

| Name of Activity/Game | Materials Required | Instructions | Cultural Links/Importance | Learning Outcomes | Open-Ended Questions/Adult Role | Country of Origin | Other Notes |
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| <p>Gilli-Danda/ Vitti-Dandu Gilli Danda is one of the most thrilling traditional Indian games.</p> <p>It was invented on the Indian Subcontinent & thought to have originated 2,500 years ago.</p> <p>This game is the root of some games, like Cricket, Softball, & Baseball.</p> | <p>1. Two sticks - The smaller, oval-shaped wooden piece, 5 to 13 cm long & 2 to 3 cm in diameter & both ends pointed, is called a “Gilli” & the longer one, 42 to 45 cm long & 3 to 4 cm in diameter & only one end pointed, is termed a “Danda”.</p> <p>2. Ground - No specific requirement of shape/size. Only A pit called Gali is required to put the Gilli to start the game.</p> <p>3. Players - No such binding two/more up to a hundred players of any age group above six years can play.</p> | <p>1. The game starts by tossing -olisukhi.</p> <p>2. The player who wins the toss starts first.</p> <p>3. The player first places the Gilli on the pit & the pointed end of the stick - Danda is bent over the stick & hits the Gilli at the raised end, which flips it into the air.</p> <p>4. While in the air, the player hits the Gilli as far as possible.</p> <p>5. If a player standing in the field catches a stick hit by a player, then that player is dismissed.</p> <p>6. Otherwise, the player earns points on the number of hits of galli in the air & the distance between the pit & the dropped Galli on the ground. Danda measures this distance.</p> <p>7. Ultimately, the person or the team with the most points wins the game.</p> <p>8. The secret to winning this game is in raising and hitting Gilli.</p> | <p>https://inmarathi.net/vitti-dandu-information-in-marathi/#viti_dandu_khelac_a_itihasa_-_history_of_vitti_dandu_game</p> | <p>1. It helps to improve eye & hand coordination.</p> <p>2. Increase & build concentration power.</p> <p>3. Increase numeracy skills.</p> <p>4. It fosters a healthy competitive spirit.</p> <p>5. It provides a mode of interaction with children in a similar age group.</p> | <p>No need for Adults</p> | <p>India</p> | |
| <p>Name of Game : Lagori/ Lingocha/ Seven Stones It is the most ancient game of the Indian subcontinent, whose history dates back to the Bhagwata Purana,</p> <p>A Hind.A Hindu religious text, nearly 5000 years old. It mentions Lord</p> | <p>1. Seven stones, probably flat stones.</p> <p>2. Rubber ball</p> <p>3. Ground- Outdoor area.</p> <p>4. Players- The game is played between two teams- the seeker & the hitter, with a minimum of three players in each team. In the World Cup Tournament, there are a</p> | <p>A total of three sets are played. Each set is of three minutes, followed by a half-minute break.</p> <p>2. A pile of flat stones is placed in the middle of the ground.</p> <p>3. One team member- the Seeker, throws a ball at a</p> | <p>https://www.topendsports.com/sport/list/lagori.htm</p> | <p>It improves observation skills, strategy-building skills, speed, concentration & strength</p> <p>Improves eye & hand coordination.</p> <p>Improves team-building spirit in children.</p> | <p>In general, children play on their own. Adult instructions are not necessary. But when tournaments are there, fixed rules & regulations are followed.</p> | <p>India</p> | |

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| <p>Krishna playing the game with his friends.</p> <p>It is included as a demonstration sport in the 2023 National Games Of India</p> | <p>total of twelve players in each team & only six players are on the ground for each set.</p> | <p>pile of stones to knock them over and then tries to restore the pile of stones while staying safe from the opposite team the Hitter's throws.</p> <p>4. The Hitter aim is to hit the ball before the seekers reconstruct the stone pile. If the ball touches the Seeker,</p> <p>that Seeker is out.</p> <p>5. A Seeker can always safeguard themselves by touching an opposite team member before the ball hits the Seeker.</p> <p>6. The Hitter cannot run with the ball to hit the Seeker.</p> <p>7. To declare the reconstruction of the pile, the Seeker must say the game's name after restoring the pile of stones.</p> <p>8. If the ball hits the pile & opposite member catches the ball, then the whole team is out.</p> | | <p>Children can learn to compete in a healthy environment and value friendship & leadership.</p> <p>Thus improve social interactions.</p> <p>It improves physical health.</p> | | | |
