



Indigenous Games in India: Their Origin and Status in the Progressive Era

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ABSTRACT

Games are quite popular worldwide, and everyone, including children and adults, loves to participate. Indian culture includes a variety of traditional games. When we talk about India, we notice that it has continually demonstrated its rich culture and traditions. Games have been an integral element of Indian culture since their inception. Several traditional games that are well-known around the world are thought to have originated in India. Some popular traditional Indian games include Five Stone Gilidanda Teerandaji, kabaddi, kho-kho, Polo, shatranj, martial arts, and so on. All of these games demand technical and tactical skills, as well as physiological components such as speed, strength, stamina, agility, and coordination. Aside from that, our classic games require little equipment and cost less than current games. As a result, traditional games of Indian origin have gained popularity among the general public. However, considerable work needs to be done at the government level to promote them and ensure that Indians preserve their beautiful legacy.

Introduction

"GAME" is worldwide, with no cultural or linguistic limitations. Games appear to be the shared property of those who know them professionally or as amateurs. Many games that we think are just

hobbies are actually vestiges of religious ceremonies that extend back to the beginning of civilisation. Games reflect the traditions and culture of a specific country or region. The pleasure of voluntary action is the essence of games. Traditional games serve as learning tools. While playing, they teach us many things, like how to win and lose, how to develop sensory abilities, how to count and add, how to improve motor skills, how to distinguish colours, how to improve hand-eye coordination, and how to have fun. We get more values by playing these games than we do by playing modern games. Some of the benefits include the fact that they are environmentally friendly, that they allow us to learn about our culture and history, and, most importantly, that they are appropriate for all ages, boosting intergenerational interaction. Many modern games played around the world are derived from these classic games. This is a source of pride for our nation's culture. The following are some well-known traditional games that originated in our country and have since gained worldwide popularity.

Objectives

1. To study the origin of traditional games in India.
2. To study the present status of regional conventional games.

Research Methodology

The secondary data for the present study was collected through journals, books, and national newspapers.

Five Stone

The game of Five Stones is thought to have originated in Ancient Asia during the Siege of Troy in 1184 BCE. Five Stones is a game played by two or more players with five tiny stones. The goal is to finish a series of eight steps. This game improves vision and memory while also developing attention and shooting skills. This game is known by various names in Tamilandu villages, including Kallangal and Anchangal. The game of Five Stones, also known as Kallangal or Anchangal in Tamil Nadu villages, is a traditional activity for two or more players who use five tiny stones. The goal is to finish a series of eight steps, and the first player to do it is the winner.

Atya Patya

Atya patya is a classic ancient game from India. It is a widely played game, particularly in rural areas. The game has been played from time immemorial. It was played using the International Journal of

Physiology, Nutrition, and Physical Education, under various names, and with convenient rules adapted to the situation. Other names for this game included Sur-pati, Lon-pati, Darya-banth, saragari, saramani, tilli, uppinat, uppupatti, choupal pati, panchwati, and chikka. The game is also known as a game of tricks. The Atya party's playing area consists of nine trenches that emerge on either side of a central trench. One team's players advance through the trenches while the other team attempts to block them, earning points. In Tamil Nadu, this game is referenced in old Tamil literature as Klithatu, etc. Atya patya is a traditional Indian game played by two teams of nine players each. It is currently popular among children throughout India.

Ball badminton

Ball Badminton exists as an original Indian sport. Ball Badminton involves racquets for play on premises using uniform woollen balls. Ball badminton demands fast movements together with talent and wrist control abilities along with good judgment and agility and quick hand-to-eye coordination. Before the era ball badminton became well-liked among rural male players because it only needed essential tools. The inaugural edition of this game attracted many students from South India to become the founding year for the establishment of the Ball Badminton Federation of India in 1954. Ball badminton entered public play for the first time in Tanjore which served as the royal male leader of Thanjavur district in Tamil Nadu during 1856. Players from all age groups currently find pleasure in ball badminton matches.

