

## INDIA AND WATER SPORTS: A THEORETICAL STUDY

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### Abstract

The paper explore water sports as a popular and growing activity among water sports adventure enthusiasts. In India study is being done in prior to understand the water sports activities and trends. Water sports is one of the growing segments of tourism industry in India. India is a large country having mass tourist domestic and international both so it has a great future in the water sports activity sector to boost economy and employment. With the growing demand of water sports activity, the paper explores the potential of water sports in India as a new craze. In this paper the study has been done about the different types of water sports, new water sports trend and innovations. This study also helps in knowing the various water sports activity destinations in India, safety gears, risk factors and focus on the effect of water sports in the nature.

Keyword: Physical activity, Tourism, Innovation, Safety, Gears.

### 1.Introduction

Water sports is a game which is played in or on the water such as swimming, water polo, surfing, river rafting etc. It is a physical activity in which a player needs to be physically and mentally fit to play a game on or in the water. Water sports is a fastest growing activity and gaining popularity among tourist and peoples of young India.

The National Institute of Water Sports (NIWS) is a organization under the Ministry of Tourism, Government of India which is responsible for the study, innovation, research, and training in the field of water sports activity. People interested in water sports education, training and business can take certifications and license from this academy to grow and build their business and career in the water sports activities.

Water sports has a wide variety of activities available according to the capacity and training. Although water sports activities are risk oriented and energy consuming. Here are the types of water sports which we can do in India. Kayaking in Alleppey and Lakshadweep, Water skiing and water zorbing in Goa, Snorkelling and Scuba Diving in Andaman & Nicobar Island, Canyoning in Manali, Kite boarding in Tamil Nadu and many more.

Water sports is a physical and energy consuming activity and it has a number of advantages which helps in boosting our physical fitness and rejuvenate our minds and body. It keeps us highly fit and healthy. This sports helps us to burn calories and keeps the blood flowing in the body in specific manner. Water sports recline the limits of our body and provide a high efficiency workout and makes our body stronger and gives a sense of achievement. It helps in developing confidence and motivation which helps people in taking risk in their life and work. Water sports help to come out from usual, stress, bad emotions and boring life.

Although water sports has also disadvantages like highly risk oriented and getting injury during the time of activity. It has also disadvantages like expensive sports gear and activity fees charge. There is also a problem of family emotions and care who worry about the safety of ours.

After the time passes new technology and innovations introduced in water sports. With the help of engineering and electronics new water sports games are innovated and there is great craze of new water sports game on the beach side at famous beach destination. Now a day's Jet surfing is the new game which is introduced in water sports and it shows the art of engineering and electronics to innovate a new activity in the field of water sports. Jet surfing is easy to learn but to be experienced you need to practice in starting.

Water sports is a environment friendly game. There is no harm to nature and society due to water sports and it is one of the example of sustainable tourism. Government of India is also playing an important role in developing water sports destinations and games as well. Institutes are made for the training and licensing of water sports game which will help a water sports lover to learn the art of doing activity in a right and safe way. Water sports is achieving a top activity in the field of sports tourism in the present time of era.

#### 1.1.Different types of water sports are:

- Water Skiing
- Jet skiing
- Parasailing
- Surfing
- Windsurfing
- Kite surfing
- White Water Rafting
- Scuba Diving
- Jet Surfing
- Kayaking
- Snorkelling
- Canyoning
- Swimming
- Water Scooters Riding
- Boating
- Wakeboarding
- Sailing

## 2.Literature Review

In India Goa is known for its beautifull beaches and crystal clear seawater. One who are looking for holiday and want to spend time with closed once this place have everything for

the tourists to offer a best memorable experience. Except beaches Goa has many more interesting places and spot which are very attractive. Goa is a place where you can get real taste of the Goan culture and its heritage. In olden days many years back Portuguese came to Goa and they started to recognizing Indian culture and business. Goa has great history. In 2020 The Indian Olympic Association came in power to host the Asian Beach Games. Due to its seaside location and atmosphere Goa is capable in attracting more and more domestic and international tourist. Goa has a wide variety of water sports available in every segment according to the tourist budget. For Domestic tourists Goa is a dream destination. (Brammer, Natasha, Beech, John)