| <p>Kanchey/Gotya/Gooli Gundu/Marbles</p> <p>In the ancient Era, when humans lived in caves, they used mud & to make small, circular balls to play.</p> <p>In the first half of the twentieth century, 2500 BCE, the marbles were</p> | <p>Dark green or multicolour marbles half to one inch in diameter.</p> <p>Ground- It can play in a tiny place, outdoors or indoors. It requires a small pit & a circle measuring approximately 2 to 3 feet in diameter. The game</p> | <p>1.A circle measuring approximately 2-3 feet in diameter is drawn in the ground using a stick or a stone.</p> <p>2.Each player contributes a minimum of two marbles each to begin the game. All the marbles are collected at the centre of the circle.</p> <p>3.Approximately three feet</p> | <p>https://sportkhelo.co.in/gotya-game-information-in-marathi/</p> | <ol style="list-style-type: none"> 1. It improves concentration, eye & hand coordination. 2. It helps to develop mathematical numeracy skills, & motor skills. 3. It nurtures healthy competition & provides an opportunity to socialize. | <p>Children play on their own.</p> | <p>India.</p> | |

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| <p>found in excavations near Mohenjo-Daro, a site associated with the Indus Civilization.</p> <p>In ancient Egypt, it was made up of clay, stones, or glass.</p> <p>Imported marble from the Low Countries came to Britain during the Middle Ages.</p> | <p>could be played on any surface and weather.</p> <p>Players- Two or more players of any age can play the game.</p> | <p>away from the hole there is a line & the players stand at the line and try to throw their marbles into the pit.</p> <p>4.The person whose marble is closest to the pit gets to play first, followed by the second nearest, and so on.</p> <p>5.The players take turns shooting the marbles. The player shoots by holding the marble tautly in the forefinger of the left hand, then stretching the finger back like a bow-string by the pressure of the</p> <p>6.forefinger of the right hand, and finally by releasing the finger such that the marble flies forward.</p> <p>7.The left thumb should always firmly touch the ground.</p> <p>8.The players take turns knocking marbles out of the circle. They get to keep the marbles knocked out of the circle.</p> | | | | | |
| <p>Langadi</p> <p>1. It is a traditional Indian field sport, which combines elements of tag and hopscotch.</p> <p>2. It originated from the Pandiyam Dynasty and was called, Nondiyattam.</p> <p>3. Langdi is useful in training for sports like kho kho, volleyball and gymnastics.</p> <p>4. The National Langdi Federation received national recognition in 2010.</p> <p>5.Now Langdi is becoming popular in other countries.</p> | <p>1.Ground- As such, no material is required. Only 10 to 18 meters of ground is needed.</p> <p>2.Players- A minimum of two players can play this game as a pastime & for fun. Anyone above three can play this game.</p> <p>3.It is also a team sport. There are two sides, with twelve players on each side & an additional three extra players</p> | <p>1. A match lasts 36 minutes.</p> <p>2. It is played in four innings of nine minutes each, with the teams alternating roles in each inning.</p> <p>3. A coin toss is done before the game, with the team that wins the toss defending.</p> <p>4. The chasing team sends chasers who hop on one foot and try to tag the defenders. The chasers can step out of the ground as long as they keep on</p> | <p>https://en.wikipedia.org/wiki/Langdi_(sport)</p> | <p>1. In Langadi, we do all the running, sprinting, stabilizing, reaching, outbound, and hopping on a single leg. So, the leg strength increases.</p> <p>2. It fosters stamina, balance, & concentration.</p> <p>3. It improves the work of the respiratory system.</p> | <p>When it is played as a pastime, then there is no need for adults . Children play on their own.</p> | <p>India.</p> | |

