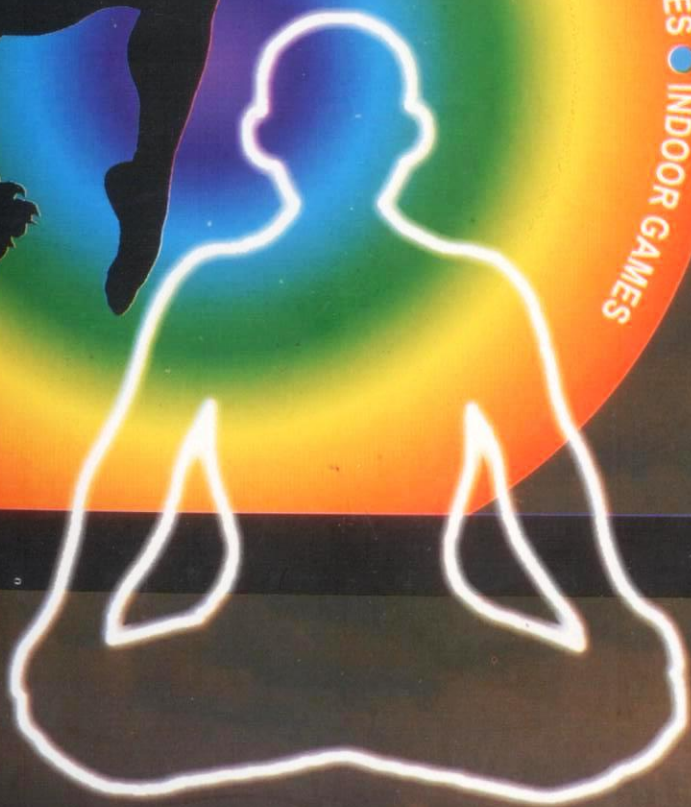
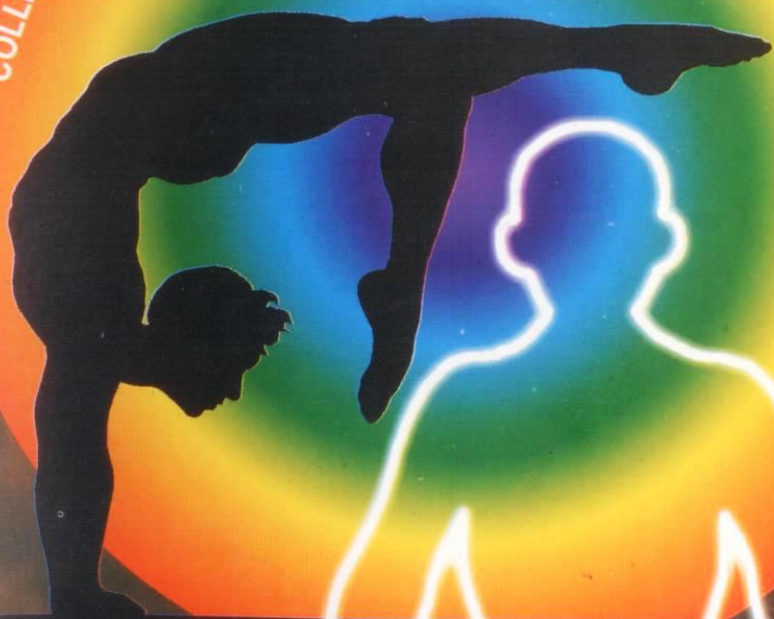


# KRIDA YOGA

COLLECTIVE GAMES • CIRCLE GAMES • SINGLE LINE GAMES • DOUBLE LINE GAMES • INDOOR GAMES



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## FOREWORD

“Each soul is potentially divine”, proclaims the great Swami Vivekananda who says the goal of life is to manifest this divinity within. This Statement of his is in tune with the Upanishadic proclamation, “Sarve - Amrtasya Putrah”.

Yoga is a systematic and scientific process to manifest this divinity within. In fact, anything that helps us to bring the best from within us is Yoga, as even playing games properly can help achieve the divine goal.

But few people are aware of the real importance of games, their scope and depth and the way they affect all those involved—the umpire, the players and the spectators. True personality of an individual is revealed during his involvement in a game and his response to the failure and success, to the fair and foul play etc. “You can discover more about a person in an hour of play than in a year of conversation” says Plato, the great philosopher.

Games not only reveal one’s character, they form it. A man who enjoys games in true spirit, irrespective of success and failures, ups and downs, learns to enjoy life like Sri Krishna. We call Lord Krishna Yogeshwara, the master of Yoga because he faced all the difficulties of life, from his very childhood, in a playful way. That is why it is called Leela, the play.

Psychologists agree that games give us a chance to give free vent to pent up emotions and thus, release a lot of stress. They help us control our excitements and culture our emotions. Group games create a field of energy, breaking the barriers of Tamas, converting Rajasic energy into Satvic.

While the participants learn to play in perfect harmony with one another in a team spirit, the umpire learns how to imbibe the qualities of an able leader. Games cover not only the elements of all physical exercises viz., body-building, quick reflexes, stamina, strength, flexibility and dexterity, daring and initiative but also enhance mental faculties of both the sides of brain, right and left, like I.Q., Memory, Concentration and Creativity. More than that, games develop the most needed spiritual quality in Man—awareness, alertness or wakefulness.

No scripture, no teacher, need tell us not to get upset in life. We all know it. But when a critical situation arises, we lose ourselves with the loss of awareness, the facade of cultivated relaxation and peace drops off. Games like 'Om' bring us face to face with our own self. How quickly we miss the point due to anxiety and speed, we come to realise. Recognition is half the solution. These games not only give us an insight into our state of awareness but also help us to develop it.

Most of these games have been in vogue in various parts of our country and extremely popular among our people for generations on end. In fact these were our national games. Like many other colourful features of our rich national life, many of these games also have been facing extinction on account of the onslaught of foreign games which are in fact less suited to our circumstances and ethos. It is encouraging that various voluntary organisations have been trying to resuscitate and revive them in our social life.

The book on hand is one such attempt. The games noted here are easy to learn and play, need no costly gear or prepared pitch or lawn. All can play and get involved, ensuring total participation.

The book is commended to the readers. The publishers will welcome suggestions for improvement so that such good intentioned views are incorporated in the next edition that will follow this.

— P. PARAMESWARAN  
*President, Vivekananda Kendra.*

## INTRODUCTION

Yoga is a process of all round personality development - Physical, Mental, Emotional and Spiritual. Games play an important part in this process. Games (Krida) will turn into yoga, if we keep constant awareness while playing, which in turn will bring love, harmony, peace and bliss.

The games described in this book do not require any paraphernalia, extravaganza or expenses. The only apparatus used is Body-Mind. Different actions of the body are utilised and the games are formed. Others can easily prepare new games or change them, based on single or composite actions.

Before playing the games, as a preparation, a few minutes of Drill or Physical exercise is essential. Sanskrit orders for conducting such Drill and its description is given at the beginning of the book.

We have broadly divided games into five categories  
1) Collective Games 2) Circle Games 3) Single line Games  
4) Double line Games and 5) Indoor Games.

The idea behind making such division is to facilitate the conductor to take one type of games at a time without wasting time in arranging players for every game.

Most of the games can be played by all the participants i.e. children, young as well as old. A few games where daring and strength is required, need not be played by the elders.

A few games such as lemon race, thread and needle race or plate-cup-glass race can be played by ladies only. Ultimately, the conductor has to use his own judgement while choosing the

participants. Similarly he has to see the availability of players while choosing a particular game. If participants are more than 15, he can have team games and for lesser number of participants, he can choose group games.

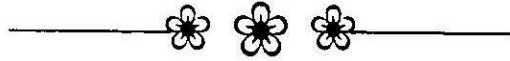
Playing area should be adjusted according to the requirement of the game and strength of the players.

Indoor Games are normally played in the Night Assembly (Happy gatherings after dinner). The same can be played on the field by the elders while other youngsters play the first four categories of games.

The book also contains 'Ice breakers' which are useful particularly during the night assemblies for breaking the inhibitions, barriers and for drawing out the best in the participants.

Comprehensive index and Annexure are provided to help for conducting the sessions efficiently. The session should always end with a patriotic song or some interesting song during night assemblies. A few songs are given in the Annexure.

We are sure, the book will turn out to be highly educative and will help in unfolding the latent potentialities.



### III. DRILL (व्यायामः) Vyāyamaḥ

#### *Description of orders in Sanskrit*

Drill is essential at least for 5 to 10 minutes before starting the games. Drill develops (i) obedience (ii) smartness (iii) team work (iv) co-ordination of mind and body, and (v) creates a good atmosphere for starting the games.

Vivekananda Kendra follows sanskrit orders for conducting the Drill. The details and description of the orders are as follows :-

#### (1) NISCALOBHAVA (निश्चलो भव)

Heels must be together and in line.

Toes should be turned out equally forming an angle of 30 degrees.

Knees should be straight.

Body should be erect.

Chest lifted, arched and shoulder square.

Arms should be hanging from the shoulders straight.

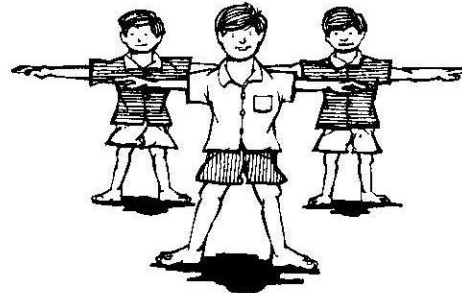
Hands closed with the body.

Fingers slightly clinched, back of fingers touching the thigh, thumbs to the front and close to the fore-finger.

Neck should be erect.

Head should be balanced on neck.

Eyes looking at their own height and straight in the front.



(2) **SUSTHITO-BHAVA** (सुस्थितो भव)

Left foot should be carried 12" (30 cms) to the left.

Weight of body rests equally on both feet.

Carry the hands behind the back and place the back of the right hand in the palm of the left, right thumb over the left.

Both arms straight at the elbows.

Fingers should be fully extended and held close.

(3) **SVASTHO-BHAVA** (स्वस्थो भव)

In this position relax the limb.

Don't move feet.

Talking, turning back are not allowed.

(4) **EKATRĀGAMĀM KURU** (एकत्रागमं कुरु)

This command is used for getting all students in fall-in position.

**EKAŚAḤ EKATRĀGAMĀM KURU** (एकशः एकत्रागमं कुरु)

Set-in . in single line.

**DVIŚAḤ EKATRĀGAMĀM KURU** (द्विशः एकत्रागमं कुरु)

Set-in. in two lines.

Like this we can prepare commands for three and four lines.

(5) **SAMATĀM KURU** (समतां कुरु)

At the command, all students turn head and eyes to the right and they should take up their dressing in line by moving little until every student can see the lower part of the face of the student two places away from him.

Fist and shoulders should be kept square to the front. After dressing look to the front.

**SAMATĀRTHAM DAKṢIṆADRĠ BHAVA**

(समतार्थं दक्षिणदृग् भव)

Look to the right for dressing. (Vamdruk = left) (वामदृग्)

**PURODRĠ-BHAVA** (पुरोदृग् भव)

Look to the front.

(6) **PURAS (PRATI, DAKSHIN OR VAM) SARANĀM KURU**

पुरम् (प्रति, दक्षिणं वा वाम) सरणं कुरु

At the command class will move forward, (backward, rightward or leftward) starting by left leg. Distance between two legs in sideward is 30 cms.

**PADAM (PADADWAYAM, PADATRAYAM,**

**PADACHATUSHKAM) PURASSARANAM**

**(PRATISARANAM, DAKSHINASARANAM,**

**VAMSARANAM) KURU :**

पदं (पदद्वयं, पदत्रयं, पदचतुष्कं) पुरस्सरणं

(प्रतिसरणं, दक्षिणसरणं, वामसरणं) कुरु

Move one (two, three, four) step forward (backward, rightward, leftward). Don't move hands.

(7) **GAṆANĀM KURU** (गणनं कुरु)

At this command, the students from right should start calling out numbers such as Ek, Do, Tin, Char, etc.

Keep head steady.

Look to the front.

**DVIKAGAṆANĀM KURU** (द्विकगणनं कुरु)

Call out numbers Ek, Do, Ek, Do .....

**TRIKAGAṆANĀM KURU** (त्रिकगणनं कुरु)

Call out numbers Ek, Do, Tin: Ek, Do, Tin.

**CATUṢKAGAṆANĀM KURU** (चतुष्कगणनं कुरु)

Call out numbers Ek, Do, Tin, Char: Ek, Do, Tin, Char.....

**(8) TATIDWAYAM̄ KURU (ततिद्वयं कुरु)**

Odd numbers two steps forward. Even numbers on the spot.

**TATITRAYAM̄ KURU (ततित्रयं कुरु)**

Number Ek - two steps forward

Number Do - on the spot

Number Tin - two steps backward

**TATICATUṢKAM̄ KURU (ततिचतुष्कं कुरु)**

Number Ek and Tin, two steps forward first and then number Ek goes two steps forward more and number char goes two steps backward. Number Do on the spot.

**TATIM̄ KURU (ततिं कुरु)**

From two lines - Odd numbers two steps backward.

From three lines - Ek number two steps backward,

Tin number two steps forward.

From four lines - Ek number two steps backward,

Char number two steps forward.

Then odd numbers two steps backward.

**(9) VALANAM (वलनम्)**

**Dakṣina (Vāma) Valanam̄ Kuru (दक्षिण/वाम वलनं कुरु)**

At this command, the students turn to the right (left) through 90 degrees. Knees should be kept straight.

**Body erect**

(i) Pivot on the right (left) heel and the left (right) toe and after turning, the right (left) foot must be flat on the ground and the left (right) heel raised, both knees tight and the weight of the body on the right (left) foot.

(ii) Bring the left (right) foot smartly near to the right (left) foot.

**DAKṢINĀRDHA (VAMĀRDHA) VALANAM̄ KURU**

**(दक्षिणार्ध/वामार्ध वलनं कुरु)**

At this command, the students should take half right (half left) turn through an angle of 45 degree as in full right (left) turn movement.

**ARDHA VALANAM̄ KURU (अर्ध-वलनं कुरु)**

At this command, the students should take

(i) turn by right through an angle of 180 degree with toe of the left foot and heel of the right foot and in the balance by touching the thigh together.

(ii) Bring the left foot smartly near to the right foot.

**(10) PADAKṢEPAM̄ KURU (पदक्षेपं कुरु)**

**Type (i)**

1. Poojya - Raise left knee forward, thigh Parallel to the ground, foot perpendicular to the ground, toe pointing to the ground. Hands closed to the body.

2. Ek - Touch the left leg on the ground, touch the toe first

3. Poojya - Raise the right knee forward in similar fashion.

4. Do - Touch the right leg on the ground, touch the toe first.

**Type (ii)**

After order take the following position: Raise the left knee forward in similar fashion.

1. Ek - Touch the left leg on the ground. Toe touching first and raise the right knee.

2. Do - Touch the right leg on the ground. Toe touching first and raise the left knee.

**PADAKṢEPAM̄ KURU (पदक्षेपं कुरु)**

At this command, the students should do Padakshepam in continuous action.

### PADĀNTARAM (पदान्तरम्)

Change of the foot-If steps are wrong, step twice continuously by any foot.

### STHIROBHAVA IN PADAKSHEPAM (स्थिरोभव पदक्षेपे)

In Padakshepam action, give command Sthirobhava(word "Sthiro" on right foot-pause of left foot word "bhava" on next right foot) then step left foot and step right foot and halt.

### VĀMA (DAKṢIṆA) VALANĀM KURU (वाम/दक्षिण चलनं कुरु)

Give command Vama (Dakshin) Valanam on left (right) foot-pause of right (left) foot and Kuru on next left (right) foot.

Then step right (left) foot and after turning to the left (right) step left (right) foot and then continue Padakshepam in that direction.

### VĀMĀRDHA (DAKṢIṆĀRDHA) VALANĀM (वामार्ध/दक्षिणार्ध चलनम्)

Can be done in same fashion.

### ARDHA VALANĀM KURU (अर्ध चलनं कुरु)

Give command Ardha Valanam on left foot, pause by right foot and Kuru on next left foot.

Step right foot.

Step left foot in front of the right foot in such a way that arch of left foot in front of the toe of right foot and fingers of the left foot towards right side. ('T' position).

Step right foot near the left foot after turning right side in such a way that both heels near to each other and fingers of the right foot towards backside ('L' Position)

Step left foot near the right foot after turning right side in such a way that both heels near to each other ('V' position). Step right foot near the left foot and do Padakshepam in continuous action.

### (11) PRAYĀṆĀM KURU (प्रयाणं कुरु)

**EK :** Left leg should swing forward. The foot should be carried straight to the front and placed upon the ground with the knees straight and only heel touching the ground. At the same time the right arm should swing forward and left arm should swing backward in the natural way, hands reaching as high as the waist belt in front and to the rear, keeping fingers slightly clenched.

**DO:** Repeat the movement by swinging right leg forward and reversing the position of arms. Start action by left. Look to the front; Space between two feet 75 cms, in Prayanam Kuru. Distance, Dressing, Direction must be correct; if stepping is wrong, take the same foot forward again by kicking it by another foot.

### PRAYĀṆĀM KURU FROM PADAKṢEPĀM KURU (पदक्षेपात् प्रयाणं कुरु)

Give the command 'Prayanam' on the left foot pause of the right foot, 'Kuru' on the next left foot.

### STHIROBHAVA (स्थिरोभव)

Give the command 'Sthiro' on right foot pause of the left foot 'Bhava' on the next right foot step left foot forward and join the right foot to the left foot.

### VĀMA (DAKṢIṆA) VALANĀM KURU (वाम/दक्षिण चलनं कुरु)

Give the command 'Vama', (Dakshin) valanam on the left (right) foot - pause of the right (left) foot 'kuru' on the next left (right) foot. Right (left) leg should be forward in the same direction (at that time hands close to the body) for checking the speed in that direction.

Left foot (right foot) on left (right) side direction 75 cms. and right (left) hand forward and left (right) hand backward and start prayanam.

### VĀMĀRDHA (DAKṢIṆĀRDHA) VALANĀM KURU (वामार्ध/दक्षिणार्ध चलनं कुरु)

According to the full left (right) turn turning half left 9 (right) turn.

### ARDHA VALANĀM KURU (अर्ध-वलनं कुरु)

Give the command 'Ardha valanam' on left foot, pause of the right foot, 'kuru' on the next left foot.

Step right foot forward in the same direction for checking the speed; Then step left, right and left steps according to Ardha valanam in Padakshepam. Hands close to the body. Then step right foot 75 cms. Long and left hand forward and right hand backward and start Prayanam.

### PADAKṢEPAM KURU (पदक्षेपं कुरु)

Give command 'Padakshepam' on left foot, pause of the right foot, 'kuru' on the next left foot.

Step right foot forward and by left foot start Padakshepam.

### (12) ŚĪHRAPRAYĀNAM KURU (शीघ्रप्रयाणं कुरु)

At the command start running starting by left leg.

### (13) GATYANTARA ŚĪHRAPRAYĀNAM (MANDA PRAYĀNAM) KURU (गन्त्यन्तर शीघ्रप्रयाण/मन्द प्रयाणं कुरु)

Give command in such a way that 'kuru' should be on left foot, step right foot for checking the speed and by left foot start sighraprayanam (manda prayanam).

Similarly 'prayanam kuru' can be done.

### (14) BHRAMAṆĀM KURU (भ्रमणं कुरु)

Give command DAKṢIṆA BHRAMAṆĀM KURU (दक्षिण भ्रमणं कुरु) for right wheel, and VĀMA--BHRAMAṆĀM KURU (वाम भ्रमणं कुरु) for left wheel.

Take wheeling on the circumference of a circle of radius of 3 meter. Wheeling part will be 1/4 of circumference of the circle.

### (15) PURO (VĀMA, DAKṢIṆA, KENDRA) YOGO BHAVA पुरो (वाम, दक्षिण, केन्द्र) योगो भव

At the command close up forward (leftward, rightward, to the centre).

### VISTĀRAM KURU (विस्तारं कुरु)

At the command, extend the distance.

### (16) VIŚRĀNTO BHAVA (विश्रान्तो भव)

At the command, turn to the right and then count four counts in mind and then leave the place.

### (17) VIRATO BHAVA (विरतो भव)

At the command, turn to the right, do vandan in three counts, count four counts in the mind and then leave the place.

### SOME ORDERS

1. Vibhāgaśaḥ (विभागः) - part of the exercise
2. Maṇḍalaṁ kuru (मण्डलं कुरु) - Form circle
3. Ardha maṇḍalaṁ kuru (अर्ध-मण्डलं कुरु) - Form Semi-circle
4. Anusaraṇam kuru (अनुसरणं कुरु) - Follow up
5. Pūrvavad bhava (पूर्ववद भव) - As you were
6. Āsīno bhava (आसीनो भव) - Sit down
7. Utthito bhava (उत्थितो भव) - Stand up
8. Shrūyatām (श्रूयताम) - Be attentive
9. Mā brūhi (मा ब्रूहि) - Don't talk
10. Mā hasa (मा हस) - Don't laugh
11. Varga (वर्ग) - Squad
12. Dhvajavandanam kuru (ध्वजवन्दनं कुरु) - Salute the flag

13. Nāyaka ehi (नायक एहि)  
Nāyaka svasthāna grahaṇam kuru  
(नायक स्वस्थान-ग्रहणं कुरु)
14. Alam (अलम)
15. Tiṣṭha (तिष्ठ)  
(when in counting  
numbering is wrong)
16. Ekahastāntara grahaṇam kuru  
(एकहस्तान्तर ग्रहणं कुरु)
17. Dwiastāntara grahaṇam kuru  
(द्विहस्तान्तर ग्रहणं कुरु)
- Marker fall in
- Enough
- Stop
- Take distance of a  
hand
- Take distance by  
both hands



## IV. TIPS AND CHECK LIST FOR INSTRUCTOR

Conducting games can be both, entertainment and education. It is an art to conduct games creatively and dynamically. The end results of these games are peace, harmony and love. Little home work will help to make your sessions enjoyable and fruitful.

