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## A traditional approach of India for south East Asian countries: To development of health and skill related fitness through originated games

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### Abstract

Sports and games are very popular all over the world and everyone from children to elders like to participate in them. Some traditional games are an integral part of Indian tradition. Indian traditional game has always showcased its rich culture and tradition throughout the world. Now a day's sports have been an important part of Indian culture since the beginning. India is considered to be the cradle of many traditional sports which are famous in south East Asia and throughout world. Kabaddi, kho-kho, modern polo, chess and martial arts are some of the major traditional sports that have involved all health and skill related physical fitness component, they are originated from India. In these traditional sports require technical and tactical skills along with most effective physical components such as speed, strength, stamina, agility. And coordination ability. Indian traditional games require very less equipment and are less expensive than modern games, and as a result traditional games of Indian origin became more popular among the mass participation of south East Asian countries.

**Keywords:** Traditional games and sports, health and skill related physical fitness component origin, culture

### Introduction

First of all, let's talk about the words of game and sports then both have a different importance in themselves. Firstly Games are physical, mental and social activities which have their own rules, which are done for physical, mental and social health and enjoyment whereas sports are such activity that is conducted as a competition under the specific rules and regulations of an association or federation. Games such as poker (card games), billiards, caroms, may not be considered a sport by everyone. A game like marbles has the physical skill to be a sport but lacks of regular competition. For example chess has a defined set of rules and disciplines. The International Chess Federation serves as the governing body of the sport of chess, and it regulates all international chess competitions. Additionally, the International Olympic Committee considers chess a sport.

when we talk about the component of physical fitness there are two components of physical components healthy one is health related fitness components like cardio-vascular efficiency, body composition, flexibility, muscular endurance, muscular strength second one is skill related fitness components like agility, balance, coordination, power, reaction time and speed According to Kiochiro Matsuura, UNESCO Director-General, 2003 (World Sport Encyclopedia) the celebration of indigenous and traditional forms of sports and games, which derive from the roots of many different communities, is a growing feature of contemporary culture." Indian Traditional Games like Gilli Danda, Lagori, Kancha, Kho-Kho, Gutte, Nondi (Hopscotch), Lattoo, Antakshri, Aankh Micholi, Chaupar, Kabaddi, chess, Chain etc. In which chess kabaddi even Kho Kho are popular traditional Indian sport invented and developed in ancient India. After Kabaddi, Kho Kho is the most prevalent tag game in the south East Asian or in other subcontinent. Traditional games of any country, it is a symbol of cultural unity and integrity of that country. Today, through a traditional game, social development in any country, mutual brotherhood, love, affection and feeling develops among every citizen, everyone unites and goes together. In Kho-Kho Dodging, fainting and controlled sprinting made the game exciting and interesting to notice.

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This game gives to the players the real joy of the efforts and to those who watch it, the thrill and satisfaction of having enjoyed fine sports. Kho-Kho is a Maharashtrian word which means 'go and chase'.

### Objectives

1. To study the development of health and skill related fitness for South East Asian athletes through traditional games of India.
2. To propagate the culture of India across the South East Asia through Indian traditional games.

### Research methodology

The secondary data has been collected through journals, books and national newspapers for the present study.

### Kabaddi

In the Kabaddi game which is developed by India, both the fitness components have their own contribution, where in the form of health-related fitness components, the muscular endurance, muscular strength, physical organization and flexibility is seen, then in the form of skill-related physical fitness components. Agility, balance, coordination, power speed and reaction time have an important role in the development of sports in South East Asian countries and in making players physically and mentally strong, in this way Kabaddi is contributing also incomparable role as a sports culture of our India. In kabaddi using health related fitness component consisted of strength, speed and coordination. These component in Kabaddi are body development component with a muscular strength stamina and endurance; attributable to breath holding, which correspond to cardio-respiratory endurance. It is popular in the Indian subcontinent and other surrounding Asian countries. Although accounts of kabaddi appear in the histories of ancient India, the game was popularised as a competitive sport in the 20th century. It is the national sport of Bangladesh.

