

A Look At The Hurdles Faced By Female Athletes In Sports-Based Films In Bollywood

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Abstract: The depiction of female athletes in Hindi sports films has notably progressed, transitioning from peripheral positions to prominent pivotal figures. Films like *Chak De! India*, *Dangal*, *Mary Kom*, *Panga*, and *Saala Khadoos* explore the many problems encountered by women in sports, encompassing gender discrimination, societal expectations, and personal sacrifices. These films confront and contest dominant gender stereotypes while advocating a narrative of empowerment, resilience, and the dismantling of barriers. These films, by highlighting the challenges and successes of female athletes, have facilitated societal transformation and enhanced the acceptability of women in athletics.

Keywords: Female Athletes, Hindi Sports Films, Societal Expectations, Gender Discrimination, Empowerment, Resilience, Personal Sacrifices, and Bollywood

INTRODUCTION:

After independence, India prioritised sports in its curricula and national education plans. One of the objectives of the 2001 Sports Policy was to increase women's involvement in sports. Observations reveal that women and girls still lack popularity for sports and physical education, despite the implementation of government programmes and initiatives (Ransom, 2014). The paucity of female involvement in sports is apparent from the limited number of Indian women who have achieved Olympic medals, namely Karnam Malleswari, Mary Kom, Saina Nahwal, P.V. Sindhu, and Sakshi Malik. Both women and men face multiple obstacles in sports. For example, the stipend provided to athletes (including males) is insufficient. Likewise, both male and female athletes frequently face obstacles such as political interference and bias in the selection process, inadequate sporting facilities, insufficient funding, and coaching problems (Rana et.al, 2020). Nevertheless, sportswomen face distinct challenges, including socio-psychological difficulties, a lack of familial backing in comparison to boys, financial constraints due to poverty, safety concerns and instances of sexual harassment, domestic obligations such as marriage, spouse, children, and in-laws, as well as societal taboos. The Indian sports sector is seeing substantial changes due to extensive initiatives implemented by the government, the private sector, and non-profit organizations. The government is executing revolutionary projects such as 'Khelo India' to address issues including infrastructure, talent identification, and training facilitation. The private sector and non-profit organizations are playing an increasingly significant role in the sector by organizing leagues and tournaments, providing financial support to talented athletes, and participating in grassroots development (KPMG report, 2016). One may easily identify the changes that Bollywood has undergone over its existence. Due to technological advancements and improved equipment in the Indian film industry, Hindi cinema has reached a new level of precision and has successfully captivated the audience. The Indian film industry has previously explored various genres, including action, romance, horror, comedy, etc., and in most cases, the films were well-received by the audience (Tilak, 2019). Filmmakers have always taken on tough hurdles in order to successfully engage the audience, whether it's keeping up with the ever-changing trends in Bollywood or exploring new approaches to filming. Biopics and films centred around sports are becoming more popular. Watching these documentaries helps fans better comprehend their beloved athletes and the sport as a whole. Many world-class sportsmen have their roots in India, which has made the country famous as a sports mecca. Famous athletes in India have enormous popularity due in large part to the public's high regard for them. The production of sports-themed films in India has emerged as a popular trend, garnering widespread acclaim from the public (Roman, 2019). Individuals may readily discern the life events of their beloved athlete in a movie, which not only facilitates a connection but also enhances the entertainment aspect. In addition, the incorporation of melodrama in sports-based films provides the spectator with a fresh perspective, making the film more captivating. Since the release of 'All-rounder' (1984), a sports-based drama film in Bollywood, there has been a

noticeable increase in the production of sports films and sports biopics (vasudevan, 2011). Prominent examples comprise *Bhaag Milkha Bhaag*, *Paan Singh Tomar*, *Mary Kom*, *Azhar*, *M.S. Dhoni: The Untold Story*, *Soorma*, *Chak De! India*, *Dangal*, *Panga*, and *Saala Khadoos*. The audience has demonstrated considerable support for this burgeoning trend. Currently, many filmmakers anticipate that this trend will have a significant impact, as it offers a unique form of entertainment, a revitalizing movement, and innovative content that surpasses traditional Bollywood dramas. The narratives in Shamyas Dasgupta's *Bhiwani Junction: The Untold Tale of Boxing in India* depict how young boys, at risk of criminality, opted for boxing after witnessing Vijender Singh's bronze medal victory at the Beijing Olympics, alongside the extraordinary account of Tajamul Islam, an 8-year-old girl from a troubled village in the Bandipora district of J&K, who secured gold at the world Kickboxing Championship in the sub-junior category. These compelling stories possess significant potential for film adaptation (Dasgupta, 2012).

