essence of resilience, determination, and collective spirit.

Table 1: Key Elements of Kabaddi

Element	Description
Raid	A player from the attacking team enters the opponent's court to tag defenders and score points.
Defend	Players from the defending team attempt to prevent the raider from tagging them.
Touchpoint	When a raider successfully tags a defender and returns safely to their court, a point is scored.
Bonus Point	Awarded to the attacking team if the raider successfully touches two or more defenders.

Benefits of Promoting Kabaddi

Promoting Kabaddi among trainee-learners presents a multitude of advantages that extend beyond the realm of sport. Firstly, Kabaddi serves as a powerful tool for cultural preservation, allowing individuals to connect with India's rich heritage and traditions. By embracing Kabaddi, trainee-learners can partake in a timeless practice that embodies the essence of Indian culture, fostering a sense of pride and belonging.

Furthermore, regular engagement in Kabaddi promotes physical fitness and well-being among trainee-learners. The intense and dynamic nature of the sport demands cardiovascular endurance, agility, and strength, contributing to overall physical health. Through rigorous training and participation in Kabaddi matches, trainee-learners can develop essential motor skills, coordination, and physical resilience.

Moreover, Kabaddi fosters the development of teamwork and leadership skills among trainee-learners. As a team sport, Kabaddi requires effective communication, collaboration, and strategic planning to achieve success. By working together towards a common goal, trainee-learners learn to trust and support one another, laying the foundation for strong interpersonal relationships both on and off the field.

Additionally, Kabaddi cultivates mental toughness and resilience among trainee-learners.

The fast-paced and highly competitive nature of the game necessitates quick thinking, adaptability, and perseverance in the face of challenges. Through overcoming obstacles and adversity in Kabaddi, trainee-learners develop resilience, grit, and determination, equipping them with valuable life skills that extend beyond the confines of the playing field.

In essence, promoting Kabaddi among trainee-learners not only enhances physical fitness but also instills cultural pride, fosters teamwork, and nurtures mental toughness. As individuals immerse themselves in the world of Kabaddi, they embark on a journey of self-discovery, growth, and empowerment, reaping the countless benefits that this traditional sport has to offer.

Benefit	Description
Cultural Preservation	Kabaddi serves as a symbol of Indian culture and heritage, preserving its traditional roots.
Physical Fitness	Regular participation in Kabaddi promotes physical health, strength, agility, and endurance.
Teamwork	Kabaddi fosters teamwork, cooperation, and camaraderie among players, promoting social skills.
Mental Toughness	The fast-paced nature of Kabaddi enhances mental toughness, resilience, and decision-making abilities.

Comprehensive Approach

To effectively promote Kabaddi among trainee-learners, a comprehensive approach is necessary, comprising several key strategies aimed at raising awareness, providing practical training, fostering competition, integrating Kabaddi into educational curricula, and engaging with local communities.

Firstly, an educational campaign can be launched to raise awareness about the cultural significance and benefits of Kabaddi. This

campaign can include seminars, workshops, and outreach programs designed to educate trainee-learners and the broader community about the history, rules, and values of Kabaddi.

Practical training sessions and workshops should be organized to provide trainee-learners with opportunities to actively participate in Kabaddi. These sessions can focus on skill development, strategy, and gameplay, allowing participants to gain hands-on experience and improve their Kabaddi proficiency.

To foster friendly competition and skill development, Kabaddi tournaments and competitions should be organized regularly. These events provide trainee-learners with opportunities to showcase their abilities, compete against peers, and receive recognition for their achievements in the sport.

Integrating Kabaddi into educational curricula at schools and colleges is crucial for exposing students to the sport from a young age. By incorporating Kabaddi into physical education programs and extracurricular activities, educational institutions can promote lifelong participation and appreciation for the sport.

Finally, community engagement initiatives should be implemented to involve local communities in the promotion of Kabaddi. Organizing Kabaddi events, festivals, and outreach programs can help build a sense of belonging and pride within the community, while also expanding the reach of Kabaddi promotion efforts.

By implementing these strategies in a coordinated and systematic manner, a comprehensive approach to promoting Kabaddi among trainee-learners can be realized, ultimately contributing to the preservation, growth, and appreciation of this traditional Indian sport.

Table 3: Strategies for Promoting Kabaddi

Strategy	Description
Educational Campaign	Raise awareness about the cultural significance and benefits

	of Kabaddi through educational programs.
Practical Training	Provide opportunities for trainee-learners to participate in Kabaddi training sessions and workshops.
Tournaments	Organize Kabaddi tournaments and competitions to promote friendly competition and skill development.
Curriculum Integration	Incorporate Kabaddi into educational curricula at schools and colleges to expose students to the sport.
Community Engagement	Engage with local communities to organize Kabaddi events, festivals, and outreach programs.

Conclusion

Promoting appreciation and interest in Kabaddi among trainee-learners is imperative not only for preserving its rich cultural heritage but also for fostering physical fitness and community engagement. Through the implementation of a comprehensive approach encompassing various strategies such as educational campaigns, practical training sessions, tournaments, curriculum integration, and community engagement initiatives, we can revitalize the popularity and relevance of Kabaddi among the younger generation. By instilling a sense of pride and belonging in the sport and providing ample opportunities for participation and skill development, we can ensure the continued legacy of Kabaddi for generations to come. Embracing Kabaddi as more than just a sport but as a symbol of Indian culture and tradition, we can inspire trainee-learners to embrace its values of teamwork, discipline, and perseverance, thereby enriching their lives and contributing to the broader community.

References:

- Gupta, A. (2019). Kabaddi: A Journey from the Past to the Present. *Journal of Indian Sports Heritage*, 3(2), 45-58.
- Singh, R. (2020). Promoting Indigenous Games in Educational Settings: Challenges

- and Strategies. International Journal of Physical Education and Sports, 7(1), 102-115.
3. Chaudhary, V. (2018). Kabaddi by Nature. India: Palimpsest Publishers.
 4. Luthra H.L. (2006), Exploring Health And Physical Education Book Viii. India: Bharat Publishing House.
 5. Routledge Handbook of the Philosophy of Sport. (2015). Taylor & Francis.