You have to ensure everybody's involvement in the games. Use your creativity and see that the interest is maintained throughout the session by choosing and timing the games intelligently. Choose proper language, slogans, terms according to place, group and times (Desha - kala). Now refer to the CHECK LIST given below.

### 1. Ground to be free from:-

- Thorns
- Sharp stones
- Ups and Downs
- Obstacles  
(Unnecessary Materials)
- Hardness.

### 2. Keep Ready:-

- Whistle
- Handkerchief
- Napkin
- First Aid Kit
- Articles required for games

### 3. Remember:-

- Patriotic songs
- Mythological Characters  
/ Anecdotes



**4. Inform participants for:-**

- Proper dress
- Maintaining cleanliness on ground
- Clipping the nails

**5. Maintain:-**

- Timings
- Freshness of games

**6. List of Articles:-**

- Cloth Pieces for Gandhari type games
- Broom Sticks and hanky for Jhadu Hockey
- Mud pot for Matka Phod
- Balloons
- Srujan Danda
- Papers / Pens Pencils
- Black-board chalk
- Bed-sheet 's

**Few axioms**

- 1. Be quick - about actions
- 2. Be alert - about interest and mischief
- 3. Be strict - about rules
- 4. Be sport - about play
- 5. Be careful - about your temper
- 6. Be impartial - about decision
- 7. Be punctual - about time
- 8. Be prepared - about preparations

**Most important - Be patient**



**V**

**1. COLLECTIVE GAMES**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1.1 Kendra Says                   | 1.19 Breaking of Mud Pot         |
| 1.2 Chain Forming                 | 1.20 Pig Fight                   |
| 1.3 Touching with Pairs           | 1.21 Hanuman Fight               |
| 1.4 Funny Touch                   | 1.22 Cock-Fight                  |
| 1.5 Touching with one Leg         | 1.23 Bull-Fight                  |
| 1.6 Frog in the Well              | 1.24 Scorpion Fight              |
| 1.7 Plucking the Pumpkin          | 1.25 Chariot Fight               |
| 1.8 Frog Touch                    | 1.26 Neck Fight                  |
| 1.9 Horse Touch<br>Elephant Touch | 1.27 Horse Fight                 |
| 1.10 Stone on Palm                | 1.28 Tandava                     |
| 1.11 I am Shivaji                 | 1.29 Bhasmasura                  |
| 1.12 Help Me                      | 1.30 Balloon Head                |
| 1.13 Self Help                    | 1.31 Balloon-Bursting            |
| 1.14 Loose Compartment            | 1.32 Keep it up                  |
| 1.15 Statue                       | 1.33 Tying the Handkerchief      |
| 1.16 Poison - Nectar              | 1.34 Untying the<br>Handkerchief |
| 1.17 Master - Disciple            | 1.35 Torch Race                  |
| 1.18 Tiger and Man                |                                  |

## 1. COLLECTIVE GAMES

### (सामूहिक-क्रीडा) Sāmūhika-Krīḍā

#### 1.1 KENDRA SAYS (केन्द्रो वदति) Kendro Vadati

The instructor stands in the centre or in front of a group and gives orders. Only those orders given in 'Kendras' name should be obeyed, i.e. if instructor says sit, group should not sit but if instructor announces 'Kendra says sit' then participants should sit.

Those who did not follow the order properly will be 'out'. The last left out participant who obeyed correctly will be the winner.

##### (A) Variation

In this game, all the instructions for 'right side' action are to be ignored.

##### (B) Variation

In this game, action opposite to what is told is to be performed. i.e. If the instructor says, turn right, everybody has to turn left. If he says stop, the group should continue walking and so on.

(Awareness)

#### 1.2 CHAIN FORMING (शृङ्खला-करणम्) Śṛṅkhālā-Karaṇam

At first a player chases another and when he catches him, they join together and run and catch others, forming a chain, by holding hands of each other. A big chain will be formed when one after another gets caught and joins the chain thereby lengthening it. This chain should not be broken, while the player runs to catch the remaining runners.

**Note :** The runners can break the chain from the back-side without being touched by the chasers. If chain is broken, the runners can beat the chasers till they reunite back the broken chain.

(Co-ordination)

#### 1.3 TOUCHING WITH PAIRS (युगलेन-स्पर्शः)

All the players stand on one leg in a circle or in a square. X, the chaser, chases other players, by limping on one leg. When he touches any one, then a pair is formed and holding hands together, each one limping on one leg, chase other players. When two more players are out, they form a separate pair, and they also start chasing others. Now, all others will use both their legs to run. The play continues, till the last man is made out.

(Speed and Stamina)

#### 1.4 FUNNY TOUCH (विचित्र-स्पर्शः) Vichitra Sparsāḥ

'X' chases the players and touches one of them say 'Y'. Now 'Y' has to keep his left palm on the part of his body where 'X' touched and chase others and try to touch one of them, with his right hand. Thus the game continues.

(Dexterity)

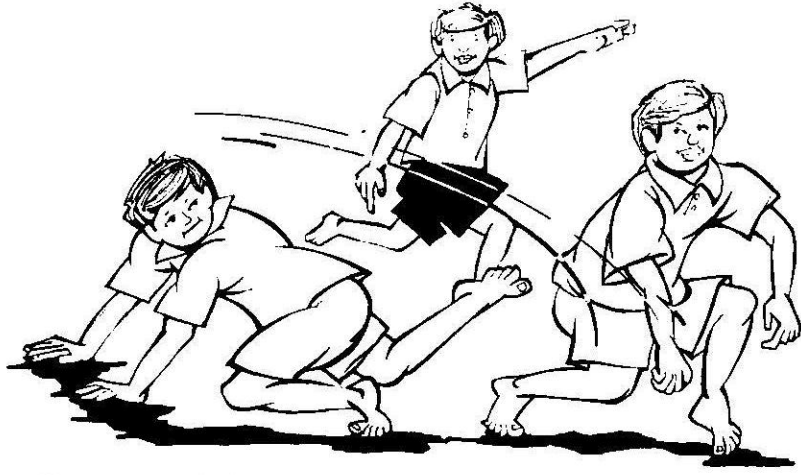
#### 1.5 TOUCHING WITH ONE LEG (पाद-स्पर्शः) Pāda Sparsāḥ



In a small square all players stand. One of them 'X' - (the chaser) limping on one leg, tries to touch as many people as possible with the toe of the raised leg. If in the process, his leg touches the ground, some other player takes his role and chases all and the game continues.

(Dexterity)

### 1.6 FROG IN THE WELL (कूपमण्डूकः) Kūpamaṇḍūkaḥ



Draw two circles, one within the other. 'X' assuming the role of frog remains in the smaller circle and all other players stand within larger circle. 'X' (Frog) remaining within the smaller circle has to touch one of the players stretching his leg. The players within the larger circle can hit the frog on his back without getting touched.

**Note :** Before starting the game, all players can raise any slogan, which will be led by the conductor.

(Dexterity)

**Variation : You Fool ! (वा रे बुद्धु) Vā-re-Buddu**

6 to 8 players make a close circle by holding hands. One player 'X' will become donkey and stand in the centre of the circle. Balance players (6 to 8) will try to hit the donkey without getting touched by him. While hitting they will say 'you fool' or 'Wa re buddu'. Donkey in turn will move around and try to touch the players who are trying to hit him. If he succeeds then that player will become donkey.

(Dexterity)

### 1.7 PLUCKING THE PUMPKIN (अलाबूत्पाटः) Alābūtpāṭaḥ

All players except one will sit on the ground stretching their legs and holding each other's tummy. Thus it will form a chain

which can be called as 'Pumpkin Creeper'.

One player will try to pluck the Kaddu (pumpkin) by forcibly holding any player (kaddu) with hands and pulling/tickling him from the chain - (creeper). If he succeeds, the player (kaddu) who broke the chain (creeper) will come out while the earlier person will join the chain.

**Note :** This game is popularly known as "Kaddu Tod"

(Strength)

### 1.8 FROG TOUCH (मण्डूक स्पर्शः) Maṇḍūka Sparsaḥ

In a smaller square, 'X' assumes the role of a "Frog" and try to touch other players with one leg while doing frog jump. In a given time he should touch maximum players.

(Speed / Stamina)

### 1.9 HORSE TOUCH / ELEPHANT TOUCH

(अश्व स्पर्शः / गज स्पर्शः) Aśva Sparsaḥ / Gaja Sparsaḥ



**Horse touch :** 'X' sitting on 'Y's back like a rider and touching other players.

**Elephant touch** : 'X' holding his right ear with left hand and bringing the right hand inside the left hand making trunk of an elephant and touching with right hand.

(Speed / Stamina)



### 1.10 STONE ON PALM (हस्तामलकम्) Hastāmalakam

'X' keeping a small stone on the back of his left palm, runs to touch others, without letting the stone to fall. If the stone falls, other players can beat 'X' till he replaces the stone on the back of his palm. He should try to touch as many players as possible within a given time. When his time is over, some other player will take his turn. Whoever touches the maximum persons, is declared winner.

(Speed with awareness)

### 1.11 I AM SHIVAJI (अहं शिवाजी) Aham Śivājī

A player will chase a specified runner in the group. For example 'X' runs to catch 'Y' and if any other player passes between 'X' and 'Y', (to rescue 'Y') and says 'I am Shivaji', then 'X' has to spare 'Y' and run after Shivaji to catch him. Again if another player passes between 'X' and Shivaji, and says 'I am Shivaji', then 'X' has to run after the new person (Shivaji). If 'X' catches Shivaji, it is Shivaji's turn to catch other players. Thus the game continues.

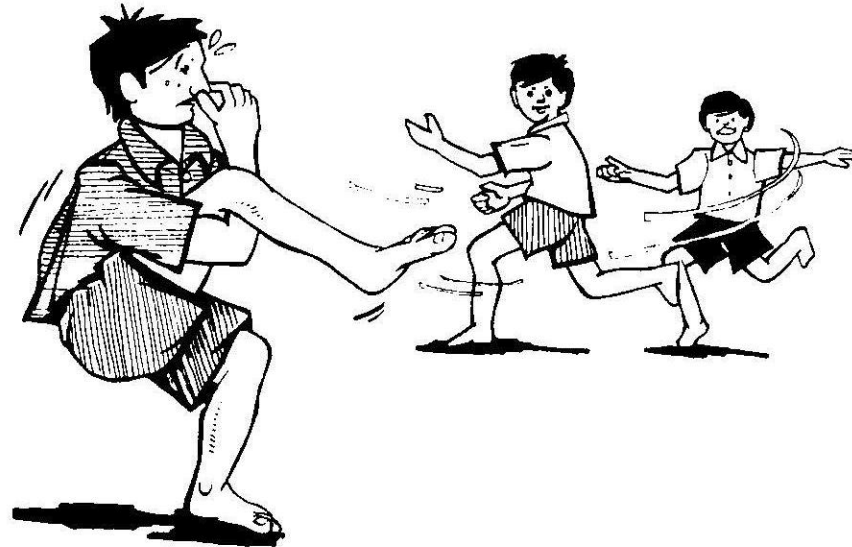
(Initiative and Daring)

### 1.12 HELP ME (सहायता) Sahāyatā

A chaser names a player and runs to catch him. If that player feels that he is going to get caught he can ask for help shouting "Help Me". Another player can come and help him by holding his hand. After this the chaser cannot catch the player so long as somebody holds his hand and the particular runner is saved. The chaser has to call out another player's name and chase him. If the second named is caught before he gets help from other player, he will become chaser and the chaser will join the runner group. Thus the game continues.

(Initiative)

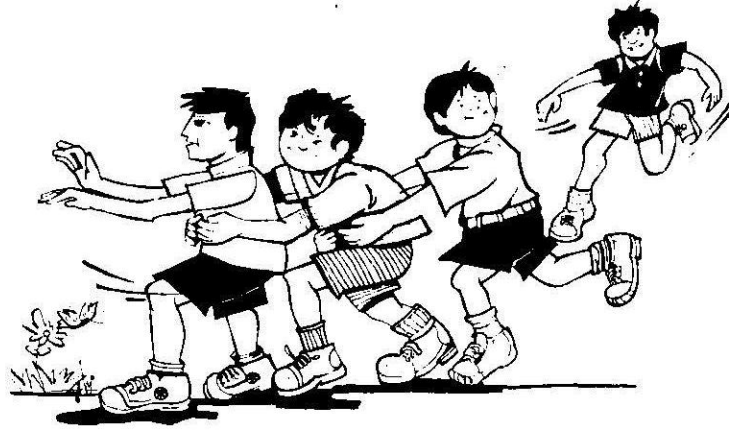
### 1.13 SELF HELP (स्वसहायता) Svasahāyatā



All stand in a big circle facing inwards. The chaser 'X' stands in the centre. When 'X' tries to catch the runner, before getting caught, he has to put his right hand behind right knee, lift it and touch his nose. Then 'X' cannot touch him. If 'X' touches him before coming to that position, then he is out.

(Flexibility)

1.14 LOOSE COMPARTMENT (शिथिल-खण्डः) Śithilakhaṇḍaḥ



You need a lot of space for this game. Players form groups of three or more. Two people are not in any group, because they will be the loose cabooses.

The groups line up and hold each other's waists. They are the trains that the loose cabooses try to hitch on to. They run around and make sharp turns every time a caboose tries to grab hold of the last player and join the train. If the loose caboose does catch on to a train and can't be shaken loose, the first player of the train becomes a loose caboose.

(Dexterity)

1.15 STATUE (मूर्तिः) Mūrtiḥ

The umpire will name a player. All other players will chase him to punch him gently. That player runs to escape from the punches of other players. As soon as the umpire shouts 'Moorti', everybody will stand still like a statue in whatever position they are, at that particular moment. The umpire will continue the game by calling out some other name and runners will chase the player.

(Emotional Culturing)

1.16 POISON - NECTAR (विषामृतम्) Viśāmṛtam

'X' tries to chase a player in the group and if 'X' touches him saying "Visha" (Poison), he is considered to be dead. He has to sit there itself. Any other player from the group can revive him by touching him saying 'Amrut' (Nectar). While touching the dead person, the player must be careful to avoid being touched by X. At the same time X should not allow any player to come near the dead player to revive him and try his best to touch others who are coming to revive the dead.

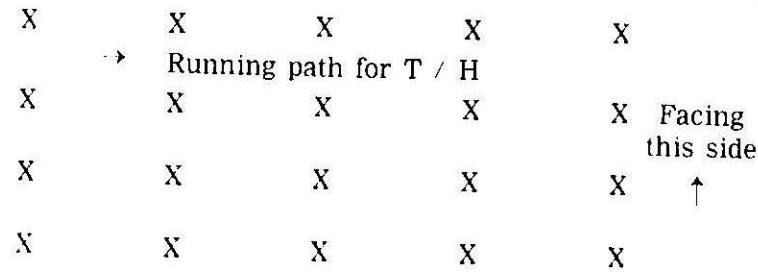
(Initiative and Daring)

1.17 MASTER - DISCIPLE (गुरु शिष्यम्) Guru-Śiṣyam

In a given area, depending upon the number of players, a person assumes the role of guru 'X' and two other players become his disciples. They have to catch a player and bring him to the guru against his resistance. 'X' will touch the (caught) player on his head to make him a disciple. He will also join the other two disciples to bring more players to the guru to make them disciples. The game continues till all are made disciples.

(Strength)

1.18 TIGER and MAN (व्याघ्र पुरुषौ) Vyāghra Puruṣau



As shown in the figure, all the players stand in four or more rows, facing a single direction. The distance between 2 players from the front and sides should be 2 arms length. Players stand by raising the hand upto shoulder level. Two players assume the roles of Tiger and Man respectively. The Tiger chases the Man, running between the rows of players, in such

a way that they run between the back side of one row of players and the front of the next row, but not side ways. The direction of the row will also be changed frequently at the instance of the umpire by blowing a whistle, so as to obstruct the path and change the direction of the tiger and the man.

(Dexterity)

### 1.19 BREAKING OF MUD POT

(कुम्भ भन्जनम्) Kumbha-Bhañjanam



All the players will stand in a line. A pot will be kept on a fixed pole at a distance of 25' to 30' from the line. At first all the players are allowed to measure the distance (by number of their steps) between the spot where they stand and the pole. Then they are blind-folded with a piece of cloth. A 3 ft. long stick is given to each of them by turns to break the pot with one swing. The player is not to move the stick to locate the pole. It is declared foul. If he breaks the pot, he is the winner.

(Dexterity)

### 1.20 PIG FIGHT (वराह युद्धम्) Varāha Yuddham



The players will stand in a circle. One of them say 'X' will be declared as pig. 'X' will hold his hands at the back and try to dash with his head to any one of the players. If 'X's head touches the player then he is declared out. 'X' will try to make as many people 'out' as possible in a given time. If any player goes outside a circle to evade being dashed, he is considered 'out'.

(Dexterity and Stamina)

### 1.21 HANUMAN FIGHT (हनुमद युद्धम्)



This is same as the previous one, except for a slight change. All the players stand on one leg and try to push one another. In the process if any one falls down or puts down his foot on the ground he is considered out.

(Dexterity and Initiative)

1.22 COCK FIGHT (कुक्कुट युद्धम्) Kukkuta Yuddham



Each one will catch his one leg with his hand on the same side. The other hand will be folded and held firmly at the back. They will try to push one another by their shoulders. The players who fall down or whose legs and hands go off from the grip will be out.

1.23 BULL FIGHT (वृषभ युद्धम्) Vṛṣabha Yuddham



In this fight all the players will hold their hands at their back and try to push others with their shoulders only. The players who fall down, will be out.

(Dexterity and Initiative)

1.24 SCORPION FIGHT (वृश्चिक युद्धम्) Vṛścika Yuddham

Two players together make a scorpion. Eg., 'X', in prone posture has to balance with both his palms resting upon the ground having his legs locked tightly around 'Y's hips. 'Y' should hold 'X' belly with his hands. Now this group of X and Y will fight with another group. Each group has to try to dismantle the other group. The pair that stays till the end is the winner.

(Dexterity and Initiative)

1.25 CHARIOT FIGHT (रथ युद्धम्) Ratha Yuddham

Two players will stand shoulder to shoulder holding each other tightly. A third player will sit on their joined shoulder. This is one chariot. Likewise more chariots will be formed. Every 'Chariot' will try to dismantle one or more chariots. The chariot that remains intact till the end is the winner.



1.26 NECK FIGHT (ग्रीव युद्धम्) Grīva Yuddham

All the players will keep their left palm on the back of their necks. Now each player will try to remove other's hands using their right hand. Players are not allowed to change the hands from their neck.

(Dexterity and Initiative)



### 1.27 HORSE FIGHT (अश्व युद्धम्) Aśva Yuddham

Two players make a group. 'X' is the rider and 'Y' is his horse. 'X' will mount on the shoulders of 'Y'. He will hold 'Y' tightly with his legs. Now X keeping his hands free, should fight with the other similar pairs and try to dismantle them keeping themselves intact. The pair that stays till the end is the winner.

(Dexterity and Initiative)

**Note :** In all the fights - 1.22 to 1.27, players should not cross the boundary. Otherwise they will be considered as out.

### 1.28 TANDAVA (ताण्डवम्) Tāṇḍavam

All the players stand in a circle or square. Then each one tries to step on the other players' feet. Those who allow this are the losers. The one who remains untouched till the last is the winner.

(Awareness)

### 1.29 BHASMĀSURAḤ (भस्मासुरः) (Brief the story of Bhasmasurah)

Each participant will try to keep his right hand on another's head as the Bhasmasura did and say "Bhasma", (Ash). At the same time he should evade others keeping their hands on his head: he can protect his head by keeping his left hand just above his head but not touching it. One whose head is touched by another's hand is deemed out.

(Awareness)

### 1.30 BALLOON HEAD (शिरसागोल धारणम्)

How many times can you bounce the balloon off your head without using your hands? The player who hits the balloon most of the times (with the head — no arms or shoulders permitted) wins.

(Dexterity)

### 1.31 BALLOON BURSTING

(वायुगोल भंजनम्) Vayu-gola Bhañjanam



One or two full blown balloons will be tied around the ankles of all the players. They all stand inside a circle. When a whistle is blown all the players should try to burst others balloons with their feet by stamping over it. The winner is the one who keeps his balloons intact till the end.

**Variation :** Balloons also can be tied to a wrist or neck.

(Dexterity)

### 1.32 KEEP IT UP

(उच्छ्वासेन गोल धारणम्) Uchchvāsena-gola Dhāraṇam

Groups of 5 to 7 members are formed. Each group is given a balloon. At a given signal, all the players throw up the balloons and will try to keep the balloon of their group in



the air as long as possible, by blowing below it. The balloon should not be touched. The players should keep their hands at their back. The group which keeps the balloon up for the longest time wins.  
(Co-ordination)

### 1.33 TYING THE HANDKERCHIEF (करवस्त्र बन्धनम्) Karavastra Bandhanam

All the players will stand in pairs within a circle. Each one of them will have a kerchief. When the whistle is given, everyone will try to tie a kerchief on the ankle of the other member, without allowing him to tie it on his ankle. Whoever ties it first is the winner in the pair. (Muscle Building)

### 1.34 UNTYING THE HANDKERCHIEF (करवस्त्र बन्धमोचनम्) Karavastra-bandh Mocanam

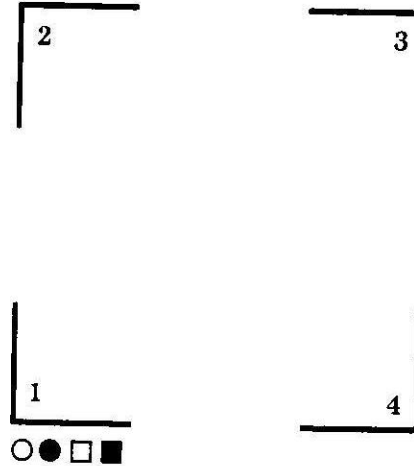
All the players with the kerchief tied on one of their ankles, will stand within a circle, in pairs. When the whistle is given, each one will try to untie the kerchief of the other of his pair. Whoever succeeds first is the winner in the pair.  
(Muscle Building)

### 1.35 TORCH RACE (अग्निकाष्ठ स्पर्धा) Agnikāṣṭha Spardhā

The game is played at night.

