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Special Issue

One Day Interdisciplinary National Conference on

APPLICATIONS OF SCIENCE

AND SOCIAL SCIENCES IN

SPORTS 11th March, 2017

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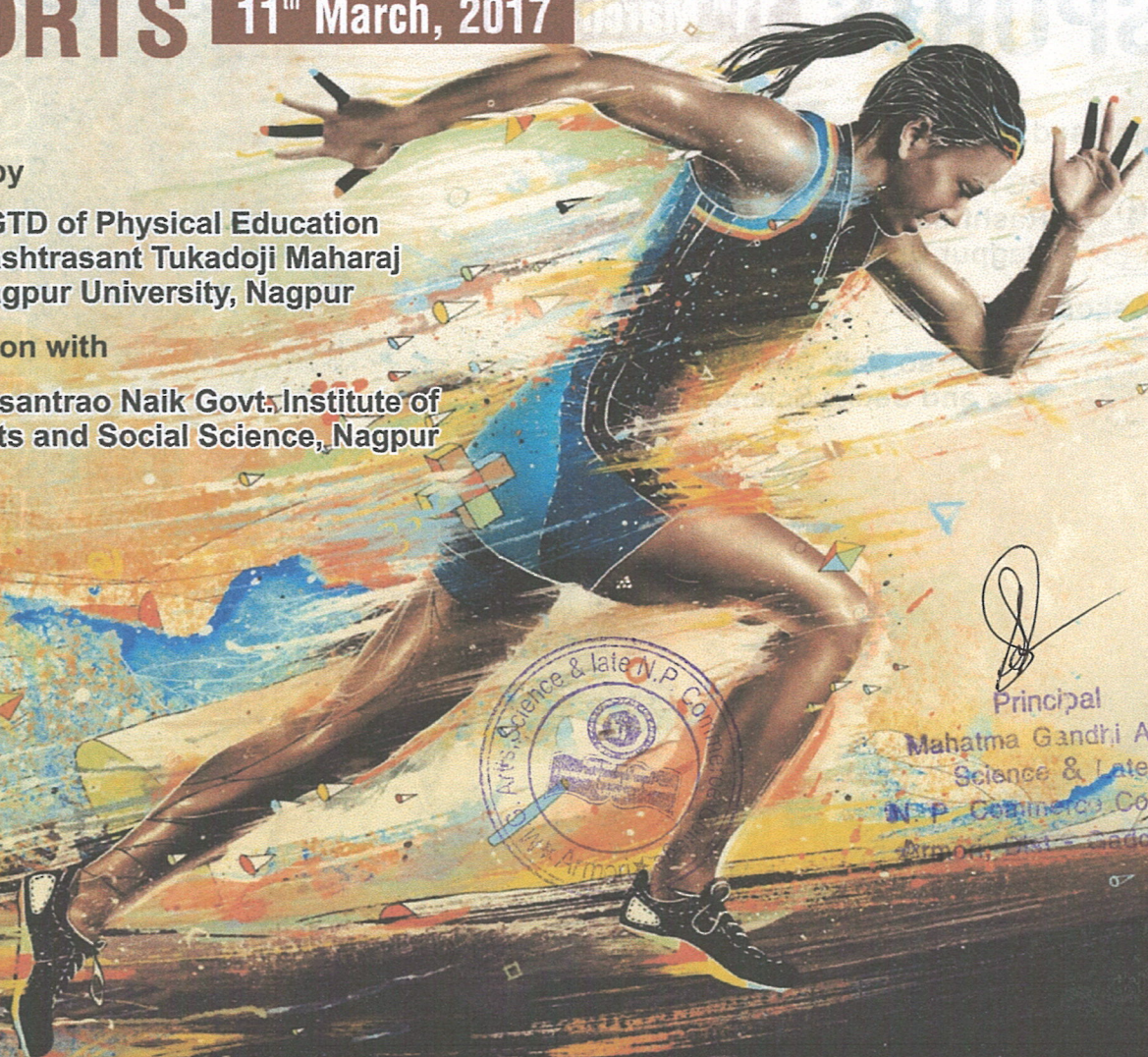



