

# **Traditional Indian Games**

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"GAME" is universal and has no cultural or linguistic boundaries. Games appear to be the common property of people who know them professionally or as amateurs. Many games, which we think are just pastimes, are, in fact, relics of religious rituals that often date back to the birth of humankind. Games echo the traditions and ethos of a particular country or region. The pleasure of voluntary action is the soul of games. Traditional Games act as learning aids. They teach us many things while playing, like learning to win and lose, developing sensory skills, counting, adding, improving motor skills, identifying colour, improving hand-eye coordination, and finally, having fun. The values we achieve by playing these games are more than those we play nowadays. Some of the values we gain are that they are environment friendly, we get a chance to learn about our culture and history, and the important thing is they are suitable for all ages, increasing the interaction between generations. Many modern games played around the world have their origin in these traditional games. This is a matter of pride in our nation's culture. Some prominent traditional games originated in our country and became famous worldwide.

Games are top-rated worldwide, and everyone prefers to participate, from children to adults. Various traditional games are part and parcel of Indian tradition. India has consistently exhibited its rich culture and tradition. Games have been an essential part of Indian culture endlessly, suitable from their origin. India is considered a place of origin for several traditional games which are well-known worldwide. Several leading traditional games of Indian origin are Teerandaji, kabaddi, kho-kho, Polo, shatranj, and Martial Art. All these games require technical and tactical skills and other physiological components like speed, strength, stamina, agility, and coordinative abilities. Apart from this, our traditional games require very little equipment and are less expensive than modern games. As a result, the traditional games of Indian origin have become more popular amongst the masses.

Simplicity and accessibility are the genuine flavours of traditional Indian games.

Additionally, these games have a traditional, social, and cultural perspective. In their leisure time, children get together and develop a camaraderie that aids in developing their social and cultural ties. These kids come from various socioeconomic, religious, and familial backgrounds. However, they discover a shared philosophy and game plan when they play these games. These games don't ask kids to be anything other than themselves, whether they live in rural or metropolitan settings or any income stratum. Not to mention how modest traditional games frequently foster true team spirit inadvertently.

The history of traditional games in India is very ancient. With its origin in the early Vedic era (2000-1000 B.C.), it passed from different periods of political history, such as the epic age (1000-600 B.C.) and the historical age (600 B.C.). Nalandine period (300 A.D), Rajput period (300-1200 A.D), Muslim period (1200-1750 A.D), British period (up to 1947), and leading the way for the post-independence era. It is more likely that many of today's Olympic disciplines are advanced versions of games of strength and speed that flourished in ancient India. Chess, wrestling, Polo, archery, and hockey (possibly a fallout from Polo) are some games believed to have originated in India.

Benefits of play:

1. Including any sport or game in a child's daily routine significantly impacts that youngster's personality development and maturation.
2. A kid develops resilience and mental and physical strength by engaging in sports and physical activities. Similar to how they aid in a child's general development.

Traditional Indian games.

1. Youngsters learn to amuse themselves with fewer resources by playing traditional Indian games.
2. Strengthens the mind.
3. Encourages a mind-set of problem-solving.
4. Educate the youngster in social interaction.
5. Makes hand-eye coordination better.
6. Encourages discipline in children.
7. Promotes a winning attitude.
8. Children learn about our culture by participating in traditional Indian games.
9. Meet new people.
10. Children are kept joyful and upbeat by these games.

## 1) GILLI- DANDA:

*Name of Game: Gilli Danda/Vitti-Dandu.*

**Country of Origin: India.**

**History Of Game (Other Notes): \* It is an amateur sport.**

\*Gilli Danda is one of the most thrilling traditional Indian games.

It was invented on the Indian Subcontinent & thought to have originated 2,500 years ago.

\*This game is the root of some games, like Cricket, Softball, & Baseball.

**Material required:**

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**”.
2. Ground - No specific requirement of shape/size. Only a pit called **Gali** is required to put the Gilli to start the game.
3. Players - No such binding two/more up to a hundred players of any age group above six years can play.

