

“Role of youths in participation of sports and games in Jammu and Kashmir, with special reference to District Anantnag”

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Abstract: - This study has been undertaken to determine the important role of youths in Jammu and Kashmir for their participation in games and sports .The author visited many sports and games departments of Jammu and Kashmir particularly in district Anantnag for getting information from various sports officers and many resources .

Introduction:- Youths are the pillars of the nation . The development of every nation depends upon their youths. So , Youths should be supported in every field of life. If we look towards any great nation or its development .The reason for that development remains their bright youths .So, as far as the youths of Jammu and Kashmir is concerned. They are given better opportunities by their government for participation in games and sports , inspite of least sources and unfavourable condition of Jammu and Kashmir.

Current scenario of Jammu and Kashmir sports and games particularly in Anantnag district:-

Sports and games are very important for the better health of any nation. Because , A great proverb is “Health is wealth”. So if we want to make a nation wealthy ,Too much stress should be done on the health of that nation . Jammu and Kashmir is important tourist spot .According to climatic situation , many games are played in Jammu and Kashmir such as ; kabbadi ,cricket ,kho kho ,football ,volley ball,skking ,ice hockey etc.so for as the sports and games situation of Anantnag district is concerned , Youths play an important role in many sports activities . The youths of district anantnag are very interested in participation of many games.Many games and national tours are also performed by the concerned district sports officers .

Polo together with other games such as -white water rafting, mountaineering, trekking is one of the foremost games in Ladakh, Jammu & Kashmir. Polo has come a long way from the Central Asia to the west and east parts of the northern India. It had been the most admired games among the huge ranges of Karakoram which is commonly played in isolated areas of Chitral , Hunza, Gilgit, Balistan and Nagar. It is the conventional game of Ladakh. Polo is popularly played on all Tuesdays & Saturdays of the summer in the hemlets where the polo ground is there. This international game is played in 21st March each year. It is generally played among two parties which comprises members from all of the hemlets of Ladakh who jointly represents their area. As the most famous game of the terrain this game is enjoyed with a lot of passion and participation of people truly brings colors of gladness in the terrain.

Indian Polo Association was set up in 1892 to administer and publicize the Polo. Some of the well-known teams at the initial time were Hyderabad, Alwar, Patiala, Bikaner, Jodhpur, Kashmir, Kishengarh, Central India Horse etc. Unluckily because of the effects of post World War II and along with the automation of the cavalry, the sport saw a severe fall. The trouble of enlivening the game to its initial glory became the responsibility of the Indian polo Association. As on 1st step, to increase the interest of the people in Polo, in the year 1950, Indian Polo association organized exhibition matches with the foreign teams at Jaipur, Bombay and Delhi and afterwards invited the Polo team of the Pakistani army to India.

Polo in Ladakh, Jammu & Kashmir has been advanced as an important part of the Tourism of Ladakh. Many Associations like the Indian Polo Association and the Leh Polo Club have fostered the expansion of this game in the terrain which holds the delight and keenness of the local Ladakhi populace. Since 1970s, Polo has received lots of support from the district administration also. In the hilly terrains of this cold desert this game starts and ends with the blowing of music which fascinates the ranges of Karakoram.

Therefore, Polo has been the most vibrant and passionate game of Jammu & Kashmir which resembles the traditions of the region. Moreover maximum participation of the populace in the ranges of Himalayas makes this game far more popular than expected.

Cautions for Polo: A Polo player should use an equestrian helmet with a chin trap before playing Polo as there is always the risk of falling down from the horse.

Best Time for Polo : The best time for playing Polo in Jammu & Kashmir is in the summer season especially during the month of March.

Major Sites for Polo

Gulmarg

In the beautiful city of Gulmarg the weather for playing Polo is just in the right conditions. Earlier the game of Polo in Gulmarg was famous among the tourist specially the European tourist which comprises British civil and army officers forgoing the high temperature of the plain regions. However, at Srinagar, the setting up of the Polo Ground by Maharaja Hari Singh became the death knell for this exciting sport at Gulmarg. But still the game is being played in Gulmarg.

