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## Sports as a medium for the socialization of human in Veda

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### Abstract

Sports have become an integral part of the nation's culture throughout the world. The history of sports dates back to the Vedic era. In Vedic era there were well defined values like Mantra, in Atharva Veda, saying duty is in my right hand and the fruits of victory in my left. Physical perfection has been an integral part of the Hinduism during the era of Rig Veda, Ramayana, Mahabhatrata men of certain stature were expected of well-versed in chariot racing, archery swimming, hunting etc. Lord Krishna used an impressive discus or Sudarshanchakra, Arjuna, Bhima two of the mighty Pandavas excelled in archery and weight lifting respectively. Social development takes place through imitation, identification, reinforcement and through adjustment. The physical education as a part of the school curriculum can play significant role in the socialization of individual. Regularity, punctuality, discipline, comes from physical traits and these qualities are the part and parcel of daily life.

**Keywords:** Sports, Socialization, Veda

### Introduction

Sports are a dynamic social force in our culture. Sports have become an important part of the nation's culture throughout the world. It captures newspaper headlines, television screens, gets lot of memory is a consideration in international affairs and has social, political, legal and educational overtones. Sports is important to society as it affects the behaviour of human beings and institutions as they term the total social and cultural complex of society. Sports also affect social prowess and human values. The history of sports in India dates back to the Vedic era. There were well-defined values like the mantra in the Atharva-Veda, saying, "Duty is in my right hand and the fruits of victory in my left". In terms of an ideal, these words hold the same sentiments as the traditional Olympic oath: For the Honour of my Country and the Glory of Sport." The founders of the Olympic idea had India very much in mind when they were deciding on the various disciplines. There is an amazing link between Greece and India which stretches back to 975 BC. The zest for chariot-racing and wrestling is and was common to both the countries. Many of the present day Olympic disciplines are sophisticated versions of the games involving strength and speed that were common in ancient India and Greece. A group is made up of individuals. Every individual is influenced by the social patterns at different and is moulded by the social interaction. An individual is influenced by the by his family, friends, neighbours, playmates, institution, other groups, etc. He acts according to the environment and the group to which he belongs. Socialization is a process interacts with others and shape as well as mole his/her personality according to the prescribed norms of society. When a newly born baby comes to the world, he knows that what are happening in surrounding. An individual becomes a member of society when an individual interacts with other individuals. For living in society an individual's requires some specific methods and techniques to effects his/her social life and become a proper member of society.

### Relation between sports and society

So, it is the socialization process which moulds a baby into a social person of society. When an individual comes to the new world faces many social problems and for which social control is necessary. That individual learns various social norms during his process which bring conformity to these norms. Socialization is a continuous and life long process till to the end of

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life. An individual learns language, culture, values, norms, attitudes and behaviours which moulds his/her personality and becomes a social-being. This is the only process which a person develops his/her personality and self when an individual interacts with other members of his/her family and community or groups. Individual learns more about culture and they transmit these norms to the next generation. Family is important to the socialization process because their parents affect a child personality a lot. Parents are the source of social indemnity of their children. "Society is a collection of people with a common identification who are sufficiently organised to carry out the conditions necessary to living harmoniously together" (Bertrend,1967), and it is a must for man to grow as a social organism, realize his self, maximize his potential and propagate both culture and life. Greek philosophers considered that man is a rational animal. Aristotle defined as a political animal. These two concepts of man have received universal acceptance. But there is something beyond these assumptions. In order to survive, man must satisfy certain natural basic needs. He must eat, drink, excrete, sleep maintain an adequate health. These needs constitute the innate nature of man. But man cannot live alone. He must enter into relationship with his fellow-beings if he is to develop and maintain adequate mental and physical health. This dependently of human on one another's is exhibited in the continuum of the life process with the parent offspring relationship and with his existence within the womb and during infancy. Later this biological dependency turns into a social dependency which makes us vouch that human organism is a social organism with social brain. It is a sub discipline of Sociology. It generally focuses upon the relationship between sports and society. The society of sports is concerned with the relationship between sports and other social situation such as family, education, politics, and economy. The social organisation, social relation and group behaviour associated with different types of sports that are elite, mass armature and professional the class, the gender, race relations that sports involves.