REVIEW OF LITERATURE:

Multiple viewpoints have examined the association between gender and sports, uncovering the complex problems and opportunities encountered by women in this field. DeFrantz (2013) emphasizes the widespread problem of gender-based violence in sports, with the International Olympic Committee's (IOC) leading initiatives to eliminate sexual harassment and abuse. This emphasizes the conviction that participation in sports is an inherent human right, devoid of any discrimination based on gender, race, or sexual orientation. The cinematic representation of sports in India, examined by Yashmin R. (2019) and Tilak, G. (2019), investigates how Bollywood uses biopics of sports figures to connect audiences with the realm of sports. These films frequently amalgamate fiction and reality, occasionally compromising narrative realism, to produce captivating yet commercially viable stories that also illuminate societal issues. Madaan Nishtha (2017) and Pawar, P. A. (2016) conduct an in-depth examination of the gender biases present in Hindi cinema, focusing on the representation of female characters in sports films such as *Dangal*. These studies demonstrate the enduring nature of gender stereotypes and how films such as *Dangal* simultaneously contest and uphold conventional gender roles. Ripki, M. et al. (2024) elaborate on this by examining *Dangal* via the frameworks of gender performativity and transgression, demonstrating that although the film contests male supremacy, it does so ambiguously, frequently minimising the femininity of its female protagonists. Zhang (2022) elaborates on the changing representation of women in media, highlighting the persistent effort to eradicate gender stereotypes. Notwithstanding advancements, cultural views persist in marginalizing women, particularly regarding physical and emotional fortitude. According to Patil (2021), sports biopics significantly inspire audiences by depicting the authentic hardships and accomplishments of athletes, hence driving younger generations to strive for excellence in sports. Hajare (2022) underscores the necessity for enhanced female involvement in athletics, arguing for augmented assistance and acknowledgement to empower women through athletic endeavours. The aggregated findings from this research emphasize the intricate interplay between gender, media, and sports, revealing both the advancements attained and the obstacles that persist in realizing genuine gender equality in these domains.

Objective: The principal aim of this research paper is to thoroughly evaluate and emphasize the portrayal of problems encountered by female athletes in sports-themed Hindi films.

1. The aim is to recognize and categorize the recurring themes and stories that portray the struggles and achievements of female athletes in Hindi films.
2. To assess the veracity and authenticity of the problems shown in films in relation to the actual experiences of female athletes in India.
3. Examine the portrayal of female athletes and the challenges they face in Hindi films with a sports theme across different historical periods.
4. The objective is to analyse gender stereotypes in sports-themed Hindi films.

RESEARCH METHODOLOGY:

This study employs a qualitative content analysis method to examine the representation of female athletes in Hindi movies. This study has chosen five films that centre on female athletes and present a varied array

of narratives and ideas. We viewed the chosen films again to comprehensively grasp their meanings and conduct an analysis.

Qualitative Content Analysis: This method systematically elucidates the significance of qualitative data (Kothari, 2004). This method is ideal for cinema analysis, facilitating a thorough exploration of themes, storylines, and representations in the chosen films. The study selected films based on their emphasis on female athletes, popularity, and critical acclaim. The chosen films are:

1. Chak De! India (2007)
2. Dangal (2016)
3. Mary Kom (2014)
4. Panga (2020)
5. Saala Khadoos (2016)

- **Chak De! India :** This film centers on a women's hockey team, with each player having a distinct background and personality. The film portrays the protagonists as resolute and proficient athletes who challenge societal conventions. The squad encounters discrimination and insufficient support from both sports authorities and society. The players must surmount internal disputes and biases to collaborate as a unified entity. The first depiction of skepticism from male peers and society regarding female athletes' skills illustrates prevailing gender prejudices. The film finally dismantles these prejudices by illustrating the team's accomplishments achieved through diligence and tenacity.