Gilli-Danda



### Instructions:

1. The game starts by tossing - **olisukhi**.
2. The player who wins the toss starts first.
3. The player first places the **Gilli** on the pit & the pointed end of the stick -**Danda** is bent over stick & hits the Gilli at the raised end, which flips it into the air.
4. While in the air, the player hits the **Gilli** as far as possible.
5. If a player standing in the field catches a stick hit by a player, then that player is dismissed.
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.
7. Ultimately, the person or the team with the most points wins the game.
8. The secret to winning this game is in raising and hitting Gilli.

### Cultural Links:

[https://inmarathi.net/vitti-dandu-information-in-marathi/#viti dandu khelaca itihasa -  
history of vitti dandu game](https://inmarathi.net/vitti-dandu-information-in-marathi/#viti_dandu_khelaca_itihasa_-_history_of_vitti_dandu_game)

### Learning Outcomes:

1. It helps to improve eye & hand coordination.
2. Increase & build concentration power.
3. Increase numeracy skills.
4. It fosters a healthy competitive spirit.
5. It provides a mode of interaction with children in a similar age group.

### Adult Role:

There is no need for adults.

Control + Click on image to watch a video.



[https://drive.google.com/file/d/1xSz8L\\_2mqeUe-  
H2ycOBz9KxQr8NaCvA9/view](https://drive.google.com/file/d/1xSz8L_2mqeUe-H2ycOBz9KxQr8NaCvA9/view)

## 2] LAGORI:

*Name of Game: Lagori/ Lingocho/ Seven Stones*

**Country of Origin: India- Southern part of India.**

### History Of Game (Other Notes):

- ❖ It is the most ancient game of the Indian subcontinent, whose history dates back to the Bhagwata Purana,
- ❖ A Hindu religious text, nearly 5000 years old. It mentions Lord Krishna playing the game with his friends.
- ❖ It is included as a demonstration sport in the 2023 National Games of India.
- ❖ Today, the Lagori is played in thirty nations across the world & gained global prominence. Since 2015 the Lagori World Cup Tournament has started.



### Material Required:

1. Seven stones, probably flat stones.
2. Rubber ball
3. Ground- Outdoor area.

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 total of twelve players in each team & only six players are on the ground for each set.

1. A total of three sets are played. Each set is of three minutes, followed by a half-minute break.
2. A pile of flat stones is placed in the middle of the ground.
3. One team member- the Seeker, throws a ball at a 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.
4. The Hitter's aim is to hit the ball before the seekers reconstruct the stone pile. If the ball touches the Seeker,



that Seeker is out.

5. A Seeker can always safeguard themselves by touching an opposite team member before the ball hits the Seeker.
6. The Hitter cannot run with the ball to hit the Seeker.
7. To declare the reconstruction of the pile, the Seeker must say the game's name after restoring the pile of stones.
8. If the ball hits the pile & opposite member catches the ball, then the whole team is out.

### **Cultural Links:**

<https://www.topendsports.com/sport/list/lagori.htm>

### **Learning Outcome**

1. It improves observation skills, strategy-building skills, speed, concentration & strength.
2. Improves eye & hand coordination.
3. Improves team-building spirit in children.
4. Children can learn to compete in a healthy environment and value friendship & leadership. Thus improve social interactions.
5. It improves physical health.

### **Adult Role:**

In general, children play on their own. Adult instructions are not necessary. But when tournaments are there, fixed rules & regulations are followed.



### 3] KANCHEY/GOTYA:

*Name of Game: Kanchey/Gotya/Gooli Gundu/Marbles*

**Country Of Origin: India.**

**History Of Game (Other Notes):**



\* It is interesting, inexpensive traditional game invented in Indian land.

- In the ancient Era, when humans lived in caves, they used mud & to make small, circular balls to play.
- In the first half of the twentieth century, 2500 BCE, the marbles were found in excavations near Mohenjo-Daro, a site associated with the Indus Civilization.
- In ancient Egypt, it was made up of clay, stones, or glass.
- Imported marble from the Low Countries came to Britain during the Middle Ages.