### **Socialization through Sports in Vedic Period**

It is said that a system of physical education is closely related to social cultural aspect. We find its reflection exactly in the characteristics of physical education in ancient India and ancient Greece tradition of ancient Indian physical culture followed from more than thousands of years back towards Christian era. It was closely associated with religious practices and social cultural traditions. As Harmans and Hermitages called Gurukuls, were the institutes of physical activities under the guidance of Sages and Rishis. These institutes later took the shape of Vayamshalas or Akhras. The discipline practiced physical activities plus fighting skills over and above regular studies. Yogic practices were also the part of daily morning routine. Physical perfection has been an integral part of Hinduism. One of the means to fully realize one's Self is defined as the body - way or *dehvada*. Salvation was to be gained through physical perfection or *kaya sadhana*, possible only through perfect understanding of the body and its functions. The capstone of Hatha Yoga is strength, stamina and supreme control of the body functions. The zenith of the whole experience is the fusion of meditation and physical movement. The ' eight - fold method ' encompasses techniques associated with breathing control or *pranayama*, body posture or *asana*, and withdrawal of the senses or *pratyahara*. Religious rites provided the needed impetus to physical culture in ancient India. Many of the present day

Olympic disciplines are sophisticated versions of the games involving strength and speed that were common in ancient India and Greece.

Chariot race and horse race were very popular sports in Vedic Sahitya. Horse race and chariot race were widely enjoyed by the people. Even Gods gratify in these games. In Aitereya Brāh mana (2-9-1) recounts the story of horse racing competition amongst the Gods. Once there was a dispute amongst the gods as to who should drink soma fast. All the Gods began to clamour and comment for that honour. Then they decided to hold a horse race competition and all agreed that he who would stand first in that competition should have the proud privilege to drinks soma first. The God of wind Vayu, stood first, Indra second mitra and Varuna. Horse race was called 'Aji -dhavana. Satapatha Brāhmana 5-1-1-3 also refers to a chariot race held amongst the Gods to settle a dispute regarding. In the sacrifice known as Vajapeya chariot brace was an usual feature. There was a winning post called *kastha* in horse race and chariot race. Beating of drums of bands always accompanied these racing competitions. Dice play was a very popular game in Vedic sahitya. This game was a indoor game of the Aryans in *Rgveda*. Dice play is called *Akṣa* in *Rgveda*. Both in the Vedic age and later vedic age gambling was very dominant game. Vedic hymns denouncing gambling are often met with. During the era of the Rig - Veda, Rāmāyana and Mahābharata, men of a certain stature were expected to be well - versed in chariot - racing, archery, military stratagems, swimming, wrestling and hunting. Excavations at Harappa and Mohenjodaro confirm that during the Indus valley civilization (2500 - 1550 B.C) the weapons involved in war and hunting exercises included the bow and arrow, the dagger, the axe and the mace. These weapons of war, for instance, the javelin (*toran*) and the discus (*chakra*), were also, frequently used in the sports arena. Lord Krishna wielded an impressive discus or *Sudarshan chakra*. Arjuna and Bhima, two of the mighty Pandavas, excelled in archery and weightlifting respectively. Bhimsen, Hanuman, Jamvant, Jarasandha were some of the great champion wrestlers of yore. Women, too, excelled in sport and the art of self - defence, and were active participants in games like cock - fighting, quail - fighting and ram - fighting. With the flowering of Buddhism in the country, Indian sport reached the very peak of excellence. Gautam Buddha himself, is said to have been an ace at archery, chariot - racing, equitation and hammer - throwing. In Villas Mani Manjri, Tiruvadacharya describes many of these games in detail. In Manas Olhas ( 1135 AD.), Someshwar writes at length about *bharashram* ( weight - lifting ), *bharamanshram* ( walking ), both of which are established Olympic disciplines at present, and *Mall - Stambha*, a peculiar form of wrestling, wherein both contestants sit on the shoulders of their 'seconds', who stand in waist - deep water throughout the game. Swimming, sword - fighting (fencing, as we know it today), running, wrestling and ball games were immensely popular among the students of Nalanda and Taxila. In the 16th century, a Portuguese ambassador who visited Krishnanagar was impressed by the range of sports activity, and the many sports venues, in the city. The king, Raja Krishnadev was an ace wrestler and horseman, himself. The Mughal emperors were keen hunters of wild game, and avid patrons of sports, especially wrestling. The Agra fort and the Red Fort were the popular venues of many a wrestling bout, in the times of Emperor Shahjahan. Chatrapati Shivaji's guru, Ramdas, built several Hanuman temples all over Maharashtra, for the promotion of physical culture among the youth. Kerala's

martial art form, Kalari Payattu, is very similar to Karate. Those who practice it have to develop acrobatic capabilities, when using swords or knives to attack their adversaries, and even an unarmed exponent can be a force to reckon with. With the advent of Buddhism, this art form spread to the Far East countries. Buddhist monks who travelled far and wide, mostly unarmed, to spread the teachings of the Buddha, accepted this form of self - defence, against religious fanatics, with alternatives that were suitable to their philosophy of non - violence. The relationship between a student and teacher in the disciplines of Judo and Karate could trace its roots to the guru - shishya tradition, India was, and continues to be famous for. It is quite possible that some of our martial art forms travelled to China, Korea and Japan, but as in the case of Buddhism, atrophied in India. The technique of Pranayama or breathing control, which is a prominent feature of Tae - kwan - do, Karate, Judo and Sumo wrestling was one of the many techniques spread in the Far East by Buddhist pilgrims from India. The idea that man enters into harmony with the five elements, through the science of breathing, is to be found in the most ancient records of Indian history. If mind and body are one, the possibilities of development of one's physical and mental capabilities are limitless, provided they are united and controlled. Using this as the foundation, Bodhidharma, a Buddhist monk started a new trend in the Shaolin temple in China, from which probably stemmed most of the rules and precepts which govern all martial art forms.