- **Dangal :** This film depicts the true story of Geeta and Babita Phogat, chronicling their ascent from rural India to international wrestling champions. We depict the athletes as robust, tenacious, and resolute in their pursuit of success, despite cultural and familial pressures. The sisters encounter resistance from their community and even inside their family due to conventional gender roles. They receive rigorous training under the stringent supervision of their father, Mahavir Singh Phogat. The film underscores the opposition from a patriarchal society that deems wrestling an inappropriate sport for women. The film confronts and dismantles preconceptions by highlighting women's achievements; hence, it advocates for female empowerment through athletics.

- **Mary Kom:** The film is a biographical depiction of Mary Kom, a world champion boxer hailing from Manipur. The film portrays Mary Kom as a dedicated athlete who balances her professional goals with her roles as a spouse and parent. Mary encounters considerable gender discrimination in the predominantly male sport of boxing. She finds it challenging to reconcile her career ambitions with her personal obligations. The film underscores the obstacles encountered by women in male-dominated sports, including insufficient support and acknowledgement. Mary Kom's success narrative challenges conventional gender stereotypes, motivating several women to chase their aspirations irrespective of society's expectations.

- **Panga :** The film centres around Jaya Nigam, a former Kabaddi champion striving for a return following marriage and motherhood. The film portrays Jaya as a resolute and fervent athlete who places her family first. Jaya confronts the dilemma of reconciling her familial obligations with her aspiration to re-enter professional sports. She also confronts the physical difficulties of resuming athletics after an extended absence. The video challenges the assumption that women should prioritize familial obligations over individual ambitions. Through her successful resurgence, Jaya contests the belief that women must relinquish their aspirations for the sake of their family.

- **Saala Khadoos :** The film focuses on the dynamic between a disillusioned boxing instructor and his female protégé, Madhi. The film portrays Madhi as a formidable and skilled fighter who is resolute in her ambition to transcend her socio-economic circumstances. Madhi encounters substantial obstacles stemming from her economic and social standing. The film illustrates the exploitation and corruption prevalent in sports administration that female athletes must confront. The film underscores the frequent undervaluation and exploitation of female athletes in the sports sector. Madhi's experience exemplifies the fortitude necessary to transcend these preconceptions and achieve success in athletics.

Data Collection: We viewed each movie several times to discern the subtleties of the plot and the representation of female athletes. We recorded comprehensive notes at each viewing, emphasizing language, dialogues, character interactions, and visual components that enhance the portrayal of female athletes. We classified the gathered data to identify recurring themes and patterns. We classify many

elements of the films, including the adversities encountered by female athletes, their victories, social and familial obstacles, occurrences of gender stereotyping, and the overarching narrative framework of each film. We conducted a comparative analysis to evaluate the accuracy and realism of the issues depicted in the movie in relation to the real-life experiences of female athletes in India. This entailed examining literature on the actual difficulties encountered by female athletes in India and juxtaposing these with their representations in cinema (Ahuja, 2011).

Analysis of movies: Hindi cinema has portrayed female athletes in various ways, highlighting their struggles and achievements. These experiences frequently mirror wider societal issues and individual struggles, providing insights into the intricate path of women in sports. This study seeks to identify and classify the common themes and narratives in Hindi films that portray the lives of female athletes (table 1).

Table-1: Recurring Themes and Narratives		
Motifs and storyline	Film title	Observation
Traditional Expectations	1. Chak de! India 2. Dangal	Female athletes frequently encounter opposition from their families and communities as a result of conventional gender roles and expectations. Films such as "Chak De! India" and "Dangal" illustrate how societal conventions can impede women's involvement in sports.
Patriarchy	1. Dangal 2. Dil Bole hadippa	Numerous stories emphasize the patriarchal frameworks that obstruct the advancement of female athletes. "Dangal," where the protagonist's father defies cultural conventions to train his daughters in wrestling, exemplifies the prevalent motif of conflict against patriarchal authority. Female athletes in Hindi movies often challenge gender norms, affirming their entitlement to engage in professions historically dominated by men. "Dil Bole Hadippa!" depicts a woman masquerading as a guy to participate in cricket, subverting gender conventions.
Personal Sacrifices and Determination	1. Mary Kom 2. Saala Khadoos 3. Shabaash Mithu	Female athletes are depicted as facing considerable physical and emotional obstacles to attain their objectives. Films such as "Mary Kom" and "Saala Khadoos" illustrate the arduous training and personal sacrifices necessary for success in athletics. Films such as "Shabaash Mithu" emphasise the protagonist's recognition of her potential and self-worth via athletics.
Overcoming Adversity	1. panga	Narratives frequently highlight the tenacity and fortitude of female athletes in surmounting personal and professional challenges. "Panga" depicts the resurgence of a retired kabaddi player as she navigates the complexities of family life and professional ambitions.
Family Support	1. Dangal 2. Panga	Favourable representations of supportive family members are essential in these narratives. "Dangal" and "Panga" exemplify the crucial role of familial support in the achievements of female athletes.

