



Historical Development of Physical Education Movement in Manipur

(Traditional to Institutionalized Academic Movement at the Higher Education Institutional Level)

**Author: Ningthoujam Dhiren Singh,
MPE, NET, Author,
National Awardee,
Ph.d Student, DPESS,
Manipur University,
Canchipur, Imphal.
M: 9612569430
E: ningthoujam 1170 @ gmnail.com**

Abstract:

Locomotion is the source of every movement activity of human beings including swinging hands, kicking legs, crawling, walking on four, sleeping, sitting, standing, walking on two legs slow to fast, running, jumping, falling, etc are the fundamental activities for survival of a human soul in the society. When they grow up, they performed and played various big muscle activities that later termed innate tendencies and spontaneous activities called play and play games. The meetei people too play different indigenous games & sports and martial arts including Mukna @ Meetei style wrestling, Mukna (Meetei style wrestling) Kangjei the play activity of hockey played holding a season root mallet, Thang (sword) Ta (Spear), Sagol kangjei @ Polo, Kang @ Surface billiard, Ten Kappa .

Key words: indigenous games & sports and martial arts, Mukna, Mukna Kangjei, Thang-Ta , Sagol kangjei, Ten Kappa, Laeharaoba, Lallup.

Historical Development of Physical Education and Sports Movement in Manipur

Introduction:

People on earth are bound to perform whatever spontaneous activities including innate tendencies in all age level. A human child cried almost innocently on falling for the first time on the lap of mother earth for any reason. If a new born baby does not cry and moved, the attending midwives or doctors used to put every possible effort to make the child cry or moved to ensure the little soul alive. From here, natural instinct supported / invoked form of movement pattern began to manifest in the child. Locomotion is the main nature

base activity that marks the beginning of movement activity of the child. Swinging hands, kicking legs, crawling, walking on four, sleeping, sitting, standing, walking on two legs slow to fast, running, jumping, falling, etc are the fundamental activities for survival of a human soul in the society.

Indigenous Games and Sports of Manipur:

In different stages of civilisation, different kings invented different big muscle oriented physical activities of dare devil nature that demands excellent reaction time, hand eye coordination, mind to mind coordination, superb training and its continual maintenance. Indigenous games & sports and martial arts including Mukna @ Meetei style wrestling, Mukna (Meetei style wrestling) Kangjei the play activity of hockey played holding a season root mallet, Thang (sword) Ta (Spear), Sagol kangjei @ Polo, According to the 1991 edition of the Guinness Book of World Records, "The origins of polo can be traced to the Manipur state in **3100 BC** when it was played as Sagol Kangjei (Horse Stick). (**Google "25-Nov-2012**). Kang @ Surface billiard, Ten Kappa have been the most demanded big muscle activities played and practice in Manipur, since time immemorial. It formed the major part of the annual Laeharaoba (merry making of the lord deity) ritual social traditional festival of the meeteis tagged as the University of Meetei Philosophy (**Commonly claimed and agreed statement on oral history of Manipur**).

Traditional Physical Education and Sports Movement in Manipur:

“Lai Haraoba, which literally translates to 'Pleasing of the Gods' is the greatest single key to the religion, culture and history of the Meitei Manipuri Lai Haraoba dance represents the concept of the beginning of the world. Hymns are narrated on the creation of this universe: the sun, the stars, the planets, the moon, the earth, air, water, and so on, accompanied with dances shown through different 'khut-theks' or hand movements. According to folklore, the gods held the first Lai Haraoba on the Koubru hill so that their descendants will imitate them and perform the same rites. The organizers expressed hope that the festival will not only help in reviving their tradition by encouraging the Manipuri youths to know about their rich tradition but also bring them closer to people of other communities and spread the message of brotherhood and peace (**Business standard January 12, 2015**).

The tradition has been carried down till today over the time and space that started from prehistoric ancient periods to till the present post modern days.