### Kho-Kho

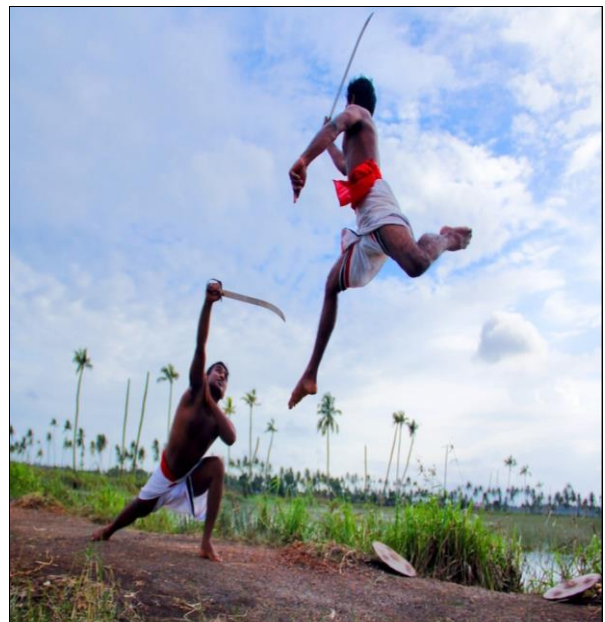
Kho-Kho is a modified version of 'Run and Chase'. Kho-Kho is one of the most popular traditional sports in India. In ancient era, a version of the Kho-Kho game was played on raths or chariots in Maharashtra and was known as RATHERA. In Kho Kho game also, like modern games, all the skills and health related physical fitness components are developed, with this ability, Indian culture is spreading and spreading fame in almost one fourth countries of the world including Asia. Players of Asian countries and other citizens are increasing their fitness by playing Kho Kho using this culture of India and getting various educational and professional benefits.

Kho kho game mainly has a combined ability of physical fitness like agility, speed, speed endurance coordination etc. i.e. players have a better means of developing the above abilities. The sport is widely played across South East Asia, and also has a strong presence in the regions outside of India and South East Asia, such as South Africa and England. It is played most often by school children in India and Pakistan and is a competitive game. The first league of its kind called Ultimate Kho Kho was unveiled in India in August 2022. Most updated rules in a variation of Kho-Kho, a team is not allowed to chase once all the players of the other team have been tagged. The team that tags all its opponents in the least amount of time wins.

### Kalaripayattu /Martial Arts

Kalaripayattu is a martial art which is a part of India's ancient culture. Kalaripayattu is the one of the oldest form of Indian martial art. This art is originated from Kerala. Indian martial art is a gift to the modern Asian countries and world and mother of all other Asian martial arts. Ancient India claims to have been the origin of Judo and Karate. Karate, Kung-fu Judo etc are all modern variations of Kalaripayattu. Elements from the yoga tradition as well as finger movements in the nata dances, were incorporated into Kalaripayattu.

A number of South Asian fighting styles remain closely connected to yoga, dance and performing arts. Some of the choreographed sparring in Kalaripayattu can be applied to dance and Kathakali dancers who knew Kalaripayattu were believed to be markedly better than other performers. Some traditional Indian classical dance schools still incorporate martial arts as part of their exercise.



### Mallakhamb

The word "mallakhamb" also refers to the pole used in the sport. Mallakhamb is a traditional sport, originating from the Indian subcontinent, in which a gymnast performs with yogic exercises. Gymnastic postures and wrestling grips in concerted with a vertical stationary or hanging wooden pole, cane, or rope. Mallakhamb pole is usually made from sheesham (Indian rosewood) polished with castor oil. Mallakhamb can be pin down to earlier part of the 12th century. A reference of wrestlers exercising on wooden poles is found in the Manasollasa Sanskrit text, written by Someshvara Chalukya in 1135 A.D.

The art lay dormant for many centuries, till it was revived by Balambhatta Dada Deodhar, the sports and fitness instructor to Peshwa Bajirao II, who reigned during the first half of the 19th century. Mallakhamb is an ancient traditional Indian game. 'Malla' means gymnast, and 'khamb' means pole. Thus, the name 'Mallakhamb' stands for 'a gymnast's pole'. Mallakhamb was used by wrestlers for practicing their skills in the game of Kushti. But now days the trend has changed and it has got a special identity. Wearing only underpants, Pavel Kalina twists his body up a wooden pole before performing a handstand at the top in the first world championships of an ancient Indian sport. The 55-year-old from the Czech Republic practices Mallakhamb, a gymnastics-like discipline that originated in western India in

the 12th century and is often described as "yoga on a pole". "I do it because I'm a crazy man," Kalina said.

To be honest, it is like torture but I have to do it because I need to spend my energy added the former gymnast who took up Mallakhamb 10 years ago. Kalina was among about 100 competitors from 15 different countries taking part in the Mallakhamb World Championships in Mumbai over the weekend. The sport, first mentioned in Indian texts in 1135, is popular in western Maharashtra state - of which Mumbai is the capital but is little known outside India.

