

“THOUGHTS OF MAHATMA GANDHI ABOUT THE SPORTS”

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Abstract:

Human is the most important animal in the world. Human beings have more power to think and contemplate than other beings, but one-sided development of the brain is of no use. Along with the development of the brain, physical strength is also necessary. Sports are fun as well as exercise. This is the reason why students are more interested in playing than in exercise. They maintain their health by participating in sports. In the race to become progressive and modern, we are playing with our health. We are forgetting the importance of sports. Today's children play games only on mobile, laptops; and video games. But it is necessary to know the importance of sports with the increasing growth of children.

Playing gives strength to the body, buoyancy of muscles, and intensity of hunger, laziness, and purity of the bowels. By playing sports, a person gets used to fighting. The important habit of taking the victories and defeats of life joyfully comes from playing games. Sports entertain us a lot. Be it a sportsperson or a sports lover, both get unparalleled pleasure in the playground. Sports contribute a lot to the development of our personality, due to which it increases physical mental ability. What is the importance of Mahatma Gandhi's thoughts in the context of sports? Do ideas still have relevance in the context of Mahatma Gandhi's game? What benefits can we take from Mahatma Gandhi's ideas about sports? This research topic has been selected to find answers to these questions.

Keywords: Gandhiji's thoughts, Sports, Cricket

Data Collection Method Used For Research:

Data for the research paper has been collected from websites, books; and newspapers.

Objective of Research:

- 1) Knowing the importance of Mahatma Gandhi's thoughts in the context of sports
- 2) Knowing What We Can Benefit From Mahatma Gandhi's Ideas about Sports
- 3) Understanding the relevance of Mahatma Gandhi's thoughts in the context of sports

Introduction:

Today all the countries of the world have understood the importance of sports, so special attention is being paid to sports. More money is being spent on sports in schools and colleges. Now games are being organized to explain the importance of sports at every level. This entertains not only the players but also the spectators and listeners. This makes life fun.

A good player is always dedicated to his game. He makes every effort to illuminate the name of himself, family, and country. Man alone cannot play any game. Only two or more persons can play a game. Playing together increases our acquaintance with other players. We get used to working together. There is no individual win-win in playing together. The sorrow of defeat and the joy of victory are shared among the fellow players. Sports not only keep the health good, but they also lead to the character and spiritual development of a person. Only a strong and energetic body by playing makes the mind healthy. Sports keep the human mind happy and excited.

Swami Dayanand Saraswati had said- "How can the temple body of a strong soul and a firm mind is raw even in imagination?" A sport is a free means of health care. Swami Vivekananda had clearly expressed his thoughts about the effect of health on the mind, "A healthy mind resides in a healthy body." Swami Vivekananda had said to the youth of his country – "My young friends. Be strong this is my advice to you. Instead of reading the Gita, the youth should play football. It is clear from this statement that the residence of a healthy mind is possible only in a healthy body and sports are essential to make the body healthy and strong.

After fatigue, just as there is a feeling of pleasure in a normal meal by sitting in a cool shade, similarly, the diseased body does not feel the pleasure in different types of dishes. Therefore, when the child plays with interest, his digestive power increases and he feels a strong appetite. In such a way, the digestion of the food is done without using any powder or pudding and the strengthening of the body, all these processes are completed like an automatic machine. There is never a need for doctors for such children. Sports have the same importance in life as education. Sports not only entertain the students but also improve their health. If the children are happy and healthy, then they will also pay attention to their studies.

P. Siren has said- 'Good health and good understanding are the two best gifts of life.'

As much as discipline and studies are important in student life, sports it is equally important. By studying sitting in the classroom for the whole day, the posture of the body gets spoiled. Sports itself proves helpful in maintaining the body's posture. Thoughts related to the sports of Mahatma Gandhi have relevance even today. What is the importance of sports in the life of every person; it is understood after knowing Gandhiji's thoughts.

Thoughts of Mahatma Gandhi about the Sports:

Those familiar with the autobiography of Mahatma Gandhi must have known that when Babu was a schoolchild, he did not like physical exercises at all. But little is known about his passion for sports. Earlier, when children used to go to Gurukul for education. So along with their studies, many types of games were also fed. So that along with your mind, you can keep your body healthy. The book 'Mahatma of Peach: Gandhi and Cricket in India' begins with Gandhi's passion for the sport in childhood and narrates the story of the development of cricket in India. However, the book contains rare instances of Gandhi's cricketing journey, especially in his post-school days. Kaushik Bandyopadhyay in his book 'Mahatma on the Pitch' has depicted Gandhiji's love of sports in the best way. The book gives glimpses of a sports lover, Gandhi, who played a small number of sports, especially cricket.

Some special parts of his childhood are mentioned in Pyarelal's biography on Gandhi, published in 1965. According to this book, 'Young Gandhiji was considered to be more of a respected umpire than a player.' An example of a cricket match is given in this book, according to which, on a moonlit night some Hindu and Muslim boys from different parts of the city gathered here to play. Gandhiji was not among the players in this match, but Gandhiji took over the responsibility of official umpiring in the match. According to those who were associated with this match, the rules of the game were followed very strictly in this match.