PGTD of Physical Education
Rashtrasant Tukadoji Maharaj
Nagpur University, Nagpur

In Association with



Vasant Rao Naik Govt. Institute of
Arts and Social Science, Nagpur




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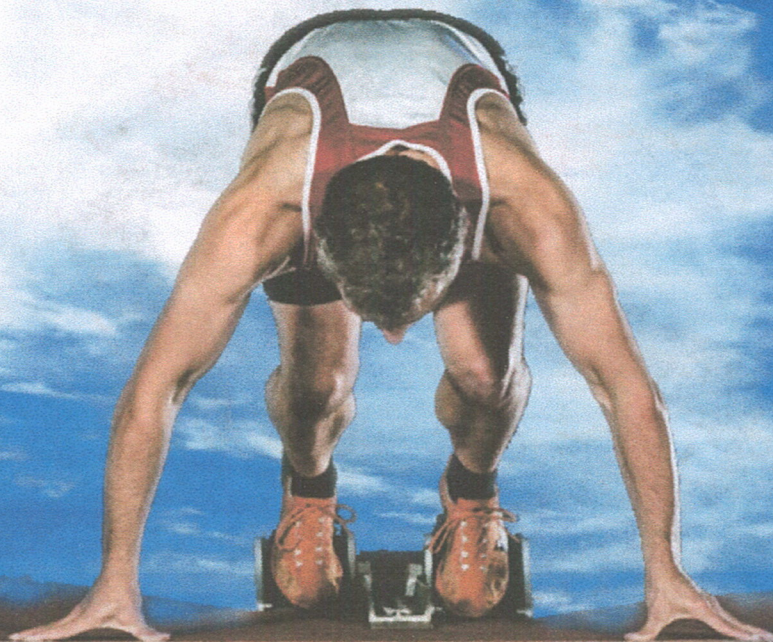
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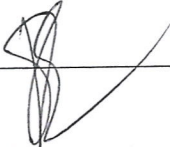
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TRADITIONAL & RECREATIONAL GAMES IN INDIA

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Abstract:

Introduction:

The Traditional Games are a part of intangible heritage and a symbol of the cultural diversity of our societies. Traditional games were not just games they were designed in such a way that can develop lot of skills like logical thinking, building strategy, concentration, basic mathematics, among and lot more. They teach us many things while playing like to learn to win and lose, develop sensory skill, count, add, improve motor skills, identify colour, hand-eye coordination and finally to have fun. All naturally one play or watch a game to have fun. Indian State has its own unique local sports that are popular among the residents. Traditional games and sports reflect of different cultural expressions and create a bridge between cultures for a better mutual comprehension. Such sports festivals are held usually during the harvest season, like Kabaddi, Kho-Kho, wrestling Marathon race, Bullock-Car race will provide an opportunity to rural area Sports. Concepts such as fitness, health, personal and social development and mental health are closely related to sport. A historical review demonstrates that civilized nations of the world always have paid attention to the importance and role of sport and used it for development of youth and preparing them to deal with personal and social problems. The people in this region have a low monthly income. Therefore, poor financial status significantly influences on lifestyles of residents of the region. So local and indigenous games and sports can be used with minimum facilities and costs to fill their leisure time. According to the above

studies and research, it can be concluded that sport activities is one of healthy and vigorous tools to fill leisure time. Sports has a Unique power to attract, mobilize and inspire by its very nature, sports is about participation and stands for human values such as respect for the opponent acceptance at binding rules, teamwork and fairness, it's also keys to healthy living rubbing off its positive effect on mental Health, stress level and moods.

1. Kho-Kho:

Kho-Kho ranks as one of the most popular traditional sports in India. The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. With its origins in Maharashtra, Kho-Kho in ancient times, was played on 'raths' or chariots, and was known as RATHERA. Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members. The rules of the game were framed in the beginning of the 20th century. At Gymkhana Poona, a Committee was formed in 1914, to frame its rules. The first ever rules on Kho-Kho were published from Gymkhana Baroda, in 1924. In 1959-60, the first national Kho-Kho championship was organised in Vijayawada

