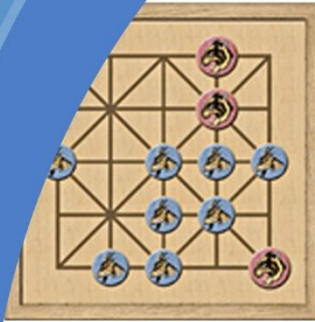




केन्द्रीय विद्यालय संगठन
आंचलिक शिक्षा एवं प्रशिक्षण संस्थान मुम्बई
Kendriya Vidyalaya Sangathan
Zonal Institute of Education and Training, Mumbai

पारंपरिक खेलों की पुस्तक

A HANDBOOK OF TRADITIONAL GAMES



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Foreword

National Education Policy 2020 envisions an education system rooted in Indian ethos that contributes directly to transforming India, that is Bharat, sustainably into an equitable and vibrant knowledge society, by providing high-quality education to all, and thereby making India a global knowledge superpower. The Policy envisages that the curriculum and pedagogy of our institutions must evolve around the students being the central point of focus and moreover Pedagogy to be experiential, Multidisciplinary and Joyful.

The whole aspect of child development can be supported by involving traditional games in learning, which is primarily the ability of personal relationships included in the child's social development aspect to be stimulated through traditional games applied through learning.

It is important to apply traditional children's games, because the cultural values and identity contained in the game are already being forgotten by children today. So it needs to be applied in the learning.

Teachers need to develop a free learning model that involves traditional games then supported by parents, community and government.

Involving parents with workshop activities, seminars and conferences on traditional games that provide benefits to aspects of child development.

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CONTEXT OF TRADITIONAL GAMES:

"A master in the art of living draws no sharp distinction between his work and his play, his labour and his leisure, his mind and his body, his education and his recreation."

Lawrence L.P. Jacks

Traditional Games have been passed down from one generation to another and their origins go back centuries. Whereas modern games usually encompass digital games and relatively new game inventions. Modern games have their fair share of cognitive benefits ranging from improved Problem Solving Skills to spatial navigation abilities. The digital games also get kids better acquainted with technology- a vital component of modern day living. However, modern games also tend to be isolating, victory-oriented and in most cases, sedentary. Hence, we feel that it is important to inject a few traditional games into your playtime to counteract these 'adverse' effects and better optimize the benefits of taking the time off to play.



BENEFITS OF TRADITIONAL GAMES

Builds Life Skills

Playing conventional games have always brought kids together encouraging teamwork and social interaction. Most old school games require agility and movements such as swinging of arms and jumping. This boosts exercise and improves eye-hand coordination. Team games like Kabaddi and Kho –Kho require kids to come up with tactics to defeat their opponent in turn helping them to strategize and resolve their differences.

Pass Our Heritage

It is equally important to teach our kids about our culture and tradition as it is to teach them new age concepts. It is vital that they know their roots and have a sense of pride about it. By playing Indian traditional games, children can connect with their heritage through sports and this has a deep lifelong positive impact on them.

Bridge Generations

Sports is a great connector – across countries, ages, religions and even across socio economic statuses too. No wonder sports bridge all gaps pulling people and connecting them emotionally. Playing traditional games as a family brings the family closer, and the bond stronger. Children need unstructured playtime and introducing conventional games to the family routine can be a great bonding activity for all. Children who have strong family relationships fare well at all other aspects of life as well.

Games are Extension to Yoga

Traditional Indian games are extension of Yoga in a practical form. There are 8 sections in Yoga. Out of this 3 focus on physical well-being, refining the senses, strengthening the body and balancing your breathing. All Indian games generally encourage one or more of these three.

Well-Being

Unstructured play has a vital role in developing various aspects of children's growth, behaviour and interpersonal skills therefore, the need to re-establish traditional play in children's lives.

CONNECTION TO REAL LIFE SITUATIONS

Almost all Indian traditional games are based on

CHAUPAR



Chaupar is an Indian game from 14th century. It consists of a cross shaped board which is either made from cloth or wool. It also consists of wooden pawns and cowry shells. It has for players each having four pawns. Six cowry shells are used to play the game which determine their moves.

