

SIGNIFICANCE OF INDIGENOUS SPORTS AND GAMES WITH NECESSARY PARADIGM SHIFT AT SCHOOL LEVEL

Dr. L. Karuppiah

Hostel Superintendent cum Physical Training Officer
Government Industrial Training Institute, Viralimalai, Pudukkottai, Dt, Tamil Nadu, India.

Mr. N. Saravanakumar

Hostel Superintendent cum Physical Training Officer
Government Industrial Training Institute, Pudukkottai, Pudukkottai, Dt, Tamil Nadu, India.

Mrs. S. Subha

Hostel Superintendent cum Physical Training Officer
Government Industrial Training Institute, Karaikudi, Sivagangai, Dt, Tamil Nadu, India.

ABSTRACT

India's rich heritage has always included indigenous games and sports. Unfortunately, modern schoolchildren have become so engrossed in electronic games that they have forgotten about classic educational games like Kho-Kho, Gilli-Danda, Kabaddi, and Pallanguzi. The days of school children eagerly anticipating going outdoors to engage in a few rounds of traditional indigenous sports with their pals are long gone. There is a decline in physical activity among school children, which is causing several health problems. Kids are becoming less physically active, which is leading to a number of health issues. Resuming traditional game play will therefore have numerous health benefits. Growing up has always included fun hours spent playing games for all of us. We resentfully recall the games we used to play in school and the times before technology. Participating in sports is a great way to meet new people and keep in shape. Taking this approach, India boasts more than 156 traditional games, of which 18 have been acknowledged by the government as having influenced children's development for many generations when taught in schools. The importance of indigenous sports and activities, together with the required paradigm shift at the school level, are the main topics of the current study. Furthermore, a discussion of their potential utility for future generations follows. All Indian kids are assisted in promoting indigenous sports and games through the efforts of parents, educators, sports lovers, and school adoption of traditional indigenous sports in India.

Keywords: *Indigenous games, Significance, Paradigm Shift at School Level.*

INTRODUCTION

Sports and games have always been a part of India's rich past. Regrettably, kids these days are so absorbed in video games that they have forgotten about old school games like Gilli-Danda, Kabaddi, Pallanguzi, and Kho-Kho. Gone are the days when kids looked forward to going outside to play a few rounds of age-old indigenous games with their friends. Kids are becoming less physically active, which is leading to a number of health issues. Therefore, picking up old games again will be very beneficial to your health. Throughout history, indigenous peoples have engaged in a wide variety of traditional sports and dances. Throughout their history, they have transformed these into competitive games that have influenced both the world and their people's culture. Growing up has always included fun hours spent playing games for all of us. We have to gladly remember our early years, when we used to play games and not have access to devices. Participating in sports is a great way to meet new people and stay in shape.

The collection of traditional indigenous games and activities known as the indigenous games is intended to help front-line leaders reintroduce or introduce youngsters to sports and leisure activities that are a reflection of the rich cultural history of our indigenous peoples across India. Gathered through contact with Indigenous tribes and cultural groups, researchers, and published works, this resource offers an assortment of indigenous activities that are effective with children in a program context. Youngsters can take part in a range of activities that promote a relationship with nature. For a very long time, Native Indians in India had a special bond with their natural environment and were entirely dependent on Mother Earth to survive. To help kids learn and improve survival skills, such as building strength and agility, hunting, and obtaining food in bad weather, elders introduced them to a variety of games. Many of these interactive activities encourage kids to play more physically while also strengthening their sense of cultural and traditional identity. We are grateful to the informed Indigenous people who generously shared their histories with us for this collection of kid-friendly activities.

We also appreciate all of the existing kid-friendly game collections, which have served as our source of inspiration for various activities. These games can be utilized as a resource because several communities have given their consent. While some tribes may employ these games and activities for enjoyment, others may view them as hallowed traditions. When we use the activities, consider how our community uses them. Speak with an elder or a community leader to find out what games are appropriate to play there. (SomappaBadiger2020),

When people first began to hunt together in the prehistoric age, they developed a variety of games to improve their hunting techniques. After that period of nomadic existence, the shift to sustainable production brought order to the games. As leisure time increased, more games appeared. Many games were later developed for military training and animal taming in agricultural productivity. Over the next 200 years, as modern civilization began to take shape,

sports and education began to become intertwined. Furthermore, after being distinguished from older objectives like work, hunting, and combat, sports developed their own aim. As kids become older, a variety of games have been developed to aid in the development of their cognitive and motor skills. When sports became commercialized and the media only pushed a few sports as the popular choice, these kinds of skills were abandoned. Consequently, many traditional games have started to disappear. In an era when memorization is the main objective, we are required to explain to pupils why subjects like sports education, art education, narrative education, etc. are important to develop their abilities and capacity for independent thought.

