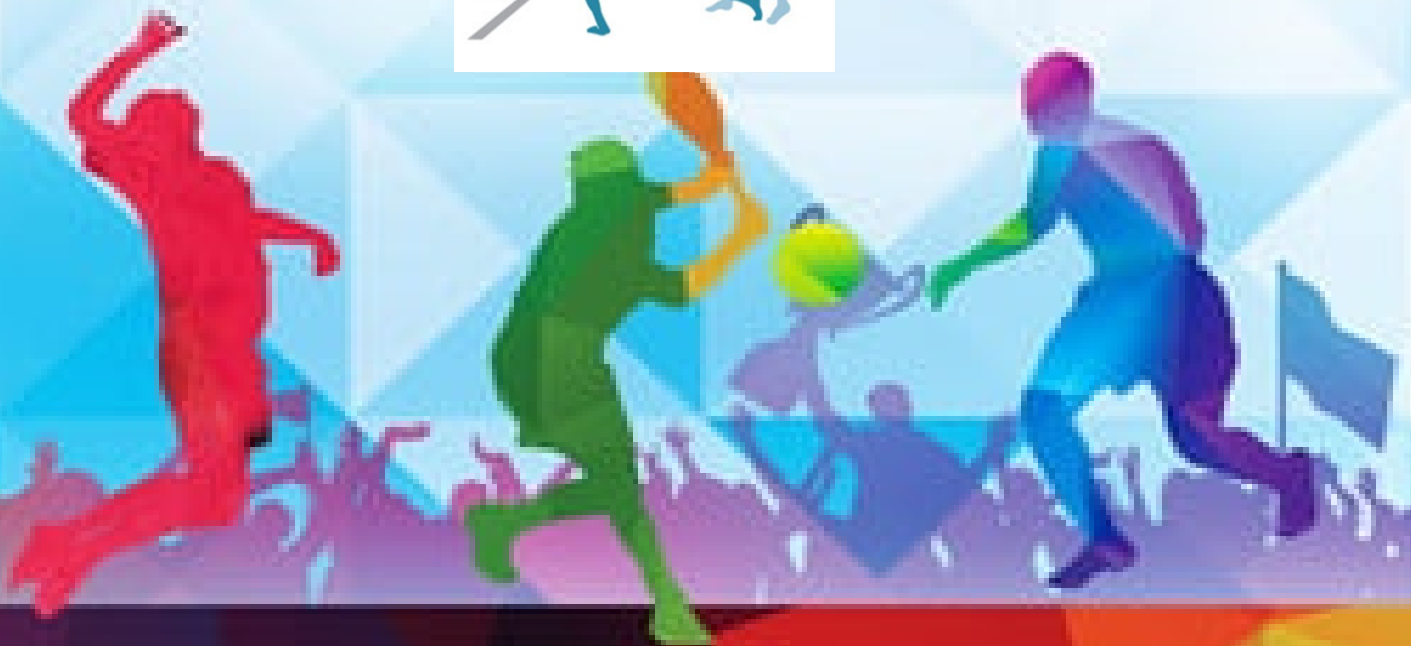
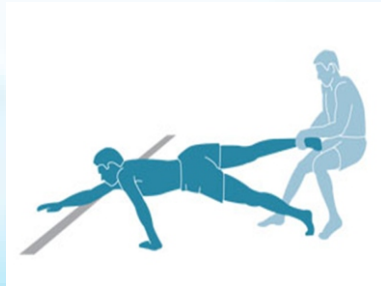


MAHARAJA SAWAI BHAWANI SINGH SCHOOL

SPORTS MAGAZINE 2019-2020

JOURNEY OF OUR TRADITIONAL GAMES



JOURNEY OF OUR TRADITIONAL GAMES

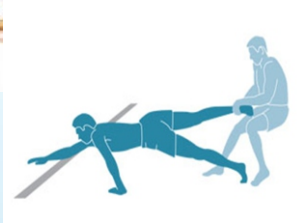
Gilli Danda- A Forgotten Game

kabaddi- An Ancient Indian Game

Sack Race- An Amusing Game

Loss of traditional games is loss of our cultural roots

Are Traditional games vanishing from our life?