#### **Material Required:**

1. Dark green or multicolour marbles half to one inch in diameter.
2. 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 could be played on any surface and weather.
3. Players - Two or more players of any age can play the game.

#### **Instructions:**

1. A circle measuring approximately 2-3 feet in diameter is drawn in the ground using a stick or a stone.
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.
3. Approximately three feet away from the hole there is a line & the players stand at the line and try to throw their marbles into the pit. The person whose marble is closest to the pit gets to play first, followed by the second nearest, and so on.
4. 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 forefinger of the right hand, and finally by releasing the finger such that the marble flies forward.



5. The left thumb should always firmly touch the ground.
6. The players take turns knocking marbles out of the circle. They get to keep the marbles knocked out of the circle.
7. The game ends when no marbles are left in the circle.
8. The player with the highest number of marbles wins the game.

**Variation:** In a variation of the above game, the other players select the marble to hit once the marbles are collected in the circle's centre. If the player hit the desired marble, he wins all the remaining marbles in the circle. The game continues similarly with the other players.

**Cultural Links:**

<https://sportkhelo.co.in/gotya-game-information-in-marathi/>

**Learning Outcome:**

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.

**Adult Role:**

Children play on their own.

## 4] LANGADI

*Name of Game: Langadi*

**Country Of Origin: India.**

### History Of Langadi (Other Notes):

- ❖ It is a traditional Indian field sport, which combines elements of tag and hopscotch.
- ❖ It originated from the Pandiyan Dynasty and was called, Nondiyaattam.
- ❖ Langdi is useful in training for sports like kho kho, volleyball and gymnastics.
- ❖ The National Langdi Federation received national recognition in 2010.
- ❖ Now Langadi is becoming popular in other countries.

### Material Required:

1. Ground- As such, no material is required. Only 10 to 18 meters of ground is needed.
2. Players- A minimum of two players can play this game as a pastime & for fun.
3. Anyone above three can play this game.
4. It is also a team sport. There are two sides, with twelve players on each side & an additional three extra players.

### Instructions:

1. A match lasts 36 minutes.
2. It is played in four innings of nine minutes each, with the teams alternating roles in each inning.
3. A coin toss is done before the game, with the team that wins the toss defending.
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 one foot. The defenders are declared out if they step out of the ground or commit a line fault.



Control + Click on image to watch a video.

[https://drive.google.com/file/d/106ZVM\\_adjJz9vs9XRJ6QPKSdMa\\_BN5ab/view](https://drive.google.com/file/d/106ZVM_adjJz9vs9XRJ6QPKSdMa_BN5ab/view)



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.
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.
7. The team that tags the most defenders is declared the winner.

**Cultural Links:**

[https://en.wikipedia.org/wiki/Langdi\\_\(sport\)](https://en.wikipedia.org/wiki/Langdi_(sport))

**Learning Outcome:**

1. In Langadi, we do all the running, sprinting, stabilizing, reaching, outbound, and hopping on a single leg. So, the leg strength increases.
2. It fosters stamina, balance, & concentration.
3. It improves the work of the respiratory system.
4. It gives good physical exercise & good motor control.
5. It helps in body awareness & reduces the chances of injuries & helps in performance improvements.
6. It is helpful for games like Kho-Kho, Volleyball, Athletics, & Gymnastics.

**Adult Role:**

When it is played as a pastime, then there is no need for adults. Children play on their own.

## 5] TIKKAR/ STAPOO

*Game Name: Tikkar/ Chhipri/Kith Kith/ Stapoo/Nondi /Hopscotch*

**Country Of Origin: Popular in Indian Sub-continent. But its origins dating back to ancient Rome.**

### History Of Game:

- It is believed that Roman soldiers invented this game for improving their footwork.

### Material Required:

The game costs nothing.

1. It requires coal/chalk to draw a playing court.
2. A square/ round piece of flat stone, not bigger than 4inches/10cm.
3. Ground- flat ground, to draw the grid. Or sand & a stick to draw grids.
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.