The centre of the cross or board is known as ghar. The centre column on each arm of the cross is the "home column" for each

player's men. The starting point for each player is the flower drawn on left of his home column.

Each player can allow his four men to enter into the game only from the starting point. The men have to travel around the outer perimeter columns in an anti-clockwise direction. Before a player brings his men home, he has to knock out another player's man. Only the player's who have men can enter their home column. Once the men cross the flower, it indicates that they are safe from further attacks.

PALLANKUZHI

Pallankuzhi is one of the ancient games mostly played in the South India. It actually originated from Tamil Nadu but was later played in other southern states like Kerala, Andhra Pradesh, and Karnataka and even in Srilanka and Malaysia. The game consists of a rectangular board which consists of 2 horizontal columns and 7 vertical columns in each horizontal column. Hence, there are 14 cup like columns.



Cowry shells or tamarind seeds were used to play this game.

Each cup should consists of 12 shells or seeds. The player starting the game has to lift all the shells from one cup and distribute one in each cup in a clockwise direction. If the player reaches the end of his cups, then he can take from his opponent's cup and continues in the same way. If the last shell falls into a cup with an empty cup beyond, then the shells in the cup beyond the empty cup are in his side. That player then continues to play from the next cup containing shells. If the last shell falls into a cup with two empty cups beyond, then his turn is over. The next player continues play in the same way, taking shells from any of his cups and going around placing shells in a clockwise direction.

GUTTE



Gutte is a simple game played in many parts of our country. It is popularly played among both children and adults. It consists of 5 pieces of small stones. It is a leisure time play.

This simple game requires you to toss and spin one stone in the air and pick other stones from the ground before the airborne stone touches the ground. The process is repeated until an airborne stone strikes the ground. The process gets trickier when there are more than one stones in air. The beauty of the game lies in its simplicity, inexpensiveness. Moreover, any number of people can play this game.

KANCHA

Kancha is yet another interesting and inexpensive game from India. It is a favourite game among youngsters, it is played using dark green glass marbles known as 'Kancha'. The game involves a player hitting the selected target marble using one of his marble. Traditionally, the winner of the game takes away all marbles 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 from easy to complicated ones

LATTOO



Lattoo is a popular game played in India using a Spinning top. This simple game came to existence in 3500 BC. In the beginning, tops were made of clay. Later, children began to use tops made of wood. Today, a variety of designed and coloured tops are available. There is a string which helps to spin the top and then helps to lift up the spinning top. Usually, two or more players can play this game. The

players need to first wrap their tops with the string and then unwind it by

pulling the string, making the top to rotate on the ground. The players need to pick their tops with the string as fast as they can. The player whose top spins the longest is declared as the winner.

GILLI DANDA

Gilli Danda is one of the most thrilling games originated from the India.

This game requires two sticks. The smaller stick should be oval-shaped wooden piece known as Gilli and the longer stick is known as danda. The player needs to use the danda to hit the Gilli at the raised end, which then flips in the air. When it is in the air, the player needs to hit the Gilli, as far as possible. Then, the player runs to touch a point outside the circle before the Gilli is taken by another player. The secret of winning this game lies in how well is the gilli raised and hit. It can be played by any number of players.



KITH KITH



Kith Kith is a hopping game. Kids have to hop on from one box to another, drawn on the floor. Kith Kith is played in almost all states of India. This game does not require too much space. It can be played indoors or outdoors. It is simple, yet tricky. It requires good balance and precision.

This game contains 8 blocks. Each player uses an object such as a bottle cap, shell, stone or button. A player has to stand behind the starting line and throw his object in the first block. He has to hop over the first block then to the second block and continue hopping to the eighth block, then turn around, hop back to the second block, pause and pick up the marker, hop in the first block and then come out. Then he has to toss the marker in the second block. This goes on until the player reaches the eighth block and completes the lap successfully. In this game, all hopping is done on one foot, unless there are two lateral blocks, where the player can land his both feet.