**INDIA-SRI LANKA-INDONESIA
ISA PROJECT-7**

CONTENT

 **PM Modi-Mann ki Baat**

 **Traditional Games- Our Treasure**

 **Traditional Games of India, Sri Lanka, Indonesia**

 **Are Traditional Games Vanishing From Our Life?**

 **Kabaddi- An Ancient Indian Game**

 **Glimpses of Kabaddi League**

 **Gilli Danda- A Forgotten Game**

 **Glimpses of Gilli Danda**

 **Sack Race- An Amusing Game**

 **Glimpses of Sack Race**

 **Importance of Sports/ Games-Different Perspectives**

 **School Report - Smashing to Victory**

PM MODI - MANN KI BAAT

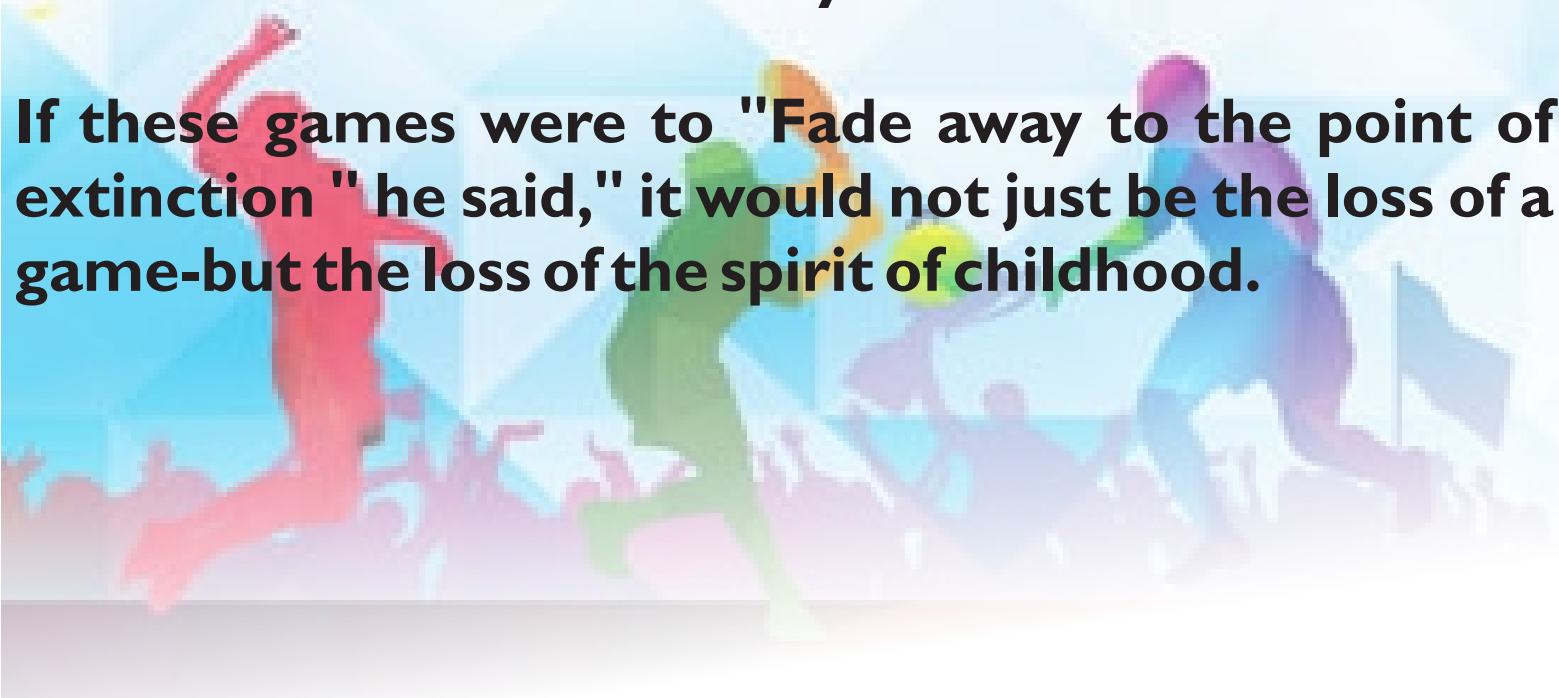


Loss of traditional games is loss of the spirit of childhood :PM Modi

The emphasis of the PM Mr. Modi's talk in his monthly radio programme 'Mann Ki Baat' was on traditional games which were once a part and parcel of every child's life and are now "Fading into oblivion."