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| | | <p>one foot. The defenders are declared out if they step out of the ground or commit a line fault.</p> <p>5. Once all defenders in the field are tagged, a new set of defenders enter the field from a designated entry zone, with the chaser required to go to the other half of the field before tagging the latest defenders. If the chaser fails to remain on one foot, they leave the field, and a new teammate will come.</p> <p>6. During the first turn that a team chases, their chasers must hop on their right foot, and then in their next chasing turn they must all hop on their left foot.</p> <p>7. The team that tags the most defenders is declared the winner.</p> | | <p>4. It gives good physical exercise & good motor control.</p> <p>5. It helps in body awareness & reduces the chances of injuries & helps in performance improvements.</p> <p>6. It is helpful for games like Kho-Kho, Volleyball, Athletics, & Gymnastics.</p> | | | |
| <p>Tikkar/ Chhipri/Kith Kith/ Stapoo/Nondi /Hopscotch</p> <p>It is believed that, train Roman soldiers invented this game for improvising their footwork</p> | <p>1.It requires coal/chalk to draw a playing court.</p> <p>2.A square/ round piece of flat stone, not bigger than 4inches/10cm.</p> <p>3.Ground- flat groun, to draw the grid. Or sand & a stick to draw grids.</p> <p>4.players- Individual child plays this game for pastime & fun. Two or more players can play the game. Commonly, three to five players play the game. Girls of six to twelve commonly play this game.</p> | <p>1. One of the participants draws a playing court on a flat surface (usually the floor of alleys) with the help of a piece of coal or chalk. A ladder shape pattern is drawn on the floor and every box is numbered from one to six or sometimes one to eight or ten.</p> <p>2. The court's size depends upon the participants' wishes and may thus vary greatly. For example, if all the participants agree to have a court of eight boxes two by four feet (0.61 by 1.22</p> | <p>https://www.dsource.in/resource/indian-games/outdoor-games/stapoo</p> | <p>1. It improves balance, coordination of eyes and legs, & strength of legs.</p> <p>2. It imparts social skills for dispute resolution, negotiations & coordination.</p> <p>3. It improves guessing skills & counting skills.</p> | <p>Children play the game on their own.</p> | <p>Rome.</p> | |

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| | | <p>m) each, that constitutes the playing court</p> <p>3. Once the playing court is ready, each participant takes turn.</p> <p>4. Initially, the player stands backward at one side of the court and throws the stone blindly over her head so that it may land inside the farthest box of the court.</p> <p>5. If it lands successfully inside the designated box (without touching any lines) of the court, the player stands <u>barefoot</u> near that piece of stone with one foot in the air.</p> <p>6. She pushes the stone (in a single try) to attempt to slide it into the adjoining box. If successful (once again without touching any of the lines), then the player carries on doing the same until the piece of stone is successfully out of the court and the player is back at the place from where she threw the stone.</p> <p>7. Once successfully out of the court, the player may stand on both feet.</p> <p>8. Consequently, the player's turn prematurely ends when the player can no longer stand on one foot and both feet touch the court, or stone touches the line, on the line, or out of the court.</p> | | | | | |
| <p><i>Sagargote/Gajage/Pachet</i></p> | <p>Five stones or pebbles. It</p> | <p>1. Players used to sit</p> | <p>https://www.dsource.in/re</p> | <p>1. In this game,</p> | <p>Children play on their</p> | <p>India</p> | |