LAGORI

Lagori, is another interesting game of India which involves a rubber ball and a pile of seven flat stones stacked upon one another. It is usually played between two teams, with a minimum of 3 players and a maximum of nine players in each team. This game has many names according to different regions.



Each team has 3 players getting 3 chances each, total nine chances per team. The players have to knock down the stones from a distance of 20 ft. If a team is unable to knock down the stones then the chance is given to the next team. The aim of the opposite team is to strike any player of the throwing team with the ball, below knee level. This sport is more popular among the rural parts of the country. The simplicity of rules also make it special.

KABADDI



Kabaddi is a team sport of India. There are 2 teams with 7 seven players in each team. The aim of the game is that a single player from a team has to run into the opposing team's half of a court, touch as many defenders as possible, and return to their own court. All of this must be done without being tackled by the defenders and most important in a single breath. Players are taken out of the game if

they are tackled but can be brought back into the game for each point scored by their team from tackle.

KHO KHO

Kho Kho is yet another popular game invented in India. It is played by teams of selected 12 players out of 15. From this 12 players, 9 enter the field and sit on their knees and the remaining 3 players try to avoid being touched by members of the opposing team. It is the next popular tag game after kabaddi. Kho-Kho is a traditional Indian sport, which is one of the oldest



forms of outdoor sport, dating back to prehistoric India. It is most often played by school children in India and is a competitive game.

AANKH MICHOLI



Aankh Micholi is just a variation of another popular Indian game- Chhuppan Chhuppai. In this game, the denner is blindfolded, and the other players run around him/her. To make the game more fun kids call out the name of denner or touch him/her slightly. If the denner touches any one of the players, he/she is blindfolded next. This game is very helpful in developing the kid's alertness, sensory skills and exercise their tactical sense.

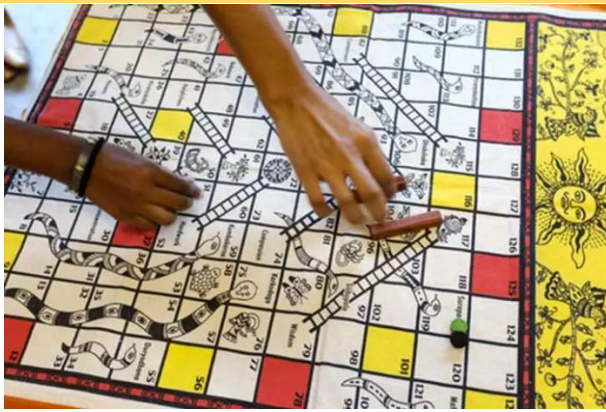
HUNGRY LION

A group ranging from 12 to 40 can play this traditional game on an open field, where circles of 2 feet diameter are drawn — three to four feet apart from one another — for each but one player.



The player without a circle is the den, or the hungry lion. Others stand inside their circles that are safe areas. The game begins with the den getting down on his hands and knees and roaring while he roams the field. When he takes the name of a wild animal, it is a cue for all the players to come out of their circles and start walking behind the den, at a 'safe' distance of eight to 10 feet.