It is a matter of 1880 that the friendship of Gandhiji and Ranjit Singh took place in Rajkot. The two lived together for some time, and then Gandhiji went to South Africa. However, while leaving Rajkot, Gandhi had written three letters of recommendation, two of which were in the name of Ranjit Singh. Later on, Mohandas Karamchand Gandhi became Mahatma Gandhi and

Ranjit Singh brought laurels to the country in cricket.

RatilalGelabhai Mehta also mentioned an anecdote in Kaushik Bandyopadhyay's book, which, along with being very funny, also gives evidence of Gandhiji being a cricket connoisseur. Mehta tells that once we were watching the cricket match between Rajkot City and Rajkot Sadar. When this match had come to a turning point, then Gandhiji said that now this player will be out, and he was out.

Bapu did not believe in caste distinction. He even started calling the Dalit community Harijans (man of God). But he was deeply hurt when BalluPalvankar, one of the finest bowlers of Pune in 1910-11, was not given equal respect for his talent. Palvankar was included in the unofficial Indian cricket team that went to England and took 114 wickets in 23 matches on that tour. Despite this, he was not made the captain due to being a Dalit. This hurt Bapu and he put this example in front of everyone from the stage in a public meeting in 1920. After this, in 1923, on the insistence of Bapu, Ballu's younger brother Vitthal was chosen as the captain of the Hindu team that went to England.

Mohandas Karamchand Gandhi, who is known all over the world as the Father of the Nation of India, the priest of non-violence, and above all as the 'Bapu' of the common man. In such a situation, the question arises that if Bapu had been there in today's date, would his craze about cricket also be like that of a common Indian. If we tell you that yes, this Mahatma, who stood firm in front of the British and trembled, has also been friends with 'Khelo', then perhaps you will be surprised. But it's nothing surprising. Bapu was also very fond of sports.

According to Gandhiji, according to some rules, physical movement is done to make the body strong, energetic and the mind cheerful. That is what is called sports and exercise. The field of sports and exercise is very wide, and it has many forms. Towing, kabaddi, Kho Kho, high jump, long jump, swimming, hockey, football, cricket, badminton, iron ball throwing, etc. are various forms of sports. They increase the circulation of blood in the body. And due to the supply of more oxygen, the life force increases. That's why sports make our bodies strong.

If we talk about Gandhiji's love of sports, then in his autobiography he has told that even in his school days, he did not participate in cricket nor any other sport until the headmaster of his school gave it to sports. Was not made compulsory for all. When the school headmaster made sports compulsory for the students, they were forced to take part in sports such as cricket and athletics. However, after his student life, he believed that 'sports should be given equal importance for physical development as for intellectual development in the educational program'.

According to the autobiography 'When I Used to Read', Gandhiji considered exercise essential. Gandhiji had read in books that walking in the open air is beneficial for health. He liked this thing and since then he has made a habit of walking. He used to go for walks and exercise every morning.

According to him, the player should be a good leader who leads his team. He should have a positive mindset so that he can give confidence to the team. He should be adept in the art of keeping his mind calm so that he can remain calm in the face of adversity. A good player should be humble so that he can create a good atmosphere in his team. He should have sportsmanship in him so that he does not take defeat or victory in his heart. Any good sportsman should keep their will, enthusiasm, and body in harmony. He should always be consistent in his practice.

According to him, the game itself refreshes your mind, so that the students can concentrate well. It also helps in increasing the concentration. Students who participate in sports themselves since childhood, their body develop in a good way. Inculcates sportsmanship in the students.

This instills a sense of solidarity, leadership. It mentally makes the students tough and the game should be seen as a game whether it is victory or defeat, it should be accepted with an open heart.

Gandhiji believed that a true sportsperson becomes accustomed to accept loss, gain, success, and failure with the equal sentiment. Participating in sports increases our self-confidence along with the power of body and mind. It is not difficult for a healthy self-confident person to do any work in life.

They used to say that the body is the first means of performing duty. This statement of Kalidas is completely true. The first requirement of life is a healthy body. There are many means of good health such as exercise, sports, etc. Exercise keeps the body healthy, but neither does it entertain nor does it have any other benefit other than making the body healthy. Also, both these tools are monotonous. The one, who has given importance to sports always remains happy, healthy and strong, has confidence in him, the ability of leadership is generated, the will is always strong, and the power of the organization is felt. Therefore, a sport is synonymous with health.

Conclusion:

There is more enthusiasm in the spectators than the players in the playground. Considering the importance of sports abroad, much attention is paid to sports. It is a matter of great misfortune that in our country the government does not give as much attention to sports as it should. In this way, we see that by participating in sports, players not only keep their health well but also brighten the name of their school, office, and country. Sports bring stamina, gaiety, and enthusiasm. It becomes a lifetime. Education without the passion of life is meaningless. Therefore, sports are important for maintaining the life and meaning of education and for the holistic and holistic development of the student. There is also a need to make sports an essential part of its curriculum by making necessary changes in the present education system. A proper system and procedure for their examination should also be developed.

Suggestions:

- To win in the game it is necessary that the player does not play for personal fame.
- In order to make the future generation of the country well-educated and development-oriented, it is necessary to have coordination in education and sports.
- A student should play with inspiration from childhood. Not only boys but also girls should take part in sports with great enthusiasm.
- If not all people can do sports conveniently at all places regularly, then exercise should be done to make the lower body and mind strong.
- Apart from education, one needs good health and for that one should play sports.

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