#### Preparations :

Specify the race area, preferably a square ground of 100 mts., of side. Keep four persons at the four corners of the ground and mark a line at each corner with chalk powder. Keep ready some six well oiled torches.



Sixteen players will be divided into four groups of four players. Players can be selected from each state or from each class etc. One from each group will stand at each corner of the ground. Give four players a burning torch each, at the starting corner. When the whistle is blown they will run and hand over the torch to their respective group player of the next (i.e. 2nd) corner. These players will hand over the torch to their colleagues in the 3rd corner. They in turn will hand over the torch by reaching the 4th corner. These players will continue the race by reaching the first group which is standing in the 2nd corner. The race ends only when every player reaches his respective corner. That group whose player reaches his starting corner first is the winner.  
(Speed and Awareness)

## VI

### 2. CIRCLE GAMES

- |                              |                         |
|------------------------------|-------------------------|
| 2.1 Namaste                  | 2.15 Breaking the Chain |
| 2.2 Going Round              | 2.16 Jump and Touch     |
| 2.3 OM Circumlocution        | 2.17 Dodge Ball         |
| 2.4 Jayadrathah              | 2.18 Mrutyunjaya        |
| 2.5 Catch Me                 | 2.19 Monkey             |
| 2.6 Multi Leg Race           | 2.20 Water Level        |
| 2.7 Salute the Governor      | 2.21 Shivaji - Pratap   |
| 2.8 Lion and Lamb            | 2.22 Kho-Kho            |
| 2.9 Snake and Frog           | 2.23 Po                 |
| 2.10 Conquering the Fort     | 2.24 Kho and Po         |
| 2.11 Hearth                  | 2.25 Mandal Kho         |
| 2.12 Go Home                 | 2.26 Grouping           |
| 2.13 Present for the Present | 2.27 Fish and Net       |
| 2.14 Angadah                 | 2.28 Ride Your Horse    |

## 2. CIRCLE GAMES (मंडल-क्रीडा) Mandala Kridā

### 2.1 NAMASTE (नमस्ते)



All players will form a circle. One of them 'X' will run around the circle clockwise. While running he will touch one of the players say 'Y' on the back. 'Y' has to run in the reverse direction. When they meet while running, they will say 'Namaste' and then both will try to reach 'Y's place first, running in their own direction. Whoever reaches the place late will continue running and he will touch some other player and thus the game continues.

I. Variation - When 'Y' meet 'X', how 'X' acts like that 'Y' has to imitate.

II. Variation - 'X' can hop on one leg instead of running.  
(Speed)

### 2.2 GOING ROUND (प्रदक्षिणम्) Pradaksinam

'X' with a kerchief in hand runs around the circle dropping it behind 'Y' so carefully that 'Y' is not aware of it. If 'Y' is not yet aware of the kerchief, 'X' after completing his round comes and punches on Y's back till 'Y' picks up the kerchief and runs. 'X' will occupy Y's place. If 'Y' comes to know about the placing of the kerchief before hand, he picks up the kerchief and chases 'X'. If 'Y' touches 'X' before he completes the round, 'X' has to run again with the kerchief and drop the kerchief at the back of some other player. If 'Y' does not succeed in touching 'X', 'X' will occupy Y's place and 'Y' will run and game continues as above.

(Awareness)

### 2.3 OM CIRCUMLOCUTION (ॐ प्रदक्षिणम्)

'X' runs around a circle chanting a prolonged 'Aum' in single breath starting from where he stood till he completes his round. If the circle is small, the umpire can ask the participant to take two or more rounds. One after another all the players will run similarly and test their stamina.

(Stamina)

### 2.4 JAYADRATHAḤ (जयद्रथः)

All but one form a circle. The lone person will be 'X' standing outside the circle. The umpire will point out one of the players as 'Y' in circle. X should now try to touch 'Y'. All players will hold hands with one another and try to protect 'Y' from 'X' by moving clockwise or anti-clockwise. If 'X' manages to touch 'Y' inspite of this, he is out and some other players will take the role of 'X' and 'Y'.

(Team Spirit)

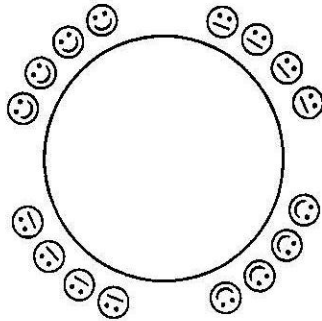
### 2.5 CATCH ME (धरमाम्) Dharamām

Make two concentric circles one within the other with a difference of about 3 feet in between their radius. The players have to run in the space between the circles and try to catch the person running in front. Those who are caught are out and have to sit at the centre of the circle. The one who is not caught, is the winner.

**Note :** Change direction when the whistle is blown

(Stamina / Awareness)

### 2.6 MULTI LEG RACE (बहुपाद स्पर्धा) Bahupāda Spardhā



Groups of players will be formed. They will stand on the borderline of a circle as shown in the sketch, holding one another's hands. There should be some distance between each group. The game starts when each group tries to catch the other running before it on the periphery of the circle.

When the whistle is given they will start running in the opposite direction. The team (group) which is not caught is the winner.

(Co-ordination)

### 2.7 SALUTE THE GOVERNOR

(अधिपति नमस्कारः) Adhipati Namaskaraḥ

'X' takes the role of Governor and stands in the centre of a circle, and all other players are his servants. When Governor stands in front of any player, he should take his right hand under the right leg to touch the forehead, and say 'Namaste'. The player who fails to do so is out.

(Flexibility/Fun)

### 2.8 LION AND LAMB (सिंह मेषम्) Simha-Meṣam

'X' takes the role of a lion and stands inside a circle. 'Y' takes the role of a lamb. All other players will stand in a circle holding hands tightly. Now lion has to chase lamb and eat it. Hence players should not allow the lion to go out. If lion succeeds in going out, players should allow the lamb to come in immediately. In case the lion succeeds to catch the lamb, the lamb becomes lion and vice versa. Thus the game continues, with another set of players.

(Dexterity)

### 2.9 SNAKE AND FROG (सर्प मण्डूकम्) Sarpa-maṇḍūkam

All players except two will sit in a circle facing the centre keeping their hands on other's shoulders. The players assume the role of snake and frog. The snake chases the frog. Both (snake and frog) while running have to run from one player's front and next player's back by jumping on the hands of the players who have kept their hands on other's shoulders. When snake catches the frog, other two players will take the role and the game continues.

(Speed)

### 2.10 CONQUERING THE FORT (दुर्गविजयः) Durga Vijayaḥ

Group of players form a close circle which will be called as a Fort. One warrior will be outside the Fort. Instructor will give a whistle and raise the slogan 'Bharat Mata Ki Jay'. Then

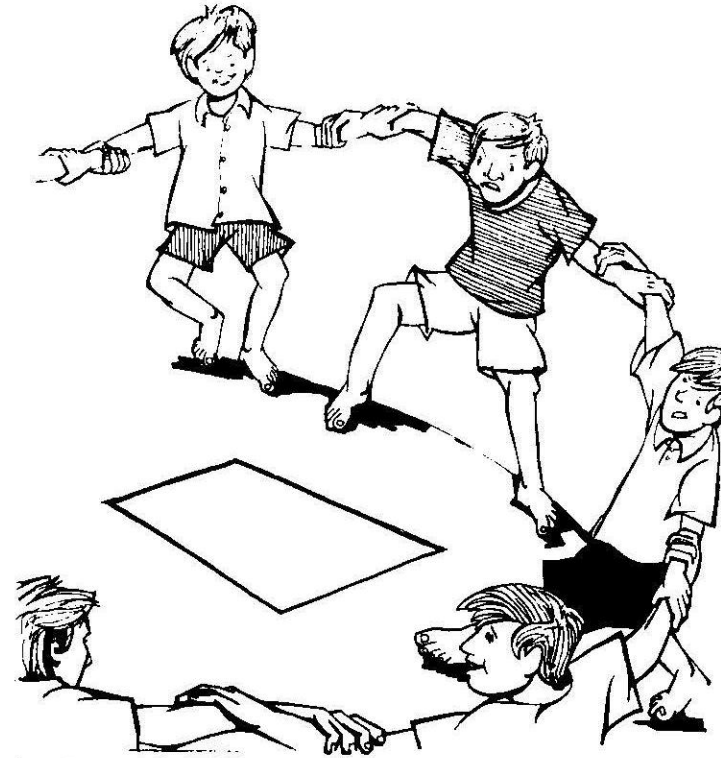


the warrior will try to conquer the fort by breaking the chain of players, jumping above their hands or sneaking through it. If he succeeds then he is the conqueror of the Fort. Then other player will be the warrior.

(Strength)

### 2.11 HEARTH (अग्निकुण्डम्) Agnikundam

All stand in a circle, holding hands tightly. A square of suitable size depending upon number of players will be marked within the circle as 'Agni Kunda'. Everybody will try hard



to push others in Agni Kunda. The one whose leg touches or who falls into Agni Kunda is out. At that time all will say Swaha. The remaining players will hold hand and again try to push others. This game continues, till the last two players remain not out.

(Strength and Dexterity)

### 2.12 GO HOME (गृह गमनम्) Gṛha Gamanam

All the players stand in a circle. Each one of them makes a small circle before him with his foot. Thus there will be a circle before each player. One of the players will get out of the circle and run around. He will touch the back of some players and they will also join him in running around. Meanwhile the instructor will erase two or three circles made by the players and then say "Go home". Each players should immediately try to stand on one of the circles formed by them. Those who could not do so are out. The game continues till all but one are out.

**Variation :** In this game, all players will run clockwise and when the whistle is given they will change the direction i.e. run anti-clockwise and when umpire says 'Graham Gachha', they will try to occupy the house. Those who don't get are out. (Awareness)

### 2.13 PRESENT FOR THE PRESENT

समयस्थितस्य उपहार : Samayasthitasya Upahārah



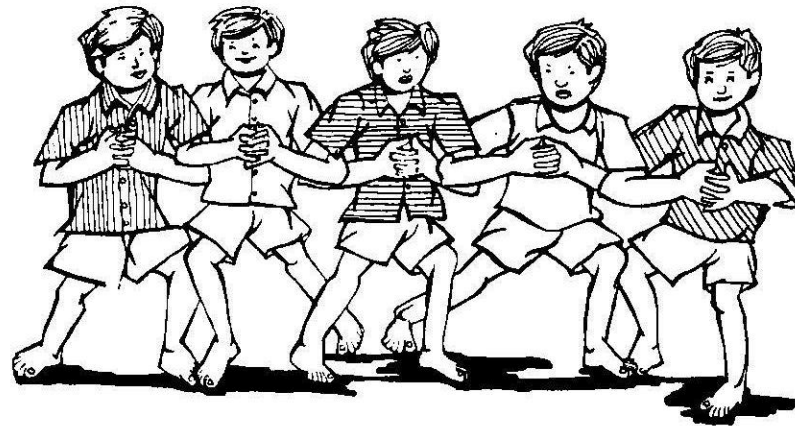
All the players stand in a big circle, their legs tied. The umpire keeps a few stones or other articles, the numbers being less by 2 or 3, from the number of players, in the centre of the circle. When the whistle is given, the players hop in towards the centre and collect the article and hop back to their original

### 2.14 ANGADAH (अंगदः)

All stand in a circle. One player 'X' will stand in the middle of the circle keeping his one foot in a small circle. He will ask all the players in the circle "Delhi Kiski Hai", three times (whose is Delhi). Everybody will say "Hamari Hai" (It is ours) thrice. After that player in the middle shouts three times patriotic slogan. Players in the circle also repeat the slogans. As soon as third slogan is over, everybody runs towards the centre to keep their foot in the middle of small circle, which is occupied by 'X' pushing others. When umpire blows the whistle, those whose feet are in the circle are the winners. The game goes on like this. (Strength)

### 2.15 BREAKING THE CHAIN

(शृङ्खला भन्जनम्) Śṛṅkhalā Bhañjanam



The players form a circle, linking their elbows. Then they pull as hard as they can to break the circle. The first two players, whose arms are un-linked are out. The remaining players form another circle again, smaller this time, but just

as tight. No stopping is allowed, till the break occurs.

If the circle seems invincible and does not look as if any one is going to unlink their arms, ask them to take 3 steps towards the middle of the circle (which relaxes it) and then quickly take 3 steps back. This will create a break.

(Strength)

## 2.16 JUMP AND TOUCH

(झम्प स्पर्शनम्) Jhampa Sparsanam

All stand in a big circle. The minimum distance between two players should be about 10 feet. Now every player has to jump once turn by turn in such a way that he will be able to make other player out. After taking a jump the player 'X' should stand erect and if his stretched hand touches the other player say 'Y', then 'Y' is out. Then 'X' gets the chance of second jump for making another player out.

Note : (i) Player can jump in any direction.

(ii) It is not necessary that in the very first jump, you should make the other player out.

(iii) However you should jump in such a way that when other players turn comes he should not be able to touch you in one long jump.

(Dexterity)

## 2.17 DODGE BALL

(कन्दुक प्रहार वर्जनम्) Kanduka prahāra Varjanam

Two equal groups of players are formed. One group forms a circle, and the other group stands inside it. Now the players who are standing on the circumference of the circle will try to hit the players inside the circle, with a ball (preferably volleyball). If the ball touches any person, he is out. Umpire will stipulate the time for each group. The number of players made out within the stipulated time by each group will be recorded. The group which made more players out during its turn is declared winner.

(Dexterity)

## 2.18 MRTYUNJAYAH (मृत्युञ्जयः) Mrtyuñjayah

Same as above but instead of a group of players only an individual player will come in the middle by rotation. Rest of the players in the circle will try to make him out by hitting him with the ball within 10 counts. The player who is in the middle will be declared "Amar" (Mrtyunjayah), if he manages to escape being hit.

(Dexterity)

## 2.19 MONKEY (मर्कटः) Markatah



All players stand in a circle, one of them holds a ball. 'X' stands in the middle of the circle as a monkey. The monkey tries to snatch the ball from the player having it. The player having it will pass it on to another. Whomsoever the monkey touches while holding the ball or from whom he gets the ball in transit, that player is out. The player declared out will now stand in the middle of the circle as the monkey and the game continues.

Note : A tail can be added to a child (Monkey).

(Dexterity)

## 2.20 WATER LEVEL

(कियद जलम् अस्ति) Kiyad Jalam Asti

All stand in a circle. 'X' stands in the centre of the circle. (a pond). Other players in the circle ask 'X' - 'Bhaiya Bhaiya Kitna Pani'. 'X' pointing out his ankle says 'Itna Pani' (Water level). As the players go on asking, 'X' points the water level from ankle to calf muscle, knee, thigh, chest, shoulder etc. When 'X' touches to the top of his head, all run out while 'X' tries to catch one of them. Whomsoever 'X' catches first is out. Boundary for running is fixed in advance. The player who is out becomes a horse and 'X' rides on him round the circle. All sing a song - 'Hati Ghoda Palaki, Jai Kanhayya Lal Ki'. After completion of one round the player who is the horse comes in middle and takes the role of 'X'. Thus the game continues.

**Note :** This game is popularly known as "BHAIYA BHAIYA KITNA PANI".  
(Speed and Awareness)

## 2.21 SHIVAJI - PRATAP

(शिवाजी प्रतापौ) Śivāji Pratapau



All the players stand in a circle. A kerchief or a stick is kept in the middle of the circle. The players call out numbers like 1,2,3/1,2,3/1,2,3/only. They are named as Shivajis, Prataps and Tanajis respectively. Except Shivaji group (No.1), other two groups having nos. 2 and 3 sit wherever they are in the circle. The umpire asks all players of Shivaji group to run around

the circle. While running around the circle each one has to chase and touch the player who is running in the front. At the same time, when umpire gives a whistle, they should rush inside the circle to pick up a kerchief or a stick. Whosoever succeeds is the winner (Shivaji). Same way the game is played to decide Pratap and Tanaji.

Finally the winner will be decided by having a final round with Shivaji, Pratap and Tanaji running the race.

(Speed and Dexterity)

## 2.22 KHO KHO खो-खो

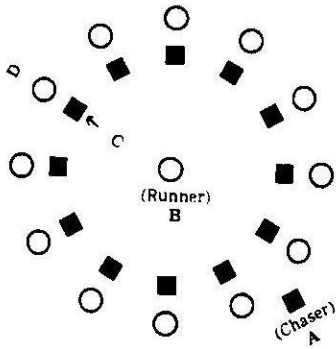
1) All stand in a circle. 'X' chases 'Y' around the circle, while running 'Y' stands in front of any player say 'Z' and says 'Kho'. Then 'Z' has to run and 'Y' occupies 'Z's place. If 'X' succeeds in catching 'Y', this role will be reversed. 'Y' will be the chaser and 'X' will be the runner. Thus the game continues.  
(Speed)

2) **Side Kho :** All stand in a circle. 'X' is the chaser and 'Y' the runner. While running around the circle, 'Y' gives kho signal to anybody, say 'Z', instead of 'Z' the person next to 'Z' will run. (Like this every time the person next to whom 'kho' is given will run), 'Y' will occupy the place of the runner who stands next to 'Z'. If the chaser 'X' catches the runner 'Y' before kho is said to any player, 'Y' is out and 'Y' becomes chaser and 'X' the runner.  
(Awareness)

## 2.23 PO (2 TYPES) पो

PO means 'GO' in Tamil. It is just opposite to kho games. Every time a runner says "PO" to a player takes the role of chaser and chaser takes the role of a runner. Hence the chasers should be careful while chasing the runners.

1) All stand in a circle. 'A', the chaser chases 'B', the runner. 'B', while running says 'PO' to 'C' by standing in front of 'C'. As soon as 'C' gets signal PO from 'B', 'C' takes the role of chaser and 'A' (who was originally the chaser) immediately has to change his role to runner. Now 'C' chases 'A' and 'A' says PO to any other player before getting out. Thus game continues.



2) If players are more, same game can be played by standing in pairs one in front of another forming a circle. For instance 'A' is the chaser and 'B' is the runner and 'C', 'D' are standing in circle as one pair. 'B' while running comes in front of 'C' and says 'PO'. As soon as 'C' gets 'PO' from 'B', 'D' who is standing behind 'C' becomes the chaser and 'A' the runner.

(After getting 'PO', 'C' goes to outer circle while 'B' occupies the place of 'C' in inner circle.

(Speed and Awareness)

#### 2.24 KHO AND PO खो एवं पो

This is combination of KHO and PO. All the players stand like game 2.23.1. Here players should be more alert, because they may get PO or KHO. If player gets 'PO' (from front only) he will be the chaser or if he gets KHO (from front only) he will remain as runner and thus the game continues.

Note : The same game can be played by standing in pairs like 2.23.2.

(Awareness and Speed)

#### 2.25 MANDAL KHO मंडल खो

The players stand in a circle at equal distance. Alternate players face the opposite directions. The first player of each team will be given a baton. He should run and give the baton to the second player. Second player in turn to the third and so on till the last player receives the stick.

Second team should run in the opposite direction and complete the process. Whichever team completes the process first is the winner.

(Co-ordination)

#### 2.26 GROUPING (संगच्छध्वम्) Saṅgacchadhvam

In a circle all run in one direction. To motivate the players umpire shouts some patriotic slogans Eg., Hati - Ghoda Palaki, Jai Kanhaiyya Ial Ki: Hara Hara, Bham, Bham, Jai Bhavani, Veer Shivaji etc. Amidst this umpire call loudly any numbers, for e.g., 5. Immediately everybody has to form a group of five. Anybody left out is out. Again umpire will ask the players to run. While running umpire will shout some slogans and amidst this he will call any other number. Again all the players will have to group accordingly. When umpire blows the whistle, they have to change the direction of running. Like this the game continues. (Alertness)

#### 2.27 FISH AND NET (मत्स्य-जाले) Matsya-Jale



Let all the participants stand in a circle. Ask them to count number in TWOs. Ask all number ONES to come inside the circle. Instruct all TWOs to stand in the same circle but facing each other. Thus you will get pairs of persons. Let each pair hold their hands above the head level and while holding let them stand apart. They should stand in such a way that pairs will form a circle. These are the nets. Let there be a sufficient

distance between two pairs. Ask all the number TWOs (Fishes) to spread equally between each pair. When the game begins by a whistle's blow all those who are fish will start running through the nets. When a second whistle is blown ask the nets to close by bringing their hands down. Any person - Fish, trapped inside the pair of two hands i.e. net, will be out. Continue till the last fish survives. Repeat the same with ONES becoming fish and vice versa.  
(Dexterity)

### 2.28 RIDE YOUR HORSE (अश्वारोहणम्) Aśvārohaṇam



The players form a circle. One half of the players become horses and the remaining players riders. At the 'start' signal, the riders have to get down from their horses, run around the circle and come back and ride their respective horse again. The last three riders are out and they become horses and their horses becomes riders. When both the rider and the horse are out that pair sits in the centre of the circle. The rider who remains till the end wins.  
(Dexterity and Fun)

## VII

### 3. SINGLE LINE GAMES

- 3.1 Bomb Blast
- 3.2 Pincho
- 3.3 Snake and Mongoose
- 3.4 Catching the Snake's Tail
- 3.5 Bones for the Late Comers
- 3.6 Give Me a Place
- 3.7 Knight of the Castle
- 3.8 Musical Chair
- 3.9 Races:
  - i) Running Race
  - ii) Hopping Race
  - iii) Running on Heels
  - iv) Hands up Race
  - v) Sack Race
  - vi) Thread - Needle Race
  - vii) Three - legged Race
  - viii) Four - legged Race
  - ix) Blind Race
  - x) Lemon Race
  - xi) Plate-Cup-Glass Race
  - xii) Grapes Race
  - xiii) Potato Race
  - xiv) Brick Race

### 3. SINGLE LINE GAMES

(एक पंक्ति क्रीडा) Ekapañkti Kriḍā

#### 3.1 BOMB BLAST (अग्न्यस्त्र-विस्फोटः) Agnyastra-Visphoṭah

All stand in a straight line facing the same direction. A chaser stands 2 feet away in front of them facing the same direction as of others. A parallel line is drawn behind the players with a distance of about 20 feet. The umpire tells any interesting story to the players. In between suddenly he shouts 'Bomb Phata'. Immediately all players standing in line run to reach the line which is drawn 20 feet away. Same time chaser will try to touch, anybody before he reaches the line.

