



Traditional Games and Holistic Health of the Children in India

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ABSTRACT

India provides many kinds of traditional sports and games. Some of which extend back thousands of years. Western sports had overtaken them in popularity during the British Raj, and the Indian government is currently working to bring them back. Despite this, their popularity has declined significantly in the modern era. Most of these games do not require a lot of setup or space to play. Certain ones can only be heard in particular regions of India. may be played under various rules and regulations in different parts of the nation and go by different names. Other traditional South Asian games share numerous parallels with Indian games.

A child's routine and curriculum should prioritize sports and games. Playing sports helps kids grow their psychological as well as physical toughness. The greatest benefit of traditional games, however, is their ad hoc nature. It does not require specialized instruction or expensive facilities. With the exception of a few more well-known games like kabaddi and kho-kho, which do have worldwide tournaments, most other games are essentially localized. These games' real flavor is found in how simple and accessible they are to play. Additionally, they can be viewed from a traditional, social, and cultural perspective.

During their leisure time, kids get together and develop friendships that support the development of their cultural and social relationships.

These children represent various social backgrounds, religious backgrounds, and families. Nevertheless, when they gather together to play these games, they discover a shared ideology and game plan. These games don't ask the kids to be anything other than who they are—rural or urban, from any socioeconomic background. Not to mention that modest traditional games frequently foster a lack of knowledge of true team spirit.

The History and Evolution of Traditional Games :

Traditional Indian games are a vital part of the rich cultural legacy that India is honored to have. For millennia, peoples of all ages have engaged in these activities, which have been transferred from one generation to the next. In addition to being entertaining, they have multiple beneficial impacts on the body and mind. Many classic games have vanished over time for a variety of causes, but some have remained and continue to be enjoyed by players of all ages.

Indoor and outdoor games are the two main categories into which traditional Indian games fall. Games on boards like Pachisi, Chess, and Ladders and Snakes are examples of indoor games; Kho-Kho, Kabaddi, and Gilli Danda are examples of outdoor games. Over time, these games have changed to reflect current society. For instance, synthetic surfaces are currently used for the original mud fields where Kabaddi was played. Similar to this, games like archery, which is now an Olympic sport, have benefited from the introduction of contemporary gear and technology.

Indian traditional games are crucial to preserve because they represent the traditions and beliefs of the nation. These video games impart valuable life lessons about working together, problem-solving, and judgment. In addition to being a form of entertainment, traditional Indian games play a significant role in India's cultural legacy. We can make sure that future generations can play and benefit from these games by keeping them preserved. Moreover, a lot of the nation's tourist attractions give visitors the chance to play traditional Indian games and discover their history, making them an integral part of the country's tourism industry.

Major types of traditional games especially in south india

Kabaddi



It is one of the most well-liked sports in India, wherever both small towns and villages participate. Playing the Indian game of kabaddi needs both strength and skill. Kabaddi's origins can be traced back to prehistoric times when humans learned how to defend themselves against animals in groups or attack weaker creatures on their own or in groups in order to survive and obtain food. The game is compared in "Mahabharata" to a precarious scenario in which Abhimaneu, the Pandava kings' successor, finds himself surrounded by the enemy on all sides. History also shows that ancient princes used to play Kabaddi to show off their prowess and gain their brides. In general, Kabaddi is more common in Asian

Kalaripayattu (Martial Arts)

India's ancient tradition includes martial arts. One of the oldest types of Indian martial arts is kalaripayattu. Kerala is hometown to this popular artist. The mother of all Asian martial arts, Indian martial art is a gift to the 21st century. Judo and Karate are said to have originated in ancient India. Kalaripayate has several modern versions, such as karate, Kung-fu Judo, etc.

Kho-Kho

In India, one of the most well-liked traditional sports is kho-kho. Many historians believe that "Run and Chase" has been adapted to become the game KhoKho. A game called RATHERA was played in the past on raths or chariots in Maharashtra, and it was a variation of Kho-Kho. "Active Chase," which is a key component of the Indian game Kho Kho and is synonymous with the term "Game of Chase," is one of the cornerstones of a prosperous animal existence. It wouldn't be incorrect to state that Kho Kho was a popular sport in earlier times, even before the earliest mythological accounts of the classical Mahabharata. Having originated in Maharashtra, Kho-Kho is a popular game enjoyed by Indians of all ages.