MOKSHA PATAM / SNAKE AND LADDER



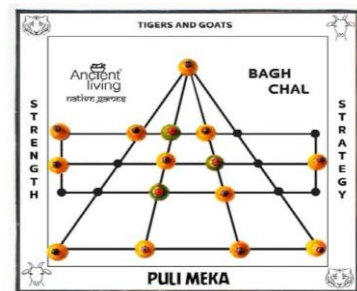
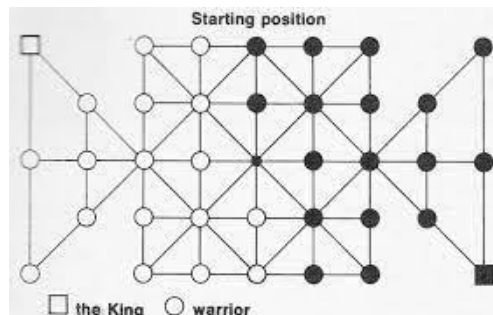
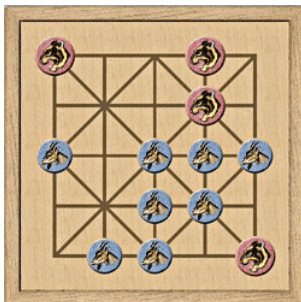
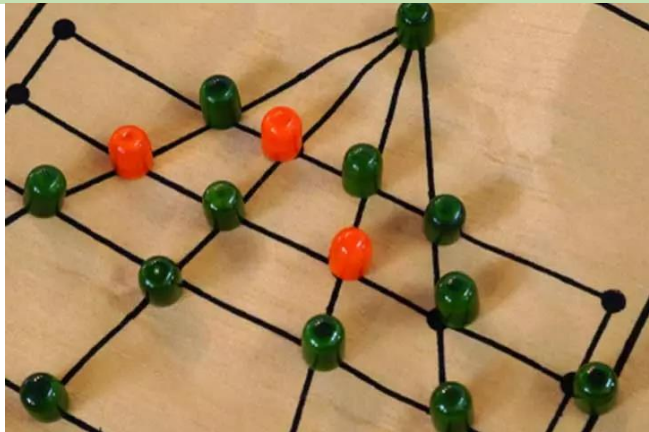
Moksha Patam or *Parama Padam* is a board game that is believed to have been invented in ancient India and has spread to other parts of the world. Now, it is commonly called Snakes and Ladders. In ancient India, it was used as a form of entertainment and to teach morality to children.

The basic concept is to teach people that the way to reach heaven or “moksha” is to abandon the bondage of passion. The ladder symbolizes the rise from one level of enlightenment to another, while the snake symbolizes immoral behavior and how they lead to degeneration. This game is played by two to four players. The first player to reach the “highest heaven” is the winner.

AADU PULI AATAM / BAGH CHAL

Aadu puli aatam literally means “a game of lambs and tigers.” It is called *meka puli aata* in Telugu and *aadu huli aata* in Kannada. This is a two-player game where the tigers hunt goats on an asymmetric grid.

In this game, first, draw a triangle and divide it into three equal parts. Then, draw a rectangle on the entire triangle, intersecting it throughout. Then divide the rectangle horizontally into two parts. One player has 15 “goats,” and the other player has three “tigers.” Each of these pieces is placed at the intersection point. Tigers try to eat goats, and goats try to actively stop them. The pieces are usually cowrie shells or pebbles.



CHOWKABARA

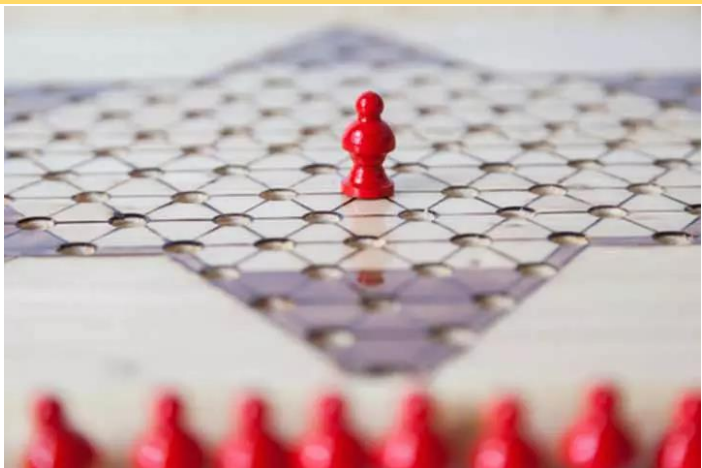


This is another four-player game that is similar to *Chaupar* or Ludo. The goal of the game is to achieve home safety without getting removed by the opponents' pieces. The game is popular all over India and is known under different names, such as Eight and Four, *Kattam Kalo*, *Chauka*

Baara, *Changapoo*, *Ettu Veedu*, *Kattam Kazhi*, and *Aada Sada*.