Physical Education and Sports Movement in Manipur through Military activities:

Lallup is another institution where young people learn the art of warfare and battle crafts through severe but useful military training along with other activities of survival concern. “An earlier system of 'Lallup-Kaba', which means forced labour, is believed to be the reason for the establishment of this market. 'Lallup-Kaba', which was introduced by king Loyumba (1074-1112 AD), forced the male population of Manipur to leave their homes for work outside the state (**Times of India May 12, 2019**)

Lallup system which meant free labour of the people to the King is an institution of different activities including social services, games & sports competitions, learning the art of martial arts and related warfare techniques and tactics towards the service of the nation. It actually was not a free service to the king but a job oriented service. The king provided the men at the service in lallup were given a plot of land free to do whatever they want in return to their service to the state “The people were allotted a plot of land for which they were not required to pay revenue, instead had to serve the state 3 months in a year, or 10 days in every 40

days, to be precise and this system continue to exist till (**History of Manipur Police**, 13-12-2021)". The practice of Lallup system ceases to exist only in the year 1892.

On 27th April 1891, during the reign of Maharaja Shri Kulachandra Singh, the British Government took over the administration of Manipur after a decisive battle with the ruling Prince at Khongjom. It was then that the British organized properly for the first time the State Military Police of Manipur, the fore runner of Manipur Rifles, under Political Agent, Mr. Crawford, who was appointed the first Commandant of the force. New policing matter began to get a well organized in Manipur regarding maintaining law and order.

Pre-colonial period Physical Education and Sports Movement in Manipur

Being a small kingdom surrounded by bigger kingdoms, Manipur always remain in a threatening and unsettled situation of possible invasion from neighboring kingdoms particularly Burma. In such a situation the Meities were by circumstance forced to undergo training cum education on essential art of warfare and military activities. Every member of the society particularly the males' possessed military skill by compulsion and therefore utmost priority was given more to military education than the pursuits of excellence in mind power base theoretical education.

"In the pre-colonial Manipur, the Meities had their own system of education which gives more emphasis on practical education than the theoretical knowledge. The capital Kangla was the centre for all literary and intellectual activities of Manipur for centuries where the Pandit (Maichou) Loisang (the Department of Scholars) was the main center of every intellectual activities and life of the people" (**Pureshwor Nameirakpam, 2013**).

Though there were no military public school in the land, people strives to learn military skill from the skilled persons usually the skilled elders who organize their homes as educational institutions. The kings also encouraged and patronized men of courage having strong athletic body and ability to join in the services of various state affairs. Youths in those days participated in athletic competitions high standard of martial skills, viz Polo, Horse racing, Thang Ta (a war of sword and spear), Boat race, Mukna (Wrestling) etc. Men showing merit in any of the skills were rewarded with high posts in administration and married to daughters of the royal family.

"It was also compulsory or every able bodied male above the age of sixteen years irrespective of caste and creed to attend lallup. Besides, the Meities are endowed with artistic qualities of high order. The arts form also act as a means of education. Various forms of arts that help in promoting the growth of education amongst the people are singing and dancing, an example is the Rasa Dance depicting the Hindu mythological story of love between Radha and Krishna which is believed to be traced its original art form of pre-Hindu dance called Lai Haraoba, Wari Taba (traditional practice of listening of stories by the adults) and Lairik Taba (traditional practice of telling stories by one man and interpreting by another man and listening by the adults). It contributed a ways of knowledge of the sacred lore's and imparts the idea of religiosity as well as moral lessons of the triumph of good over evil are also part and parcel of it. People in their old age indulge in such activities in a cherished manner. It not only gives them recreation but also good moral education" (**Pureshwor Nameirakpam, 2013**).

British School of Physical Education and Sports Movement in Manipur (1891-1947)

Education is one of the most important factors in the developmental process of a nation. Colonial education (specially the western education) reached Manipur in the late 19th century just after the occupation of Manipur by the British. Significant changes took place in the field of education as a result of colonization.