**Control + Click on image to watch a video.**

<https://drive.google.com/file/d/1BmwLwfex2t8-zdd73jb5Bj4TIq-RkJp/view>

### Instructions:

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.
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 m) each, that constitutes the playing court.
3. Once the playing court is ready, each participant takes turn.
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.
5. If it lands successfully inside the designated box (without touching any lines) of the court, the player stands [barefoot](#) near that piece of stone with one foot in the air.

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.
7. Once successfully out of the court, the player may stand on both feet.
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.

**Cultural Links:**

<https://www.dsource.in/resource/indian-games/outdoor-games/stapoo>

**Learning Outcome:**

1. It improves balance, coordination of eyes and legs, & strength of legs.
2. It imparts social skills for dispute resolution, negotiations & coordination.
3. It improves guessing skills & counting skills.

**Adult Role:**

Children play the game on their own.

## 6] SAGARGOTE

*Name of Game: Sagargote/Gajage/Pacheta/Five Stone.*

### History Of Game:

- ❖ 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.

### Material Required:

Five stones or pebbles. It is the fruit of one plant. A minimum of five pebbles are needed.

Ground - There is no specific requirement for ground. The game can be played anywhere in the house or outside the home.

Players: Children play in small groups of two to four players.

### Instructions:

1. Players used to sit facing each other and play this game; if there are more girls, they sit in the circle & play turn by turn clockwise.
2. Players spread the stones on the ground.
3. One stone should be thrown in the air and before, it comes down, pick up another stone on the ground and swing the high-flying stone.
4. If the stone falls while picking it up, the innings ends; otherwise, the first inning is called Erai, the second inning is called Durkhai and the third one is Tirkhai, Chowkhai.
5. The second time one Sagargota is thrown high, the following two Sagargota should be picked up at once. The first round ends.
6. Like this, it is played in various levels, which are sequential & predetermined by the players to suit the age levels.
7. The winner of the game is the first one that finishes all the game's levels.



**Cultural Links:**

<https://www.dsource.in/resource/indian-games/indoor-games/pacheta>

**Learning Outcome:**

1. In this game, hands, fingers, and eyes exercise well.
2. It improves the catching skills.
3. It fosters motor skills.

**Adult Role:**

Children play on their own.

Control + Click on image to watch a video.



[https://drive.google.com/file/d/1SURsyf1g-gJ9oDw05B-v-PUDB5i9\\_IQ/view](https://drive.google.com/file/d/1SURsyf1g-gJ9oDw05B-v-PUDB5i9_IQ/view)

## 7] KABADDI

**Game Name:** *Kabaddi/ Hututu*

**Country Of Origin:** India.

### Game History:

Kabaddi is a highly energetic and exciting sport invented in India.

1. 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.
2. According to another version, it originated in Tamilnadu.
3. There are also accounts that it was played in Iran 2000 years ago.
4. First organized competition was held in 1920s.
5. In 1930, it was introduced in the Indian Olympic Games.
6. The game is Hadudu in Bangladesh, Baibalaa in the Maldives, Hututu in Maharashtra, Kaudi in Panjab, Kabadi or Sadugudu in Tamilnadu, Kapardi in Nepal, Chakgudu in Sri Lanka.



**Kabaddi/ Hututu**

### Material Required:

- ❖ No special equipment or material is necessary for kabaddi.
- ❖ Kabaddi court for men is flat, rectangular, 13 meters wide and 10 meters long; for women, it is 12 meters wide and 8 meters long. These are official measurements.
- ❖ While playing casually or time past with friends, there is no need for exact measurements; only the ground must be flat, open, and rectangular.
- ❖ Lines & markings of the court are as follows- boundary line, play area line, midline, balkline, and bonus line.
- ❖ Players- there are two teams of seven players each.

### Instructions:

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 they break the breath or fail to tag the opponent team member.
4. 30 seconds are available for each raid.
5. If the raider fails to reach his half within time, he is out, and the opposite team gets One point.
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.

**Cultural Links:**

<https://www.wikihow.com/Play-Kabaddi>

**Learning Outcome:**

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.
5. It improves offensive and defensive skills and decision-making power.