Coach support	Saala Khadoos	The significance of mentors and coaches is frequently emphasised, underscoring the value of guidance and support. The mentor-protégé connection is crucial to the plot in "Saala Khadoos." A discredited boxing coach identifies a gifted young woman and mentors her to achieve championship status, contending with corruption and gender discrimination in athletics.
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Numerous female athletes encounter opposition from their families and communities because of deep-rooted patriarchal norms. People often perceive sports as dominated by men, leading to discrimination and scepticism towards women who participate in them. A multitude of female athletes contend with insufficient financial backing for training, equipment, and travel expenses. Particularly in remote regions, women may face constraints in accessing high-quality training facilities and coaching. Women frequently must reconcile familial obligations with their training and competitive timetables. There may be pressure to adhere to conventional roles of matrimony and motherhood. Traversing the sports administration system can be arduous, plagued by favoritism and corruption. Female athletes may encounter challenges in gaining recognition and opportunity relative to their male counterparts. Ensuring a secure environment for training and competition may be an issue.

Table-2: Evaluation of Cinematic Portrayals			
Movies name	Realism	Accuracy	Related Research
1. Chak De! India (2007)	The movie accurately depicts female discrimination and the quest for acknowledgement in sports administration. It underscores the deficiency of support and infrastructure encountered by the women's hockey squad.	The film accurately portrays team relationships, cultural diversity, and the problems of combining players from various regions. Nevertheless, certain dramatic components are intensified for cinematic impact.	Madhavi, G. M., Reddy, P. S. C. N., & Chakravarthy, C. K. (2022). Impact of Bollywood Sports' Movie Chak De India in Fostering Nationalism and Imparting Life Lessons. <i>NeuroQuantology</i> , 20(10), 8936.
2. Dangal (2016)	The film, inspired by the true narrative of wrestlers Geeta and Babita Phogat, authentically portrays the societal opposition and familial support dynamics prevalent in rural India.	The training techniques, physical stamina, and emotional fortitude depicted in the film closely mirror the real-life experiences of the Phogat sisters. Certain training sequences and matches are exaggerated for narrative effect.	Pawar, P. A. Patriarchal Hegemony in Dangal.
3. Mary Kom (2014)	The biographical film depicts the personal sacrifices, financial hardships, and gender discrimination encountered by Mary Kom. It also illustrates her	Although the overarching tale accurately reflects Mary Kom's life, specific events and timings are abbreviated or	

	resurgence following childbirth, highlighting authentic hardships.	modified for the sake of storytelling.	
4. Panga (2020)	The film authentically depicts the challenges of returning to athletics after a break, while managing familial obligations and career ambitions.	The protagonist's struggles, including societal expectations and self-doubt, mirror the genuine issues encountered by female athletes. Certain parts are exaggerated for emotional effect.	
5. Saala Khadoos (2016)	The significance of mentorship in athletics, gender bias, and corruption are all highlighted in the movie. It portrays the protagonist's willpower and the challenging training atmosphere.	The mentor-protégé relationship and certain tensions are dramatized for dramatic effect, even though the movie deals with actual issues.	

Hindi cinema has made notable advancements in depicting the lives of female athletes, with varied levels of accuracy and realism. Films such as "Dangal" and "Mary Kom" provide an accurate representation of real-life issues, based on true stories and preserving realism in their plots. Other films, despite emphasizing significant themes, frequently integrate theatrical aspects to augment narration. Although Hindi cinema has effectively highlighted the challenges and successes of female athletes, a comprehensive understanding of their experiences necessitates an examination of both the cinematic representation and the actual settings.