Attempts for establishment of western medium schools began to see the light of colonial Manipur when Captain Gordon the political Agent of Manipur firstly introduced their western education (a formal education system) at Langthabal in 1837 on trial basis but unsuccessful due to lack of public support. In 1872, Major General W.F.Nuthall on the suggestion of the Political Agent, a vernacular school was established for the first time in Manipur with the support of Bengal government but close down due to lack of pupils in the year 1877. In 1885, Sir James Johnstone, the then political Agents open a Middle English school called Johnstone Middle English School at Imphal with the permission of Maharaja Sir Chandra Kirti Singh K.C.S.I. Since then education has been making gradual progress into the state. In order to attract the will of the masses, they further opened more school with the provision of free education. Administration report of Manipur verified that the establishment of primary schools was spread towards Singjamei, Phoijing, Tera, Thangmeiband and Moirang in the valley of Manipur in the year 1895-96.

The arrival of British colonizer in the land also heralded the arrival of modern version foreign games and sports in Manipur. The games like football, volleyball, cricket, badminton, gymnastics, athletics, boxing etc become popular attraction of the people and today Manipur is enjoying the fruits of sports excellence in the nation and across the globe.

But the question of a formal physical education and sports movement in Manipur at the institutional level remain unanswered till the early 80's of the 20th century Manipur.

There is no denying that Department of Education and Department of Youth Affairs & Sports, Government of Manipur has been doing appreciable works for the promotion of Physical Education and Sports Sciences since long but only in the form practical activities at the grass root level. Simply speaking, it was not happening in an academically beneficial way till the year 1988 when Dhanamanjuri College of Sciences, Imphal open department of Physical Education & Sports Science (Degree courses) for the first time ever in Manipur.

Physical Education and Sports Movement in Manipur at the Secular College Level

I. D.M College of Sciences, Imphal, Imphal West, Manipur.

The Dhanamanjuri College, Imphal, oldest Science College in Manipur came into existence in the year 1975 after the bifurcation from the mother institute / college Dhanamanjuri College (Estd: 6th August, 1946 and recognized by the UGC Act of 1956 in 1972 under section 2 (f) & 12 (B)) has been an affiliated unit under the Manipur University, Canchipur, Imphal since 1981 imparting under graduates, graduates and post graduate program in different subjects including **Physical Education & Sports Science (Degree courses: 1988, Post graduate courses: 2005 and PhD: 2020.**

The department of Physical Education & Sports Sciences was established in 1988 for imparting different degree program in physical education and sports sciences. The department has been imparting three years degree course in physical education (1988 onwards), two years post graduate course (2005 onwards) and

ph.d course (2020 onwards) too under the guidance of 10 teachers (2 Assistant professors & 8 Associate professors).

II. Biramangol College Sawombung, Imphal East, Manipur.

Formerly the North East College which change name to the present Biramangol College Sawombung, Imphal East, Manipur (Estd: 1978) opens the department of physical education and sports sciences for the intermediate @ plus 2 level courses in the year 1995 under the Council of Higher Secondary Education, Manipur. It was upgraded to the level of degree course study in the year 2006 under Manipur University, Canchipur, Imphal. It has been running two years diploma course (1995 onwards) & three years degree course (2006 onwards) under the guidance four teachers (assistant professors all).

III. Naorem Birahari College, Khundrakpam, Imphal East, Manipur.

The Naorem Birahari College, Khundrakpam, Imphal East, Manipur (1986 and is registered under Regd. No. 1989) is a government aided college located in the Khundrakpam Makha Leikai, Sawombung Block, Imphal East, Manipur. It opens the department of Physical Education and Sports Sciences for degree course studies in the year 2018 with 7 teachers/ assistant professors.

IV. The Kamekhya Pemton College, Hiyangthang, Imphal West, Manipur.

The Kamekhya Pemton College, Hiyangthang, Imphal West, Manipur (estd: 1973) is a government aided college located at Hiyangthang Village, Imphal West, Manipur, just few kilometers away from Manipur University Canchipur, on the south west side. It opens the department of Physical Education and Sports Sciences for degree course studies in the year 2021 with 4 teachers (all assistant professors and NET holders).

V. The Prabati College, Mayang Imphal, Imphal West, Manipur.

The Prabati College, Mayang Imphal, Imphal West, Manipur opens the department of Physical Education and Sports Sciences for degree course studies in the year. It is running three years degree course since 2020 onwards under the guidance of 9 teachers (assistant professors all). The college is located along the Mayai Lambi (middle road) road Mayang Imphal near Mayang Imphal Radio station.