From 'Pitthoo ' which is aiming the ball at a crooked column of stone slates to playing marbles, spinning the top to gilli danda, he said that innumerable games had been an inseparable part of each and every child's life across the country.

If these games were to "Fade away to the point of extinction " he said," it would not just be the loss of a game-but the loss of the spirit of childhood.



Traditional Games – Our Treasure

Traditional games taught people about culture and traditions, made us aware about society and environment.

Traditional sports and games are structured in such a manner that along with physical ability, they also enhance logical thinking, concentration, alertness and energy level.

Games are not only a source of physical activity and fun, they also teach a number of life lessons such as setting targets, facing failures, determination, discipline, dedication and team spirit thereby, fostering mutual co-operation.



Traditional Games of India



Sitolia (Seven Stones)



Pachchisi (Board Game)



Stapu (Hopscotch)



Rasa Kasi (Tug - of - War)



Kancha (Marble Game)

Traditional Games of Sri Lanka



Kana Mutti Bindeema (Breaking pots)



Gunny Sack Race



***Lissana Gaha Nageema
(Climbing the greasy pole)***



Batta (Hopscotch)



***Mancala Game
(Marble Game)***

Traditional Games of Indonesia



**Balap Karung
(Sack Race)**



**Nama Lokal Dari
(Hopscotch)**



**Ular Naga
(Dragon Snake)**



**Tarik Tambang
(Tug-of-War)**



Lompat Tali (Jumping Rope)



Enggrang (Stilt Bamboo Game)

ARE TRADITIONAL GAMES VANISHING FROM OUR LIFE?

India is a land of cultural diversity and native games have always been a part and parcel of life. Our country has many traditional games such as Gilli Danda, Kabaddi, Kho-Kho, Seven Stones (Sitolia) etc.

Traditional games teach us rich cultural values and thus are of great importance.

Now a days the situation has changed a lot and it is very rare to see children playing these games. Why don't people give importance to their native games?

Traditional games play an important role in children's health and physical development. Traditional games are far better for development in children than computer games. However, to ensure that children still play and enjoy the traditional games, we need to provide conducive conditions such as open spaces etc.



KABADDI-AN ANCIENT INDIAN GAME

NAME OF GAME- Kabaddi

POPULAR NAMES - KaudiPakaada, Ha-Du-Du, Himoshika, Hu-Tu-Tu

COUNTRIES OF ORIGIN

Indian Subcontinent Asia, South African Countries.

HISTORY

Kabaddi originated from either the Vedic period of ancient India, or the Sistan region of present-day Iran.

OLYMPIC

Demonstration sport : 1936 Olympics.

DESCRIPTION

Kabaddi is a contact team sport, played between two teams of seven players each. The objective of the game is for a single player on offence, referred to as a 'raider' to run into the opposing team's half of a court, tag out as many of their defenders as possible and return to their half of the court in a single breath.

Glimpses of Kabaddi League in School (MSBSS)



GILLI DANDA- A FORGOTTEN GAME

NAME OF GAME - Gudu Kelia (In Sri Lanka)