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| <p>a/Five Stone</p> <ul style="list-style-type: none"> ➤ It is an ancient traditional game. ➤ It is a popular game among girls & women aged six & above. ➤ This game was played in each & every house 50/55 years back. | <p>is the fruit of one plant. A minimum of five pebbles are needed.</p> <p>Ground- There is no specific requirement for ground. The game can be played anywhere in the house or outside the home.</p> <p>Players: Children play in small groups of two to four players.</p> | <p>facing each other and play this game; if there are more girls, they sit in the circle & play turn by turn clockwise.</p> <ol style="list-style-type: none"> 2. Players spread the stones on the ground. One stone should be thrown in the air and before, and before it comes down, pick up another stone on the ground and swing the high-flying stone. 3. If the stone falls while picking it up, the innings ends; otherwise, the first innings is called Erai, the second innings is called Durkhai, and the third one is Tirkhai, Chowkhai. The second time one Sagargota is thrown high, the following two Sagargota should be picked up at once. The first round ends. 4. Like this, it is played in various levels, which are sequential & predetermined by the players to suit the age levels. 5. The winner of the game is the first one that finishes all the game's levels. | <p>source/indian-games/indoor-games/pacheta</p> | <p>hands, fingers, and eyes exercise well.</p> <ol style="list-style-type: none"> 2. It improves the catching skills. 3. It fosters motor skills. | <p>own.</p> | | |
| <p>Kabaddi/ Hututu</p> <p>Rononjoy Sen speculates in his book Nation At Play that it originated during the Vedic period, between 1500 BC and 500 BC. Lord Krishna and Gautam Buddha also played this game.</p> <p>2. According to another version, it originated in</p> | <ol style="list-style-type: none"> 1. No special equipment or material is necessary for kabaddi. 2. Kabaddi court for men is flat, rectangular, 13 meters wide and 10 meters long; for 3. Women, it is 12 meters wide and 8 meters long. These are official measurements. 4. While playing | <ol style="list-style-type: none"> 1. The raiders should take a breath and repeatedly yell 'kabaddi kabaddi' without any break. 2. The raider should tag a member of the opposite team and return to his half. 3. A player is 'out', when | <p>https://www.wikihow.com/Play-Kabaddi</p> | <ol style="list-style-type: none"> 1. It improves coordination between various body parts. 2. It fosters quick and fast moves. 3. It enhances flexibility. 4. It improves breathing and physical strength. | <p>Children play on their own.</p> | <p>India.</p> | |

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| <p>Tamilnadu.</p> <p>3. There are also accounts that it was played in Iran 2000 years ago.</p> <p>4. First organized competition was held in 1920s.</p> <p>5. In 1930, it was introduced in the Indian Olympic Games.</p> <p>6. The game is Hadudu in Bangladesh,</p> | <p>casually or time past with friends, there is no need for exact measurements; only the ground must be flat, open, and rectangular.</p> <p>5. Lines & markings of the court are as follows- boundary line, play area line, midline, balkline, and bonus line.</p> <p>6. Players- there are two teams of seven players each.</p> | <p>they break the breath or fail to tag the opponent team member.</p> <p>4. 30 seconds are available for each raid.</p> <p>5. If the raider fails to reach his half within time, he is out, and the opposite team gets one point.</p> <p>6. If the raider crosses the check line with one foot and the other one in the air when the defending team has 6 or 7 defenders, the player gets a bonus point.</p> | | <p>5. It improves offensive and defensive skills and decision-making power.</p> | | | |
| <p>Mallakhamb / Pole Yoga / Pole Dancing</p> <p>Mallakhamb is an ancient traditional Indian sport. Malla means gymnast/ wrestler, and khamb means pole. So, it stands for a gymnast's pole. In the Ramayana and in the Buddhist Chinese pilgrims to India,</p> <p>There are some references to some form of Mallakhamb. The game originated in the 12th century. In the 19th century, Peshwa Bajirao 2nd's sports and fitness instructor,</p> <p>Balambhatta Dada Deodhar, revived the game. Maratha empire figers like Rani Lakshmibai, the Rani of Jhansi, Tantia tope, Nana</p> | <p>There are three variations of Mallakhamb-</p> <ol style="list-style-type: none"> 1. Pole Mallakhamb 2. Hanging Mallakhamb 3. Rope Mallakhamb 4. Both men and women practiced all variations. 5. Pole Mallakhamb-- A vertical wooden pole made of teak wood or sheesham, of 2.6 meters in height with a circumference of 55 centimeters at the base and gradually tapers to 35 centimeters at the top and is fixed to the ground and smoothened withcastor oil, which helps to minimize excessive friction. 