## 8] MALLAKHAMB

### *Game Name: Mallakhamb / Pole Yoga / Pole Dancing*

Mallakhamb is a form of ancient martial arts intended as a training aid for wrestlers and warriors.

**Origin of Game: India.**

### **History of Game:**

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, there are some references to some form of Mallakhamb. The game originated in the 12th century. In the 19th century, Peshwa Bajirao sports and fitness instructor, Balambhatta Dada Deodhar, revived the game. Maratha empire figures like Rani Lakshmbai, the Rani of Jhansi, Tantia tope, Nana Saheb Peshwa practised Mallakhamb.



- Mallakhamb was demonstrated at the 1936 Summer Olympics.
- In 1958, competitive Mallakhamb first appeared at the National Gymnastics Championships.

### **Material Required:**

1. There are three variations of Mallakhamb-

- Pole Mallakhamb
- Hanging Mallakhamb
- Rope Mallakhamb

Both men and women practiced all variations.

- 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 smoothed with castor oil, which helps to minimize excessive friction.
- Hanging Mallakhamb-- It is a smaller version of fixed Mallakhamb. It is suspended with the aid of hooks and chains. The bottom of the pole doesn't touch the ground.
- The swinging and revolving motion makes it quite difficult.
- Rope Mallakhamb- A thick rope is suspended vertically, 5.5 meters long, and 2centimeters in diameter.
- Players- One or more players can perform on the same pole or rope.



**Instructions:**

Both men and women practiced all variations.

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.
4. Training and practice are necessary to perform this sport. It is essential to take safety precautions.
5. It is essential to do it slowly at first.
6. It is a strenuous kind of workout that may exhaust the body, so rest days are essential.
7. While performing this sport, it is essential to maintain the body's hydration.

**Cultural Links:**

- 1) <https://en.m.wikipedia.org/wiki/Mallakhamba>
- 2) [https://www.linkedin.com/pulse/rope-mallakhamb-traditional-sport-improves-your-overall-fitness?utm\\_source=share&utm\\_medium=member\\_android&utm\\_campaign=share\\_via](https://www.linkedin.com/pulse/rope-mallakhamb-traditional-sport-improves-your-overall-fitness?utm_source=share&utm_medium=member_android&utm_campaign=share_via)

**Learning Outcomes:**

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.

**Adult Role:**

The adult role is significant. The tricks and techniques and practice in the trainer's presence are essential.

## 9] CHAUPAR/ CHAUPAT

### *Name of Game: Chaupar/ Chaupat/ Chopad/ Chaupad/ Pachisi*

It is a cross and circle board game. The word Chaupar is composed of two Sanskrit words, Chau and Para. Chaur means four and Para means pata/ cloth board, which forms four arms of playing surface. The board is made of wool or cloth, with wooden pawns and seven cowry shells. Unlike cowry shells in ancient times, the three long dice had four sides.

**Origin of Game: India.**

### **History of Game:**

- 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 the Indus Valley Harappan.
- 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 Buddha, 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.

### **Material Required:**

- 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.



**Chaurpar**

- 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, four in green, four in red, and four in yellow.
- 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.

#### **Instructions:**

- The starting point for each player is the flower motif on the column to the left of their home column.
- To start, each player takes turns throwing the cowry shells. The player with the highest score starts first.
- 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.
- 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 now from any further attack.
- A score of 25 points- All seven cowry shells are used in each throw. In one version, scoring is as follows:
 

All 7 facing down – 7 points	4 facing up, 3 facing down – 4 points
1 facing up, 6 facing down – 10 points	5 facing up, 2 facing down – 25 points
2 facing up, 5 facing down – 2 points	6 facing up, 1 facing down – 30 points
3 facing up, 4 facing down – 3 points	All 7 facing up – 14 points

#### **Cultural Links:**

1. <https://en.m.wikipedia.org/wiki/Chaupar>
2. <https://www.mastersofgames.com/rules/pachisi-rules.htm>

#### **Learning Outcome:**

- |                                    |   |
|------------------------------------|---|
| 1. It fosters numeracy skills.     | 5. Kids improve hand-eye coordination.                    |
| 2. It improves concentration.      | 6. Children can learn to hold conversations and negotiate |
| 3. It builds motor skills          | 7. It builds memory, logic, and reasoning.                |
| 4. Kids learn to identify colours. | 8. It boosts brain power.                                 |

In adults, this game reduces the risk of Alzheimer's or Dementia and improves self-confidence.