The geographical condition in the islands of Indo Pacific region basically focus on the water sports tourism with beautiful spot. The world famous surfing spot is situated in the north region Oahu island at Hawaii. The nearest island of Maui is well known destination for big wave, windsurfing, kite surfing, water boat riding and scuba diving. This type of various water sports activities attracts a huge number of tourist in this region. Water sports tour operators in this Indo Pacific region are highly skilled in marketing of their packages with travel agents, magazines and with the help of internet. Marketing of water sports tourism is growing simultaneously throughout the region. Now a day's young generation is attracting towards water sports activities and their main motive is to come out of the fear and to gain a memorable experience. Water sports are highly risk oriented but it has a great positive part and impact on the humans physical fitness and mind satisfaction. In Indo Pacific region water sports tourism has produced a numbers of employment generation by boosting economy also.(Ralf Buckley 2002)

The geographical locations, climatic conditions of India and a lots of cultural communities, traditions and architecture is responsible in making India a tourist hotspot. India is well known for its festival and various sports and games which reflects a worldwide image of the country. In Chennai, Tamil Nadu Marina Beach is a famous spot beside the Bay of Bengal. It is also known as the longest natural beach in the country .Marina Beach is one of the busiest beach which carry thousands of visitors per day during holidays. There are various types of water ponds and rivers is a natural gift for Tamil Nadu which makes it beautiful. Water Boat Racing is a famous game played during the festival in this state. Nehru Cup Snake Boat Race is also organized here which is a attraction for mass people .Udhagamandalam is a place where aquatic sports such as boating trout and mixed fishing and swimming can be done. Manapad is a coastal town where national level water sports tournament was held in 2015. The tournament consist different types of water sports such as sailing, surfing, kite boarding, and kayaking. Rameswaram is a popular pilgrimage destination but few people also know about it for snorkelling and diving. In kurusadai island coral reefs attracts divers from all part of the country. ( Dr. Rajanimal P. Devados 2007)

India is a country where number of games are played in every state by various types of people and communities. From Vedic period games are being played here. At that time the chariot racing and wrestling were very popular. From tribal games to modern sport India is everywhere. The history of sports in India shows the proof in the Indian epics like Mahabharata and Ramayana of different games played in that ancient time. Royal games like

hunting, archery, horse riding and swimming were done at the period of Ramayana. Raja Dasratha son lord Ram was known for his excellent archery, horse and the chariots. Ayodhya, Kiskindha and Sri Lanka was known as the centre of various sports and games at that time. Mahabharata reflects a remarkable image in the sports at that time like dicing, gymnastics, wrestling, shatranj and many more. Throwing and pulling up of the weights, swimming and water sports were played by peoples at that period. Kauravas and Pandavas like to play these games of strength, skill and physical activities. (Dr. Kaukab Azeem 2020)

Sports tourism in Tamil Nadu is growing simultaneously and it is becoming a big hub for water sports lovers. Tamil Nadu is a place where foreign tourist visitors are more in numbers than other state. Tourists looking for scuba diving can refer this state for excellent diving. Here they will be provided proper scuba diving equipments and safety. An alert medical team is also provided there to handle any pandemic moments and make the people aware and safe during the time of diving. Surfing is the most popular adventure water sports game throughout the world and its craze is also spreading in Indian peoples. Snorkelling is the amazing game in which you have to jump into the water and by swimming around the beautiful fish and water creature. Angling is also an entertaining water sports game in which you have to dip your fishing rod in the sea or pond and pull out the fish from water with the help of rod. (S Venugopal, Dr. NC Jesus Rajkumar, Saran KS 2018)

There are some games which can be played as well as on air or on the water also. Kite boarding is a game which we can play in both air and water. There are different types of kite boards. Some of them are The C kite, The Hybrid Kite, The C- Style Hybrid, The Bow Style Hybrid. It is a very interesting and fun game where the player has to board the parachute and move on the water surface. The benefit of this game is that it is less expensive than other water sports and it is a wonderful adventure in water. Kite boarding is less energy consuming and can be done in long sessions of up to 4 hours. It can be done by almost all age groups people from youngsters up to 65 years old or more. Kite boarding gives a physical and mental fitness to the tourists during their holidays. (Cristina, Miclea Marius, Hodirnau Carol, Csatlós 2016)