6. Hanging Mallakhamb-- It is a smaller version of | <ol style="list-style-type: none"> 1. The first step of Mallakhamb is to familiarise your body to the pole/ rope and trust it. 2. First, use the toe to secure your stand and pull yourself up using your arms and core muscles. 3. The player/ gymnast performs aerial yoga postures, different positions, and exercises and holds their positions longer. 4. Before beginning Rope Mllakhamb, warming up the body muscles is necessary. 5. Training and practice is necessary to perform this sport. It is essential to take safety precautions. 6. It is essential to do it slowly at first. 7. It is a strenuous kind of workout that may | <p>1) https://en.m.wikipedia.org/wiki/Mallakhamba</p> <p>2) https://www.linke.com/pulse/rope-mallakhamb-traditional-sport-improves-your-overall-fitness?utm_source=share&utm_medium=member_android&utm_campaign=share_via</p> | <ol style="list-style-type: none"> 1. It is a fantastic workout for strengthening. It helps in developing core strength. 2. It enhances flexibility, particularly in the shoulders and the back. 3. It enhances balance and general coordination. 4. It builds endurance and enhances general stamina. 5. It increases concentration. | <p>The adult role is significant. The tricks and techniques and practice in the trainer;s presence are essential.</p> | <p>India</p> | |

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| <p>Saheb Peshwa practised Mallakhamb.</p> | <p>fixed Mallakhamb. It is suspended with the aid of hooks and chains. The bottom of the pole doesn't touch the ground.</p> <p>7. The swinging and revolving motion makes it quite difficult.</p> <p>8. Rope Mallakhamb- A thick rope is suspended vertically, 5.5 meters long, and 2centimeters in diameter.</p> <p>9. Players- One or more players can perform on the same pole or rope.</p> | <p>exhaust the body, so rest days are essential.</p> <p>8. While performing this sport, it is essential to maintain the body's hydration.</p> | | | | | |
| <p>Chaupar/ Chaupat/ Chopad/ Chaupad/ Pachisi</p> <ul style="list-style-type: none"> ➤ For centuries, people have played a similar version of the game. It was played on mediums like cloth, slate, and boards using tamarind seeds, pista shells, groundnut shells, staves, or dice. ➤ The exact origins of this game are uncertain. ➤ In the Vedic Era, in Rug-Veda and Atharv-Veda, gambling with dice is mentioned. They used Vibhitak tree nuts for dice. The great epic Mahabharata contains a dice game called Chaupar played between King Duryodhan and Yudhishtir, whose families were in conflict. ➤ It is also found in the 3rd millennium B.C. in | <ul style="list-style-type: none"> ➤ The board of any material, wooden or embroidered cloth, in the shape of a cross, each arm is divided into three adjacent columns of eight squares. ➤ Three squares on each arm are highlighted with a cross or some other distinguishing mark - the middle square at the end of each arm and the fourth square from the end of the arm on either side. These squares are called castles. The middle of the cross forms a large square called the Charkoni. ➤ Sixteen beehive-shaped pieces (songati/ men) are used: four in black, | <ol style="list-style-type: none"> 1. The starting point for each player is the flower motif on the column to the left of their home column. 2. To start, each player takes turns throwing the cowry shells. The player with the highest score starts first. 3. Each player must enter four men into the game from the starting point. The men travel around the outer perimeter columns in an anti-clockwise direction. 4. Before a player can bring any of his men home, he has to knock out at least one man of another player. This is called a tohd. Only the player's own men can enter the home column of each player. Once the men cross the flower motif, they are played by laying the pieces on their side to indicate they are in their final home stretch and are safe | <ol style="list-style-type: none"> 1. https://en.m.wikipedia.org/wiki/Chaupar 2. https://www.mastersofgames.com/rules/pachisi-rules.htm | <ol style="list-style-type: none"> 1. It fosters numeracy skills. 2. It improves concentration. 3. It builds motor skills 4. Kids learn to identify colours. 5. Kids improve hand-eye coordination. 6. Children can learn to hold conversations and negotiate 7. It builds memory, logic, and reasoning. 8. It boosts brain power. 9. In adults, this game reduces the risk of Alzheimer's or Dementia and improves self-confidence. | <p>Adult interference is unnecessary when children play the game for fun and pastime.</p> | <p>India</p> | |