#### **Adult Role:**

Adult interference is unnecessary when children play the game for fun and pastime.



## 10] LATTOO

*Name of Game: Latto/ Spinning Top/ Bhanvara/ Latu*

**Origin of Game: India**

Lattoo or Spinning Top is the most popular Indian traditional game among children in rural areas. The game is evergreen and exciting for generations. This game is pretty simple to play if one has the right skills.

**History of Game:**

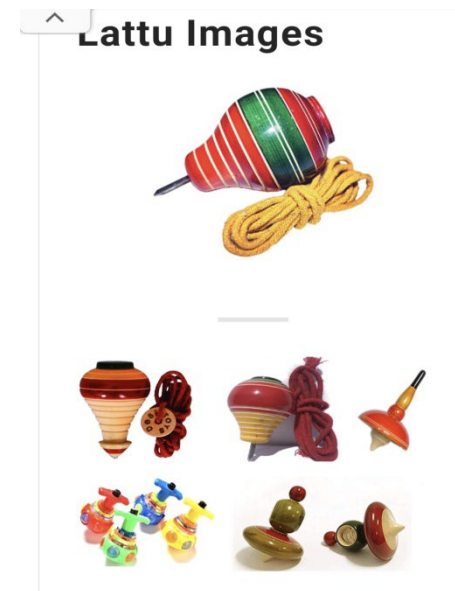
- It is one of the oldest recognizable toys found on archaeological sites. All over the world, it originates independently in cultures.
- Ancient Roman wooden spinning top, from Tebtynis (Egypt), dating from the 1st–3rd century CE.

**Material required:**

- ❖ The tops were made of clay earlier and later replaced with wood/plastic. However, with technological advancement, one can find many different varieties and colours 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.

**Instructions:**

- 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.
- There are no set rules. A group of kids decide the rules.
- 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.
- 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.



**Control + Click image to watch a video**

<https://drive.google.com/file/d/1P27yhxmBz--1g41jGxBilmdRthF1orj/view>



Physics in the game:

- ❖ A **spinning top**, or simply a **top**, is a toy with a squat body and a sharp point at the bottom, designed to be spun on its vertical axis, balancing on the tip due to the gyroscopic effect. Once set in motion, a top will usually wobble for a few seconds, spin upright for a while, then wobble again with increasing amplitude as it loses energy, and finally tip over and roll on its side. The motion of a top is described by equations of rigid body dynamics, specifically the theory of rotating rigid bodies. Because of the small contact area between the tip and the underlying surface and the large rotational inertia of its body, a top that is started on a hard surface will usually keep spinning for tens of seconds or more, even without additional energy input. Typically, the top will wobble until friction and torque between the tip and the underlying surface force it to spin with the axis steady and upright. The total spinning time of a top is generally increased by increasing its moment of inertia and lowering its center of gravity.

#### **Cultural Links:**

1. <https://natkhatduniya.in/lattu-the-indian-traditional-spinning-top-toy/>
2. <https://en.m.wikipedia.org/wiki/Top>
3. [https://www.teachermagazine.com/in\\_en/articles/using-toys-to-improve-learning](https://www.teachermagazine.com/in_en/articles/using-toys-to-improve-learning)
4. [https://www.momjunction.com/articles/top-traditional-indian-games-list\\_00687698/](https://www.momjunction.com/articles/top-traditional-indian-games-list_00687698/)

#### **Learning Outcomes:**

- It improves concentration.
- It fosters hand-eye coordination.
- Children can understand Physics concepts.

#### **Adult Role:**

No need for adults. Children learn themselves while playing.