



## **A Study of Selected Traditional Games in India**

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### **Introduction:**

Games and sports are an integral part of Indian culture and heritage. Sadly, in today's generation is deeply involved in playing video games, play stations, laptops, watching televisions, etc. They have completely forgotten the traditional Indian indoor games. The decrease in physical activity has given an opportunity in the rising health issues. Therefore, reviving these traditional Indian games that will provide a lot of health benefits.

### **Selected Traditional Games:**

#### **Kabaddi:**

It is one of the most popular sports in India played by the people in villages as well as in small towns. Kabaddi is an Indian game which requires both power and skill for its play. It is a simple and inexpensive game and doesn't require any playing equipment. Regular Kabaddi tournaments are held throughout the country.

Kabaddi is a contact team sport. Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are tagged or tackled, but are brought back in for each point scored by their team from a tag or tackle. The Kabaddi World Cup is an outdoor international standard style kabaddi competition conducted by the International Kabaddi Federation (IKF), contested by men's and women's national teams.

#### **Gilli Danda**

An amateur sport, Gilli Danda is one of the most thrilling games invented on the Indian Subcontinent thought to be originated 2,500 years ago. The game requires two sticks. The smaller, oval-shaped wooden piece is called "Gilli" whereas the longer one is termed as "danda". The player needs to utilize the danda to hit the Gilli at the raised end, which flips it into the air. While it is in the air, the player hits the Gilli, as far as possible. Then, the player is required to run and touch a point (It is agreed with the players from before) outside the circle before the Gilli is taken by an opponent.



The secret of winning this game is all in the technique of raising and hitting Gilli. One of the amazing things about the game is that there are no strict rules about the upper limit of the number of players. It can be played between four players all the way up to 100 or even more players.

### **Kancha**

Kancha is another interesting, inexpensive game invented on the Indian land. A favourite amongst youngsters, it is played using dark green glass marbles colloquially known as 'Kancha'. The game involves a player hitting the selected target marble using one of his own. Traditionally, the winner of the game takes away all Kanchas from the losing players. The marble is held between the right hand and the forefinger of the left hand. The finger is pulled backward and is released with pressure almost in a spring action. There are various versions of the game ranging from easy all the way to the more complicated ones. In simpler game, the player has to target a marble among other ones in the circle from a distance. Then in another version, Kancha is almost played like a miniature version of golf where the player has to send his marble into a hole a couple of yards away from him/her.

### **Mallakhamb**

Mallakhamb is an ancient traditional Indian sport. 'Malla' means gymnast, and 'khamb' means pole. Thus, the name 'Mallakhamb' stands for 'a gymnast's pole'. Mallakhamb is a sport that showcases a combination of strength and acrobatic acts. Gymnasts perform postures evident in aerial yoga and other acrobatic acts on a hanging or stationary wooden pole, rope or a cane. Madhya Pradesh declared it as the state sport and it also has international federations such as Mallakhamb Confederation of World (MCW) and South Asian Mallakhamb Federation (SAMF).

### **Kho-Kho:**

Kho Kho is a popular tag game that is native to Maharashtra. (Source: Traditional Sports) Kho Kho is a popular tag game that is native to Maharashtra. Played casually and professionally, it got the name from the sound made by players in the game. The game's popularity went worldwide which saw establishment of International Kho-Kho Federation in 2018 and has since seen many events like Asian Championships. It has 9 players of a team sitting on their knees while three players avoid being tagged by the opposition.

**Kusti:**

Kusti / Indian wrestling is the best sports to play and maintain the physic. It needs to be follow some set rules to become a wrestler. A heavy diet and strict discipline is to be maintain by the wrestler. Famous Indian wrestler Sushil Kumar is the Indian world wrestling champion of 66 kg freestyle wrestling games and winner of Bijing and London Olympics. Indian wrestling is one of most popular and difficult type of traditional sport in India, mostly played at North Indian state of Punjab and Haryana along with Maharashtra. A player of this sport is referred to as a pehlwan (Persian originated word for hero) while teachers are known as ustad (Persian word for teacher or master).[3] One of the most famous practitioners of pehlwani was The Great Gama (Ghulam Mohammad Baksh Butt), who is considered one of the greatest wrestlers of all time. Kodi Rammurthy Naidu was another example.

**Lattoo**

Another popular term lattoo quite literally means the spinning top. Though the word is also used often in various other meanings and forms, the game itself is pretty simple. It is all about making the top spin for the longest amount of time. And also, mastering the skill of lifting the moving top off with the string. The tops were initially made of clay and later replaced with wood. However, one can find many different tops today in the market, some even with lights and sound effects.

**Antakshari:**

This is a standard and staple game which has probably left its mark on family functions, social events, train journeys and much more. A fun game filled with music and lots of soul, Antakshari is one of the most loved and played game. Perfect for any occasion, it consists of two teams. The first team starts singing, and the last letter of where they leave off the song is the letter that the other team picks up and begins a new song. This game can go on forever and lightens up the mood with rhythm and music. There are many other games that most of us can easily remember and recognize.

**Langdi:**

It is a traditional Indian field sport played in Pandiyan Dynasty called "Nondiyaattam", similar to hopscotch. It is described by Marathis as a sport with a Marathi ethos. Langdi is considered to be useful in training for sports like kho kho, volleyball and gymnastics. The National Langdi Federation received national recognition in 2010. Langdi in Maharashtra is a popular childhood pastime, it is described as the foundation of all sports. Suresh Gandhi, Secretary of Langdi



Federation of India acknowledges playing langdi isn't financially rewarding. Stake holders have to arrange for funds out of their own resources. According to Mahesh Vichare writing in Maharashtra Times, English medium schools, both secular and those run by Christian institutions, in Mumbai, tend to neglect traditional sports like langdi. Chauhan, national president of Krida Bharati, has stressed that the organisation would endeavour to revitalise traditional sports like langdi in order to create healthy youngsters. Krida bharati is an organisation that promotes sport in India. According to Arun Deshmukh, recognition from the Indian Olympic Association is in the pipeline. This recognition results in facilities like concessional railway travel being made available, thus ensuring in growth of the sport.

**Conclusion:**

All the traditional games of India has rich tradition. Nowadays these games are not practiced so much. Youngsters are engaged in technology and virtual games so they are losing the physical wealth. We all should remember, conserve and practices our traditional games and handover it to our next generation.

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