India is a very popular holiday destination worldwide where sports tourism is growing and gaining popularity among tourists and local peoples. Water sports tourism plays an important role in attracting foreign tourists and domestic tourists in the state situated along the sea side. There are number of water sports and activities in India which reflects a sports tourism hub in the Indian state Goa and other beach destinations. Water scooting and surfing on the waves is an interesting fun and enjoyable moments in the Indian Seas. Scuba diving, angling and fishing is a very important part of water sports tourism. There are many traditional games in India which represents the culture and communities involved such as the famous Kerala Boat Race. Sports tourism is creating a great opportunity in the field of tourism business for young entrepreneurs. (Shila B. Mohite and Savita V. Bhosale 2017)

### 2.1. Popular water sports destination of India:

- Goa- Goa is a famous tourist destinations in India having mass tourism and here you can look a large number of peoples enjoying the water sports activities such as scuba diving, parasailing wind surfing, water scooters, white river rafting, knee boarding, kite surfing, water skiing and many more types of activities. One should visit Goa in winters because that time weather is good.
- Andaman and Nicobar Islands- It is a perfect place to enjoy water activity like scuba diving to explore the underwater world and creatures.
- Rishikesh, Uttarakhand- It is basically a pilgrimage destination of India but it is also popular for water sports activity river rafting. During river rafting you will see a beautiful village and natural beauty of Rishikesh.
- Kavaratti, Lakshadweep- It is a very beautiful place having a lots of water sports activities like kayaking, swimming, scuba diving, snorkelling and canoeing. You can also explore coral gazing moving towards to the Agatti islands.
- Kovalam, Kerala- Kovalam is a famous beach town situated besides the Arabian Sea in Kerala and is very popular in water sports and adventure activities. Here you can enjoy and take experience of parasailing, wind surfing, and water skiing. Backwater cruising is also an interesting activity which should be done to experience marine life.
- Pondicherry- In the southern part of India it is a famous place for both Indian and domestic visitors. The French architecture makes this place unique. There are so many beaches in the city where you can rejuvenate your mind and body by participating in various types of water sports activity. Scuba diving is the popular activity here.
- Zanskar, Jammu & Kashmir- This place is at the top in map of India and it is also known as the heaven on earth because of its nature's beauty and the Himalayas. Here in the Zanskar river you can enjoy water sports like Kayaking and river rafting.
- Assam- It is one of the beautiful place having hills and rivers. Brahmaputra river flows besides the borders of Assam and Arunachal Pradesh. Here water sports activity like river rafting is done in Jia Bhorali river in Nameri National park and Manas river near Manas National Park.
- Meghalaya- It is beautiful and lush green place in India having high rainfall. If you are a kayaking lover then you should move towards Nongkhnum Islands and Mawphlanur.
- Mumbai- In Mumbai there is a place known as H2O water sports is a famous beachside water park which offers very exciting and entertaining activities like boating, jet skiing, sailing, water skiing, parasailing, kayaking and wakeboarding.

### 3.Objectives of the study

- To know about the potential of water sports in India.
- To know about the different types of water sports activity in India.
- To find out the famous water sports destination in India and its contribution in being environment friendly.
- To know about the importance of using safety gears in water sports.

### 4.Research Methodology

This study is done essentially by secondary data sources and observations during the research. The secondary data sources include previous journals, water sports activities essay, previous water sports tourism news, magazines and different online data origins internet platform like youtube, facebook , blogs and posts. All the information is collected from different source with a deep study to understand the water sports activities. To increase reliability of result of this study new and fresh data are collected. Study is done by understanding the various old and new water sports trend, destinations in India for doing water sports and its contribution in the environment and nature. Some information has been also taken from the online articles and adventure activity sites.

### 5.Conclusion

The study has been done in a illustrative way and the main purpose of this study is to understand the types of water sports activity available in India and its popular destinations. In the water sports activity there is risk involved so this study also focus on the safety gears importance at the time of activity. Water sports is game in which physical and mental preparation is necessary for doing it. Water sports activity is growing simultaneously and it is reflecting a great craze in the sports and adventure tourism. The new trends in water sports activity played an important role in the tourism to attract more and more visitors. This activity positive part is that it is environment friendly. India is a country which has a large number of domestic and international visitors which boosts the tourism of India and their involvement in tourism provides positive impact on the economy of India. Government of India is also focusing on the water sports destination to promote and develop it on higher level so that visitors get more relaxation and enjoyment.

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