The influence of films on society and infrastructure: The depiction of female athletes in Hindi sports films has considerably progressed throughout the decades. This progression not only mirrors shifting cultural attitudes toward women in athletics but also underscores the persistent battle against gender stereotypes. During this era, societal attitudes were predominantly patriarchal, with restricted acceptance of women in professional sports. Few sports films concentrate on female athletes, frequently marginalising women's contributions in sports tales. Female athletes were typically depicted in supportive or subordinate roles, with their athletic endeavours being eclipsed by personal or romantic narratives. Films infrequently portrayed women succeeding in athletics, mirroring cultural perceptions that regarded sports as a masculine territory. The identified barriers were predominantly personal, emphasising societal acceptance and familial approval.

Chakravyuh (1978): While not exclusively a sports film, it had subplots concerning female athletes confronting cultural and familial obstacles. A steady transition occurred toward acknowledging women's rights and their roles in professional fields, including sports. Films are starting to incorporate more robust female protagonists and plots centered around sports. Films began to depict female athletes as pivotal figures, emphasising their journeys, resolve, and expertise. Films are starting to portray female athletes as exemplars, challenging conventional gender standards. These videos highlighted the inequality encountered by female athletes in the sports world and society at large. Identified concerns such as insufficient facilities, absence of support, and budgetary difficulties.

Dil Bole Hadippa! (2009): This movie portrays a woman masquerading as a guy to participate in cricket, confronting gender conventions and biases in athletics. Increasing recognition and advocacy for gender equality in athletics.

Realistic and Nuanced: Contemporary films provide a more authentic and nuanced portrayal of female athletes, emphasizing their professional and emotional experiences. Films portray female athletes as

complex individuals leading diverse lives. Films confront systemic concerns such as gender discrimination, wage disparity, and insufficient assistance in the sports sector. Emphasise the personal sacrifices undertaken by female athletes in the pursuit of their careers.

The representation of female athletes in Hindi sports films has undergone substantial evolution over the years. This progression reflects the shifting public perceptions of women in athletics and underscores the persistent battle against gender stereotypes. This analysis examines the representation of female athletes and the obstacles they encounter in the films "Chak De! India" (2007), "Dangal" (2016), "Mary Kom" (2014), "Panga" (2020), and "Saala Khadoos" (2016). It also analyses gender stereotypes in these films.

Observed social changes: A generation of successful women in sports has emerged as a result of the slow change in perceptions, claims sports writer Prem Panicker (2015). "In the 2000s, there was a rise in disposable incomes, leading to an increased willingness among parents to permit their daughters to participate in sporting activities." "Coaching facilities also expanded as demand grew," Panicker said. "I believe that it is not solely attributable to one factor but rather a manifestation of a gradual change in attitudes, facilitated by external influences." Experts assert that athletes such as Nehwal and Mirza have inspired girls to participate in sports. A Bollywood film portrays the biography of Kom, who overcame terrible poverty and initially faced resistance from her father. She went on to win multiple titles, including an Olympic bronze medal. Since the dawn of the modern era, Indian sports have seen a notable increase in the international recognition of its female athletes. The media's portrayal of women's sports is equally biased. The media's portrayal of women's sports and athletes reinforces gender stereotypes. The media frequently portrays female athletes as putting their gender identification ahead of their athletic prowess. Furthermore, there is insufficient recognition of women's achievements in the realm of athletics (FLAME IN THE NEWS, 2023). Historically, women's participation in sports has evolved from total exclusion in the first Summer Olympics to around 50% female athletes at Tokyo 2020. One of India's most distinguished female athletes, Photovoltaic Sindhu, made history by becoming the first Indian singles badminton player to secure both an Olympic silver and bronze medal. Her steadfast commitment and enthusiasm were such that, in the initial stages of her career, she commuted 30 kilometres twice a day for training. Sindhu has been awarded the Rajiv Gandhi Khel Ratna, India's foremost athletic honour, along with the Padma Shri and Padma Bhushan. Despite the obstacles of caring for newborn twins and going from a weight of 51 kg to her usual division of 46 kg/48 kg, Mary Kom persisted and became the first Indian female boxer to win an Olympic medal, clinching a bronze in 2012. Mary Kom, a sitting member of parliament, has independently founded an organisation focused on educating and nurturing talent. The Indian women's hockey team, including 16 members and eight debutants, was a strong force. The team's determination was apparent, as they narrowly missed obtaining a medal and attained the highest placement ever documented in the competition's history. The GB Elite Development Program (EDP) has been instrumental in advancing players from national to international hockey competitions within the performance framework. UK Sport and the National Lottery fund the initiative. Manu Bhaker, at 19 years of age, was one of the youngest athletes to represent India at the Tokyo Olympics. Bhaker, who secured a gold medal at the Commonwealth Games 2018 at the age of 16, along with nine gold medals and two silver medals in the International Shooting Sport Federation (ISSF) Shooting World Cups, was a contender for individual medals for India in Tokyo. She exemplifies a model for aspiring shooters across the nation. The Tata Steel Adventure Foundation (TSAF) has founded India's first residential sport climbing academy in Jamshedpur. This school is distinctive in offering athletes extensive access to specialized training support, accommodation, education, nutrition, counseling, and international training opportunities, equipment, and facilities. The university offers equal training opportunities and emphasizes both genders. The TSAF trainees have secured a total of 20 medals at the national level and more than 50 medals at the zonal and state levels. Sania Mirza is the only Indian female champion to have triumphed in both the singles and doubles categories of the Women's Tennis Association (WTA). She is the first female athlete to represent India in four consecutive Olympic Games. In prominent elite sporting events, Sania has amassed a total of 23 junior titles and 14 medals. She has received both the Arjuna Award and the Padma Shri Award. Mirza has adeptly overcome several physical and mental health obstacles over her career and persists in competing at the highest level of performance.