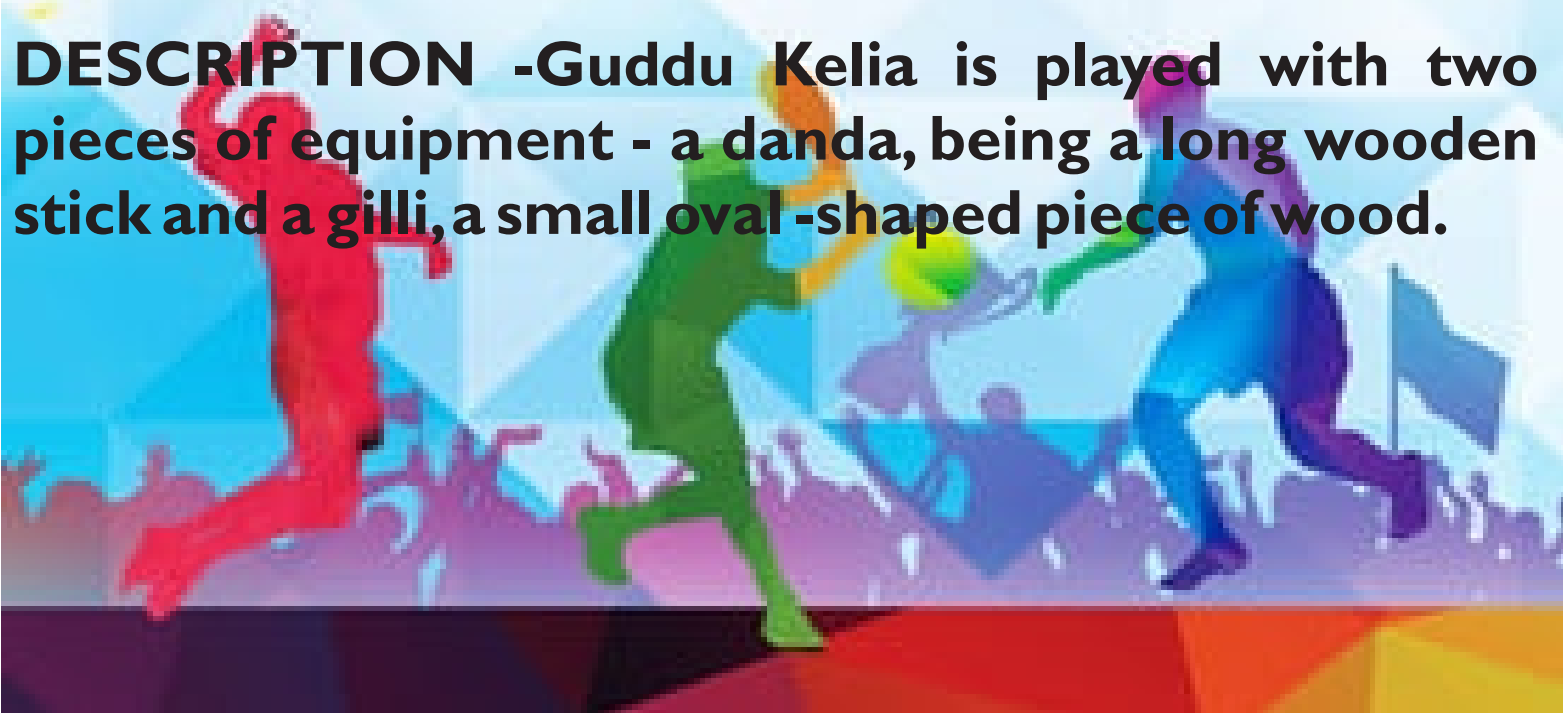
NAME IN NATIVE LANGUAGE - Gilli Danda

PLACE OF PRACTICE -

Gilli Danda is an amateur sport played in the rural areas and small towns all over Bangladesh, India ,Sri Lanka as well as Cuba and Itlay.

HISTORY -This sport has originated from the Indian subcontinent. The original game spread from India to its neighbouring countries and it came to be known as Gilli Danda in India, Gudu Kelia in Sri Lanka and Danguli in Bangldesh.

DESCRIPTION -Guddu Kelia is played with two pieces of equipment - a danda, being a long wooden stick and a gilli, a small oval -shaped piece of wood.