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| <p>the Indus Valley Harappan.</p> <ul style="list-style-type: none"> ➤ The size and shape of dice changed gradually, generally rectangular, occasionally triangular and variously marked with numbers. ➤ Cubical dice are known in antiquity outside of India, for example, Tepe Gawra in Mesopotamia and Tellel'Amarna in Egypt. ➤ Gautam Budhha, while laying down rules in the text Vinaypitika, warns against playing the board game Chausar. ➤ The visual reference occurred in one of the most adorned caves in Maharashtra, Ellora cave number 29, built between the 6th and the 8th centuries CE; one wall is sculpted with figures of Shiva and Parvati, shown enjoying a game Chausar. ➤ Mughal Emperor Akbar and Abul Fazal were addicted to this game. Richard Carnac Temple describes the game. ➤ During the 19th and 20th centuries, and even today, it was a more popular indoor fun game for women and children. ➤ This game is the ancestor of the modern game, Ludo. ➤ The USA and Europe sold the game in the 1860s | <p>four in green, four in red, and four in yellow.</p> <ul style="list-style-type: none"> ➤ Six small cowry shells. ➤ A maximum of four players play this game, each sitting in front of an arm of the cross. The center of the cross is ghar or home. | <p>now from any further attack.</p> <p>5. A score of 25 points- All seven cowry shells are used in each throw. In one version, scoring is as follows:</p> <ol style="list-style-type: none"> a. All 7 facing down – 7 points b. 1 facing up, 6 facing down – 10 points c. 2 facing up, 5 facing down – 2 points d. 3 facing up, 4 facing down – 3 points e. 4 facing up, 3 facing down – 4 points f. 5 facing up, 2 facing down – 25 points g. 6 facing up, 1 facing down – 30 points h. All 7 facing up – 14 points | | | | | |
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| <p>Latto/ Spinning Top/ Bhanvara/ Latu</p> <ul style="list-style-type: none"> ➤ It is one of the oldest recognizable toys found on archeological sites. All over the world, it originates independently in cultures. ➤ Ancient Roman wooden spinning top, from Tebtynis (Egypt), dating from the 1st–3rd century CE. | <ul style="list-style-type: none"> ❖ The tops were made of clay earlier and later replaced with wood/plastic. However, with technological advancement, one can find many different varieties and colors of tops today in the market. Some are with lights and sound effects. ❖ A nail- the wooden top is mounted on the nail. ❖ A string- to spin the top and also pick the top the string is used. ❖ The string is tied across the top. ❖ Players- can be played alone or in groups. | <ol style="list-style-type: none"> 1. There are various modifications & techniques associated with this simple-looking yet scientific game, like, lifting the moving top off with the string, rolling the top on the string, and many more. 2. There are no set rules. A group of kids decide the rules. 3. Smaller tops have a short stem and are set in motion by twirling it using the fingers. A thumbtack may also be made to spin on its tip similarly. 4. They may be set in motion by twirling a handle with the fingers, by pulling a rope coiled around the body, or using a built-in auger. | <ol style="list-style-type: none"> 1. https://natkhatduniya.in/lattu-the-indian-traditional-spinning-top-toy/ 2. https://en.m.wikipedia.org/wiki/Top 3. https://www.teacher-magazine.com/in_en/articles/using-toys-to-improve-learning 4. https://www.momjunction.com/articles/top-traditional-indian-games-list-00687698/ | <ol style="list-style-type: none"> 1. It improves concentration. 2. It fosters hand-eye coordination. 3. Children can understand Physics concepts. | <p>No need for adults. Children learn themselves while playing.</p> | <p>India</p> | |
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