CONCLUSION:

The depiction of female athletes in Hindi sports films has undergone a notable transformation from marginal roles to important, multifaceted protagonists. Films such as "Chak De! India," "Dangal," "Mary Kom," "Panga," and "Saala Khadoos" underscore the obstacles encountered by female athletes, encompassing gender discrimination, societal norms, and personal sacrifices. These films confront and contest gender stereotypes, advocating a story of empowerment and resilience. By illustrating the challenges and victories of female athletes, these films have both entertained and fostered societal change and enhanced acceptance of women in sports. Mary Kom, an iconic personality in Indian sports, is a six-time world boxing champion and an Olympic bronze medallist. Her achievement has not only garnered exposure for women's boxing but has also motivated several young women to engage in sports. P.V. Sindhu achieved a historic milestone as the inaugural Indian woman to secure an Olympic silver medal in badminton at the Rio 2016 Olympics. She sustained her success by securing a bronze medal at the Tokyo 2020 Olympics. Saina Nehwal, another badminton luminary, has attained significant milestones, including an Olympic bronze medal in 2012 and other prestigious international titles. Sakshi became the inaugural Indian female wrestler to attain an Olympic medal, clinching bronze at the 2016 Rio Olympics. Both athletes have achieved significant accolades for the country in track and field, with Hima Das becoming the inaugural Indian to secure a gold medal in a track event at the IAAF World U20 Championships. The squad has made notable progress, advancing to the finals of the ICC Women's World Cup in 2017 and the T20 World Cup in 2020, thereby enhancing the visibility of women's cricket in India. The squad has experienced a renaissance, particularly achieving a fourth-place result at the Tokyo 2020 Olympics, their most commendable performance to date.

Khelo India Initiative This program was initiated to rejuvenate grassroots sports culture by enhancing sports infrastructure nationwide. Its objective is to uncover and cultivate emerging talent by offering them premier training facilities.

The Sports Authority of India (SAI) has played a crucial role in the advancement of sports infrastructure and the provision of training facilities for athletes. Its numerous centres of excellence nationwide accommodate diverse sporting disciplines.

A premier hockey stadium has been constructed in Orissa, prioritising the needs of female athletes. This facility offers cutting-edge amenities and training options, promoting increased female participation in the sport.

The National Sports University in Manipur was established to provide specialised training and education in sports, with the objective of cultivating world-class athletes and sports professionals. Various sports academies, such as the Pallela Gopichand Badminton Academy and the Mary Kom Regional Boxing Foundation, offer specialised instruction to athletes, enabling them to compete at international standards.

Private Sector Initiatives: Corporations are progressively allocating resources toward sports infrastructure and athlete development initiatives. Initiatives such as the Tata Trusts' engagement in archery and the JSW Sports Excellence Program are significant examples.

NGO Initiatives: Numerous non-governmental organisations are endeavouring to advance sports participation among women by supplying essential resources and training. Organisations such as Magic Bus and YUWA concentrate on empowering young females via sports. The growing focus on sports inside educational institutions has resulted in enhanced facilities and increased chances for young athletes. Initiatives such as the Fit India Movement advocate for physical fitness and athletic involvement among students.

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