If we are to shield the future generation from such atrocities, we need to bring back a lot of our traditional games. Through these games, the younger generation can learn a variety of abilities. From those games, we learn the qualities of character that are essential for success in life. We need to teach the next generation about our traditional games and promote their resuscitation in public spaces like stadiums if we are to keep them alive. Unlike computer games, playing board games stimulates both the mind and the body. When we witness our kids hooked to the TV or phone, we frequently become depressed. Taking kids outside seems to be more challenging during the pandemic. The younger generation's fascination with gadgets and technology makes us nostalgic for the days of old-fashioned games. The majority of our weekends were spent playing these same games after school. To keep us moving, they forced us to run around on empty streets or terraces. They taught us about the early years of our lives, the value of strong friendships, and the necessity of teamwork.

WHAT IS INDIGENOUS GAMES?

Indigenous games are leisure activities rooted in a particular group of people, community, or culture. In actuality, the phrase "indigenous" designates a limited and possibly very specialized geographic area. This also holds true for living things that are created or grow up in surroundings that they naturally inhabit. When referring to individuals, it means the initial inhabitants who are known to have inhabited a place, especially one that has been colonized. Something is considered indigenous if it is both native and has never been brought in from outside. As a result, games that were developed in a certain area might be referred to as "indigenous games" since they are indigenous to that country. (Ferreira, 2014).

TYPES OF INDIGENOUS GAMES

For these, there are two categories: "Indoor Games" and "Outdoor Games." Many indoor games require participants to stay seated, and they are played in enclosed environments. Indigenous indoor games include card games, thayam, dice, carrom, chess, and pallankuli. We'll need an open space—ideally a playground—to play outside games. Games like kabaddi, atyapatya, kho-kho, mallakhamb, pamparam, gatka, thang-ta, and silambam are examples of indigenous outdoor games. Native Indian games, such as carrom, pallankuli, and thayama, which are popular among girls, are special in that they don't require pricey materials, which makes them less expensive.

INDIGENOUS GAMES IN ANCIENT INDIA

Sports and games have a long history in India, and the ancient inhabitants valued them greatly. Certain traditional games have either disappeared from rural and urban life, while others are still played across the country. In India, games have a lengthy history that dates back to the Indus Valley and Vedic civilizations. The seals discovered at the Indus Valley sites shed light on the athletic activities, especially boxing and hunting, that the inhabitants of Mohenjodaro and Harappa engaged in. Furthermore, the Ramayana and Mahabharata provide evidence that the people who lived during those times participated in a variety of sports, including as boating, swimming, weightlifting, wrestling, archery, chariot racing, horsemanship, games with marbles and balls, and hunting. One of the most trustworthy sources of knowledge on historical game tales from sixth-century India is the Pali literature. Therefore, Upali (2009) found through his research that several contemporary games evolved over time from their origins in Pali literature. The Atharva Veda, one of the four Vedic books of Hinduism, mentions a mantra that has historically been the main anthem for traditional sports. "Duty is my right hand, and the fruits of victory are in my left," is the motto, which is basically a paraphrase of the Olympic pledge. There is a view that the modern Olympic sports and disciplines are an improved version of the original sports played in ancient India. Known as the Indigenous Games of India, a number of well-liked contemporary sports, including weightlifting, judo, karate, cards, polo, chess, polo, archery, ludo, and Indian martial arts, are said to have their roots in India. The Indian epics explain a variety of classic Indian sports, such as dice, gilli-danda, chariot racing, gymnastics, etc. Early in the 12th century, the Kalyani Chalukya kingdom's King Someshvara III penned the Sanskrit work Manasollasa, also known as Abhilashitartha Chintamani. It's broken up into five shorter novels. A few activities are described in the fourth sub-book of this literature, including fishing, dog, horse, and elephant racing, as well as archery and wrestling. A couple other odd team sports are also included in the book, including an Indian polo variation. It is believed that games such as hockey, polo, chess, archery, and others originated in India. While many native and customary games remained restricted to regional customs, several gained popularity over time and moved throughout the world, having started in India. (Harshdeep Singh Dhanjal, 2022).