Glimpses of Gilli Danda in School (MSBSS)



SACK RACE- AN AMUSING GAME

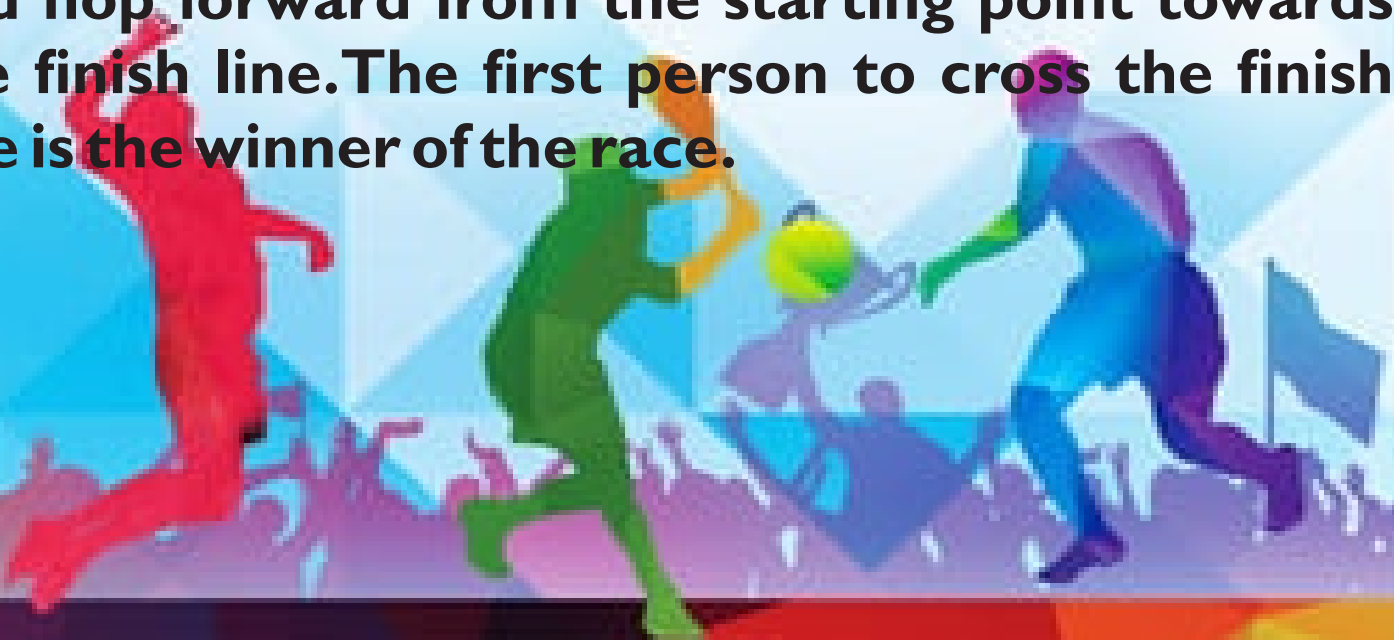
NAME OF GAME:- Sack Race

TYPES OF SACK RACES:-

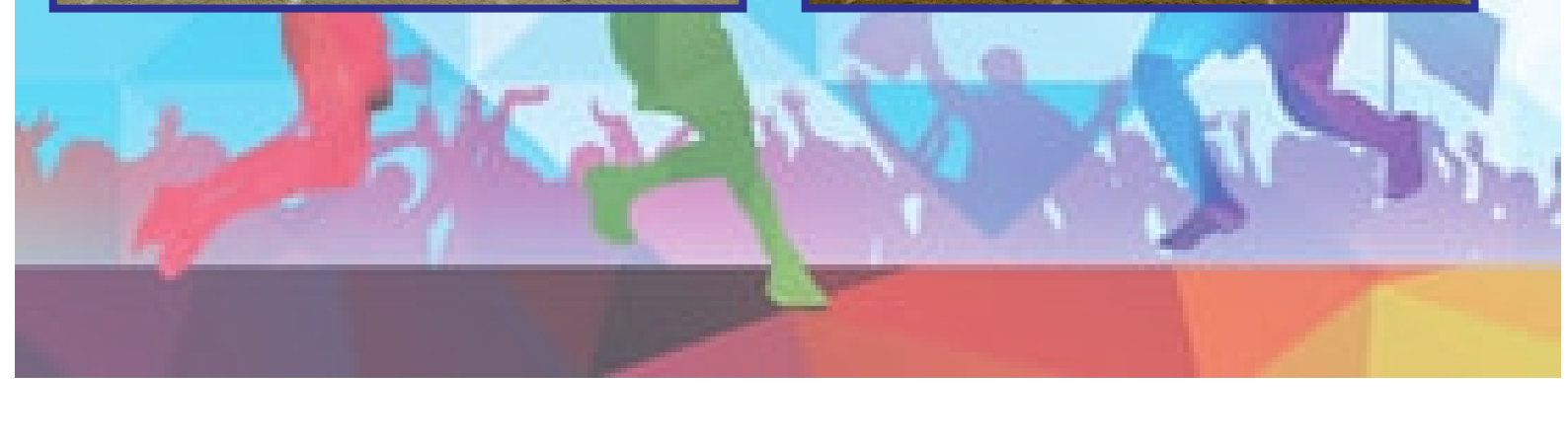
- **Gunny Sack Race**
- **Potato Sack Race**