VI. The South East Manipur College, Komlathabi, Chandel, Manipur.

The South East Manipur College, Komlathabi, Chandel is a government college located along the Indo Burma road just few kilometers bending on the chandel side is an ideal learning place. It opens the department of Physical Education and Sports Sciences, 2013 with 3 teachers and few guest lecturers.

VII. The Kumbi College, Kumbi, Bishnupur, Manipur.

The Kumbi College, Kumbi, is a co education facility private committee runs government aided higher education institute located in the Kumbi Village Bishnupur, Manipur. It is a lake side village college, an ideal destination for physical education and sports lovers. In view of the increasing demands of physical education facilities in the southern districts of the state, it opens the department of Physical Education and Sports Sciences for degree course studies in the year 2020 with 5 teachers.

Historical Development of Physical Education and Sports Movement in Manipur at the Secular University Level.

I. Manipur University, Canchipur , Imphal, Imphal West.

The Manipur University, Canchipur, Imphal opens department of Physical Education and Sports Sciences in the year 2008 with 10 teachers to provide degree course studies of the subject. It has been providing degree course education in physical education and sports sciences including graduate, post graduate and ph.d studies also. It has so far produced 100s of graduates and many of them are serving in the reputed institutes across the globe.

II. Dhanamanjuri University, Imphal (2021)

Dhanamanjuri University (DM University) has come into existence during the current year under “ The Dhanamanjuri University Act, 2017 “ which came into force on the **6th of April,2018** through a notification in Manipur Gazette published by the Department of Higher and Technical Education, Government of Manipur. The University was established under the National Scheme of Rashtriya Uchcharat Shiksha Abhiyan (RUSA). Dhanamanjuri University is a long cherished dream of our founding fathers and **Maharani Dhanamanjuri**, the mother spirit in the birth of this seat of learning, translated into action. The university is also having a department of physical education sports sciences. Advertisement for the 1st batch students admission has been circulated as well as recruitment of teaching staff, too.

Historical Development of Physical Education and Sports Movement in Manipur at Private Institutional Level.

I. Degree College of Physical Education, Yaralpat, Top, Imphal East

At the turn of the 21st century, a group physical education and sports movement enthusiasts belonging to different spectrum of public life founded a physical education only college called Degree College of Physical Education & Sports Sciences, Manipur at Yaralpat Top, Imphal East, Manipur during the year 1996. It was the only private run technical college of Physical Education & Sports Sciences, Manipur affiliated to Manipur University, Canchipur, Imphal. The college succeeds to produce its 1st batch of degree holders only and failed to survive longer due to lack of fund. It ended to exist further in the year 2003.

Historical Development of Physical Education and Sports Movement in Manipur at the Technical Institutional Level.

1. National Sports Academy, Imphal

The Ministry of Youth Affairs & Sports, Government of India established the **National Sports Academy, Imphal** on **24th July, 2007** under the special package of Prime Minister, Government of India. Initially it was affiliated to Board of Secondary Education Manipur (BOSEM) for the classes' upto 10th

standard. For the higher secondary or intermediate level, National Sports Academy, Imphal is affiliated to a Central Board of Secondary Education (CBSE). It is Co-educational English Medium Senior Secondary and the CBSE Affiliation ID / Code of National Sports Academy; Imphal is 1280009 as General School type for general education purpose, only. It is located at the Khuman Lampak, Sports Complex, Imphal- 795 001. The motto of the school is to produce academically sound excellent sports achievers, Olympian and Olympic medalist from a bunch of annually scouted talents from across the country.

2. National Sports University, Imphal.

National Sports University, Imphal is the first centrally sponsored sports university in India currently located at the temporary location of Khuman Lampak Sports Complex, Imphal as the permanent infrastructure is still under construction. Prime Minister Narendra Modi laid the foundation stone for the University on 16 March 2018. The courses offered in this university are Bachelor of Physical Education & Sports, B.Sc., M.Sc and M.A,etc. The University shall impart undergraduate, postgraduate, and doctoral programmes in Sports Coaching, Sports Sciences, Physical Education and allied streams of studies.