PRESENT SCENARIO SPORTS AND GAMES IN INDIA

Sports have significantly improved by the society in India. Sports are social activity at their core, and sociological history provides the most insightful perspective on them. Sports history demonstrates the connection between society at large and sports. By presenting the evolution of sports in India, an attempt has been made to understand the social construction of sports throughout the nation's many historical eras. It was believed that sports were essential to human growth overall. The preservation of one's bodily and emotional well-being is the first benefit. It also keeps players and viewers entertained. Sports not only bring people together but also promote camaraderie. India's long history in sports makes it an important part of the cultural mix. Many games were started, changed, and eventually disappeared, but many more are still played in this country. Sports are becoming more and more popular in India. Indian culture has a rich history with the sports of basketball, badminton, kabaddi, football, hockey, archery, and cricket. Indian sports have had a lasting impression on the sports world and paved the way for success. Traditional Indian sports like kabaddi, wrestling, archery, and Kho-Kho are taught in this curriculum. (Monika Singh et.al. 2021).

TRADITIONAL INDIGENOUS SPORTS IN EDUCATION SYSTEM

Frequent involvement from the instructor enhances the learning environment and helps the teacher and the class as a whole. Together, through play, tired kids find renewed energy, a stronger feeling of "us," and a stronger bond. If they are more energetic and the environment is better overall, it will be easier for kids to follow and concentrate on their teachings for longer periods of time. They'll be inspired to get involved in school activities, which will improve their academic and social performance. In the end, these kinds of situations will make people healthier. (Allison Bartl, 2007),

Looking at it this way, there are over 156 traditional games in India, of which 18 have been acknowledged by the government as traditional games that have influenced children's development for many generations when taught in schools. Playing both outdoor and indoor sports promotes the growth of mental and physical toughness. Students who participate in traditional indigenous games strengthen their bodies and minds. Students who participate in daily indigenous sports benefit greatly from the physical and mental health benefits of exercise. Assume that a significant portion of the school curriculum includes traditional indigenous sports, which support students' physical and mental well-being and enable them to concentrate on their academics.

Playing school sports on a daily basis helps students develop their mental sharpness, self-worth, and confidence. Traditional indigenous sports are crucial in schools because they teach kids a range of abilities, such as patience, leadership, social skills, and collaboration. Assume that the school teaches traditional indigenous games, sports school, local pupils, and school. The school makes use of a network of experts and best practices to optimize physical exercise. This is a methodical approach that can support traditional Indian sports and activities for both individual and group well-being, ensuring that everyone has access to sport through preservation and improvement. Every kid must play the traditional indigenous game in the classroom. No student should be denied access to traditional indigenous games, regardless of the justification for doing so. Regardless of their class enrollment, all normal students should be afforded equal chances to participate in school sports and games. If any student is prohibited from participating in traditional indigenous sports or games, the responsible authorities are accountable for the results.

SIGNIFICANCE OF INDIGENOUS SPORTS AND GAMES

In addition to providing entertainment, enjoyment, and fun, gaming also serves as a kind of recreation and a way to stay in shape. A nation's intangible heritage is derived from its indigenesness, knowledge, culture, traditions, and other attributes that contribute to its notoriety. Native American games serve as the cornerstone of a nation and a society. It is beneficial to the environment, builds community, helps urbanites rediscover their cultural heritage, enhances mental and physical health, hones life skills, and bridges generational gaps. They serve as a sign of the cultural diversity of our society and are an effective means of promoting the principles of peace, solidarity, unity, diversity, inclusivity, and culture—all of which are essential for development approaches.

Playing sports is the only way a person may fully experience all of his values, including patience, honesty, discipline, and obedience. But our traditional sports are the only ones where referees, players, and spectators will be affected. There are several aspects of traditional indigenous games that are missing from Western games. People's characters are shaped by their parents, friends, and connections, it has been said. Our ancestors have left us with powerful lessons about working together to regulate our emotions, cultivate a communal mindset, and view both success and failure equally through the traditional games of India. Engaging in this game can enhance cognitive function and expedite computation speed. Children who attend school engage in the aforementioned native sports. (Palanisamy.A, et.al. 2020).

