



## RECREATIONAL AND TRADITIONAL GAMES OF INDIA

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**Abstract:** Looking back in 1980's and before we used to play variety of indoor and outdoor games that was the games of our soil. Nowadays almost all the people including kids play games like cricket, tennis, football etc. Our traditional and recreational games have rich culture and heritage value and were tools of passing on some ancestral knowledge or the other. Our traditional and recreational games were designed in such a way that one can develop lot of skills like logical thinking, building strategy, concentration, basic mathematics etc.

**Keywords:** Job stress, Personality, Role over load, Physical education teachers

### Introduction:

Looking back in 1980's and before we used to play variety of indoor and outdoor games that was the games of this soil. Now a days almost all the peoples including kids play games like cricket, tennis, football etc. nobody is interested in games like kabaddi, goli, gilli danda or the indoor games like the dhaayakattam, paramapadham, pallanguzhi, paandi or aadu puliaattan. These games have a rich culture and heritage value and were tools of passing on some ancestral knowledge or the other. They also sharpened our observational and math skills unlike the hits and run games of the west that are one-dimensional and strengthen only hand eye co-ordination. Traditional games were not just games; they were designed in such a way that one can develop lot of skills like logical thinking, building strategy, concentrating basic mathematic, aiming and lot more.

### History of Sports:

#### 1. Indus Valley Civilization (3250bc To 2750bc):

A statuette found on the Monahjadaro remains is hat of a dance which points out that the important pastime of the people was dancing and singing.

#### 2. Vedic Period (2500bc To 600bc):

The Vedic women received a fair share of masculine attention in physical culture and military training. The Rigveda tells us that many women joined the army in those days.

#### 3. Early Hindu Period (600bc – 320bc):

People took much interest in game during this period. Hunting, swimming, chess and ball games were popular at that period. Jumping, arms contracting, wrestling, playing with balls, hide and seek, chasing animal were some of the games prevalent during Mahabharata period.

Chess was found mentioned in the canonical text of Jainism. Chess was found prevalent in the campus of Nalanda.

#### Recreational and Traditional Indian Games:

##### 1. Shatranj Or Chess:

Chess is perhaps India's oldest and must loved board indoor games. Chess was born in India and has been played in India through centuries.

##### 2. Kho Kho:

Kho Kho is an immensely popular sport in India. In some parts of India it is even played on a professional level. Kho Kho is very popular with children and is Otpen part of the games class in schools.

##### 3. Kabaddi:

Kabaddi is an indigenous Indian game. It is a team sport and has been played in India since ages. Ti requires players to be strong and agile and does not require any equipments or training. It is also played in many parts of the Indian sub-continent as well as china and Japan.

##### 4. Gilli Danda:

To play this game you need a long stick and a short stick with tapered ends. The long

stick is used to flickssss the short Gilli into the air, and then hit to travel to maximum distance. The opposing team here has to try and catch the Gilli. If the hitter misses the Gilli thrice he loses.

#### **5. Lagori:**

Lagori or Lagoori widely played in south India, is a game played between two teams in an unlimited areas involving a ball and a pile of flat stones. A member of one team throws a soft ball at a pile of stone to knock them over. Then the seekers try to restore the pile of stones while the opposing team throws the ball at them.

#### **6. Kites:**

Kites are used for the sports of kite fighting. Traditionally most are small unstable single line flat kites where line tension alone is used for control and a abrasive line is used to cut down other kites.

Other games are Langdi , Malla Khamb , Atya Patya Etc.

#### **Conclusion:**

Apart from the modern games likes, cricket, tennis , football etc. our traditional and recreational games had got a historical significance from the Indus valley civilization till the later Hindu period. Traditional and recreational games of India were designed in such a way that one can develop lots of skills like logical thinking, building strategy concentration, aiming and lots more.

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