Historical Development of Physical Education and Sports Movement in Manipur through journalism.

Journalism is that part of every development and movement that heralds the birth, growth, development and progresses of anything from the original sources in the global society. Everything comes to our notice due to the activities of media fraternity print and electronic, digital or prints and vice versa. Hence, Physical Education and Sports Movement in Manipur too enjoyed its birth, growth and development as well as progresses through journalism. Journalism provides various opportunities including promotion of new things and related development in the society.

The process of historical development of physical education and sports movement in Manipur also got its share of news in local, regional, state, national and international daily newspapers, print and visual electronic media since long. But in the year 2000, Manipur saw the birth of a physical education and sports only journal under the stewardship of Dr. L. Kumar Singh Prof. Physical Education Teacher, Manipur (retd) College, Imphal. Himself a dedicated Physical Educationist is also running a printing press has found easy to launch a physical education and sports only journal in the year 2000 under RNI number 1618. It was running for about 10 years upto 2010 but due to lack of contributors, it ceased to exist further.

Historical Development of Physical Education and Sports Movement in Manipur through Entrepreneurship.

Among the ages old indigenous games & sports and martial arts believed played and practice in the state since time immemorial, Mukna @ Meetei style wrestling, Mukna (Meetei style wrestling) Kangjei the play activity of hockey played holding a season root mallet, Thang (sword) Ta (Spear), Sagol kangjei @ Polo, Kang @ Surface billiard, Ten Kappa @ modern archery @ Indian round archery activities, it requires necessary sports garments, equipments and protective gears, etc.

1. Mukna (Manly body contact Trial of Stealth Strength between two Equal weight, height and age activity / meetei / Manipuri style wrestling),: (Mukhna @ Manipuri style wrestling / Trial of strength body contact sports. The origin of the sports is related with the creation theory and thy efforts of establishing stability in the universe.

2. Mukna Kangjei (Manly body contact Trial of Stealth Strength between two Equal weight, height and age activity / meetei / Manipuri style wrestling): (Manly body contact Trial of Stealth Strength between two Equal weight, height and age activity / meetei / Manipuri style wrestling) a strong cane stick having season root head on the striking end for striking ball) and ball.

3. Thang-Ta (Sword-Spear): This is an indigenous weapon (sword and spear made of iron metals) using martial arts where the opponents or performers are displaying their skill prowess in the process of duals or compose fights. Chung/chungkoi @ Shield/buckle is an indispensable weapon of both the fighters/performers. The origin of the martial arts thang ta is related with almighty creator.

4.Sagol kangjei @ Polo: It is another world conquering indigenous game of Manipur carried away by the British officers as their favorite past time game there they named it Polo. A game played by mallet wielding men / women sitting on the horse back competed to score by striking the ball towards opponent team's goal post is reportedly trace back to its origin to Manipur @ kangleipak dated back 3100 B.C when it was played as Sagol Kangjei. The origin of the game is also related with Lord Marijing, the diety of pony & transportation.

5. Kang @ Surface billiard: Kang is a flat oblong object made from resin/ivory/bauxite use to play the game of Kang. The game kang is literally meaning surface billiard where every player would try to score points by throwing the oblong flat object towards the target @ a spherical sphere @ ball place on the other non striking end. The origin of the game is related to Panthoibi, the goddess of beauty and wisdom.

6. Ten Kappa @ (Arrow shooting) @ target archery: Archery @ Arrow shooting from Bow @ Ten Kappa is an Indispensable part of ritual ceremonial tradition of meetei communities especially in birth rituals or first ceremony after birth. In the process of birth rituals, when the moment arrives, **the maternal uncle at the advice of the conduct authority the Amaiba (priest) sanctifies himself with the water from the holy pot and offer flowers to the bow & arrows and took them, goes outside the house in the frontal lawn, there the Amaiba (priest) spelling the related invocation hymns offer flowers to the arrows then the maternal uncle starts shooting the arrows to different directions, first to the Chingkhei (God of the East), second arrow to the Thangjing (God of the West), third to the Wangbren (God of the South) and fourth arrow to the Koubru (God of the North).** The process concluded with the last and fifth arrow aimed at the sky and then to the earth seeking prosperous life of the child. Then, touching the frontal door with the arrow, he enter inside the house and places the 5th arrow near the Holy Pot offering it to the Almighty God (Chingu-Nongdamba) and Goddess (Chingu-Nongdambi), the supreme god and goddess who the meetei believed determine the fate of mankind.