(Speed and Awareness)

#### 3.2 PINCHO (कूर्चम) Kūrccam



This game is same as 'Bomb Phata'. Position also same. Instead of narration of a story by umpire, all players will walk very slowly including the chaser who stands 2 feet away, in

front. While walking slowly the 1st player in the line pinches 2nd player, 2nd to 3rd and thus it continues upto the last player. As soon as the last player gets a pinch he cries loudly 'PINCHO'. After hearing 'pincho' everybody in the line will run to reach the boundary line which is about 20 feet away. Chaser in turn will try to catch them before they reach line. If the chaser succeeds in catching any player that player is out. Next time the player who is out will take the role of the chaser.

(Speed and Awareness)

Variation : Lion, Lion - what is time?

(वनराज कस समयः) Vanarāja Kas Samayaḥ

This game is same as Pincho. Lion will walk in front, while other players behind him by keeping about 2 feet distance. They will ask him question 'Lion, Lion - what is time?' He will reply 2 O'clock or 5 O'clock etc. But when he says twelve, he will suddenly turn back and will catch the running players. If he catches before the player touches the boundary line, the player is out and becomes Lion while Lion joins other players.

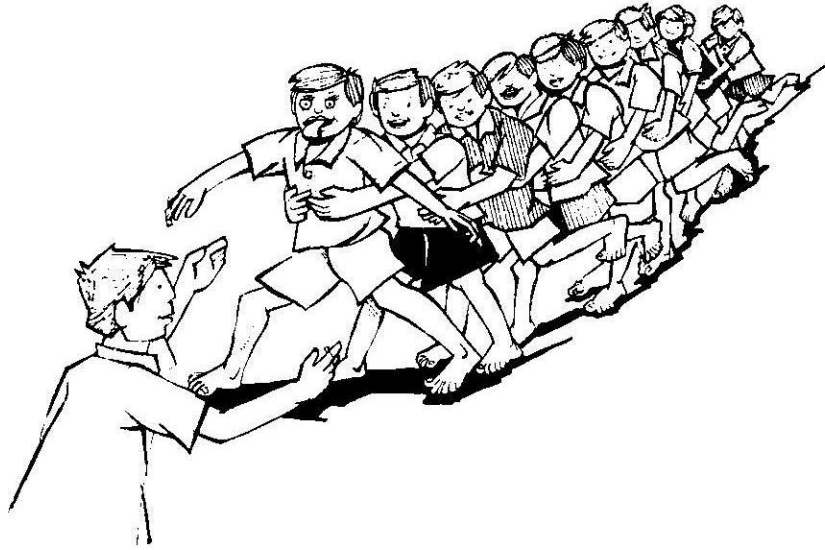
Note : 1. This game is similar to Mandal game - Water level  
2. In Maharashtra, it is popularly known as Waghoba - Waghoba - Kiti Vajale.

(Speed and Awareness)

#### 3.3 SNAKE AND MONGOOSE

(सर्प नकुलम) Sarpa-nakulam

Except one player everybody stands in a line one behind the other holding each others belly with both of their hands. This looks like a snake. The player in the front is snake's head and the player at the end is snake's tail. The extra person who stands out of the line is mongoose. This mongoose has to touch the tail of the snake. At the same time the snake will try to



bite the mongoose protecting its tail. Some time mongoose has to protect itself without being bitten by the snake. Like this one after other will take the role of mongoose.

(Dexterity)

### 3.4 CATCHING THE SNAKE'S TAIL

(सर्पपुच्छ ग्रहणम्) Sarpa puccha Grahanam

The players line up one behind the other, with their arms round the waist of the player in front. Only the player foremost in the line is 'X' has his arms free. The last player in the line is 'Y' (tail). 'X' should try to catch 'Y' in the line. The line (or snake) twists and turns to the left or right to obstruct 'X' catching 'Y'. Any one who breaks the chain is out.

(Flexibility)

### 3.5 BONES FOR THE LATE COMERS

(विलम्ब फलम्) Vilamba Phalam

All stand in a straight line facing same side. Near the feet of each player one small (Potato size) stone will be kept.

Another similar line should be drawn at a distance of 20 feet. Umpire will ask the players to march towards the parallel line, which is 20 feet away. While the players march towards other parallel line the umpire removes 1 or 2 stones and whistles, before the players reach the other line. As soon as they hear the whistle everybody has to run back and collect one stone (any stone in the line) each and run back to other parallel end. The players who reached with stones in hand will keep the stones on that line. Those who do not get stones are out. (Late comers gets only bones). Again umpire asks to march towards the other line to the rest of the players and game continues, till one player succeeds to the end.

(Speed and Awareness)

### 3.6 GIVE ME A PLACE (देहि-स्थानम्) Dehi Sthānam

Draw two parallel lines, one 3/4 of the length of the other and a distance of a few feet in between. Players will stand on the longer line, bend and hold their toes with their hands. When the whistle is given they will go towards the shorter line, without changing their posture and find a place for themselves. Those who do not have place on the line are out. With each attempt, the line will be progressively reduced in length till there is place for just one person to stand. The one manages to find the place is the winner.

(Strength)

### 3.7 KNIGHT OF THE CASTLE

(दुर्गाधिपतिः) Durgādhpatiḥ

All the players will stand on a line. There will be boundary line say at 20 or 30 feet distance away. One player will stand in the centre and will challenge other players by saying "INGE VA" (a popular Tamil phrase) - come here. They too will repeat. When this slogan shouting is ON the instructor will give the whistle then all the players should try to cross the player in the centre and reach the boundary line. The player in the centre should try to catch hold of at least one person and should not allow him to cross. If he succeeds, that player is out and he too joins the first one in challenging others by calling "INGE VA". This time both the players will try to prevent others crossing the line. In this attempt, they may

catch one or two players. Thus slowly, the number of players at the centre will increase and the evading challengers will reduce in number. One who remains unconquered up to the end is the winner. (Strength)

### 3.8 MUSICAL CHAIR (संगीतासनम्) Saṅgītāsanam



This game is played in a similar way as we play the conventional musical chair. However, instead of chairs, a few participants will stand in one line keeping sufficient distance as chairs. While standing, alternate participants will keep their

right and left palm on their waist making a triangular hook. The runners, after stoppage of music or whistle should insert their hand in the hook. Those who do not get the hook (chair) are out. (Awareness)

### 3.9 RACES

#### i) Running Race (वायुदूत स्पर्धा) Vāyūduta Spardhā

This is like any other race. eg., 100, 200 mts./etc.,

(Speed)

#### ii) Hopping Race (एकपादे-प्लुति स्पर्धा)

All will hop on one leg to certain distance to reach a point. The one who comes first is the winner.

Variation : (a) Running by keeping both hands on the knees

(b) Running by tying (locking) both hands behind the knees.

(Speed)

#### iii) Running on Heels

(पादमूलपलायनम्) Pādāmūla Palāyanam

On a drawn line, the players will stand on their heels with their hands raised. Another parallel line, 15 or 20, away will be drawn. When the whistle is given all the players run on their heels only (without the toes touching the ground) towards the second line. Whoever reaches it first is the winner.

Variation : Running on toes.

(पादशाख-पलायनम्) Pādaśakha Palāyanam

(Speed)

#### iv) Hands up Race (ऊर्ध्वहस्तेन पलायनम्)

Raising both the hands up and running some distance to reach a point first. The player who reaches the point first is the winner.

(Speed)

Variation :

a) Hands on the ground race.

(भूमिष्ठहस्तेन पलायनम्) Bhūmiṣṭhahastena Palāyanam



Run the distance by hands touching the ground while running.

b) Frog Jump Race (मण्डूक प्लुतिः) Maṇḍūka Plūtiḥ  
Run the distance by jumping like a frog.

v) Sack Race (गोणी स्पर्धा) Goṇī Spardhā

All the players getting into the sacks will stand in a horizontal line. Holding the edges of the sacks, they will run to reach a point. Whosoever reaches it first is the winner.

Variation : If you do not have sacks, tell the participants to tie their both legs with handkerchiefs and jump the distance to win the race. (Dexterity)

vi) Thread - Needle Race (शुचिका सूत्र स्पर्धा)

All the players will stand in a horizontal line by holding a needle and thread in their hand. As soon as the signal is given, players should thread the needle and run towards a fixed point. The player who reaches it first is the winner. (Dexterity)

vii) Three-legged Race (त्रिपाद स्पर्धा) Tripāda Spardhā

Players will stand in pairs. The left leg of one will be tied with others right. All the pairs will run the 'Three-legged race' to reach a point first to win the race.

(Co-ordination)

viii) Four-legged Race (चतुष्पाद स्पर्धा) Catuspāda Spardhā



Groups of 3 players are formed and they will stand in a line. The two legs of the player in the middle of each group will be tied to the legs of his two neighbours (his left leg to the right leg of one and right leg to the left leg of the other). A goal will be set. As soon as the whistle is given all the groups will run towards it and whichever group reaches the goal first is adjudged the winner. (Co-ordination)

ix) Blind Race (गान्धारी) Gāndhārī

The players will be paired and one in each pair will be blindfolded. All the pairs will stand in a line. One more parallel line is drawn at a distance of about 20 feet. When

the umpire whistles the open eyed players in the pair, will hold the other player's (blindfolded players) hands and run to the parallel line. After touching the line they have to come back to their places. The pair which comes first is the winner.

**Variation :** In this race, the player is not blindfolded but his partner holds his one leg in both the hands and the pair hops the distance to complete the race. (Co-ordination)

**x) Lemon Race (केशराम्ल स्पर्धा) Keśarāmla Spardhā (For Women)**

This is a well known race and need no explanation. Keeping a spoon with lemon in the mouth, the players will run to a certain distance. While running lemon should not drop down till the player reaches the destination. The player who reaches first is the winner. (Dexterity)

**xi) Plate-cup-glass Race (for Women) (संतुलन स्पर्धा) Santulana Spardhā**



This game is similar to the previous race. The player will keep Plate/Cup/Glass on their heads and run to reach a point first, without dropping it. (Dexterity)

**xii) Grapes Race (द्राक्षा स्पर्धा) Drākṣā Spardhā**

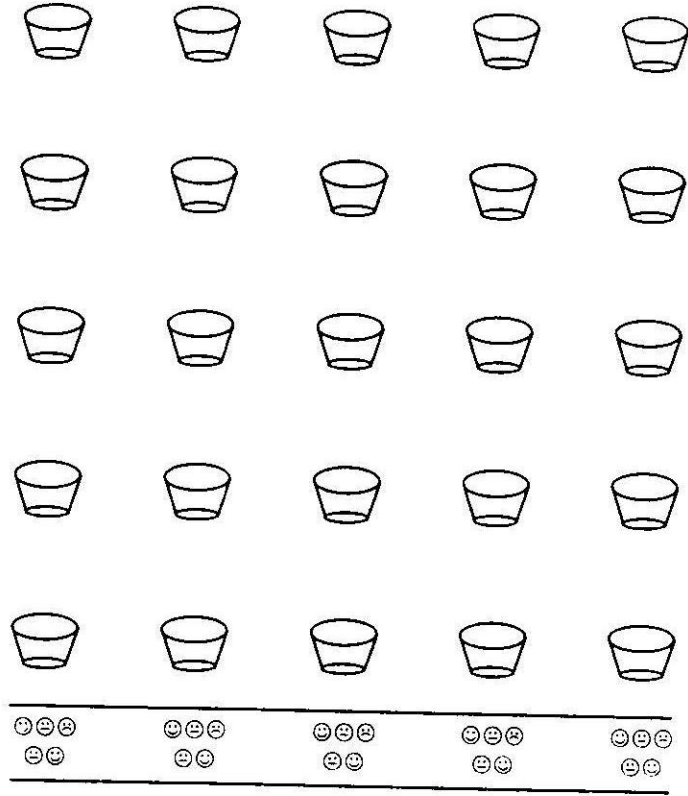


A bunch of grapes will be hung up at a height, 15 to 20 feet away from the players, whose hands are tied at the back with a handkerchief. All the players run to reach the grapes, jump and eat them and return to their places. Whosoever comes first is the winner.

(Speed and Dexterity)

**xiii) Potato Race (आलु स्पर्धा) Ālu Spardhā**

All will stand in a line (side by side) at a distance of 2 feet between each other. In front of each player 5 stones (potato) will be kept in a circle near their feet. There will be 5 circles (baskets) in straight line in front of each player at a gap of 5 feet each. As soon as the umpire whistles each player will take one stone at a time from where the stones are kept and place it in 1st circle in front, running back again and picking up the 2nd stones and keeping in 2nd circle. Like this all the



players will do. The one who finishes keeping all the five stones in five circles will be the winner. If the umpire would like to prolong the game, he can ask the players to gather them again one by one and keeping them in their respective circles.

(Stamina)

#### xiv) Brick Race (इष्टिका स्पर्धा) Iṣṭikā Spardhā

All will stand in a line. Each player will be provided with two bricks. They will stand on the bricks. Now as soon as umpire blows the whistle players have to walk along with brick without stepping down and reach the other end. Player who walks first without stepping down from the bricks and reaches the destination is the winner.

(Dexterity)

## VIII

### 4. DOUBLE LINE GAMES

- 4.1 Dog and Bone
- 4.2 Stick Lifting
- 4.3 Locking and Unlocking
- 4.4 Sleeping Chain
- 4.5 Prisoner
- 4.6 Frog Escape
- 4.7 Damaruh
- 4.8 Square Race
- 4.9 Raja-Rama-Ravana
- 4.10 Fish Scooping
- 4.11 Death Passage
- 4.12 Loka Sangraha
- 4.13 Boat Race
- 4.14 Eagle Race
- 4.15 Train Race
- 4.16 Ship Race
- 4.17 Tug of War with Pairs
- 4.18 Tug of War with Rope
- 4.19 Tug of War without Rope
- 4.20 Passing the Handkerchief Under the Leg
- 4.21 Kabaddi
  - i) Normal
  - ii) Do-or-Die
  - iii) Points
  - iv) Square
- 4.22 Leg Cricket
- 4.23 Seven Stones Pyramid

## 4. DOUBLE LINE GAMES

द्वी-पंक्ति क्रीडा Dvi-paṅkti Kriḍā

### RACES स्पर्धा Spardhā

All the races of single line games can be played in double lines. These are: (a) Relay (b) Sack (c) Horse (d) Three-legged (e) Race with blind partner (f) Potato race (g) Hopping (h) Hands up (i) Back running (j) Frog jump (k) Camel (l) Spoon race (m) Plate Cup (n) Grape (o) Kashmir chalo etc.

These games are played standing in two separate lines as against each other, i.e. group A VS group B.

### 4.1 DOG AND BONE (शुनकास्थिनी) Śunakāsthinī



Two teams equally divided stand at a distance of about 25 feet facing each other, in two lines. In the centre of these two lines, within a circle a kerchief (bone) will be kept. Both the teams call out numbers 1 to N. Now umpire will call any one number say 5, then player who is numbered 5 from each side will come to the centre immediately. Each player now try to carry the kerchief to his side without being touched by other player. Loser will sit aside. Now umpire will call out another number. Thus the game continues.

(Alertness)

### 4.2 STICK LIFTING (दण्डचौर्यम्) Daṇḍacauryam

This game is similar to the above game, but instead of kerchief, a long stick will be kept at the centre. The two players from both the groups who come to the centre will have to take the stick to their respective sides. In the process, they can prevent each other by holding the stick and dragging it to their respective areas. Like this game continues.

(Alertness and Strength)

### 4.3 LOCKING AND UNLOCKING

(बन्ध-मुक्ति) Bandhamukti

Participants should be equal in numbers in both the lines. Participants hold their hands. As soon as instructor gives the whistle, the last participant in the line leads the others under the bridge of hands of the first two participants. Thus the second participant gets knotted. (Direction of his face changes). Then the group passes from the 2nd and 3rd participant, thus knotting one after the other.

The line which complete the bridge first is the winner.

After the 2nd whistle, the group starts unlocking one by one following the reverse order. The line which will become free earlier will be declared as winner.

(Co-ordination)

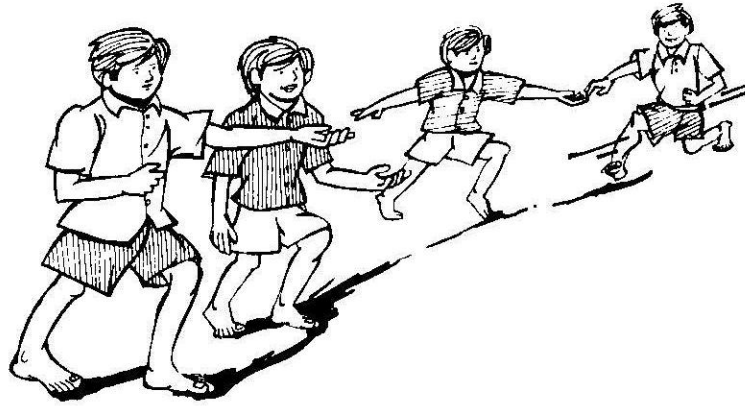
### 4.4 SLEEPING CHAIN (शयन श्रृंखला) Śayana Śṛṅkhalā

Players stand one behind the other, everyone putting his left hand under his feet backwards and holding by his right hand, the left hand of the player in his front. When the teams are ready, conductor gives a whistle then the last player of each team sits down on the ground and straightens his closed feet forward in between the feet of the player in front of him. Then all the players start moving backwards maintaining the hold of their hands. The player who sat down first extends himself with his back on the ground. When in the backward movement the second player reaches near the head of the previous one, he sits down, extends his feet by the sides of the first one and

his backwards on the ground. Thus all players maintaining the holds of their hands sleep with their backs on the ground, one after the other. The race may be ended here when the last player sleeps on the ground and the team whose last player sleeps first on the ground wins. The race may be continued by asking the players to get up and go ahead in the reverse order and the team whose all players get up first wins.

(Co-ordination)

#### 4.5 PRISONER (बन्दी) Bandī

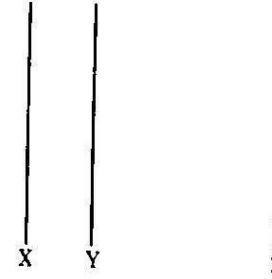


Two teams equally divided will stand in two lines at a distance of about 30'. All the players of one team (group A), stretch their left arm forward, palms facing to the sky, stand in a ready running position. One player 'X' from the opposite team (B) comes to touch any one of the A team player. 'X' touches 'Y's palm and runs to his side (B) group. As soon as 'X' touches 'Y's palm, 'Y' immediately chase 'X' and catches 'X' before 'X' reaches his territory. If 'Y' succeeds in catching 'X', 'X' is the prisoner of 'Y', otherwise 'Y' is the prisoner of 'X' and sits behind 'X'. Similarly one of the players in 'A' team attacks the 'B' team players who are ready with their stretched palms. Like this the game continues. Opponents can rescue the imprisoned players by touching that particular player who possesses the prisoner.

(Speed and Awareness)

#### 4.6 FROG ESCAPE (मण्डूक पलायनम्) Maṇḍūka Palāyanam

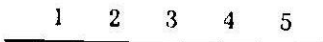
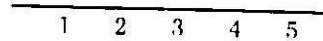
Three lines are drawn as shown here. On lines 'X', and 'Y' two groups of players stand. When the whistle is given, the group of players on line 'Y' frog-jump to touch 'Z'. The players on the lines 'X' limping on one leg try to catch frog jumping players before they touch line 'Z'. Those who are caught are out.



**Note :** You can make many variations in this game by changing the method of running, method of making out and changing the distance.

(Speed)

#### 4.7 DAMARUH (डमरूः)



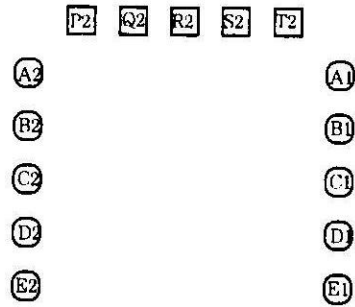
Two teams of equal number of players stand facing each other at a distance of 20' or 30'. The players are numbered 1 to 10. When the whistle is given, the first player of both the teams who hold a kerchief or a baton will run around as shown (No:8) in the picture and return to their line and give the baton/kerchief to the next player. The baton/kerchief will be passed on to all the players in this fashion. Whichever team completes first is the winner.