Srinagar

One of the popular sites of Srinagar is the Srinagar Polo Ground. The people of Srinagar and also the tourist play the game of Polo with much excitement and enthusiasm. Maharaja Hari Singh set up this Polo ground at Srinagar. These days playing Polo has become a major tourist activity in Srinagar, Jammu & Kashmir.

Ladakh

Polo in Ladakh plays a vital role in increasing the tourism in the region. The game of Polo is also related to the tradition of Ladakhi people. Polo has received a lot of support from the District Administration of Ladakh. The game of Polo is played among the Ladakhi people with a lot of passion in the amazing city of Ladakh.

Popular sports in Jammu and Kashmir particularly in Anantnag include cricket and football along with sports like golf, winter sports, water sports and adventure sports. Ladakh Marathon recognised by Association of International Marathons and Distance Races is also held in the state and is the highest marathon in the world. Jammu Kashmir has 19 stadiums, 23 training centers, three indoor sports complexes and 43 government maintained playing fields. It must also be kept in mind that sports is a crucial aspect of Jammu and Kashmir against the background of the conflict and tension in the state with government initiatives in the sports sector being launched specifically trying to draw the youth away from the conflict. Jammu and Kashmir has also produced some international and national level players including Aamir Aziz, Chain Singh, Iqra Rasool, Mehrajuddin Wadoo, Tajamal Islam Dhananjay Singh Charak, Meenal Gupta, Vansh Mahajan, Palak Kaur and Parvaiz Rasool of Bijnhera.

There is a long list of outdoor activities to do in Pahalgam such as trekking, fishing, horse riding, white water rafting. Anantnag (Pahalgam) is the base for majority of treks in the Kashmir Valley. Some of the prominent trek routes that you can follow are Amarnath Yatra, Kolahoi Glacier, Mamleshwar, Aru Chandanwari, Shikargah, Phirisalan and Lake Tarsar. While Amarnath Yatra is the holy trek pilgrims undertake to reach Amarnath cave, Kolahoi Glacier trek is for pure pleasure as the view from this glacier is awe-inspiring. Lidder River is the famous spot for white water rafting.

For those who love the sport, the Pahalgam Golf Course with nine holes is one of the most beautiful courses surrounded by pine trees. Secretary tourism department J & K M.H.MALIK recently in the month of June 2018 organised a two day Golf tournament in Jammu and Kashmir in Anantnag (Pahalgam), with tournament title "*Golfing in paradise*". At least 102 participants attended the tournament from outside state of Jammu and Kashmir. Around 15 female golfers besides 40 local golfers also attended the said tournament. "The aim of the said tournament was to highlight the potential of J & K state in the game of golf".

Trekking :

Anantnag (Pahalgam) is perhaps best known as the take-off point for treks into the surrounding mountains. The resort is well geared to meet the demands of the trekkers and camping equipment is readily available, as are ponies and porters. Walking the Lidder valley, through forests of virgin pine, fording crystal-clear

mountain streams and through meadows of wild-flowers, higher up the valley is scenically most rewarding. Some of the most popular treks are from :

Pahalgam to TarSar-Marsar lake

Pahalgam to Kolahoi Glacier

Pahalgam to Pannikar (Zanskar)

Pahalgam to Tulian lake

White Water Rafting :

White Water Rafting can be also enjoyed in Anantnag (Pahalgam). Rafting is available at Varganpal bridge and langanbal Bridge. Services of professionally trained guides can be availed. The rafting trip starts at Langanbal Bridge and finishes at Ganeshpora.

Initiatives taken by government for the welfare of youths in sports field:

Government is also taking immediate role in the welfare of youths in the sports field. The Jammu & Kashmir State Sports Council objectives include - Promoting sports activities in the State among the student and non-student youth, creating and developing sports infrastructure in various parts of the State and providing financial assistance and grants. The Organisation is headed by the esteemed Chief Minister of Jammu and Kashmir (Mahbooba Mufti) and the Sports Minister as its President and Vice-President respectively. The Sports Council functions at State, Divisional and District level also.