Then, the parents of the child offer their gratitude with Akatsen (dakhsina), a kind of ritualistic offering of cash, usually coins to the maternal uncle who in turn offer the child signifying it a blessing of wealth to the child. The same is followed by the father, mother, friends and relatives and others who come to attain the ritual blessing wishing ceremony for long life, wisdom, health, wealth and prosperity to the child (Physical realities).

Coincidentally, it is an International as well as Olympic medal event but due to its expensive nature, the beginners did not find easy to train themselves for reaching Olympic round. Hence, the invention of Take down Bamboo Bow and Arrows design and produce here in Manipur help archers in the nation climbing the stairs upto Olympic Games. It's a reality and fact.

Identification of the required Protective Gears & Equipment

Sl.	Activity	Protective gears	Equipments
1	Mukhna	Mukhna costume/ sports garments	n/a
2	Mukhna Kangjei	Mukhna costume	<ol style="list-style-type: none"> 1. Cane stick having season root head on the striking end for striking ball) and ball. 2. Ball
3	Thang Ta	<ol style="list-style-type: none"> 1. Full body protection equipment. 2. Head gear 3. Chest guard 4. Wrist band/guard 5. Leg guard 	<ol style="list-style-type: none"> 1. Sword. 2. Spear 3. Shield/buckle 4. Sword spear holder
4	Sagol kangjei	<ol style="list-style-type: none"> 1. Uniform as per set rules of IPA. 2. Helmet 3. Knee high boot 	<ol style="list-style-type: none"> 1. Pony 2. Saddles 3. Rein 4. Whips 5. Horse Shoes 6. Hockey sticks & Balls.
5	Kang	Traditional attires as per mutual agreement	<ol style="list-style-type: none"> 1. Kang @ Oblong shaped palm size flat object. 2. Kangkhin @ Glass ball
6	Ten Kappa	Traditional or modern attires as per mutual agreement or set rules of FITA	<ol style="list-style-type: none"> 1. Bow 2. Arrows 3. Quivers 4. Target bust
7	Indian Round Archery sports	Traditional or modern attires as per mutual agreement or set rules of FITA	<ol style="list-style-type: none"> 5. Bow 6. Arrows 7. Quivers 8. Target bust

(N.Dhiren Singh,201)

Description of the equipments activity wise:

Mukhna: To play the game / sport of mukhna literally meaning manly body contact Trial of Stealth Strength between two Equal weight, height and age activity of meetei / Manipuri style wrestling), in short, Mukhna @ Manipuri style wrestling / Trial of strength body contact sports, the players wears thick and tightly stitch inner garments and around it, they put on Kisi (Knot) phijet (costume) @ Kisi phijet @ Knotted costume. It is prepared using traditionally weaved of cotton yarn cloth which not less than two half arm length in breath and seven half arm length in length. The cloth is squeezed into a punch hole size rope and tied around above the waist and bonded in the form of a tight knot at the navel line and dropped the remaining part from the navel line in the front only to pull up tightly between the buttocks to bind its tail tightly with a knot just at the back bone line that form a shape of bodyline rope.

Mukhna Kangjei:

To play the game of mukhna kangjei, the player wore same costume of mukhna player. Each player play the game using a strong cane stick having season root head on the striking end for striking the ball. They play the game by hitting the ball but after overcoming and over powering their opponents by means of mukhna techniques.

Thang-Ta (Sword-Spear): To play this indigenous weapon system of sword and spear made of iron metals, each player wore Thang Ta Phijet literally meaning costumes of sword spear martial arts generally of black colours. They use protective gears like Kok yom (head gears), khutyom (arm bands) and khongyom (leg bands). They play/perform the art using yot thang (metal swords) of different designs and size, Ta (spears) and Chung/Chungkoi (Shield/buckle). Weapon used to play or perform this martial arts of Thang Ta duals are, Thangsang (Long sword), Chungkoi (Shield/Buckle) and Ta (spear) using martial arts where the opponents or performers are displaying their skill prowess in the process of duals or compose fights.

