



GLIMPSES OF TRADITIONAL SPORTS IN THE WORKS OF SHAIKH SADI
 AND
 AUFU AND ITS APPLICATION IN TODAY'S SPORTS

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Abstract:

Introduction:

From inception, human beings have been very active by nature and physical activity has been part of their life since evolution. However, when the society became more and more complex, physical activity came to be recognized as an organized form of education. Because, it was realized that, “lack of activity destroys the good conditions of every human being, while movement and methodical physical exercise save it and preserve it (1). Thus, gradually, not only in India, but every where on the earth, importance of physical activity was realized and recognized and sports activities were arranged in different forms even before the beginning of modern Physical Education.

From the study of Persian language and literature it is inferred that, Iranian gave much importance to sports activity and it was also patronized by the ruling class. The evidence of sport activity in Iran and its patronage by ruling class is found in the works of two renowned Persian scholars. The first being Shaikh Sadi, a great poet and writer who was born in around 1184 A.D. at Shiraz (Iran) and died in 1291 A.D.(2). The second being Sadid-ud-Din Mohammad Aufi, a historian and scientist who was born in around 1171 A.D at Bukhara (Iran) and died in around 1242 A.D. at Delhi and lies buried there(3).

The first story of this kind is found in the first chapter of Gulistan, the renowned work of Sadi (4). In this story Sadi has narrated that, a man had excelled in the art of wrestling. He had acquired the knowledge of 360 tact of wrestling and was recognized

as greatest wrestler of his time. He had taken keen interest in training one of his students who was very brilliant. But during training he taught him only 359 tact of wrestling. After the training completed one day student went to the king, and claimed that, though he has regard for his teacher however, at present, as far as wrestling is concerned, he is greater than his teacher.

The king could not believe and ordered to have wrestling with his teacher. The match of wrestling was organized between the teacher and student. During the wrestling it seemed that student was superior than the teacher. However, in the last, student was thrown down by the teacher using one tact which the teacher did not teach him during training. The student asked the teacher that, you had taught me all the tact of wrestling then, how it happened? Teacher replied that, I had kept one tact for this day and by that you were defeated.

The second such story is found in Bustan, the well known book of Shaikh Sadi (5). In this story, Shaikh Sadi has narrated the story of a boxer. From the story it is inferred that, a well known boxer was living in poverty. He was unable to gather daily livelihood from boxing and therefore, he was doing the work of transporting soil from one place to another on his back. One day while he was digging the soil he found a rotten chin of a dead body which said the boxer that, whether you are eating honey or dried bread, after the death condition of everybody is same. Therefore, if the time is

not going according to your wish you should not be worried, depressed and frustrated.

The third story is found in Jawameul Hekayaat, the well known work of Sadeed-ud-Din Mohammad Aufi(6). This story is of a man whose name was Aarsh, who was a great archer of his time. Aufi writes that, when the dispute of boundary between Iran and Turan had arose and army of both the countries were ready for battle Tahmasp the king of Iran and Afraseyab the king of Turan agreed to select Arsh for settling the dispute of boundary by throwing an arrow and he did so and settled the dispute between the two kings.

The above mentioned three stories give information regarding sport activities and also throw light on the condition of contemporary sports and sports men in. The first story points towards ethical problem which existed in the sport and therefore, anticipating that, one day the student might challenge, the teacher kept one tact secret from the student and in the wrestling match using the same he defeated own student and won the match. The gist of second story is that, it is possible that, a man can not earn daily livelihood from his profession in which he has excelled. If so happens he should not let the frustration and depression come to his life by following the path of contentment. The conclusion of third story is that, hard work, consistency and patience in any profession is the key of success.

Unlike prehistoric, ancient and medieval days, in modern time sports activities are well organized. In schools, colleges and universities sport teachers are appointed and separate department of sport exists under the name of Physical Education. Many individuals choose sport as profession and excel in the sport of their choice. They participate in various sports competitions of district, state, national and of international levels and won the medals. However, today's sport cannot be termed free from ethical degradation which is harmful for the progress of sports and sports men.

Some sports men who wins medals in national and international sports competitions are heard depressed and frustrated, which, is not good for his health

and profession. They should realize that, time is not constant. If today he is passing through bad phase of life tomorrow situation can change. With this positive thinking he should move forward with hard work, consistency and patience.

Looking at the overall scenario of today's sport it may not be wrong to say that the outcome of the stories of Shaikh Sadi and Aufi can be applied in today's sport with a view to upgrading the existing degradation of ethical values. So that no student challenges his own teacher and being defeated. Thus, one day instead of depression and frustration every sports man will flourish in his profession and sportsman like Arsh will be produced who, one day, will play greater role and his profession will feel proud of him. Apart from these stories, the Persian literature itself is quite rich in regard of the teachings on the subject like morale, ethics and secular values and brotherhood therefore, along with the gist of above stories, the Persian language itself can be very useful for the smooth progress of sports and sports men if applied.

To conclude it may not be wrong to say that all the three stories narrated by Shaikh Sadi and Aufi in their respective books are quit important. These stories not only shed light on the existence of ethical degradation and presence of petty politics in sport but also points towards the fact that, hard work never goes in vein and the man who excel in his field is one day rewarded. Therefore, if the outcome of these stories and teachings of Persian language are implemented in today's sport it can help in not only inculcating and upgrading ethical, morale and secular values and brotherhood in sports men but also in cleaning the sport from petty politics and help in boosting the morale of sports men.

Reference:

- 1) **Dr. Ajmer Sing**, Essentials of Physical Education, Kalyan Publishers, Ludhiyana, (2003), P. 13
- 2) **Dr. Razazadeh Shafaq, Tarikhe Adabiyate Iran**, Urdu Tr. by S. Mubarizuddin Rafat, Delhi,(2005),pp,329-49

- 3) **Gulistane Sadi, Acharya Dharmendra Nath**, Hindi Tr; Institute of Languages, P.132-135
- 4) **Shaikh Sadi Shirazi, Bustane Sadi**, (Deoband) P.54-55
- 5) **Aufi, Jawameul Hekayat, Tehran, (1363)** P.60-62