The government of Jammu & Kashmir has introduced various awards to inspire not only the sports people, but also coaches and sports associations. Following are some of these awards:

- Sher-I-Kashmir Award and Medal
- Maharaja Ranjit Singh Award and Medal .
- Parshuran Awards and Medals .

- Brig Rajinder Singh Award and Medal for Men .
- Madri-I-Meharban Award and Medal .
- Chief Minister's Gold Rolling Troph .

The District wise infrastructure facilities availed by concerned government are mentioned below:

- Srinagar District has three stadiums, one indoor complex, five training halls, eight playing fields and two golf courses - Kashmir Golf Club and Royal Spring Golf Course.
- Baramulla District has three stadiums, one indoor complex, six training halls and nine playing fields.
- Jammu has three stadiums, one indoor complex, six training halls, three playing fields, one swimming pool and one astro truf.
- Kathua has one stadium, four training halls and three playing fields.
- Badgam has one stadium and two playing fields.
- Poonch has one stadium and two training halls.
- Anantnag and Pulwama have one stadium and four playing fields each.
- Udhampur and Ganderbal have one stadium and one playing field each.
- Doda , Rajouri , and Bandipur have one stadium each.

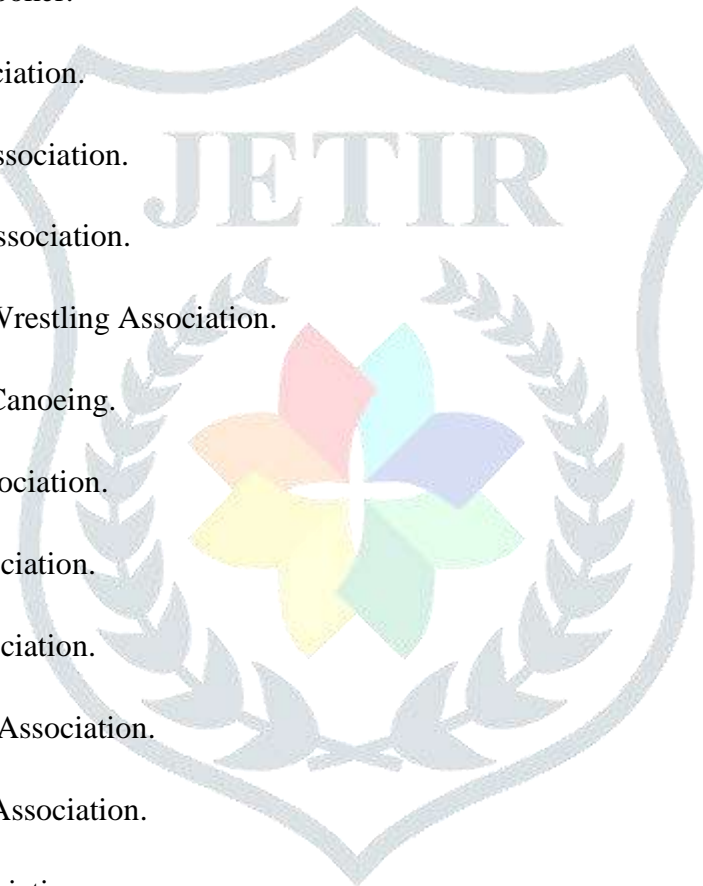
Besides, Soplian, Kulgam, Samba, Reasi and Kupwara have several playing fields.

Sher-i-Kashmir Stadium is a cricket stadium located in Srinagar. It is home to the JKCA and Jammu and Kashmir cricket team which represents the Indian state of Jammu and Kashmir in the Ranji Trophy and other domestic tournaments in the country. National Cricket Academy is currently constructing an indoor complex at the stadium .

