



हिन्दू स्वयंसेवक संघ Hindu Swayamsevak Sangh (UK)

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Women Other Sports - Hindu Sevika Samiti UK / 14948

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Kabaddi, kabaddi, kabaddi, kabaddi.....

On Sunday 25th March 2012, 250 ladies and girls from all across the country, put on their sportsgear and gathered in Leicester to compete in three very different and unusual games: Kabaddi, Kho-Kho and Ring. These traditional Indian games challenged all participants to demonstrate their skills, strength, teamwork and tactics, all of which needed to be present to lift the trophy at the end. The annual Sports Competition held by Hindu Sevika Samiti was in its fourth year and the level of competition had never been higher especially with the Olympics just a few months away.

On the day, the participants were fortunate to be in the presence of the England Women's Kabaddi team (formed from members of the Royal Forces) and their coach Mr Ashok Das (President of European Kabaddi Federation). Everyone present was inspired to see the England team playing the Indian sport so passionately at an International level. A few were very fortunate to have an opportunity of playing Kabaddi with the England team, leaving the spectators stunned. Throughout the day the demonstration of all the sports was at its highest.

Mr Ashok Das spoke regarding the history of Kabaddi where he stated it is 6000 years old and in the Ancient times Lord Bhuddha played this game too. He spoke of how the techniques we use in this game relate back to the times of the Mahabharata where he gave an example of the raider who is going to the opposite team to raid and the team try to prevent the raider from returning back by trying to circle the raider in, which is very similar to the Chakravyuha (Disc formation) technique used in the Mahabharata where Abhimanyu during the war of Kurukshetra had entered but was unable to get out.

After all the games were played, the winners were finally announced with Ashton being the Champion of Kabaddi, Woolwich winning Kho-Kho and Birmingham becoming Lords (or Ladies) of the Ring! With such a brilliant atmosphere and community spirit, everyone there was enthused to keep up the practice and come again next year with an even higher standard of play.

To find out more about the rules of Kabaddi, Kho-Kho and Ring contact your nearest branch of Hindu Sevika Samiti (UK's largest Hindu Women's Organisation) or please visit www.samiti.org.uk. All ladies and girls are welcome to attend.

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