Festivals and local fairs are the natural venues of indigenous games and martial arts. Post - Independence the government made special efforts to preserve and nurture the awesome cultural heritage, by setting up a number of new incentives, and by heightening media exposure at the national level, to propagate and popularise indigenous games. To play and get involved in various sports is human basic needs and it is present in all the societies. The involvement in sports has been supported by many authors and researchers by laying its importance in the furrow of development of the society. Sports are important in the creation of local and national identity. The second importance lies in human resources development e.g. leadership, decision making etc. The third one is, it is a medium which can carry health education and functional literacy. Physical education as a part of the school programme can play significant role in the socialization of individuals. Physical education through its activities establishes the social sense. Physical education is based on the accepted social and democratic principles. A sound physical education programme, offering whole some activities, produces well – socialized persons processing the desirable qualities of integrity. Unselfishness, forgiveness, sense fairness, cooperation, control of emotions, etc. No doubt all these social qualities are essential to a civilized society; the playground is a laboratory for developing these social characteristics. So a teacher of physical education should sublimate the energy, emotion and enthusiasm of pupils towards the socially desirable qualities and prevent the pupils from being diverted to an unwholesome community life. Every experience has a social significance. Games and whole some forms of recreation and amusement provide opportunities to develop close association among the individuals. Boys and girls are educated through physical education activities, not only as the individuals as a members of a social group. Sports, from a socially integrating factor, with common interests and common enthusiasm. Competition and cooperation needed for the development of a well-adjusted personality are present in games and sports.

Through physical education activities one learns much about working together with others toward a common goal.

Recreational programmes contribute much to sociability. In a play field or in a recreation programme all are equal, where they are rich or poor. Regardless of education or the social status, the victory is given prominence and due recognition. Everyone enjoy equal opportunities of exhibiting his skills and worth. Physical education offers practical education to the masses for living a happy, healthy, rational life in their own interest and the interest of the society. Tradition of ancient Indian physical culture flowed from more than thousands of years back towards Christan era. It was closely associated with religious practices and social cultural traditions. As Hramas and Hermitages called Gurukuls, were the institutes of physical activities under the guidance of Sages and Rishis. These institutes later took the shop of Vayamshalas or Akharas. The discipline practiced physical activities plus fighting skills over and above regular studies, yogic practices were also the part of daily morning routine.

It is said that the health is wealth. To keep the health in order, physical education is a 'must'. In the social strata are different categories of men and women. Their ages also vary. They need different types of physical exercise. Physical exercise can cure a disease. Patience sympathy, fellow feelings etc are the positive attitudes which lead a man to happiness. Regularity, punctuality and discipline come from physical straits and these qualities are the part and parcel of life. Vivekananda says; keep aside the Ramayana and the Mahavarata; the students should go to football ground and other qualities will come automatically. Cheerful functioning of all parts of human body come physical exercise. Mind is a complex force which shapes our personality. Thoughts come from mind negative thoughts may lead to disaster. Only the physical sports and yoga can control the mind. In the playground or in the drill or in the yoga one may cure all the ill-effects of anxiety, hatred, jealousy, frustration and selfishness. Physical education sports plays very prominent role in the modern society. They are important to an individual, group, a nation indeed the world.

### Conclusion

Physical perfection has been an integral part of Hinduism. One of the means to fully realize one's Self is defined as the body - way or dehvada. Salvation was to be gained through physical perfection or kaya sadhana, possible only through perfect understanding of the body and its functions. The main force which has attracted people for participation in physical education and sports activities has come from wide variety of experience and feelings namely joy, anguish, success, failure, exhaustion, pain, relief and a feeling of belonging. Sports competitions have given us heroes and heroines- ideal people that we can look up to. For the youth of today the sports champions are more popular than the leading politicians of the country. Over the years the society has changed are local, informal and so doe's physical education activities and sports. In the early years the games were local, informal, and rules were simple and were changed according to the number of participating teams and size of play area. As cities grew, sports clubs were formed which resulted in interclub competitions. Eventually cities played against each other as better means of transport reduced the time to travel long distances. Finally there were regional, national and international competitions. A sport is very closely related to development of societies and has indeed been a mirror of the society.

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