Kabaddi

Kabaddi is one of India's most popular sports, with participants hailing from rural and small towns. Kabaddi is an Indian game that requires both power and skill to compete. Kabaddi can be traced back to prehistoric times, when humans learnt how to defend themselves against animals or attack weak creatures alone or in groups for survival and nutrition.

"Mahabharata". He compared the game to a difficult scenario encountered by Abhimanyu, the successor of the Pandava monarchs, as the enemy surrounds him. History also shows that princes of the past played Kabaddi to demonstrate their power and win their brides. Kabaddi is more popular in Asian countries, although other countries are also interested in it.

Martial Arts

Martial arts are part of India's ancient tradition. Kalarippayattu is one of the earliest types of Indian martial arts. This well-known work of art originated in Kerala. Indian martial arts are a gift to the modern world and the forerunner of all other Asian martial arts. Ancient India claimed to be the birthplace of Judo and Karate. Modern versions of Kalaripayate include karate, kung-fu, and judo.

Kho Kho

Kho-Kho is a very popular traditional sport in India. Many historians believe that the game Kho Kho is a modified version of 'Run and Chase'. Rather was an early variant of the Kho-Kho game played on raths or chariots in Maharashtra. One of the key components of a successful animal existence is "Active Chase," a core premise of the Indian game known as Kho Kho, which translates to "Game of Chase".

It would not be incorrect to state that Kho Kho was a well-known sport in ancient times, even before the oldest legendary writings of the classic Mahabharata. Kho- Kho originated in Maharashtra and is now performed and appreciated by people of all ages across India.

Mallakhamb

Mallakabh exists as a traditional game since its origins can be traced to the early 12th century. Someshvara Chalukya through his Manasollasa Sanskrit literature written in 1135 A.D mentioned wrestlers who practiced on wooden poles. The technique lay inactive for numerous decades until Balambhatta Dada Deodhar reintroduced it when he served as sports and fitness coach to Peshwa Bajirao II during his early nineteenth-century rule. Mallakhamb represents an old traditional competitive sport that originates from Indian heritage. Malla refers to gymnasts and khamb describes the pole. Because of these meanings 'Mallakhamb' signifies the 'Poll for Gymnastic Practice'. Different techniques of Kushti wrestling were perfected on Mallakhamb by wrestlers. Today Mallakhamb presents itself in a clear and unique way following a period of inactivity that spanned many decades.

Polo

Polo emerged in Manipur before developing into the most favored sport of English men residing in India. The Tibetan origin term polo derives from 'pulu' which stands for ball. Archive evidence indicates that ancient Indian people participated in the game during past eras. Nomads throughout Central Asia likely developed this sport as they spent most of their lives riding horses. Indian people adopted polo as a competitive sport to boost their horseback warfare skills making it a vital evaluation for princes and

warriors. Babur established the Mughal Empire in the 15th century then the sport became widely popular throughout his rule. The object was named "Chaugan" because it signifies a mallet. Polo emerged in Manipur before developing into the most favored sport of English men residing in India. The Tibetan origin term polo derives from 'pulu' which stands for ball. Archive evidence indicates that ancient Indian people participated in the game during past eras. Nomads throughout Central Asia likely developed this sport as they spent most of their lives riding horses. Indian people adopted polo as a competitive sport to boost their horseback warfare skills making it a vital evaluation for princes and warriors. Babur established the Mughal Empire in the 15th century then the sport became widely popular throughout his rule. The object was named "Chaugan" because it signifies a mallet.

Zahir ud-din Babur who ruled as the Mughal monarch introduced chaugan as a sport to his Mughal court. The sports rules and invention of light-up nighttime balls during play emerged from Mughal Emperor Jalal ud-din Akbar who played well in the 1560s. During his time he installed silver while gold adornments at the end of his mallet. An important step for Indian polo occurred when the Indian military officially included it as a sport which provided more access to horse accommodations. Today we observe multiple polo competitions take place after India gained independence.