HISTORY:- The game started in 1967 in Indonesia. It is contested in various regions throughout the country on August 17 every year on the occasion of Indonesian Independence Day.

DESCRIPTION:- The sack race is a competitive race in which participants place both of their legs inside a sack or pillowcase that reaches their waist and hop forward from the starting point towards the finish line. The first person to cross the finish line is the winner of the race.



Glimpses of Sack Race in School (MSBSS)



Importance of Sports / Games

DIFFERENT PERSPECTIVES

**STUDENTS
CORNER**

SPORTS- AN EXCELLENT STRESS- BUSTER

I am a student of class IV. For me sports are a source of recreation. They help in breaking the monotony of academics. By taking active part in games I can balance my mood well and experience less stress of academics.

KAVYA BADAYA (Class IV)

SPORTS MAKE US A MORAL HUMAN BEING

Sports teach us many life skills required for good conduct in society. When we play sports, we imbibe qualities such as honesty, teamwork, leadership and strategic planning. These skills will be helpful in every walk of life. We also learn to follow the rules and respect teammates and opponents.

PAWANI KHURANA (Class IV)

PHYSICAL BENEFITS

Sports and games are very important for us. They keep us healthy and fit. It is a useful means of entertainment and physical activity. They help in character building. They give us energy and strength. They shape our body and make it strong and active.

AARSHIARORA (Class V)

INCREASE MENTAL HEALTH

Games like chess and card games increase the mental health of a person, as it develops the response time of a person and ability to take decisions under pressure. So this helps in increasing our IQ and presence of mind.

SHIVEN DUA (Class V)

SCHOOL REPORT

SMASHING TO VICTORY

Inter House Kabaddi, Gilli Danda and Sack Race league matches were conducted amongst students of all the four Houses of our school (Agni, Jal, Prithvi and Vaayu). Participants from all four Houses showed some exhilarating skills and temperament to make matches entertaining for spectators.

KABADDI LEAGUE

The winners of Kabaddi were
SUB JUNIORS (BOYS)

1. **AGNI vs JAL**

- Jal House won by 8 points

2. **PRITHVI vs VAAYU**

- Prithvi House won by 1 point.

SUB JUNIORS (GIRLS)

3. **AGNI vs JAL**

- Agni House won by 6 points

4. **PRITHVI vs VAAYU**

- Prithvi House won by 4 point.

HERE'S THE STRICKERS

The winners of **Gilli Danda-**

Gilli Danda Matches were conducted for classes 3 to 5 in two categories: **Boys and Girls**. Students were divided in two teams- **Team A and Team B**. Each team had 8 players

Girls-Team B won by 1 point

Boys-Team A won by 5 points

FUN FILLED SACK RACE

The winners of **Sack Race-**

Sack Race was conducted in two groups classes 1 & 2 and classes 3 to 5

The winners were

Classes 1 & 2

Girls' Position

I-Eshni Swarup

II-Avni Kalra

III-Aditi Sattawan

Boys' Position

I-Vatsalya Mundra

II-Manas Kulshreshta

III-Tanish Sikarwar

Classes 3 to 5

Girls' Position

I-Rivisha Kasliwal

II-Palak Vashistha

III-Tanishka Sachdeva

Boys' Position

I-Arav Agarwal

II- Kavya Jain

III- Himank Pahwa