India has a sports history that goes back thousands of years. The game of dice was also mentioned in the famous Indian epic – Mahabharata. It is believed that chess, too, originated in India. Ancient Indian texts acknowledge the presence of archery, wrestling, swordsmanship and boxing. Renowned Chinese travellers Hiuen Tsang and Fa Hien wrote of a plethora of sporting activities in India. Swimming, running, and ball games were immensely popular among the students of Nalanda and Taxila (ancient Indian universities)

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India first participated in the summer Olympic Games in 1990. We have so far won nine gold medals, seven silver and 12 bronze medals, a total of 28 medals at the Olympics. The Indian Hockey team won eight gold medals between 1928 and 1980. The Indian football team also won in the 1951 and 1962 Asian Games and finished fourth in the 1956 Olympics. The Indian Golf team won the gold at the 1982 Asian Games and a silver in the 2006 edition. India has also won five Kabaddi World Cups

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India has hosted several international sporting events including the Asian Games in 1951 and 1982, Cricket World Cups in 1987, 1996 and 2011, Hockey World Cups in 1982 and 2010, Afro-Asian Games in 2003, Commonwealth Games in 2010, and Kabaddi World Cups in 2004, 2007, 2010, 2011, 2012 and 2013