Any sport and game that a child participates in on a daily basis has a big impact on how that child develops as a person and matures. Playing sports and staying physically active helps children develop resilience and mental and physical strength. Similar benefits of traditional indigenous Indian games include improved scientific support, tolerance development, focus improvement, handling criticism, high achiever status, sports build attitude, team spirit, leadership skills development, patience instruction, lack of expensive gear requirements, life skills

development, passing down our heritage, environmental friendliness, peer group participation, maintaining a high level of fitness, positive mentoring, boosting emotional fitness, developing social life skills, developing discipline, better academic performance, developing self-esteem, developing cooperation and teamwork, and a younger generation less interested in sports.

INITIATIVES FOR THE UPLIFTMENT INDIGENOUS GAMES

There may have been a number of initiatives to support sports, games, and their advancement. The Indian government has launched several programs to encourage sports and youth development in the country. According to a report on the evaluation and impact assessment of the Rural Sports Programme submitted to the Government of India by the Centre for Market Research and Social Development, indigenous games have a long history across the country and are promoted through programs related to rural sports in India as well as implementation at schools. Many regional and lesser-known traditional games and sports have been overlooked in favor of popular sports. Through a number of programs, the Sports Authority of India (SAI) has occasionally launched initiatives to support local and traditional games in the nation. The country's traditional indigenous sports are being developed and promoted through the addition of an exclusive component named "Promotion of Rural, Indigenous, and Tribal Games" to the Khelo India scheme. The National Sports Talent Contest, which selects gifted children between the ages of 8 and 14, also supports Indigenous Games and Martial Arts in nine different disciplines, according to the Sports Authority of India (SAI). The following native sports have been taken up by the Sports Authority of India (SAI) for promotion: Silambam from Tamil Nadu, Kabaddi from Telangana, Kalaripayattu from Kerala, Archery from Jharkhand, and Gatka from Punjab. From Maharashtra, Thang Ta, Mukna, and Assam, come Mallakhamb, Mukna, and Khomlainai. In addition to Yogasana, the following indigenous games have been added to the Khelo India Youth Games: Gatka, Mallakhamb, Thang Ta, and Kalaripayattu. In India, it has been incorporated into every schools. Harshdeep Singh Dhanjal, (2022).

CONCLUSION

It's progressively vanishing from traditional indigenous games that there once were exclusive games for India. Indian traditional sports were reduced to village sports under British control, and English sports rose to prominence in India. In the villages, they were also more vulnerable. The reason for this is that the urban air has absorbed elements of foreign culture. Today's blind English-medium school system and civilization are eradicating rural Indian traditions across the board. It's not like I don't want an English-language game. Let's play a traditional indigenous game in India. Disregarding the customary indigenous sports of India is equivalent to disregarding oneself. While certain indigenous games are being played today, others have advanced to the point that they can be played on a national and worldwide scale. Indigenous games have had certain alterations and adjustments over time. Nonetheless, there are occasionally a number of initiatives made to improve these games. The importance of indigenous sports and activities, together with the required paradigm shift at the educational level, are the main topics of this study. Furthermore, a discussion of their potential utility for future generations follows. The idea of progressive education integrates the concepts of environmental learning and learning through traditional indigenous games. The foundation of this idea of education is found not just in the classroom but also in society and the surrounding area. The traditional indigenous game can incorporate national qualities and cultural values like hard labor, democracy, and mutual cooperation, while also enhancing the social, moral, and ethical components. It is thought that teachers can use traditional indigenous games as a teaching tool and develop a generation of people who appreciate morals, culture, and local wisdom by including students, parents, and the community in these games. With the help of parents, teachers, sports enthusiasts, and school implementation of traditional indigenous sports in India, all Indian students are helped to promote sports.

RECOMMENDATION

1. In order to revive and promote these traditional indigenous games as part of Indian culture, the government will adopt a constructive attitude for the same.
2. The government should provide substantial funds and recourses for the promotion of these traditional indigenous games at various levels in schools.
3. The government should develop ultra-modern facilities and infrastructure all over the country for the promotion of these traditional indigenous games.
4. If there is possible, the government should implementation during the training schedule of sports academy in large numbers all over the country which helps to popularize these traditional indigenous games.
5. The government should make these traditional indigenous games a part of curriculum from the grass root level in all schools which helps these games to base creation of world class sportsmen.
6. In order to popularize these traditional indigenous games amongst our youth encouragement should be given right from the school level.
7. Government and the media must come forward to promote these traditional indigenous games in the same way as cricket, football etc.

8. Job security should be provided to the sports persons those who handle the traditional indigenous games by the government.

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