(Speed and Co-ordination)

#### 4.8 SQUARE RACE (चतुष्कोण स्पर्धा) Catuṣkoṇa Spardhā

Two groups of players (say 10 in each) are formed - A, B, C, D and E., and P, Q, R, S, S and T. They are then divided again into A1, B1, etc., and they stand as shown in the stretch.

When the whistle is given, P1 runs to P2 to hand over him a baton or a kerchief and returns to his base. This continues till it reaches T2. Similarly the player of the other team also tries to pass on its baton or kerchief, starting from A1, and ending at E2. Whichever team completes first is declared the winner.

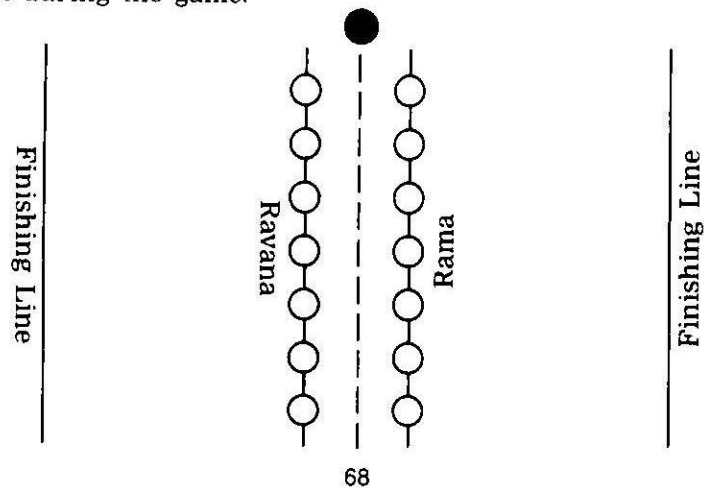


**Note :** This game is played when the players are more in numbers.

**(Speed and Co-ordination)**

#### 4.9 RĀJĀ-RĀMA-RĀVAṆA (राज-राम-रावणाः)

Two teams equally divided stand on two parallel lines facing each other with a 4 feet distance between them, in an alert position. One team is Ram and the other one Ravana. From Ram and Ravana lines, two more parallel lines are drawn at a distance of 20 feet to 25 feet on both the sides (boundaries). The first syllable of all the three words, Ram, Ravana and Raja is common i.e. Ra..... The umpire calls the first syllable Ra....., Ra.....Ra....., for umpteen times to confuse both the teams.. He may call Rama, Ravana or Raja after calling first syllable 'Ra' for umpteen number. Hence the player should be quite alert during the game.



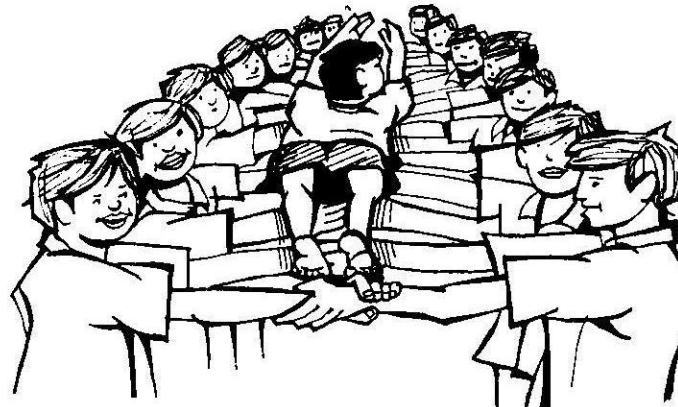
When the umpire says, 'Rama' then 'Ravana' team chases the 'Rama' team. The players of Rama team run towards their boundary. If Ravana team players succeeds to touch some of the players of Rama team before they cross their boundary then those players are out. Again the remaining players of Rama team and all the players of Ravana team come and stand on their marked lines and game continues. This time it can be 'Ravana's turn. If the instructor suddenly says Raja, players of the both the teams should not move or chase each other. Those who will move from their place are out. Like this game continues. The team whose member survives till the end is winner.

**(Awareness and Speed)**

**Variation :** 1) Instead of facing each other, the groups can face in the opposite direction.

2) Instead of calling the names directly, conductor may narrate a story of Ramayana. During the narration, the names Ram, Ravana and Raja will appear.

#### 4.10 FISH SCOOPING (मत्स्य क्षेपणम्) Matsya Kṣepaṇam



Two teams equally divided will stand face to face. Opposite players hold each others hands firmly. Thereby forming a bed (net). One player who is fish lies still in the hands at one end (net) while lying on the bed he should keep his face down and hands and legs in stretched position. Players from their end toss the fish slowly ahead till it reaches the other end. He gets down after reaching the other end. Like this one after another takes up the role of fish.

**(Co-ordination)**

#### 4.11 DEATH PASSAGE (मृत्युपथः) Mrtyupathah



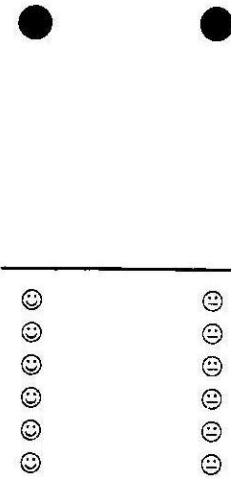
Two teams equally divided will stand facing each other at a distance of 4' allowing a passage between them. One player has to run through the passage. While passing through this passage the players who stand on both the sides will hit at the back of the runner. Whoever passes through the passage has to try to get minimum hits from the players. Each player will have similar chance.

(Speed and Daring)

#### 4.12 LOKA SAṄGRAHAH (लोक संग्रहः)

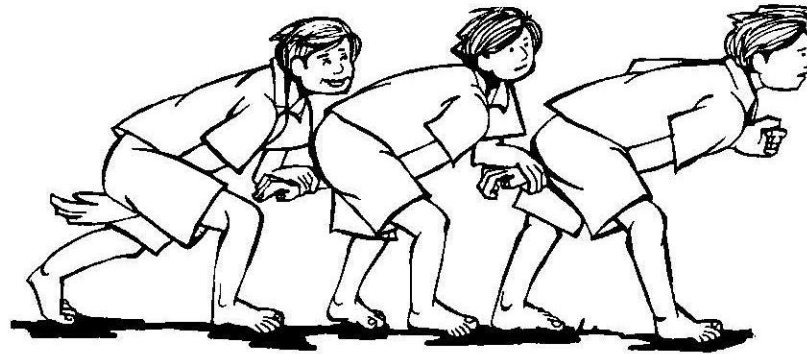
Two equally divided teams stand one behind another. At a distance of about 20' two poles are erected. One is a holy place Kashi and another one is Mathura (one can change the names).

KASHI MATHURA



As soon as umpire whistles, the first player from both the group run and touch the respective poles that are just against them. After touching they come back and take the 2nd players hand in hand shouting loudly 'Kashi Chalo', by 1st group and 'Mathura Chalo' by 2nd group. These two again run towards respective poles, touch and return back to take the third player. 3rd person hold his hand with 2nd player, while running shouting loudly 'Kashi Chalo' 'Mathura Chalo', and complete the race. The team which completes first is the winner. (Co-ordination)

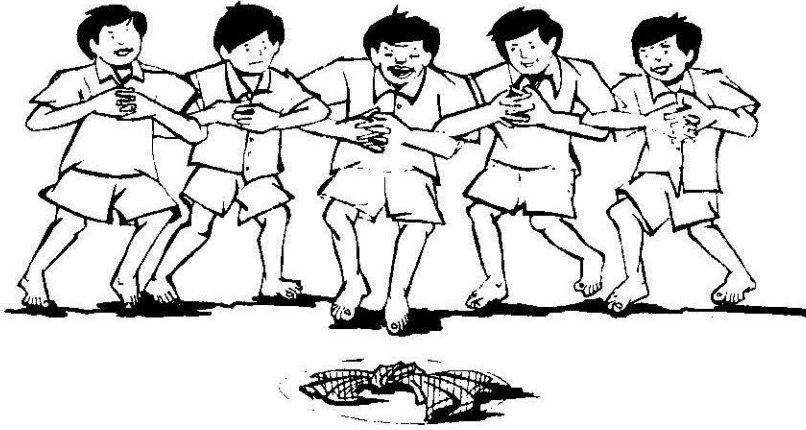
#### 4.13 BOAT RACE (नौका स्पर्धा) Naukā Spardhā



Different groups, should stand on the first line, as shown in the figure. Players of every line should form a boat by bending and extending the left/right hand through the legs, and holding the front player's left hand with his right hand. As soon as the umpire gives the whistle, the entire boat (line) starts running towards the boundary line, without breaking the chain. After taking one round of the stone which is on the boundary line, the boat will come back to the starting point. The group which comes first is the winner. (Co-ordination)

Note : If number is more, extra groups can be formed.

#### 4.14 EAGLE RACE (गरुड स्पर्धा) Garuḍa Spardhā



Groups will stand on the first line as shown in the figure by forming a chain by holding arms from inside. On the boundary line a handkerchief will be kept in front of every group. When the play begins the entire chain starts running, reaches up to the boundary line and the middle players lift the handkerchief through his mouth. While doing so other players should not touch their knees to the ground. After lifting the handkerchief the group returns to the starting line without breaking the chain. The group which reaches the starting point first is the winner.

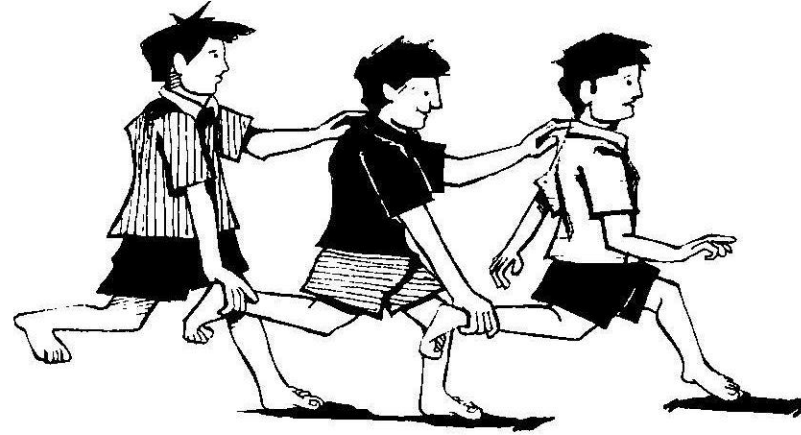
(Flexibility)

#### 4.15 TRAIN RACE (धूम्रयान स्पर्धा) Dhūmrayāna Spardhā

Group standing arrangement is same as per the earlier game. When the game starts, the first player of the group will start running towards the boundary line. After reaching there, he starts running in the reverse direction without changing the direction of his face. When he reaches the starting line, the second player, holds his waist, then both of them start running upto the boundary line and again return to the starting line without changing the direction of their face, to take the third player. The game continues right up to the last player forming a chain. The group which reaches the starting line first is the winner.

(Co-ordination and Stamina)

#### 4.16 SHIP RACE (जलयान स्पर्धा) Jalayāna Spardhā



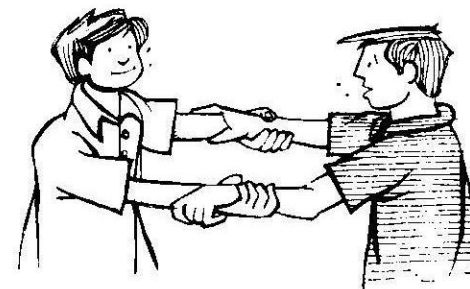
Players will stand as shown in the figure. When the game starts, first player of every group will start running on one leg, will reach upto the boundary line and again come back to the starting point. The player next to him will hold his leg with one hand and will keep the other hand on his shoulder. Now both will start running on one leg. Reach upto the boundary and again come back, to receive the third player. The game will continue right up to the formation of chain with the last player. The group which comes first to the starting point is the winner.

(Co-ordination and Stamina)

#### 4.17 TUG OF WAR WITH PAIRS

(बल-परीक्षा) Bala Parikṣā

Two teams stand facing each other on two sides of a line. Pairs of the opposite parties are formed. Each player will hold his opponent by the inner side of his right elbow joint. When the whistle is given, each player



pulls his opponent upto five feet line which is marked in advance.

The party which has got more number of players who pulled their opponents is the winner. (Strength)

#### 4.18 TUG OF WAR WITH ROPE

(रज्जु संग्रामः) Rajju Saṅgrāmah

Divide all the players into two groups. This division can be as: age, state, sex etc. A long thick and strong rope of 40 meters is used in the game. Tie a kerchief at the centre of the rope. Mark three lines on the ground with 2 metres distance. Arrange the rope in such a way that the kerchief will be on the centre line. Ask the two groups to stand in opposite sides and hold the rope up and tightly. When the whistle is blown each side will try to pull the rope. The winner group is that group on whose side the kerchief will cross the line.

(Team Spirit)

#### 4.19 TUG OF WAR WITHOUT ROPE

(पंक्ति युद्धम्) Paṅkti Yuddham

Two equally numbered groups arranged in a spoon fashion, stand facing each other. Except the front players in both the teams all the rest clasp their hands around the tummy of the one who stand before them. Front player of the rival group hold their right hands tightly. As soon as umpire whistles both the teams start dragging the opponents whichever group is pulled is the loser.

(Team Spirit)

#### 4.20 PASSING THE HANDKERCHIEF UNDER THE LEG

(कर-वस्त्र तरणम्) Karavastra Taraṇam

Two equally divided teams stand side by side, in a straight line. First player of both the teams hold a kerchief. As soon as the umpire whistles both players run and touch poles which are against them at a distance of about 20 feet away. After touching the poles, coming back to their respective groups they hand over the kerchief to the last player in the line. The last

player will collect the handkerchief by bending forward and collecting in between his legs from behind, like this everybody in the line collects the kerchief under their legs. When it reaches the front player he collects the handkerchief and runs to touch the respective poles. After touching again comes back and hands it over to the last player. It is again passed in the same fashion as described above. The front players collecting it run towards the poles. Like this the game continues. The team which completes first is the winner.

(Co-ordination and Dexterity)

#### 4.21 KABADDI कबड्डी

##### i) Normal Kabaddi

This is common type Kabaddi. If a player is out he will sit out. He will be back only his team players make their opponents out.

##### ii) Do or die Kabaddi

When rider attacks, he has to make one player out. Otherwise he will be out.

##### iii) Points Kabaddi

Nobody gets out. Instead if a player catches rider, players get one point. If the rider touches anybody in the opposition the rider group gets the points. The team which scores more points is the winner.

##### iv) Square

A suitable square is formed for the game. In 4 corners, 4 players (chasers) stand and other players remain inside the square. When the game starts, the players in the corner enter the square, saying kabaddi, kabaddi without losing the breath and try to touch as many players as possible and reach his base (corner) without losing the breath. If any of the chasers lose the breath, he is out. He can also be held by other players from returning to his base, then also he is considered out.

(Stamina, Daring and Dexterity)

#### 4.22 LEG CRICKET (पाद गुलिका क्रीडा) Pādagulikā Krīdā



Make two teams, one fielding side and the other batting side. Use Pole, Tin box or Chair as stumps, batsman's leg as his bat and any rubber ball, preferably volley-ball as a ball for playing. Other rules are similar to usual cricket.

(Dexterity)

#### 4.23 SEVEN STONES PYRAMID

(सप्तसोपान स्तम्भः) Saptasopāna Stambhaḥ

The game is played by two teams A and B, each having about 8 players. By tossing the coin, the group leaders will decide whether to field or to hit the Pyramid. Only four players of a team will get a chance to hit Pyramid.

**Procedure :**

1. The Pyramid is arranged in the centre of the ground approximately 100' X 100'. (Pyramid will have seven stones preferably with a flat surface).

2. The hitter will stand at a distance of about 15'

3. One catcher of the fielding team will also stand at about 15' distance, while the rest of them will remain scattered around.

4. 1st Player of 'A' team will try to dismantle Pyramid by hitting with a Tennis or Rubber ball.

5. If he misses the aim and if the ball is caught with one bounce by the catcher (selected in advance) three times, hitter loses the chance and another player out of the four selected will take the turn. Catcher can catch the ball on one bounce even after hitting the Pyramid.

6. If the Pyramid gets dismantled, the fielders of 'B' group will try to get hold of the ball and hit any person of 'A' group with the ball before the Pyramid is reassembled by the players of the team. (Players should not cross the boundary while running).

7. If they succeed in hitting 'A' group players then the 2nd hitter loses the chance and third player will come on the scene.

8. If the third player dismantle the Pyramid and 'A' team succeeds in assembling it again before getting hit by the ball then they get 1 point.

9. After this the last i.e. 4th player will get a chance.

10. After the 4th player is out, the next team plays.

11. The team which scores more marks is the winner.

**Note :** This game is popularly known as "LAGORI/SATOLIA".

(Dexterity)



## IX

### 5. INDOOR GAMES

- |      |                                      |      |                                      |
|------|--------------------------------------|------|--------------------------------------|
| 5.1  | Ram - Shyam                          | 5.23 | Save from Danger                     |
| 5.2  | Ha - Ha - Ha                         | 5.24 | Complete the Figure                  |
| 5.3  | Finding the Leader                   | 5.25 | Dumb Shellards                       |
| 5.4  | Post Man                             | 5.26 | Numbers line up                      |
| 5.5  | OM                                   | 5.27 | Broom Hockey                         |
| 5.6  | Hari - OM                            | 5.28 | Comer comer comes-<br>Goer goer goes |
| 5.7  | Counting Numbers                     | 5.29 | Filling the Bottle                   |
| 5.8  | Parcel Bomb                          | 5.30 | Chaos                                |
| 5.9  | Finding out Animal/<br>Fruit/Flower  | 5.31 | Footwear search                      |
| 5.10 | Identify the Historical<br>Character | 5.32 | Find the Capital                     |
| 5.11 | Polarisation                         | 5.33 | King wants /<br>Queen wants          |
| 5.12 | Creativity                           | 5.34 | Tell my Name                         |
| 5.13 | Memory Game                          | 5.35 | Instant Enacting                     |
| 5.14 | Let us eat                           | 5.36 | Story Enacting                       |
| 5.15 | I am going to ———                    | 5.37 | Quiz                                 |
| 5.16 | Do what is said                      | 5.38 | Antyakshari                          |
| 5.17 | This is my nose                      | 5.39 | Lotus Bee                            |
| 5.18 | Five Elements                        | 5.40 | Merri go round                       |
| 5.19 | Man Gun Tiger                        | 5.41 | If I were                            |
| 5.20 | Surya Namaskar                       | 5.42 | Illusion                             |
| 5.21 | Find Me                              | 5.43 | Coup                                 |
| 5.22 | Brother where are you ?              |      |                                      |

## 5. INDOOR GAMES (गृहस्थित क्रीडा) Gr̥hasthita Kṛidā

### 5.1 RĀM—SHYĀM (राम श्यामम्)

It is concentration or awareness game. Everybody sit in a circle or square. When the umpire says 'RAM' everybody keeps their palms open facing upwards. When umpire says 'SHYAM' everybody twists the palms downwards facing the ground. Umpire may say 'RAM OR SHYAM' in any order he likes or any speed. Accordingly with full awareness players twist their palms. The player who does wrongly is out. One who is correct throughout till the last is the winner. (Awareness)

### 5.2 HA-HA-HA (हा-हा-हा)

Players sit in a circle. The first player, says, 'Ha'. The second player says - Ha, Ha. The third player says, 'Ha-Ha-Ha' and so on, each player adding another Ha. Each Ha must be pronounced solemnly. If any player laughs he (or she) drops out of the circle. The eliminated players are free to do anything to make the other players laugh. No touching is allowed.

(Emotional Culturing)

### 5.3 FINDING THE LEADER

(नेतृ परिज्ञानम्) Netṛ Parijñānam

All sit in a circle or in a square shape. One person is sent out. Eg. X is sent out, rest of the players in the circle select their leader (player). Leader does certain gestures or actions and others follow it., Eg., if the leader claps, scratches, taps others will just imitate immediately, so that X should not trace the leader. Now X is called back. He does not know who the leader is, as all are doing uniformly similar actions. Now X's duty is to find out the correct leader. He is given three chances. Meanwhile the leader will keep changing the actions without the knowledge of X. Other players keep in tune with their leader's actions by observing changes carefully. If X succeeds in finding out the leader, it is the leader's turn to go out. 'X' gets punishment from the conductor if he fails in finding out the leader.

(I. Q)

Note : Punishment may be asking 'X' to imitate animals, human being, sing, dance, act, etc .

### 5.4 POST MAN (पत्र वाही) Patravāhī

It is also a type of awareness, memory or concentration game. Sitting arrangements as above. Each one will call name of a city or a country. Everybody should remember the names uttered by the players. Now umpire asks any one of the player say 'X' to deliver a letter to say 'Delhi'. 'X' has to go to that player who is called Delhi. If 'X' goes to wrong player, that particular person gives a good punch on 'X's back indicating the wrong delivery of letter and hence is redirected by putting the wrong office's seal (punch). Like this 'X' gets 3 chances. If 'X' does not succeed in finding out correct address (player) umpire asks some other player to go to some other places to deliver letter. Game continues further like this.

(Memory)

### 5.5 OM (ॐ)

This game too boosts up awareness. Players can either sit in a circle or square shape. Every player will call serially 1, 2, 3, 4, and so on. A particular player in his turn will say 'OM' in the place of 3 and its multiples, eg., 1,2, OM, 4,5, OM etc., If the player in place of 3 and it's multiples say the actual numeral (number), instead of 'OM' he is out. Again it continues from beginning from 1 number. Hence the player should be careful and alert.