Shatranj

Chess produced its origins in India as its original name was Ashtapada (sixty-four squares). Chaturang originated from the earlier version of chess and now stands as the traditional ancestor to modern chess. India maintains one of its longest-standing board indoor games which is known as Chess. Indian people have been playing chess throughout numerous centuries. Intelligence together with strategic abilities are believed to be best measured through chess. Chess sets occupy their position almost everywhere people dwell in India. Several traditional Indian narratives show regal characters involved in playing chess. Chess finds its place in the well-known Indian literary masterpiece called the Mahabharata. Different versions of the game gradually developed into the full-fledged chess game. H. J. R. H. J. R. Murry wrote in his magazine A History of Chess that chess emerged during the 7th century AD from an Indian board game according to his research. Chess benefits the mind of an individual through its complete mental development effects. Chess delivers optimistic benefits which benefit children and all age groups.

Gilli Danda

Gilli Danda is a traditional Indian game similar to cricket, except instead of a bat, participants use a stick to hit a little wooden piece known as a "Gilli." This game originates in India, dating back to the Maurya Dynasty, and is thought to have impacted Western sports such as cricket and baseball. The rules can vary greatly, allowing players to develop their own variations.

Teerandaji

The traditional Indian weapon bow and arrow was discovered through archaeological findings at Harappa and Mohanjo-Daro from the Vedic time before Islam arrived. Some Rig-Veda hymns also mention this weapon. Early India provided archery instruction as its main martial teaching subject (International Journal of Physiology, Nutrition, and Physical Education, 1253). Archery masters such as Doran are depicted in the historical records. All legendary figures such as Arjuna and Eklavya alongside Karna as well as Rama and Lakshmana and Bharata and Shatrughan the great warrior are masters of archery.

Dhanurvedya stands as the indigenous traditional game of Meghalaya. History and tradition have solidified archery as an essential part of Meghalaya culture so the state celebrations become incomplete without it. The enthusiastic practice of archery predominated across India especially among the students who attended Nalanda and Taxila universities during ancient times. Today this game ranks among the top playable games on all continents worldwide. Vallamkali popularly known as snake boat races serve as a traditional festival event which Kerala holds during Onam observations. Tourists make Kerala famous because of this popular aquatic sport which brings many visitors to the state. Visitors actively travel through long distances to catch the Boat Race event and experience its spectacular view.

Vallamkali received its origins on Assyrian territory during the New Year day celebrations of 300 BC. The historical records showcase that the Vallamkali Boat Race took place beyond Kerala's territory at the Andaman and Nicobar Islands, Cambodia, Bangkok and Britain along with Burma. Two cities Kayamkulam and Chembakasseri fought against each other across the fourteenth century. At that time King Chembakasseri Devanarayana decided to build proper war boats and entrusted the task to the prominent carpenter of his era. The traditional boat games of the past now exist as two separate events which include sail boating and canoe racing.

Conclusion

The history of traditional games in India is quite old. With its origin in the early Vedic era (2000-1000 B.C.), it had passed through numerous periods of political history, such as the epic age (1000-600 B.C.) and the historical age (600 B.C. The Nalandine period (300 A.D.), Rajput period (300-1200 A.D.), Muslim period (1200-1750 A.D.), and British period (until 1947) paved the way for the post-independence era. Many of today's Olympic disciplines are likely evolved from ancient Indian strength and speed games. Some games thought to have originated in India include chess, wrestling, polo, archery, and hockey (perhaps an offshoot from polo).

Unfortunately, while being the origin of several renowned traditional games, India's situation is far from ideal and falls short of the standards set by other modern games. This is primarily due to the government's lack of encouragement and promotion. A combination of solid previous practices and effective modern developments can ensure real-world sustainability. These age-old traditional games are one of the good things our rich culture has bestowed upon us, and we must nurture them rather than ignore them. Suggestions: To resuscitate and promote these games as part of Indian heritage, the government should take a proactive approach.

The government should allocate significant cash and resources to promote these sports at all levels. To encourage these games, the government should invest in contemporary facilities and infrastructure across the country. The government should build major nationwide sports academies to promote these games. To develop world-class athletes, the government should incorporate traditional games into the curriculum starting at the grassroots level. Encourage youth to participate in these games, beginning at the school level. The government and media must take the initiative to promote these games in the same way that cricket is promoted. The government should provide job security for sportspeople.

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