PANCHA KONE

Pancha kone is a popular Indian traditional game. You can find this game board engraved on ancient temples and monuments all over India. *Pancha kone* means five corners or five cones. It is played on a board with five-point stars painted on it. This is a strategy game that requires the player to move around the board and finally with a single piece.



Chinese checkers is based on this game.

KALANEY BELANEY



Kalaney belaney literally means “black elephant, white elephant”. It is believed that this Indian game originated in Karnataka. It is a simple game for two players. Each player has a number of pieces that they arrange on their side of the board. The first player rolls the dice. They remove the opponent's pieces from the board according to

the number on the dice. The player whose pieces are standing, in the end, is the winner.

VISH AMRIT

This is another popular game among school children. This is an outdoor game that involves many children. One player becomes a “denner” and runs behind other players. The moment they touch any other player, they say “*vish*” which means poison. The touched player must sit down and cannot move until another player comes and touches them to give them “*amrit*” or nectar. This is a fun game that can cultivate children's social skills and agility. The game is also called Lock and Key in some places.



KOKLA CHAPAKI



This is a very popular game among children aged 4-8. It is also called the Drop the Handkerchief game. Children in Punjab often play this game. There can be any number of players. You only need a piece of cloth.

All the players, except one, form a circle. The standing player starts running around

the sitting players in a circle carrying a handkerchief. They sing the song *"Kokla chapaki jumeraat aayi aye jera agge pichey wekhey odhi shamat aayi aye."*

While running in this way, the player places the handkerchief behind one of the players. The player behind whom the handkerchief is placed, picks it up and starts running behind the tagger. The tagger tries to occupy the vacated place before being caught by the chaser.

One of them sits down, and the other continues the game with a handkerchief. This game requires players to be vigilant at all times to know when the handkerchief falls behind them. This game helps to develop endurance and observation skills.

POSHAM PA

This is an outdoor game played by three or more players. The age group for this game is 4-8 years. Two players join hands to form a "gate". They sing a song. The other players pass through it in a line. After the song ends, the gatekeepers lower their arms and trap the player inside. The game continues till all the players have been caught in the gate.



The game is played differently in different regions of India. In some places, the trapped player is asked a question secretly, and the answer they give will determine which team they join. Once the two teams are formed, they play a brief game of tug-of-war. The team that manages to pull the opponent team wins.

MARAM PITTHI



This game is the Indian equivalent of Dodgeball. There are two teams scattered throughout the field. Players of one team try to hit the players of the opposing team with a sponge ball. Once a player is hit, they are out

of the game. The ball can be passed between the players of the same team.

DHOOP KHEL

Dhop that is a ball, is thrown by the player in the air with intention to throw it in the opponent's court and if in case the ball does not cross one's court and falls there only, then the players have to throw the ball again. While the opponent team has to catch the ball and again the player of other team has to throw the ball if the opponent fails to



catch it but if the player catches the ball then he/she has to throw it towards a player who stands at the opposite end of the court and the player is called **Katoni**. If the player, who is Katoni, fails to catch the ball then the team loses the chance of throw and the other team gets the opportunity to throw the ball. The game is not as simple as it sounds and is filled with complications with its complicated structure- if the Katoni is hit below the waist then it is considered a **kota** and thus the katoni loses his status of **ghai** which was a name initially used for all players and becomes a **bondha** or **hoia**. The Bondha has a tough task to perform which is that he/she has to go to opponent's team with an intention to avoid the opponent team's players to catch the ball &

catch the ball himself and reaches in his court without any physical contact between the opponent team's player and the ball, this strategy is called **aulia**. Thus, if he succeeds in doing so then the player again becomes a ghai and such move is called hora.

Also, the player has to make sure that he/she does not go out of the field while making such an attempt. When 10 ghais of a team, turns into hoia or bondha then the last ghai becomes a **ghai katoni**, and if kota is done to him then then it is called as **piriutha** and it signifies victory for the side. The team which has more number of ghais, is declared the winner and in case there are equal numbers of ghais then the game is drawn.