Variation : In this game the player should say 'OM' not only in the multiples of 3 but also, whenever, a figure 3 is shown. In this variation players will have to say 'OM' all the time for the figures 31, 32 upto 39, as well as for 13, 23 Nos.

(Awareness)

### 5.6 HARI-OM (हरी ॐ)

To increase our awareness and concentration we can add 'HARI' as well as 'OM'. Wherever 3 and its multiples come player says OM and wherever 5 and its multiples come, player says HARI. If multiples of 3 and 5 comes together, eg., 15, 30,

45, 60, in such cases player will say HARI-OM. The player who calls actual numerals in place of 3 and 5 and its multiples, is out.

(Awareness)

### 5.7 COUNTING NUMBERS

(बहुभाषा संख्या गणनम्) Bahubhāṣā saṅkhyā Gaṇanam

The instructor stands in the centre and asks the players sitting (or standing) in a circle to call numbers progressively in the ascending order, alternatively in different two (or three) languages, i.e., if the first person says "ONE" in English, the next should say "DO" in Hindi, 3rd person "THREE" in English, 4th person "CHAR" in Hindi and so on. Those who don't follow the order correctly are out.

(Awareness)

### 5.8 PARCEL BOMB

(पोटलिकाग्न्यस्त्रम्) Potalikāgnyastram

Everybody sits in a circle. A small parcel or a ball is passed from player to player. When umpire whistles, at that particular movement the one who holds the ball is the victim of bomb blast. He comes to the centre, where some chits will be kept in a pot. The victim will pick up one chit, in which 1 to n numbers will be written. According to numbers the umpire will prepare a list of punishments on a paper. Whichever number is picked by the victim according to that number umpire will read the punishment. Punishment may be shouting, dancing, mono-act, mimicry, imitating animals etc., Again the passing of the ball continues.

(Fun /Creativity)

### 5.9 FINDING OUT ANIMAL OR FRUIT OR FLOWER

(पशु-फल-पुष्प अभिज्ञानम्) Paśu-Phala-Puṣpa-Abhijñānam

A circle is formed. 'X' goes out. Others who sit in a circle choose any name of animal, flower, fruit or leader. When X returns back, he has to find out the name which they have chosen by asking questions about the nature of the above mentioned. Questions are restricted to 5 to 10. Instructor will

decide upon the limit of questions. 'X' has to derive the answer from the clues he gets, from the questions he asks. The answers given by the participants to the questions asked will be only 'Yes' or 'No'. They will not elaborate the answers. If 'X' finds out the name correctly, conductor will give chance to some other participant. If 'X' fails then he has to take some punishment. (I. Q)

Note : The names also can be of Patriots, cities, Gods etc.

### 5.10 IDENTIFY THE HISTORICAL CHARACTER

(चरित्र पुरुष अभिज्ञानम्) Caritra Puruṣa-Abhijñānam

All the players sit in a circle. One of them will speak a few words (say 5) about some prominent person and his associates, without mentioning his name. The rest of the players after hearing his narration carefully, should be able to identify the character. The first player who identifies the person is the winner. (I. Q)

Note : This can be played either individually or in teams.

### 5.11 POLARISATION

(ध्रुवाभिमुखीकरणम्) Dhruvābhimukhī Karaṇam

Each player tells the name of a thing or an article. Later, the instructor also tells the name of a thing or article. Each player should try to tell the similarity between the articles mentioned by himself and the instructor. He who finds maximum similarity is the winner. (I. Q)

### 5.12 CREATIVITY (सर्जनम्) Sarjanam

All the players are made to sit and a stick (wooden roller) measuring approximately 4 feet is placed at the centre of all the players. The players are asked to use the stick in whatever way they can. Even more than one player can express together. The game is aimed at harnessing creative expressions. The whole game is played silently except few applause when a new idea is expressed. (Creativity)

Note : Instead of roller, objects like rubber ring also can be used.

### 5.13 MEMORY GAME (स्मृति क्रीडा) Smṛti-Kridā

Let all participants sit in a circle. The beginner of the game will tell his / her name. The second person will repeat the first person's name and tells his name. The third person will tell the first two persons names and adds his name. The fourth one repeats the first three names and adds his name. The Name Game goes on like this. If a person fails to repeat the names, he is out and is named as "Buddu no. 1" subsequent failures are named as Buddu no. 2, no. 3, etc., (They continue to sit in a circle). Other players will repeat the failures names as Buddu no. 1, 2, 3, etc.,

In place of individual names, names of patriots, saints, Gods, pilgrim centres, eatables etc., can be used.

(Memory)

### 5.14 LET US EAT (खादामि) Khādāmi

The players sit in a circle. The conductor goes on saying some names. When he mentions the name of any eatable, all players should raise their hands and say loudly "Khayenge/Eat". If the conductor says a word other than an eatable any player found raising his hands and saying "Khayenge/Eat" is out.

Variation : For flying objects say 'Bhurr'.

(Awareness)

### 5.15 I AM GOING TO \_\_\_\_\_

(अमुक स्थान प्रस्थानम्) Amukasthāna Prasthānam

All players except 'X' sit in a circle. Player 'X' comes in the centre, stand in front of any player and says 'I am going to Kanpur - What should I bring for you? The player will have to reply immediately seeking any objects or eatables starting from 'Ka'. If he fails then he is out. 'X' can take any name from Timbaktu to Zumari talai. Players in turn will have to reply immediately having starting words 'Ti or Zu' etc.

(Alertness)

### 5.16 DO WHAT IS SAID

(आदेशानुकरणम्) Ādeśānukaraṇam

Let all participants stand in a circle. Instruct clearly that when you say ONE everybody should hop in their respective places once. When you say TWO all should sit and stand in their respective places once. When you say THREE all should stand in attention position. Repeat these counts slowly and let them have a practice. Then slowly increase the speed and change the counting order. All those who default from the above instructions are to be considered as OUT. The game continues till the last person remains. (Awareness)

### 5.17 THIS IS MY NOSE

(एषा मम नासिका) Eṣā mama Nāsikā

Everyone lines up facing one of the players who is 'X'.

'X' points to a part of his own body, but calls it by some other name. For example, 'X' points to a foot and with the other hand points to a player and says, "This is my nose".

The player who was pointed at must answer immediately pointing to his or her own nose and saying "This is my foot".



If the player does not answer "correctly", he or she is out of the game. If the answer is correct, 'X' goes on to another player and tries to get that one confused.

'X' may continue by pointing to his own elbow and saying, 'This is my knee', and the person 'X' points to, must then point to his or her own knee and say, 'This is my elbow'.

Play the game quickly, so that it becomes difficult to answer.

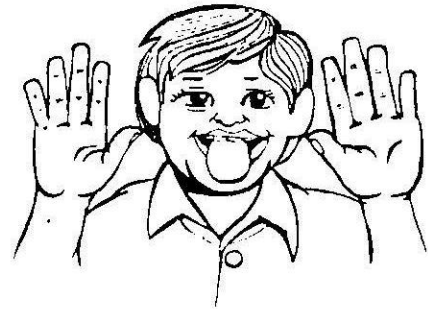
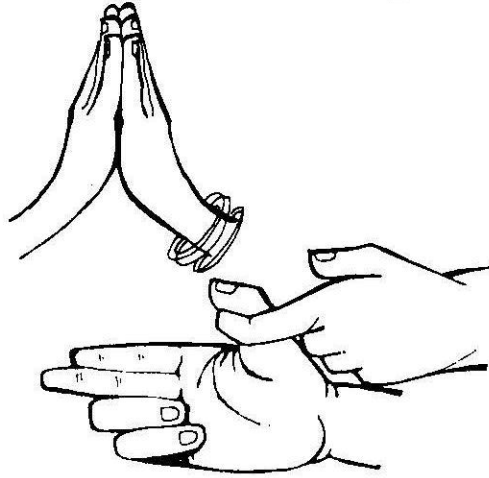
(Awareness)

### 5.18 FIVE ELEMENTS (पंचभूतम्) Pancabhūtam

All but one player 'X' stand (or sit) in a circle. 'X' goes round, stands before one of the players and says one of the words—sea/land/sky/fire. The player before whom the word is uttered should respond immediately by naming a bird or animal which can move over the place mentioned. For example 'X' says 'sea', the player should respond by saying fish. If 'X' says 'sky', the player should say 'crow' and so on. Of course, when the word 'fire' is said, there will be no response and the player should keep quiet. Any one who makes the mistake is out.

(Awareness)

### 5.19 MAN-GUN-TIGER (पुरुष-व्याघ्र लोहनाडि किडा)



Divide the participants into two groups. Make each group to sit in a line. Both groups should be facing each other. Let there be a leader for each group. Instruct the following points clearly: Action for Man - Folding palms like Namaste. Action for Gun - Positioning the hands as if a gun is shot. Action for Tiger - Both palms on either side of the ears with thumbs touching the ears. Remember and repeat the following combination. Tiger - Gun. Gun - Man, Man - Tiger. All participants of the group should express only one sign without fail. If anyone does the wrong way they lose a point. If

the group 'A' expresses Tiger, immediately all in group 'B' should respond with the expression of Gun. Then group 'B' scores a point. Otherwise group 'A' gets the point. Irrespective of scoring a point, the chance of expressing first will shift to the other group automatically. The game continues interestingly till we stop at a particular score. The group winning the maximum marks will be the winner. (Awareness)

### 5.20 SŪRYA NAMASKAR (सूर्य नमस्कारः)

The conductor calls out any number from 1 to 12. The players have to assume that particular posture of Surya Namaskar. Those who make mistakes are out.

Note : As per Vivekananda Kendra's method, we complete surya namaskar in 12 counts. (Awareness)

### 5.21 FIND ME (केन्द्र संधानम्) Kendra Sandhānam

All the players are blind-folded. The teacher keeps away from them and whistles. The players should try to reach and be within 3 feet from the teacher. Those who cannot do so are out. (Awareness)

### 5.22 BROTHER, WHERE ARE YOU ? (शब्द वेधः) Śabda Vedhaḥ

All but two stand in a circle with their hands joined. The two players enter the circle and both are blind-folded. One of them say 'X' must try to catch the other 'Y' by asking 'Brother where are you?' responding 'Y' will say 'I am here'. 'X' should move towards 'Y' with the help of voice he heard. 'Y' in turn should try to evade being caught.

(Awareness)



### 5.23 SAVE FROM DANGER (आपद्रक्षा) Āpadrākṣā

Let all the participants stand in a circle. The number should not be more than 30. Hold a long thin stick and pass it below the feet of the players on the ground at fast speed. The stick should be continuously touching the floor. Those players whose feet touches the stick are considered to be out and will stand out of the circle. The game continues till the last player remains. (Awareness)

### 5.24 COMPLETE THE FIGURE (चित्रपूर्ति:) Citrapūrtiḥ

Draw a figure on the black board. The figure should be visibly incomplete. Turn the black board to other side. Let all the players sit in front of the board. When every one sits turn the black board, so that the incomplete picture is visible to all. Keep a chalk ready. Ask any one to come forward and handover the chalk to the player. He can measure or touch the figure to have a guess. Then blindfold the player has to complete the picture with a chalk-piece. Repeat the same with other players. (Awareness)

### 5.25 DUMB SHELLARDS (मूक-संकेत:) Mūka Saṅketah

The participants are divided into groups of 8 to 10 each. Each group is asked to 'Mime' a scene. The groups meet and decides which scene to 'Mime'. All the members of the group have to take part in the 'Mime'. The groups may rehearse in private. All the participants then come together, and each group presents its scene. The onlookers will have to guess what scene is being presented before them. (Communication)

### 5.26 NUMBERS LINE UP

(संख्या पंक्ति करणम्) Saṅkhyā Paṅkti Karaṇam

You need two equal teams of 4 to 10 players for this game. It is best with a large group of 18 to 20 players.

Every person on each team is given a number. If you have 7 players in a team then the numbers will be 0 to 6. If you have 10 then the numbers will be 0 to 9. Give each player a card with his number on it. The teams stands facing each other. As

soon as the instructor announces a number, say 40365, the teams line up in that order.

To make the game more lively, the instructor can announce that he is adding (say) numbers 2,5,8,9 and deleting 7. The player in each team can get into a huddle and the team having correct numbers and lining up first will be the winner.

(Awareness)

### 5.27 BROOM HOCKEY

(मार्जनी दण्डकन्दुक क्रीडा) Mārjanī Daṇḍakanduka Kriḍā



Divide all the players in two groups and give numbers to each and every one. Ask them to stand apart in line facing each other on either side. The distance between two groups should be around 2 meters.

Place two chairs at the end of both the sides at some distance. Keep one broom near each chair and keep two extra

brooms ready in case of contingency. Put two or three knots to a kerchief and place it at the centre i.e. equal distance from the chairs. The gap between the legs of the chair is the goal. When you call a number, the player belonging to that number from both the sides will run towards the chair, picks up the broom and will return to the centre. With the broom in hand he should sweep the kerchief into the opponents' goal and score a point. After a goal is scored call out another number and the game continues likewise. The group which scores maximum goals wins the match. (Dexterity)

### 5.28 COMER COMER COMES—GOER GOER GOES

(यातायातम्) Yātāyātam

Prepare a list of items, things etc. equal to the number of players. Also prepare chits of the same list separately. Divide the players into groups having a minimum of 15-20 players. Make the players to sit separately in their respective groups. Distribute the chits to everyone. Ensure all the chits are distributed and everyone gets a chit. Instruct them to open their chit. After they see their own chit no one should tell what is written in their chit to any one, including their neighbour or group-mate. Read out the list loudly and ask them to listen carefully.

Select one leader for one group. After the list was read out one leader of a group should call out loudly whatever he remembers. As he goes on calling out those persons who will be bearing these names will come and join his group from other group. By chance if the called out name exists within his own group he will lose the chance and the other group leader will get a chance to call out names. Then those persons will join that group. The names can be continuously repeated by other leaders and the game continues. Group which will win over maximum players will be the winner. (Memory)

### 5.29 FILLING THE BOTTLE

(कूपी-पूरणम्) Kūpī Pūraṇam

Five empty, long and narrow mouthed bottles are kept on the ground. A little distance away a bucket of water is kept ready. Players are made to stand in a line one after the other

in front of the buckets. Number of bottles, number of buckets and number of lines should be the same. Each line should contain equal number of players. When the whistle is blown the first player from each line will carry the water in his hands and run towards the respective bottle and pour the water into the bottle. After emptying his hands he will return to the line and the second player will repeat the same. The game goes on till any one of the bottles is filled. That group wins which fills first.

(Dexterity)

### 5.30 CHAOS (संक्षोभः) Saṅkṣobhaḥ

The conductor prepares many chits as per the number of participants. He writes names of different animals on these chits. Eg. Donkey, Monkey, Cow, Sheep, Dog etc. Each player will pick up one chit and stand together in one place without opening the chit. They will open only when the conductor asks them to open. When conductor gives the signal the players will have to produce sound loudly of that animal which is written in the chit. According to the sound of the animal the players group themselves. When everybody shouts like different animals it is similar to chaos. Nobody can hear anything.

For example 20 players, 20 chits, i.e., 4 donkeys, 4 dogs, 4 cats, 4 bulls, 4 lions etc. All are asked to open the chits at the same time and shout according to those animals. Same animals group together by hearing the voice.

**Variations :**

- (1) instruct the players to identify their groups silently without noise.
- (2) Write names of eatable on chits such as Idli, Dosa etc.
- (3) Write names on chit which can be grouped easily for eg., Mr Gupta, Mrs Gupta, Miss Gupta and Master Gupta.
- (4) Make groups of only two persons and let them identify by sounds in darkness.

(Awareness)

### 5.31 FOOTWEAR SEARCH

(पादुका मृगणा) Pādukā Mṛgaṇā

All the players leave their footwear in a heap at one place and come to a base. When the whistle is given, they run to the heap and pick up their footwear and return to the base wearing them. The player who comes first is the winner.

(Awareness)

### 5.32 FIND THE CAPITAL (मिलनम्) Milanam

Half the players are asked to write the names of a country each and the rest to write the capitals of those. The chits are mixed together and then every one takes one chit. If the name of a capital is written on his chit, he tries to find out the player who has the chit bearing the name of the country to which the capital belongs. The player while enquiring should not be audible to others. The player succeeding first wins.

(I.Q)

### 5.33 KING WANTS/QUEEN WANTS

(राजेच्छा / राज्ञीच्छा) Rājecchā / Rājñicchā

Any one of the participants will be nominated as a king and to create a little fun do some make-up to him. Let him sit on an elevated place, like on a chair above the stage etc. Nominate another person as an assistant and let him stand next to the King. A scorer should be ready with chalk and a black board. The conductor will divide all the players into two groups and gives them attractive names. The two groups can sit or stand. The conductor should keep ready a list of things written on a sheet of paper. He calls out an item which king wants. When the item is called out, anyone or everyone from each group will have to bring that item and hand it over to the assistant to the King. The group which brings the item first will score marks, which will be put on the board by the scorer. Instructor will ask one by one items, which the king wants and thus the game continues. The group which wins maximum marks will be the winner.

(Emotional Culturing)

**Note :** List of requirements includes anything viz, participant's watch, spectacles, banian, chappals, shirts, dhotis, glass, buckets, etc., or asking both the groups to sit in silence, circles, squares, asking the group to prepare paper boat etc.

### 5.34 TELL MY NAME (नाम किम्) Nāma Kim

This game will be played usually at the fag end of the camp, when all the players are known to each other by name.

Divide the players in two groups and make them sit facing each other at 5' distance. With the help of volunteers, the conductor holds a thick curtain in between the two teams and asks a player from each group to sit near the curtain. When the conductor brings down the curtain both the players have to recognise the other player who is sitting on the other side of the curtain and call the name instantly. The player who calls the name first that team will get one point. Again conductor will raise the curtain and calls one more player from each team. Like this game continues.

(Alertness)

**Note :** Spot make-up to make recognition difficult is allowed.

### 5.35 INSTANT ENACTING (तत्काल चेष्टा) Tatakāla Cēṣṭā

Divide the participants into several groups consisting of not more than 10 in a group. Prepare equal number of chits ready. In each chit write an interesting incident which we experience in our day to day life. Fold the chits. Ask one representative to take one chit for a group. Instruct them that 30 minutes time will be given for preparation. The entire group should enact on the stage what is written in their respective chits. The time allotted on the stage for each group is just 5 or 6 minutes. Groups can use their creative ideas to make it more interesting. The enacting helps to break the inhibitions.

(Creativity)

### 5.36 STORY ENACTING (कथाभिनयः) Kathābhīnayah

Statewise groups can enact any one story in their mother tongue.

2 - 3 model stories have been given in the annexure.

### 5.37 QUIZ (प्रश्न मंजूषा) Praśnamāñjuṣā

Divide the players into groups. Try to incorporate novel methods and varieties in the programme.

Audio Visual Quiz is the ideal otherwise select such a format that the entire group will involve in the session. Model Quiz is given in the Annexure I.

### 5.38 ANTYĀKSHARĪ (अन्त्याक्षरी)

Divide the players into groups. Select specific theme except film songs such as:- 1) Patriotic songs, 2) Devotional songs, 3) Stotras, verses including Gita etc.

### 5.39 LOTUS-BEE (पद्म भ्रमरी) Padma-Bhramarau

In this game, the players sit in a circle, by stretching their legs and touching one another's toes. Then one player stands in the centre, by creating a space, between the legs of the players who are sitting. As soon as the teacher gives the whistle the player in the centre is tossed clockwise or anti-clockwise by the sitting members by stretching their hands and by pushing the body. However, the central player should not bend his body in the knees or in the waist. He should keep it rigid like a dead person. (Fun)

Note : If the players are more, make more circles.

### 5.40 MERRI-GO-ROUND

(आनन्द वलयः) Ānanda Valayah

This can be played if the players are in even numbers and more than eight. The alternate players will sit on the ground, while others will stand. Those standing will hold the arms of the players who are sitting. The players who are sitting should stretch their legs. As soon as the instructor gives the whistle,

the players sitting should lift up their haunch and by keeping their heels firmly on the ground start moving clockwise like Merri-Go-Round with the help of the players who are standing.

(Fun)

Note : In case group is big, make sub groups.

### 5.41 IF I WERE .....

(यद्यहम् अभविष्यम्) Yadyaham Abhaviṣyam

All the players are provided with a set of two slips (A and B) each. On slip A, they have to write "If I were ....." and on slip B, "I would ....." For e.g. a participant can write "If I were a Prime Minister", "I would change the face of the country". After writing all the slips will be collected by the conductor separately i.e. slips A and slips B. He mixes the pairs of the slips and redistributes to the participants for reading aloud. There will be great deal of fun when the slips mismatch. For e.g., "If I were an education minister, I will chase butter flies".

### 5.42 ILLUSION (मिथ्याभासः) Mithyābhāsaḥ

The players sit in two lines facing one another and stretching their legs and touching the legs of opposite persons. Leave equal distance from all the pairs. Now tell a player 'X', that he will be blind folded and he has to walk through the obstacles, without touching anybody's stretched legs. If necessary, he can measure the obstacles, before getting blind-folded. Now 'X' will be blind-folded and will be requested to pass through the obstacles. Before he starts walking all other players sitting on the ground should withdraw from the scene without making any noise and see the fun of 'X', how he walks, stylishly avoiding the so-called obstacles. (Fun)

Note :

- (i) Withdrawal of players can be done after 2 or 3 rounds
- (ii) Instead of pairs of legs as obstacle, you can keep any other obstacles such as empty plastic bottles, tins etc.

**Variation** : Four persons hold a bedsheet, about 2 feet above the ground, by its 4 corners. A player will be blindfolded and asked to crawl under it, with an instruction that his back should not come in contact with the sheet.

