

Women Empowerment: Participation of Women in Indian Sports

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ABSTRACT

Games and sports are not only important for success in studio but it is important for success in every walks of our life. Sports are not limitless perceived as a fit or sensible chasing for women and girls. This paper analyzes the direction of women's participation in games and sports at National International level, and their problems .. Some female PV Sindhu, MC Marry, Hema Das, Svapna clinged the medals in International Tournaments. On the Basis of this trend we can say the women's participation in sports will be equal to men's.

1. Introduction

We are women in sports historical evidence proves that women have been involved in sports since fourth century BC, but we are not necessarily given the approval to participate. But currently, sports for women represents a fast growing chasing performs in culture and trends. Sports are Ana essential part of culture of almost every nation.

Women's participation in sports has a long history. It is a history marked by division and discrimination but also ane filled with accomplishments by female athletes and importance for gender equality and empowerment of women and girls. Women increased involvement can promote positive development in sports by providing alternative norms, values, attitudes, knowledge, capabilities and experiences. The contributions of women particularly in leadership positions can bring diversity and alternative approaches and expend the talent base in areas such as management, coaching and sport journalism.

2. Pre independent sports participation of women

In ancient India especially in Rig Vedic Period, women enjoyed equal status with men. They were considered intellectual companies of their husbands; they were given education and had a voice in the selection of their husband. The period between 11th to 18th century, female suicide, child marriage pardhan system, sati and slavery were affecting main in the position of women. The birth of female child began a bad luck women education was almost banned.

- Regarding participation in first modern Olympic (1896 Athens), there was no participation of females.
- During the period of early 18th to first half 20th century some progress was achieved in the matters of education, social and property rights. Sati female suicide, child marriage,

slavery , prohibition of widow remarriage , purdan and the lack of women's rights in different fields were some of the problems which attached the attention of British Raj.

Anandibai Gopalrao Joshi became the first Indian female physician in the year 1887. She was also the first Indian woman who was trained in Western medicine and the first woman to travel to the United States of America.

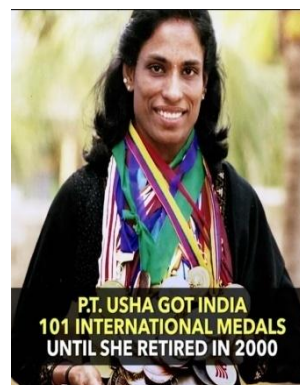


Women participated first time in 1900 Olympics.

In 1904 six females participated.

3. Participation of women in post independent period

Women in India now participate fully in areas such as education , sports , politics, media, agriculture service sectors, science and technology, co-operate sector etc. Indra Gandhi became the first prime minister of India. Many Indian Muslim women have questioned and fundamental leader's interpretation of women's rights under the Shari at Law and have criticized the triple Talaq system. Women's sports history started back in the 19th century. The end of the 19th century, horse riding, golf, Tennis, skating and archery were being enjoyed among women in upper social class.



P.T Usha performed very well in athletics arena in 1984.

- In 2000 Sydney Olympics 4069 women had participated. Karnam Malleshwari was the first lady who won bronze medal from India.
- In 2008, 4637 female participated in Beijing Olympics Games.

4. According to IOC 10 female sports celebrities in India.

1. Saina Nehwal is known as the golden girl of Indian Badminton.
2. MC Marry com – Million Rupee Baby.
3. PV Sindhu- Rising Star in World of Badminton.
4. Bula Chaudhary Cross all the seven seas.
5. Tanya Sachdev- Man and Woman Grandmaster Title.
6. P.T Usha –“Queen of India Track and Field”
7. Sania Mirza – Inian professional Tennis Player.
8. Mithali Raj – Best batter in cricket.
9. Deepika Kumari – An ace Archer.
10. Chanda Gyan – A Mountaineer.

5. Problems facing by girls in sports

Around the world,. girls face unique challenges to participating in sports . Lack of interest of spectators and no coverage of women sports , attitude of society towards women sports participation , lack of education among women. The issues with sportswomen include economic, political, personal, family issues, poverty, house issues, feared for their safety, sexual harassment by the coaches is nothing new.

6. Suggestions

Government should also make sports compulsory at their school level. Institutes should be made to educate women

over the health benefits of sports. The govt. should start a women's movement of sports' .women should be encouraged to play team sports and individual sports from the young age .More and more women should be provided as coaches , managers and referees as the females will feel happy and comfortable with ladies . Also facilities like safe accommodation, training g centre, diet have to be created for women. Talent hunt search should be conducted the rural areas.

7. Benefits

Researchers of university of Queensland suggest that getting more girls and women to play sports would improve health around the world. Participation of female in sports leads to not only their improvement but also allow them to acquire individual competency, team & personality building and health -improvement. They would lead to positive consequence for the family as well as the whole society. Sporting activity also help women to reconnect with power of their bodies. The various other benefits include peace of mind, fame, discipline, independence, mental well being, reservation in jobs and educational institution etc.

8. Conclusion

Now the days , no doubt, female participate professionally in every major sports. Participation in sports helps in many diverse aspects and keeps them fit and healthy. Many women have benefited and increased opportunities for competition. If the standard of sport is to improve in school, need to provide facilities, environment, sports equipment, safety zone, financial needs and social requirements then female participation in sports will be increased definatly.

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