Mallakhamb

It is possible to date the beginning of the traditional game of mallakhamb to the early 12th century. A mention to wrestlers training on wooden poles may be found in Someshvara Chalukya's Manasollasa Sanskrit work, which dates back to 1135 A.D. For many centuries, the skill was lost to the world until it was resurrected by Balambhatta Dada Deodhar, Peshwa Bajirao II's fitness and sports instructor during the first half of the 1800s. An age-old traditional game from India is called mallakhamb. "Khamb"

indicates a pole, while "malla" indicates a gymnast. Thus, "a gymnast's pole" is what the word Mallakhamb signifies. Wrestlers used Mallakhamb to hone their techniques in the Kushti game. However, the pattern has evolved and taken on a unique identity in the modern era.

Shatranj

Chess's original form, known as Ashtapada (sixty-four squares), was developed in India. Later on, this game was called chaturang, and it is widely acknowledged that this is the origin of chess. The oldest and most popular board game played inside in India is probably chess. In India, chess has been played for millennia. It is highly regarded as a sign of a man's intelligence and strategic acumen. In practically every Indian home, there is a chess set. Tales of kings and emperors playing chess are a common theme in many Indian folktales. The epic Mahabharat by the renowned Indian author also makes reference to chess. The game persisted in one way or another until it changed into chess. According to H. J. R. Murry's theory in his book A History of Chess, the game originated from an Indian game that was played in the seventh century AD. Chess is a great game to improve the mind overall. Playing chess may help both adults and children in numerous ways.

Gilli Danda

Gilli Danda is an amateur Indian traditional sport that dates back over 2,500 years, and it is one of the most fascinating games ever produced on the Indian Subcontinent. This is an Indian traditional game that requires two sticks. The smaller, oval-shaped wooden piece is called "Gilli," and the longer one is called "danda."

Kambala

The buffalo race is another name for the kambala. The coast of Karnataka is also the location for this competition. In this event, two pairs of buffalo are competing. In every pair, there is one rider. This practice requires the buffaloes to run across slushy, muddy paddy fields. Formerly, the reward for participating in this sport was coconuts. Coins made of gold or silver, or even cash, are utilized as awards these days.

Lagori

Another fascinating traditional game that was developed in India in the past is Lagori, also called Lingocha. The equipment needed is a ball—ideally a rubber ball—and seven flat stones arranged in a row on top of one another. It is often played between two teams, with a minimum of three players and a maximum of nine players on per side.

Jallikattu

Jallikattu is the name of the sport of bull-taming. In Tamil Nadu, this sport is a part of the Pongal celebration. Coins made of gold or silver are referred to as jalli or kattu. When combined, they represent money affixed to bulls' horns. The person who successfully tames the bull will get this award. This is a very old sport, going back over 2,500 years. It's a long-standing tradition that powerfully symbolizes Tamil culture. Every year, on the third day of the competition, this sport is played. Jallikattu is a part of the Tamil people's pride and tradition. It is similar to the Spanish custom of running from angry bulls. In this case, they are meant to tame the bulls.

Last but not least, the methods and strategies used in traditional Indian games have a rustic and regional flavor. Both their names and the playing style are deeply ingrained in the subtleties of the local, regional, and cultural context. As a result, these frequently develop into much more than simple pass-the-time activities. They turn into a tool for developing groups, personalities, tactics, and a more profound comprehension of real fundamental principles.

CONCLUSION

In conclusion, traditional Indian games are a vital component of the nation's cultural legacy. They are still performed by individuals of all ages because they have withstood the test of time. We can make sure that future generations can play and benefit from these games by keeping them preserved. Not only do traditional Indian games provide pleasure, but they also impart valuable life lessons and morals.

Traditional games are essential for social interaction, cultural heritage preservation, and the development of moral principles. These games reflect our common human experience and provide insights into the values, beliefs, and customs that unite people from diverse nations and societies.

Through acknowledging the cultural importance of customary games and participating in them, we can embrace our differences, fortify our bonds, and enhance our comprehension of the surrounding environment.

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