Before he starts crawling, the 4 players withdraw from the scene with bedsheet and enjoy the fun of 'X', his wonderful crawling below the imaginary sheet.

#### 5.43 COUP (बिम्ब-प्रतिबिम्बम्) Bimba Pratibimbam

This game is played at the fag end of the camp. All players sit in a circle. Slips of papers are given to them. They are required to write their names, suggest an act (like tell a story, dance, sing etc.) to be performed by another player, organiser or even the conductor of the game. The slips of papers are returned to the conductor.

He now announces that following the fall of the previous government, the newly elected one wishes the suggestions made by the members should be implemented by themselves. He will read the suggestions one by one for implementation. Thus if 'X' had written that 'Y' had to dance, he - 'X' himself should dance to the merriment of all. **(Fun)**

**Note** : This game is popularly known as "ULTA-PALTA".



## X

### ICE BREAKERS

(लज्जा भंजकाः) Lajjā Bhañjakāḥ

To attract and focus the group's attention, as well as for group's total involvement, the conductor always should have interesting gimmicks with him. A few samples of Fun with numbers, riddles and different methods of expressing your joy through various claps after seeing a wonderful performance or programme are given in the following pages:-

#### A. FUN WITH NUMBERS

(संख्या परिहासः) Saṅkhyā Parihāsaḥ

##### A.1. Foretelling the result

(i) Keep your back to the black board and ask a volunteer to write any 3 digit number on the board. (Number should not be mirror image, e.g. 323).

(ii) Then tell him to reverse the number and subtract the lower number from higher one.

(iii) Now reverse this number and add it to the preceding product. The answer will be always 1089 which you can announce.

$$\begin{array}{rcl} \text{For ex. :} & 932 & - \text{ Step (i)} \\ & - 239 & - \text{ Step (ii)} \\ \hline & 693 & \\ & + 396 & - \text{ Step (iii)} \\ \hline & 1089 & - \text{ Answer} \\ \hline \end{array}$$

### A.2. Difference of Two

(i) Keep your back to the black board and ask a volunteer to write a four digit number on the board. All the digits should be in ascending order (e.g. 5678).

(ii) Ask him to multiply 1st and 4th digit and write the figure on the board.

(iii) Now ask him to multiply 2nd and 3rd digit and write it on the board.

(iv) Ask him to find out the difference between these multiplied figures.

(v) The difference is always '2' which you should announce.

### A.3. Find out the Subtractions

(i) Keep your back to the black board and ask a volunteer to write any three digit number .

(ii) Ask him to reverse it.

(iii) Subtract it from the original number.

#### Answer

(a) Ask him to inform you the 1st number of the figure and jot down in your mind.

(b) Followed by that number, put number 9 in place of second digit (number).

(c) The last number will be the difference of 2nd and 1st number. i.e. ( b - a).

(d) Announce the result.

For example	Answer
897 - Step (i)	0 - (a)
- 798 - Step (ii)	09 - (b)
099 - Step (iii)	9 - (c)
	099 - (d)

### A.4. Recognise your friend's age

i) Keep your back to the black board and ask your friend to write his age on a piece of paper.

ii) Ask him to add 90 to it.

iii) Let him remove the 1st number from the total

iv) Let him add one to the balance and disclose this figure to you.

v) Mentally, add 9 to the figure disclosed and this is the age of your friend.

E.g:	Age	29	-	Step (i)
	+	90	-	Step (ii)
		119		
	Remove 1st number	19	-	Step (iii)
	Add	1	-	Step (iv)
		20		
	Add	9		
		29		The age stated.
		29		

## B. RIDDLES

### Questions

1. What has teeth but cannot bite?
2. What is the end of the world?
3. What is the useful after it is broken?
4. What breaks but does not fall?
5. What falls but does not break?
6. Which is the longest rope in the world?
7. Which are the biggest rooms?

**Answers :**

1. Comb
2. 'D'
3. Egg - also coconut
4. Day
5. Night
6. Europe
7. Mushrooms

**C. EXPRESS YOUR JOY THROUGH VARIOUS CLAPS**

**(हर्षाभिव्यक्तिः) Harṣābhivyaktiḥ**

Every performance/speech deserves some applause. While in some cases people applaud spontaneously, in other cases it is out of duty to encourage the performers or to honour them. But this sometimes can be boring and monotonous.

Presented below are some varieties of claps that can bring joy to both the performer and the audience.

- Note :** 1 All the claps to begin with command 1, 2, 3,  
2 All the claps end in usual loud claps.

**1 RAINBOW CLAPS OR SAPTASWARA CLAPS**

Clap your left palm consecutively with one, two, three, four fingers and entire right palm three times each in ascending and descending order. Then clap loudly in the usual way.

**2 SCOUT CLAP - I**

Clap with both hands three times with the rhythm 1,2/1,2,3.

**3 SCOUT CLAP - II**

Clap with both hands three times with the rhythm 1,2,3

**4 SNAP CLAPS**

Raise both your hands. Snap three times with the rhythm 1,2,3

**5 FLOWER CLAPS**

Raise both your hands with fingers spread widely apart forming a flower. At the command 1,2,3, move your fingers vigorously. This is a silent clap that can be used during a performance or speech without disturbing the programme. But a "zoooo" sound can be added at other times.

**6 FLOWER AND BEE**

Position in front of you, your left hand in the form of a flower and bring your right hand above it as a bee/butterfly by touching the middle and ring fingers with the thumb and extending index and little fingers. At the command 1,2,3, move the right hand vigorously.

**7 HOW DID YOU LIKE IT?**

At the end of a performance, the instructor asks the audience "How did you like it?" and the audience replies "Very much". He/She asks the question again and again raising his/her voice and the audience replies in the same tone accordingly. The applause ends when the instructor asks in a low tone, almost in a whisper. After replying in a similar vein, the audience bursts into a loud clapping. The question can be asked in different languages suitable to the audience.

**8 MIMIC CLAPS**

Depending upon the skill of the instructor, one can lead the audience in the mimicry of various animals viz. cat, dog, horse etc., or the sound of steam-engine, scooter etc.

## 9 SLOGAN CLAPS

- (i) Instructor : Sunder Sunder Sunder Bhai  
Audience : Uttam Uttam Uttam Bhai  
I : Sunder Bhai  
A : Uttam Bhai  
I : Sunder Bhai  
A : Uttam Bhai

(To be repeated with claps and Bharat Mata Ki Jai etc.)

- (ii) Katham Katham Katham asti  
Sunder Sunder Sunder asti  
Katham asti  
Sunder asti

(to be repeated in various ways)

## 10 MUSICAL CLAPS

The instructor places a handkerchief on the floor and holding it, raises it slowly up, above his head to a maximum height. The audience hum from a low pitch when the hanky is on the ground and raising slowly, end with at highest pitch when the hanky reaches maximum height. When the instructor brings it down with same slow motion, the audience also reduce the pitch accordingly. After one or two slow rounds, the instructor moves it fast, jerking sometimes in irregular ways without completely touching the ground or lifting it up. The audience has always to synchronise the movement with that of the hanky. In the end, the instructor throws it up off his hands to catch it back like a ball. At that moment audience has to burst into a loud applause.



## XI

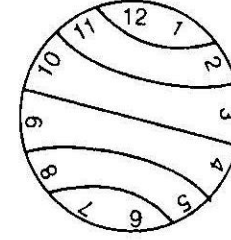
### Annexure i

### MODEL QUIZ

(आदर्श प्रश्नमञ्जूषा) Ādarsa Praśnamañjūṣā

Question 1 :

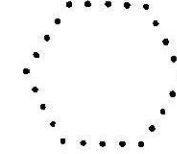
Divide the clock's dial into six parts in such a way that irrespective of the shape of the parts, the total of the number in each part should be equal.



Time 2 mts

Question 2 :

Accommodate 24 persons in six lines in such a way that each line will have 5 persons



Time 2 mts

आ. १६

Question 3 :

By adding number 8, three times you can come to figure  $(8 + 8 + 8 = 24)$  24 easily. Now instead of 8, use any number three times to come to 24. Give two answers.

Time 2 mts

Answer (i)  $22 + 2 = 24$

(ii)  $3^3 - 3 = 24$

Question 4 :

It is easy to come to 30 by using number 5, 3 times  $(5 \times 5 \cdot 5)$ . Try 3 more ways of coming to 30 by using any number three times.

Time 2 mts

Answer : i)  $3^3 + 3 = 30$   
 ii)  $33 - 3 = 30$   
 iii)  $6 \times 6 - 6 = 30$

**Question 5**

'By placing a numbered board on the wall, the Teacher told an Archer, that he would pay him an amount equivalent to the number he hit the mark. The archer earned Rs.100/- by hitting the arrow 5 times. Work out what numbers he hit and on how many occasions.

**Time 2 mts**

Answer 1)  $19 \times 3 = 57$   
 2)  $7 \times 1 = 7$   
 3)  $36 \times 1 = 36$   


---

 5 times = 100

07
19
27
36
43
55

**Question 6 :**

It was night time. I asked Ramesh, "What is the time?". Instead of giving a direct answer he said, "Time is addition of hours balance for 12 O' clock plus five".

So at what time I asked the question to Ramesh.

**Time 2 mts**

Answer : 8.30 p.m.

**Question 7 :**

Mr. Gold had four beloved daughters. On his 61st birthday, he decided to distribute gold equally to his daughters. However, just for fun, he placed gold in sixteen different bags, numbers 1 to 16 and told his daughters - you can lift any 4 bags. Each bag contains the gold in grams equivalent to the number on the bag. You should lift the bags in such a way that everyone of you will have the same quantity (gms) of gold. Which were the bags his daughters could have lifted?

**Time 2 mts**

Answer : 1st daughter  $6 + 15 + 1 + 12 = 34$   
 2nd daughter  $4 + 7 + 9 + 14 = 34$   
 3rd daughter  $2 + 5 + 11 + 16 = 34$   
 4th daughter  $3 + 8 + 10 + 13 = 34$

**Question 8 :**

Suresh had a few hens and goats in his house. One day his close friend Ramesh came to his house for lunch and found many hens and goats wandering everywhere. So he asked Suresh, - 'How many hens and goats do you have?'

Instead of answering directly, in a humorous way Suresh said, "I have got 36 heads and 100 legs. So, please tell me how many hens and goats, I possess".

**Time 2 mts**

Answer : Goats  $14 \times 4 = 56$   
 Hens  $22 \times 2 = 44$   


---

 Total 36 = 100

**Question 9 : Pre-conditioned mind**

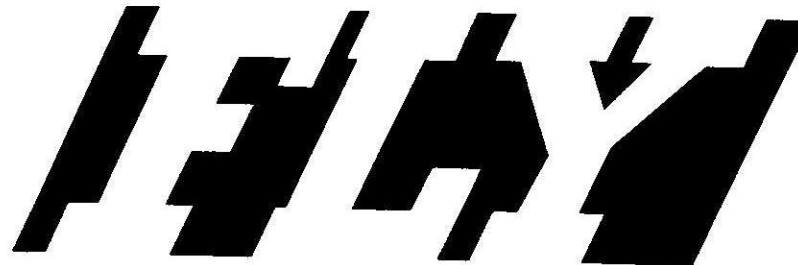
Make a 6 out of the symbol IX with the use of only one line

**Time 2 mts**

Answer : SIX

**Question 10 : Pre-conceived Notion.**

Can you read what this says?



Answer : FLY

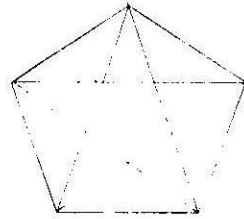
**Time 2 mts**

**Question 11**

**The hidden triangles.**

Count the number of triangles in the diagram.

**Time 5 mts**



**Answer : 35**

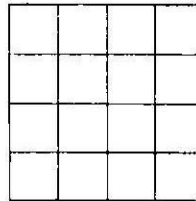
1. There are 10 small single triangles; without any intersecting lines in them, e.g., AFG.
2. There are 5 tall triangles, each with an external side as a base (and containing 5 pieces, e.g., ABD).
3. There are 5 long-base triangles (each with 3 pieces, e.g.: ACJ).
4. There are 5 with two exterior sides (each with 3 pieces, e.g. EAB).
5. There are 10 with 2 small triangles inside, e.g: ABF.

**Question 12 :**

**Hidden squares**

Tell quickly the total number of squares in the figure.

**Time 3 mts**



**Answer: 30 nos.**

1. 1 whole square
2. 16 individual squares
3. 9 square of four units each
4. 4 squares of nine units each

**Question 13**

**How many 'F's are in this sentence?**

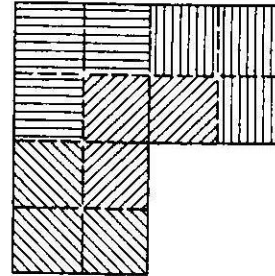
'Feature films are the result of years of scientific study combined with experience of years'.

**Time 1 mt**

**Answer : 6 Fs**

**Question 14 : The farmers Bequest.**

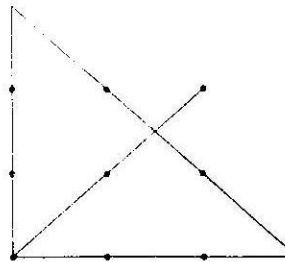
Divide the farmer's land into four equal parts. The divided parts should be contiguous and not located at different places.



**Time 2 mts**

**Question 15 : Joining Nine dots.**

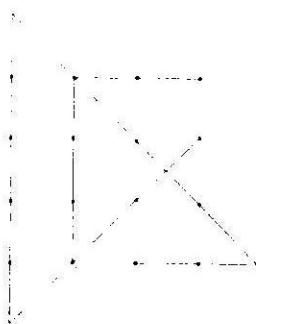
Join all the nine dots by drawing four straight continuous lines without lifting the pen or retracing a line.



**Time 3 mts**

**Question 16 : The sixteen dots.**

Join all the sixteen dots by drawing six straight continuous lines without lifting the pencil or retracing the line.



**Time 3 mts**

## XII

### Annexure ii

## STORIES

(कथाः) Kathāḥ

### S.1. HOW MUCH LAND DOES A MAN NEED?

There was a man who wanted a lot of land. So he went to God and asked him to give a big piece of land. God said 'O.K., you do one thing. Tomorrow, you start running when sun rises and come back to the same point before sun-set. Then the piece of land you will have gone around will be yours'. But remember the condition carefully, 'you must come back to the point from where you start'.

The man was overwhelmed with joy. He thanked God and went home. Next day he got up very early, in fact he could hardly sleep that night, imagining how big a land he would own the next day.

As soon as the sun rose, he started running. Full of energy and excitement, he ran quite a few miles in the early hours of the day. He was sweating heavily. He was hungry and thirsty also. But he did not stop to eat or to drink. 'If I take rest, that much land will reduce, he thought. He kept running till afternoon.

Suddenly he remembered that he was to go back to the starting point. Reluctantly he changed his direction and started running towards the starting point.

Now he had practically no energy even to stand on his legs. He was losing balance every now and then. But he told himself that he cannot afford sitting or taking rest, "Only for this day - from tomorrow it will be relaxing and enjoying only", he said to himself. He got up and started running, sun was fast descending. The man was chasing his lengthening shadow.

Sun touched the horizon, the man looked back to the sun. Looked forward to the starting point. It was too far. He had

no energy even for a single step. He collapsed due to over exertion, vomited blood and died on the spot.

A few people from nearby, gathered and buried him.

The poor fellow did not know that a land three and half yards long was sufficient for him.

### S.2. THE FROG OF THE WELL



A frog lived in a well. It had lived there for a long time. It was born there and brought up there, and yet was a little, small frog. Of course the evolutionists were not there then to tell us whether the frog lost its eyes or not, but, for our story's sake, we must take it for granted that it had its eyes, and that it every day cleaned the water of all the worms and bacilli that lived in it with an energy that would do credit to our modern bacteriologists. In this way it went on and became a little sleek and fat. Well, one day another frog that lived in the sea came and fell into the well.

"Where are you from?"

"I am from the sea".

"The sea. How big is that? Is it as big as my well?"

and he took a leap from one side of the well to the other.

"My friend", said the frog of the sea, "how do you compare the sea with your little well?"

Then the frog took another leap and asked, "Is your sea so big?"

"What nonsense you speak, to compare the sea with your well".

"Well then", said the frog of the well, "nothing can be bigger than my well; there can be nothing bigger than this; this fellow is a liar, so turn him out".

That has been the difficulty all the while.

### S.3. THE LION CUB AMONG SHEEP

There is a story about a lioness, who was bearing, and was going about in search of prey; and seeing a flock of sheep, she jumped upon them. She died in the effort; and a little baby lion was born, motherless. It was taken care of by the sheep and the sheep brought it up, and it grew up with them, ate grass, and bleated like the sheep. And although in time it became a big, full-grown lion, it thought it was a sheep.



One day another lion came in search of prey and was astonished to find that in the midst of this flock of sheep was a lion, fleeing like the sheep at the approach of danger. He tried to get near the sheep-lion, to tell it that it was not a sheep but a lion; but the poor animal fled at his approach. However, he watched his opportunity and one day found the sheep-lion sleeping. He approached it and said, "You are a lion". "I am a sheep." cried the other lion and could not believe the contrary but bleated. The lion dragged him towards a lake and said, "Look here, here is my reflection and yours". Then came the comparison. It looked at the lion and then at its own reflection, and in a moment came the idea that it was a lion. The lion roared, the bleating was gone.

You are lions, you are souls, pure, infinite, and perfect. The might of the universe is within you. "Why weepest thou, my friend? There is neither birth nor death for thee. Why weepest thou? There is no disease nor misery for thee, but thou art like the infinite sky; clouds of various colours come over it, play for a moment, then vanish. But the sky is ever the same eternal blue".

### XIII

#### Annexure iii

### SONGS

#### गीत Geet

Night Assemblies should end with some interesting songs and here are a few samples:

#### 1. WHEN YOU ARE HAPPY.....

- When you are happy and you know it  
Clap your hands (1)  
When you are happy and you know it and  
you really want to show it  
When you are happy and you know it  
Clap your hands  
Snap your fingers..... (2)  
Slap your thighs (3)  
Stamp your feet (4)  
Say Hari OM (5)  
Do all the five (6)

#### 2. AISĪ KHĪR KHĀENGE.....

- Aisī khīr pakāenge, sāre milke khāenge... (2)  
Kaun khāegā yaha khīr?  
Ham khāenge, Āp khāenge, sāre milke khāenge  
Kaise khīr khāenge?  
cammaca bharke khāenge  
Cammaca.....1 - 2 - 3 - 4 - bharke khāenge (Aisī khīr - 1)  
Ek cammaca se kyā hogā?  
Kaṭori bharke khāenge  
Kaṭori .. 1, 2, 3, 4 - bharke khāenge (Aisī khīr - 2)

- Khīr bahut achī hai, kaṭori bahut choṭī hai  
Kaṭorā bharke khāenge  
Kaṭorā - 1, 2, 3, 4 - bharke khāenge (Aisī khīr - 3)  
Kaṭorese kyā hogā, Patelā bharke khāenge  
Patelā - 1, 2, 3, 4 - bharke khāenge (Aisī khīr - 4)  
Patelā bhī chotā hai, nahī calegā, nahī calegā -  
Drum bharke khāenge  
Drum - 1, 2, 3, 4 - bharke khāenge (Aisī khīr - 5)  
Pet bahut bhar gayā - To kaise hajam karenge  
Dhakkam Dhakkā - 1, 2, 3, 4....Dhakkam Dhakkā Denge -  
(Aisī khīr - 6)

#### 3. EK CŪHĀ HAMĀRĀ

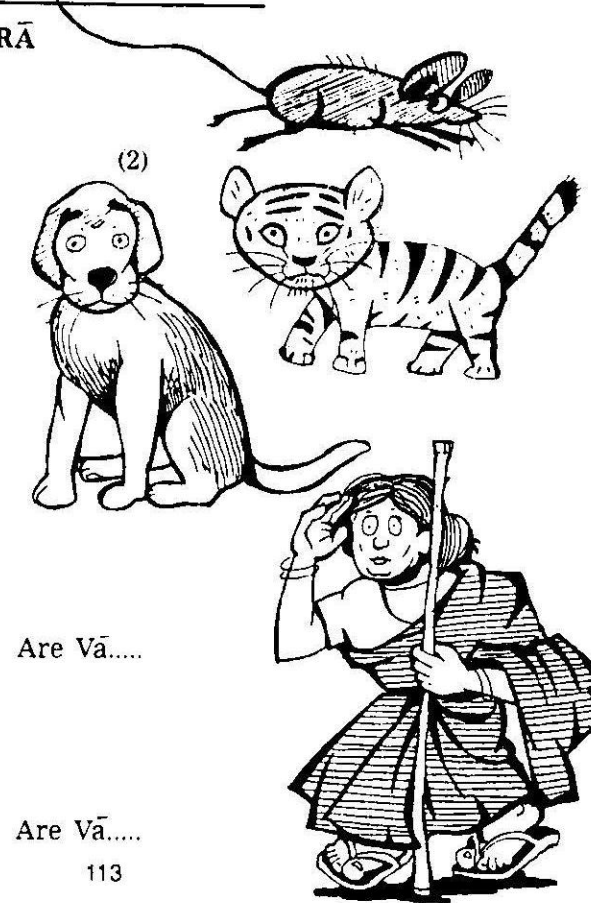
Ek cūha hamārā  
Kaise baiṭhā bicārā  
Are Vā Vā Vā,

Cupke Cupke se ātā  
Roti Jhatse uṭhātā  
Vo to billi se ḍartā

Ek Billi hamārī  
Kaise baiṭhī bicārī  
Cupke cupke se āti  
Cūhā jhatse pakadti  
Vo to kutte se ḍartī

Ek kuttā hamārā  
Kaise baiṭhā bicārā  
Cupke cupke se ātā  
Billi jhat se bhagātā  
Vo to dadī se ḍartā

Ek dadī hamārī  
Kaise baiṭhi bicārī  
cupke cupke se ātī  
Kuttā laṭh se bhagāti  
Vo to cūhe se ḍartī



Are Vā.....