Equipments for Thang Ta Martial Arts are Full body protection equipment. Head gear, Chest guard, Wrist band/guard and Leg guard, etc.

Sagol kangjei @ Polo: To play the game of polo each player has to ride a horse. Players of this game needed to be an excellent horse rider as well as expert polo player. Polo players are a combine product of man and beast i.e horse & the rider form a single unit to play the game. The players wore modern polo playing protective gears including helmets, long boots, hand gloves, etc. They owned polo playing personnel horses pony @ horses and train them to play excellent sagol kangjei/polo, Saddles, Rein, Whips, Horse Shoes and Hockey sticks & Balls.

Kang @ Surface billiard: Kang is a flat oblong object made from resin/ivory/bauxite use to play the game of Kang. To play the game kang the equipments required are Kang @ Oblong shaped palm size flat object, Kangkhin @ Glass ball.

Ten Kappa @ (Arrow shooting) @ target archery: Archery @ Arrow shooting from Bow @ Ten Kappa is an Indispensable part of ritual ceremonial tradition of meetei communities especially in birth rituals or first ceremony after birth as well as Olympic sports. The equipments required to play the sport are Bow, Arrows, Quivers and Target bust, etc.

Entrepreneurs and Entrepreneurship a Call of the Hours:

People often talk on topics like rich traditional cultural heritage of martial arts, sports and games of Manipur, need for promotion of indigenous games & sports, Manipur is the powerhouse of the region and nation etc, etc but nobody including the government establishment, universities dare to take responsible step towards preservation, promotion and popularization of these activities so that it can move upwards into international recognition and acceptance like Greco Roman Wrestling, Taekwondo, Judo and Wushu etc in a refine manner.

For preservation, promotion and popularization of these activities, **Entrepreneurs can do Entrepreneurship** program for these sports and games, and save them for posterity. Interested individual can go for Skill India Start Up program with full dedication.

For target archery there is handful of small and medium **Entrepreneurs** in the state whose production is reaching most of target archery avenues of the nation and sub continent.

In fine:

Though there have been traditional version of physical education and sports movement in Manipur since time immemorial the modern version of Physical Education and Sports Movement in Manipur began to take regular strides only from the year 1984 onwards when P. Nilkamal Singh become the 1st ever Olympian from Manipur to represent team hockey India in the Los Angeles Olympic Games, USA. After, him Manipur get the permission of the University Grants Commission (UGC), Government of India to open Degree Courses of Physical Education and Sports Sciences at the Dhanamanjuri College, Imphal, Manipur, in the year 1988. It began to promote the subject in the state and influence students to study the stream initially but today, numbers of students seeking admission for the subject is increasing manifold. So, to meet the ever increasing demand for the stream in Manipur both local students and outsiders, Manipur university has given permission to many higher education institutions in the state to open separate departments for the subjects. It gain wide response from the society and till date 11 institutions have open departments for the subject but only 10 could survive for the task.

On the other hand, the state succeeds to produce 100s of national achievers and international champions including 19 Olympians out of them 3 are medalist. M.C Mary Kom won a bronze medal in women boxing during the London Olympics 2012 while S. Mirabai Chanu won a silver medal in women weight lifting during the London Olympics 2012 and Nilakanta Sharma won bronze in men's hockey the Tokyo Olympics 2020.

The Government of India honoured the sports achievers of India with different national awards including Arjuna Award, Rajiv Gandhi Khel Ratna Award, Major Dhyan Chand Award, Dronacharya Award and Padma Awards, etc. Till date, Manipur has produce 19 Arjuna Award, 2 Rajiv Gandhi Khel Ratna Award, 5 Padma Shree, 2 Padma Vivhushan Awards, 1 Padma Bhushan Awards, 1 Dronacharya Award and 1 Major Dhyan Chand Award winners. This is by far a significant achievement that Manipur can do in the field of physical education and sports movement.

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