### Modern Polo

India is the birthplace of modern polo. The modern game of polo is derived from Manipur, where the game was known as 'Sagol Kangjei', 'Kanjai-bazee', or 'Pulu'. It was the anglicised form of the last, referring to the wooden ball that was used, which was adopted by the sport in its slow spread to the west. Manipur is said to be the place of origin of Polo, which was destined to become the favorite sport of the Englishmen in India. The word polo comes from the Tibetan word 'Pulu' which means ball. Some records indicate that it was played by the ancient Indians long ago. Probably the game developed from the Central Asian nomads, who spent their lives on horseback. In India it was developed into a game to promote equestrian military skills and was considered the most important test of princes and warriors. In the 15th century, Babur made the sport popular when he founded the Mughal Empire. It was known as "Chaugan" meaning mallet. First Mughal emperor Zahir ud-din Babur established chaugan at the Mughal court. Mughal Emperor Jalal ud-din Akbar, an outstanding player himself, introduced a set of rules in 1560s & invented an illuminated ball for playing at night as well. He was also known to have gold & silver knobs fixed at the end of his mallet. Indian polo received boost after the Indian army officially adopted polo as a sport granting access to new stables of horses. Lot of tournaments are being hosted in post-independence era in polo.

### Shatranj (Chess)

Chess originated from the Gupta Empire (600CE), of India. The Mongols call the game *shatar*, and in Ethiopia it is called *senterej*. Both evidently derived from *shatranj*. Chess was introduced to Persia from India and became a part of the princely or courtly education of Persian nobility. Around 600 CE in Sassanid Persia the name for the game became *chaturang*. Such a mental ability is developed through the game, from where speed solves the problem, uses its logic and develops a big thinking even in a calm mind, tries to be patient, keeps the spirit of the game. Creative thinking develops spatial constructive ideas and at the same time determines a correct order of doing any action, it also does the type of strategy and the time of the old king Maharajas when it was free or the time of war. During this, sitting in solitude, he used to make such a strategy with his ministers, general ministers, generals and prime ministers, on the basis of this he used the war strategy in the war and gradually this game took the form of modernity.

This year, the event features 55 top chess players from seven Southeast Asian countries: Indonesia, Malaysia, Myanmar, Philippines, Singapore, Thailand, and Vietnam. The players compete in individual and team tournaments in standard, rapid, and blitz time controls for both open and women categories.

The game of Chess originated in India and in the beginning called as Ashtapada (sixty-four squares). Later this game

came to be known as chaturang. Which is well recognized as the earliest form of Chess. Chess is perhaps India's oldest and most loved board indoor game. Chess has been played in India through centuries. It is revered as an indication of a man's intelligence and strategic capabilities. A chess set can be found in almost every Indian home. Many of India's folktales are beleaguered with stories of kings and emperors and their chess games. Chess has also been mentioned in the great Indian epic, Mahabharat. In some form or the other, the game continued till it evolved into Chess. H. J. R. Murry, in his work titled A History of Chess, has concluded that chess is a descendant of an Indian game played in the 7th century AD. Chess is excellent for overall mental development. Chess has a very positive effect on children as well as adults.

### Conclusion

All traditional games in India is very ancient. It is most likely that many games which included Olympic disciplines are advanced versions of games of different health and skill related games and like strength, speed, endurance coordination etc. That developed in ancient India. Modern polo, kabaddi, kho kho, Chess (chess), Kalaripayattu are some of the games believed to have originated in India. But unfortunately, in spite of being the birth place of several leading traditional games, the condition is far from being satisfactory by India and below the desired level as compared to the other modern games. Overall, it is meant to say that there are many traditional games born in India which are using in South East Asia as well as in various other countries of Asia and also famous in all over world. Today, many traditional sports born in India were adopted by the players of about 3/4 South Asian countries and through these sports, they have made their country famous all over the world, that is almost all the physical fitness components hidden in these traditional sports have given those players their glory. It has made it capable of spreading in many countries, so the uniqueness of the game makes it to be adopted by all the South East Asian countries. Today, through such games, the Indian traditional game has made India's native culture famous all over the world.

### Suggestions

The Government of India is requested that where these traditional games of ours are showing the glimpse of India's culture in throughout world along with Asia, they are showing India as a country with a good civilization, whereas when so much Everything is being done for us and making India proud, everything is being done through their activities, so there is a request from the Government of India to give them a better place in their various departments to develop them even more and make them stronger. Provide financial assistance to the participating players, even if it is at the village level or at any small level, provide all kinds of assistance to the participating players so that the people there can also be excited to participate in these games.

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