Are Vā.....

#### 4. ROUNDERS

Follow the following instructions

1. The teacher leads and others repeat the whole song
2. Group A sings without lead, at the command 1,2,3 and group B listens.
3. Group B sings, A listens in above fashion.
4. At a gesture Group A starts

After it completes "Are you sleeping" (2)

Group B starts at another gesture

Both the groups go on repeating their own lines.

5. Teacher has to see - which group has lost

(1) by missing or mixing the lines of other group

(2) by exhaustion and singing in low tone

or in a disharmonious, haphazard way.

6. Teacher has to go on prompting both the groups to make them sing louder-n-louder, by turns.

7. When the winning group is declared, all should sing the song together in a soft, gentle way

- i. Are you sleeping (2)  
Brother Shyam (2)  
Morning Bells are ringing (2)  
Ding Dang Dong (2)

- ii. Hands on my hips  
What do I hear  
These are my **Sweat boxes** (1)  
They kidikidoo  
This is what they taught me  
When I went to school

- Snuff boxes** (2)
- Chatter boxes** (3)
- Rice-basket** (4)
- Knee-benders** (5)
- Sand-scrappers** (6)

#### 5. MEMORY SONG :

There was a tree  
And the Tree on the ground  
And the green grass grew  
And the green grass grew (to be repeated again and again)  
There was a branch  
And the branch on the tree  
And the tree on the ground ... (repeat remaining lines as above)

There was a leaf  
And the leaf on the branch  
And the branch on the tree..... ( " )

There was a nest  
And the nest on the leaf  
And the leaf on the branch..... ( " )

There was an egg  
And the egg in the nest  
And the nest on the leaf..... ( " )

There was a chick  
And the chick in the egg  
And the egg in the nest..... ( " )

There was a feather  
And the feather on the chick  
And the chick in the egg..... ( " )

There was a colour  
And the colour on the feather  
And the feather on the chick... ( " )

#### Note :

1. The whole group can sing the entire song again beginning from "There was a colour" and ending with " And the green grass grew around".
2. There are vernacular versions of the above song.
3. New words can be substituted in the above song suiting the philosophy preached to the group.

## XIV

### Annexure iv

## GLOSSARY

### 1 Aṅgada

Just before the great war between Rāma and Rāvana, one of the chiefs of Rāmā's army, Aṅgada, the son of great monkey-warrior, Vāli, comes to Rāvana's court as a messenger of peace to advise him against the evils of war and the risk that the demon king is taking. Ravana has a hearty, mocking laugh at this threat from prince Aṅgada whom he considers just a monkey. "If you consider me just a monkey, then let us see if any of your great warriors present here can move this foot of mine from the place where I fix it" says Aṅgada and places firmly his foot in the centre of the court. In response to this challenge, all the great warriors in the court come one by one to dislodge foot but return crest fallen when they find it so difficult to move it even by an inch. Angered and insulted, a furious Rāvana himself comes down for the purpose. But as soon as he touches the foot, Aṅgada mocks, "why do you touch the foot of a mere servant of Rāma. If you touch the foot of my Lord, you would be liberated" and saying this he walks out.

### 2 Gāndhāri

Daughter of King Subālā of Gandhāra, and sister of Shakuni, married to the blind King Dhṛitarāshtra. She remained blind-folded with a view to remain sightless to share the lot of her husband.

### 3 Jayadratha

Husband of Duryodhana's sister Dushālā. One of the 11 army commanders of Kaurava army during the Mahābhārat War.

When Abhimanyu, son of Arjuna broke the Chakravyuh, Jayadratha put himself at a crucial bend where he could isolate him from Bhīm and others. Ultimately, after a fierce fight, Abhimanyu was killed.

Arjun after hearing the news takes a vow of killing Jayadratha before the sunset on the next day.

Dronācharya arranges the entire army of Kauravas for the protection of Jayadratha but Arjuna succeeds in killing him with the help of Sri Krishna.

### 4 Bhasmāsura

Bhasmasura was a cruel and greedy person. He was eager to become a king although he was not having the essential qualities. However to fulfil his desire he prayed to Shiva. After a long wait, Bhagwan Shiva appeared before him.

Bhasmasura asked for a boon by which that as soon as he put his right hand on anybody's head, that person would be burnt to ashes. Bhagwan Shiva granted the boon to Bhasmāsura.

To test the efficacy of the boon, he went on to place his hand on the head of Shiva himself. Shiva became panicky and ran, followed by Bhasmāsura.

Bhagwan Vishnu heard the story and told Shiva to hide somewhere and appeared before Bhasmāsura in the form of a beautiful lady- a Mohini.

Bhasmāsura fell in love with Mohini and sought her hand in marriage. Mohini agreed, provided he would not marry any other woman again. He promised but Mohini insisted on his taking a oath by putting his right hand on his head. Because of his infatuation for Mohini, he agreed and kept his right hand on his own head and was burnt to ashes.

### 5 Varāha

Varāha (boar) is considered the third of the ten incarnations (Dashavatara) of Vishnu from time to time. These incarnations, came to the rescue of good and destroyed the evil forces. The first one, Matsya (fish) rescued Vedās while Varāha came to the rescue of mother earth which was sinking in the ocean after Pralaya (the great deluge). Vishnu, in the form of a boar restored the earth back to its place and killed the demon Hiran-yaksha who challenged him while he was busy in this sacred task.

Dashavatara, coincides with the evolutionary process of man - from fish to tortoise, to boar and half-man (Narasimha) till it culminates into Purna avatara, the perfect Purusha Krishna.

It is only Indian culture which can sanctify a creature like pig through such stories and raise it to the highest level.

The idea was perhaps to project that man can achieve perfection.

## 6 Viṣa-Amrut

Maharsi Kaśyap had two wives-Vinatā and Kadru. Vinatā's son was the mighty bird Garuda and Kadru had one thousand snakes as her sons. Once they happened to see the celestial horse Ucaīśrava flying in the sky from the balcony of their mansion. It was completely white and this is what Vinatā told Kadru. But Kadru claimed the tail of the horse was black and staked her freedom if it was otherwise. That is, if the tail of the horse was white, she would serve Vinatā as a slave but if the tail was black Vinatā should serve her as a slave. The crafty Kadru then ordered her snake sons to go and cling to the tail of the horse to turn it black and they did so. Next day, seeing this black tail of the horse, poor Vinatā agreed to be the slave of Kadru. After she served Kadru for a long time, her son Garuda asked the snake-sons the price for his mother's freedom. They wanted nectar from the heavens. Garuda fighting with the gods, with valour and wisdom, brought the nectar (Amrut) and rescued his mother from slavery.

## 7 Mithyābhāsa

To make Kauravas and Pandavas settle down peacefully, a portion of Kuru Kingdom, Khandavaprastha, was allotted to Pandavas which was totally deserted and full of wild growth. Pandavas accepted it happily and converted it into a heaven with their hard work and the blessing of Lord Krishna and renamed it Indraprastha. Māya, the architect, built for Pandavas a superb mansion which was full of wonders. When the curious and jealous Duryodhana entered this mansion he faced one optical illusion after another.

A pond in one of the halls, looked like an ordinary floor. As soon as he stepped on it he fell into it. At another spot which looked like a pond, he lifted his clothes up and placed

his foot carefully only to realise that it was hard floor. When he tried to enter through a doorway which appeared open, it was actually shut and he banged his head on the door. When on another occasion he tried to push a door in a doorway to enter, he stumbled inside the room as the door was already open.

These made him not to explore further to become the laughing stock of the onlookers.

Seeing his discomfiture, Pandavas made fun of him, an unwise act, which provoked an angry and vain Duryodhana bitter and turned him into a life-long enemy of them.

## 8. Tāndava

Brahma, Vishnu and Siva, the Trinity of Hindu Pantheon take care of the creation, preservation and destruction of the universe respectively. In the destruction lies a new creation. And this destruction, this winding up of the universe called pralaya is brought about by Lord Siva through a specific dance called Tāndava Nṛtya. Even while performing the terrible action, Lord Siva is smiling, dancing. His third eye may pour destructive flame, his dance may be terrible but he is under no stress because he is performing this terrible act as a duty with no personal axe to grind. This is the lesson to be learnt, do your duty however difficult, without any stress.

At the time of the destruction of the universe, to create another universe, a pralaya (great deluge) occurs and Lord Siva does his "Tandava Dance". He appears terrible, with his third eye emitting fire, but He is smiling serenely, without any stress any strain, performing his duty without any attachment to it. A lesson to be learnt by all.

## 9. Hastāmalaka

Hastamalaka was a highly evolved disciple of Adi Śankara. His knowledge was as clear as the Amalka (Gooseberry) on the palm. When questioned by Adi Śankara - "Who are you ?", he answered in a set of verses which came to be known as Hastāmalakiya.

Adi Sankara wrote a commentary on "Hastāmalakiya", a rare tribute to the disciple.

## XV

### Annexure v

#### LIST OF ARTICLES REQUIRED

- 1 Mud Pot - Matka
- 2 Balloons
- 3 Handkerchiefs
- 4 Soft towel
- 5 Torches with kerosene
- 6 Stick (short)
- 7 Ball - preferably volley-ball
- 8 A few small stones as potatoes
- 9 Sacks (Gunny bags)
- 10 Thread
- 11 Needles
- 12 Spoons
- 13 Lemon
- 14 Thali - glass - katori sets
- 15 Grapes
- 16 Bricks
- 17 Rope for 'Tug of War'
- 18 Flat surface stones (7 nos.) for Pyramid
- 19 Hard brooms
- 20 Stick (long)
- 21 Black board and chalk pieces
- 22 Loose papers
- 23 A few ball pens
- 24 Lime powder for marking

## XVI

### Annexure vi

#### QUALITIES BROUGHT OUT IN GAMES

(Given at the end of each games in brackets)

- 1 Muscle Building
- 2 Speed
- 3 Reflections
- 4 Strength
- 5 Dexterity
- 6 Flexibility
- 7 Stamina
- 8 Daring
- 9 Initiative
- 10 Memory
- 11 I.Q.
- 12 Attention
- 13 Awareness / Alertness
- 14 Creativity
- 15 Emotional Culturing
- 16 Communication
- 17 Co-ordination
- 18 Team-spirit
- 19 Fun



## XVII

### Annexure vii

#### TRANSLITERATION CODE

Devanagari	Roman	As in	Devanāgarī	Roman	As in
अ	a	<u>A</u> merica	द	th	Asp.t
आ	ā	F <u>A</u> ther	ड	d	<u>D</u> oor
इ	i	<u>I</u> t	ढ	dh	Asp.d
ई	ī	<u>D</u> ee <u>P</u>	ण	ṇ	*
उ	u	<u>P</u> ut	त	t	*
ऊ	ū	<u>T</u> oo	थ	th	Asp.t
ऋ	r̄	<u>R</u> hythm	द	d	<u>T</u> hen
ए	e	<u>G</u> ate	ध	dh	Asp.d
ऐ	ai	<u>I</u> sland	न	n	<u>W</u> hen
ओ	o	<u>N</u> oble	प	p	<u>P</u> en
औ	au	<u>O</u> t	फ	ph	Asp.p
ः	m̄		ब	b	<u>B</u> ook
	(anusvāra)				
ः	ḥ		भ	bh	Asp.b
	(visarga)				
क	k	<u>K</u> ee <u>p</u>	म	m	<u>M</u> an
ख	kh	Asp.k	य	y	<u>Y</u> ellow
ग	g	<u>G</u> ive	र	r	<u>R</u> un
घ	gh	Asp.g	ल	l	<u>L</u> ips
ङ	ṅ	<u>Y</u> oung	व	v	<u>W</u> ater
च	c	<u>C</u> hin	श	ś	<u>S</u> hip
छ	ch	Asp.c	ष	ṣ	<u>H</u> arsh
ज	j	<u>J</u> am	स	s	<u>S</u> aint
झ	jh	Asp.j	ह	h	<u>H</u> e
ञ	ñ	*	ज्ञ	jñ	*
ट	t	<u>T</u> en			

**Note :** Asp. = Aspirated = Pronouncing with full breathing (more effort)

\* Better to learn in person.

## 18

### Annexure viii

#### COMPREHENSIVE INDEX

No.	Sl No	Name of the game	Quality	Age Group	Type of Group
1	1.1	Kendra says	Awareness	O	B,C,D
2	1.2	Chain Forming	Co-ordination	I,II	B,C
3	1.3	Touching with Pairs	Speed & Stamina	I,II	B,C
4	1.4	Funny Touch	Dexterity	I,II	B,C
5	1.5	Touching with one Leg	Dexterity	I,II	B,C
6	1.6	Frog in the Well	Dexterity	I,II	A,B
7	1.7	Plucking the Pumpkin	Strength	I,II	A,B
8	1.8	Frog Touch	Speed & Stamina	I,II	A,B,C
9	1.9	Horse Touch/ Elephant Touch	Speed & Stamina	I,II	A,B,C
10	1.10	Stone on Palm	Speed with Awareness	I,II	A,B,C
11	1.11	I am Shivaji	Initiative & Daring	I,II	A,B,C
12	1.12	Help Me	Initiative	I,II	B,C
13	1.13	Self Help	Flexibility	I,II	B,C
14	1.14	Loose Compartment	Dexterity	I,II	B,C
15	1.15	Statue	Emotional Culturing	O	B,C
16	1.16	Poison - Nectar	Initiative & Daring	I,II	B,C
17	1.17	Master - Disciple	Strength	I,II	B,C
18	1.18	Tiger and Man	Dexterity	I,II	B,C
19	1.19	Breaking of Mud Pot	Dexterity	O	A,B
20	1.20	Pig Fight	Dx. & Stamina	I,II	A,B,C
21	1.21	Hanuman Fight	Dx. & Initiative	I,II	A,B,C
22	1.22	Cock-Fight	Dx. & Initiative	I,II	A,B,C

No.	Sl No	Name of the game	Quality	Age Group	Type of Group
23	1.23	Bull-Fight	Dx. & Initiative	I,II	A,B,C
24	1.24	Scorpion Fight	Dx. & Initiative	I,II	A,B,C
25	1.25	Chariot Fight	Dx. & Initiative	I,II	A,B,C
26	1.26	Neck Fight	Dx. & Initiative	I,II	A,B,C
27	1.27	Horse Fight	Dx. & Initiative	I,II	A,B,C
28	1.28	Tandava	Awareness	I,II	A,B,C
29	1.29	Bhasmasura	Awareness	I,II	A,B,C
30	1.30	Balloon Head	Dexterity	O	A,B,C
31	1.31	Balloon-Bursting	Dexterity	O	A,B,C
32	1.32	Keep it up	Co-ordination	I,II	A,B,C
33	1.33	Tying the Handkerchief	Muscle Building	I,II	A,B,C
34	1.34	Untying the Handkerchief	Muscle Building	I,II	A,B,C
35	1.35	Torch Race	Speed & Awareness	II	B,C
36	2.1	Namaste	Speed	I,II	B,C
37	2.2	Going Round	Awareness	I	B
38	2.3	OM Circumlocution	Stamina	O	A,B
39	2.4	Jayadrathah	Team Spirit	I,II	B
40	2.5	Catch Me	Stamina and Awareness	I,II	B,C
41	2.6	Multi leg Race	Co-ordination	I,II	C
42	2.7	Salute the Governor	Flexibility	I	A,B
43	2.8	Lion and Lamb	Dexterity	I,II	B,C
44	2.9	Snake and Frog	Speed	I,II	B,C
45	2.10	Conquering the Fort	Strength	I,II	A,B
46	2.11	Hearth	Strength & Dx.	I,II	A
47	2.12	Go Home	Awareness	I,II	B
48	2.13	Present for the Present	Speed	I,II	A,B
49	2.14	Angada	Strength	I,II	A,B
50	2.15	Breaking the Chain	Strength	I,II	A,B
51	2.16	Jump and Touch	Dexterity	I,II	A,B
52	2.17	Dodge Ball	Dexterity	I,II	B,C

No.	Sl No	Name of the game	Quality	Age Group	Type of Group
53	2.18	Mrutyunjaya	Dexterity	I,II	B
54	2.19	Monkey	Dexterity	I,II	B
55	2.20	Water Level	Speed and Awareness	O	B,C
56	2.21	Shivaji-Pratap	Speed & Dx.	I,II	C
57	2.22	Kho-Kho	Speed	I,II	B,C
58	2.23	Po	Speed and Awareness	I,II	B,C
59	2.24	Kho and Po	Awareness and Speed	I,II	B,C
60	2.25	Mandal Kho	Co-ordination	I,II	C
61	2.26	Grouping	Alertness	O	B,C
62	2.27	Fish and Net	Dexterity	I,II	C
63	2.28	Ride Your Horse	Dx. and Fun	I,II	C
64	3.1	Bomb Blast	Speed and Awareness	I,II	B,C
65	3.2	Pincho	Speed and Awareness	I,II	B,C
66	3.3	Snake and Mongoose	Dexterity	I,II	B
67	3.4	Catching the Snake's Tail	Flexibility	I,II	B
68	3.5	Bones for the Late Comer	Speed and Awareness	I,II	B,C
69	3.6	Give Me a Place	Strength	I,II	B,C
70	3.7	Knight of the Castle	Strength	I,II	B,C
71	3.8	Musical Chair	Awareness	III	B,C
72	3.9	i) Running Race	Speed	I,II	B,C
73		ii) Hopping Race	Speed	I,II	B,C
74		iii) Running on Heels	Speed	O	B,C
75		iv) Hands up Race	Speed	I,II	B,C
76		v) Sack Race	Dexterity	I,II	B,C
77		vi) Thread - Needle Race	Dexterity	O	B,C
78		vii) Three legged Race	Co-ordination	I,II	B,C

No.	Sl No	Name of the game	Quality	Age Group	Type of Group
79		viii) Four legged Race	Co-ordination	I,II	B,C
80		ix) Blind Race	Co-ordination	O	B,C
81		x) Lemon Race	Dexterity	O	B,C
82		xi) Plate-Cup-Glass Race	Dexterity	O	B,C
83		xii) Grapes Race	Speed & Dx.	O	B,C
84		xiii) Potato Race	Stamina	I,II	B,C
85		xiv) Brick Race	Dexterity	I,II	A,B
86	4.1	Dog and Bone	Alertness	I,II	B,C
87	4.2	Stick Lifting	Alertness & Strength	I,II	B,C
88	4.3	Locking and Unlocking	Co-ordination	I,II	C
89	4.4	Sleeping Chain	Co-ordination	I,II	C
90	4.5	Prisoner	Speed and Awareness	I,II	C
91	4.6	Frog Escape	Speed	I,II	C
92	4.7	Damaru	Speed and Co-ordination	I,II	C
93	4.8	Square Face	Speed and Co-ordination	I,II	C,D
94	4.9	Raja-Rama-Ravana	Awareness and Speed	I,II	C
95	4.10	Fish Scooping	Co-ordination	I,II	C
96	4.11	Death Passage	Speed & Daring	II	C
97	4.12	Loka Sangraha	Co-ordination	I,II	C
98	4.13	Boat Race	Co-ordination	I,II	C
99	4.14	Eagle Race	Flexibility	I,II	C
100	4.15	Train Race	Co-ordination and Stamina	I,II	C
101	4.16	Ship Race	Co-ordination and Stamina	I,II	C
102	4.17	Tug of War with Pairs	Strength	I,II	B,C
103	4.18	Tug of War with Rope	Team Spirit	O	C,D
104	4.19	Tug of War without Rope	Team Spirit	O	C,D

No.	Sl No	Name of the game	Quality	Age Group	Type of Group
105	4.20	Passing the Handkerchief Under the Leg	Co-ordination and Dx.	I,II	C
106	4.21	Kabaddi	Stamina, Dx. & Daring	I,II	B,C
107	4.22	Leg Cricket	Dexterity	I,II	B,C
108	4.23	Seven Stones Pyramid	Dexterity	I,II	B,C
109	5.1	Ram - Shyam	Awareness	O	B,C
110	5.2	Ha - Ha - Ha	Emotional Culturing	O	B,C
111	5.3	Finding the Leader	I.Q.	O	B,C
112	5.4	Post Man	Memory	O	B,C
113	5.5	OM	Awareness	O	B,C
114	5.6	Hari - OM	Awareness	O	B,C
115	5.7	Counting Numbers	Awareness	O	B,C
116	5.8	Parcel Bomb	Fun & Creativity	O	B,C
117	5.9	Finding out Animal /Fruit/Flower	I.Q.	O	A,B
118	5.10	Identify the Historical Character	I.Q.	O	B,C
119	5.11	Polarisation	I.Q.	O	A,B
120	5.12	Creativity	Creativity	O	C,D
121	5.13	Memory Game	Memory	O	B
122	5.14	Let us eat	Awareness	O	B,C
123	5.15	I am going to ———	Alertness	O	B,C
124	5.16	Do what is said	Awareness	O	B,C
125	5.17	This is my nose	Awareness	O	B,C
126	5.18	Five Elements	Awareness	O	B,C
127	5.19	Man—Gun—Tiger	Awareness	O	B,C
128	5.20	Surya Namaskar	Awareness	O	ABCD
129	5.21	Find Me	Awareness	O	B,C
130	5.22	Brother where are You?	Awareness	O	C
131	5.23	Save from Danger	Awareness	O	B,C