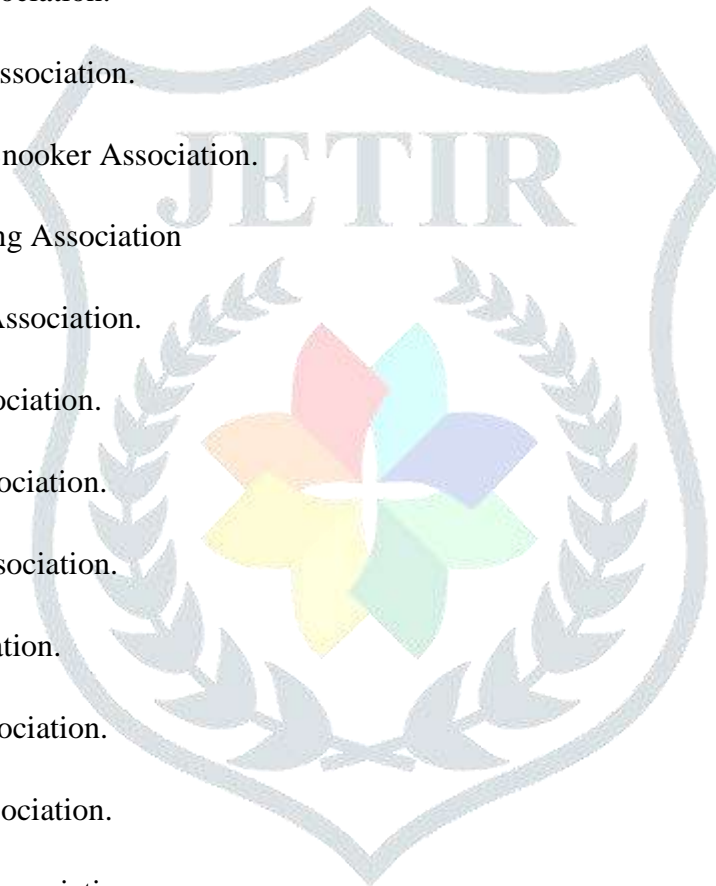
Many associations are also working in jammu and Kashmir for the welfare of young generation in the field of sports and games .some of these associations are as :

- All J&K Chess Association.
- All Jammu & Kashmir Sports Association of the Deaf.

- Amateur Gymnastics Association.
- Amateur Roller Skating Association of J&K.
- Archery Association of J&K.
- Hockey Jammu & Kashmir.
- J&K Amateur Fencing Association.
- J&K Amateur Kabaddi Association.
- J&K Billiard & Snooker.
- J&K Carrom Association.
- J&K Cycle Polo Association.
- J&K Horse Polo Association.
- J&K Indian Style Wrestling Association.
- J&K Kayaking & Canoeing.
- J&K Kho-Kho Association.
- J&K Korfball Association.
- J&K Kurfball Association.
- J&K Lawn Tennis Association.
- J&K Powerlifting Association.
- J&K Softball Association.
- J&K Squash Rackets Association.
- J&K Taekwondo Association.
- J&K Tenni Koit Association.
- J&K Tennis-ball Cricket.
- J&K Thang-Ta Association.
- J&K Veteran Athletics Association.



- J&K Water Skiing Association.
- J&K Yoga Association.
- J&K Amateur Athletic Association.
- J&K Amateur Boxing Association.
- J&K Badminton Association.
- J&K Ball Badminton Association.
- J&K Baseball Association.
- J&K Basketball Association.
- J&K Billiards & Snooker Association.
- J&K Body Building Association
- J&K Cycle Polo Association.
- J&K Cycling Association.
- J&K Football Association.
- J&K Handball Association.
- J&K Judo Association.
- J&K Net Ball Association.
- J&K Olympic Association.
- J&K Swimming Association.
- J&K Table Tennis Association.
- J&K Weightlifting Association.
- J&K Yoga Association.
- J&K Rifle Association.
- J&K Rugby Association.
- Karate-Do Association of J&K.



CONCLUSION:

To conclude I reached on the result that Youths of Jammu and Kashmir particularly of Anantnag district are very interested in participation of many sports and games activities, Besides this Jammu and Kashmir government is also taking many initiatives for better of young generation in the field of sports and games .The government is also trying to divert the young minds of state towards right track through many sports activities and many national and international tours .Same good trends and measures should also be taken by government in sports field in the coming future.

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