



Action Taken Report for “Indigenous Sports Talk” for the states of Assam and Rajasthan under the aegis of “EBSB and Fit India Movement” at IIIT Guwahati

IIIT Guwahati’s Sports Board under Student Gymkhana Council (SGC) has been conducting various activities for physical, social, and psychological well-being of the students, faculty members, and staff members under the aegis of Fit India Movement. As you are aware, the celebration of 75 years of India’s Independence –“**Azadi Ka Amrit Mahotsav**” have commenced with active participation of all stakeholders. To renew and reinstate the indigenous sports of India under “**Ek Bharat Shrestha Bharath**” flourished by the Education Ministry of our Indian Government, the Sports Board and Fit India Movement at IIIT Guwahati has organized an online talk session on the native sports of Assam and Rajasthan states.

Sports and games have been a part of our lives since childhood. Any sort of activity that requires our body and mind to be completely engaged can be considered a sport or a game. We all in our childhood have played many local sports in our homes, localities, etc. All the parts of India have different types of indigenous sports which are played in that area. Indigenous Sports represents the culture and diversity of the region. In order to encourage this spirit of local sports amongst the people of different region of India ministry of Sports under the Banner of Fit India have included different sports which will be played on national level. These sports include Akhada Kushti, Tug of War, Mallakhamb, Kho-Kho etc.

Indigenous Sports of Assam State

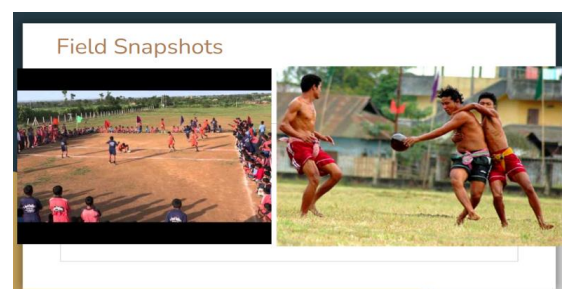
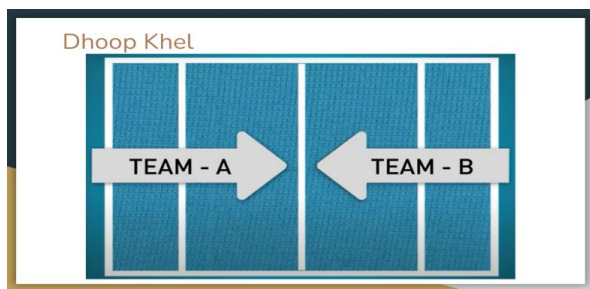


(i) DHOPKHEL

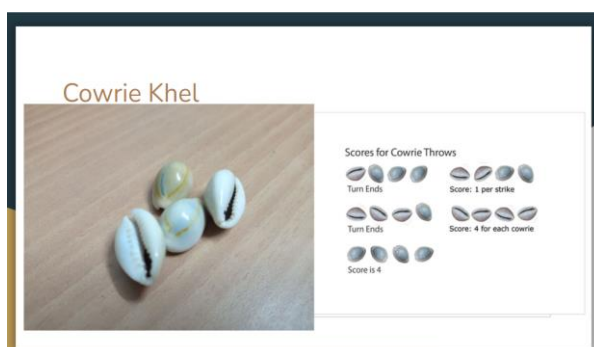
- The most popular indigenous game in the state of Assam is Dhopkhel. An ancient game, it is closely related with the development of the state as such. The game requires absolute physical fitness - speed, stamina and acrobatic skills. Dhop is a seasonal game, played during the state's Spring Festival, known as Rangoli Bihu. The game really flowered under the royal patronage of the Ahoms.
- There are two types of Dhop, one played by men and the other by women. The game, which uses a rubber ball, is played by two teams comprising 11 players each, in an open field, 125

ft in length and 80 ft in breadth, with a central point in the right middle of the arena. Two lines called kai are drawn at a distance of 12 ft on each side of the point at the centre. At the four points where the kai meets the 125 m lines, four flags are planted. Similarly, four flags are planted in the four corners, known as chukor nishan.

- Parallel to the central point in each half of the field, is one point each, at a distance of 13'6" from the centre, and circles surrounding them known as gher. The game begins with the dhop i.e the ball being thrown in the air, by a player. If the ball does not fall in the opponent's court, it is to be thrown again. The dhop has to be caught by the opposing team, and if they fail, then the other team takes the throw. If caught, the player who takes the catch proceeds to the gher of the court, and throws it to the katoni, who stands on the other gher. If the thrower fails on either count, his team forfeits the chance of a throw at the katoni, and the guilty player is requested to deliver a high lob to the opposing team, like the lob which started the game. The opposing team thus gets a chance once more for a catch and throw, at the opponents' katoni. If the katoni is hit below the waist, it is considered a kota, and the katoni becomes a hoia or a bondha, and automatically loses his status of a ghai - a name initially used for all the players.
- The bondha goes over to the opposing side and tries to prevent the players of the team from catching the dhop. This move is known as aulia. If a bondha succeeds in catching the dhop in the opponents' court and can recross over to his original side without being touched by any of the opponents, he becomes a ghai, and this move is known as hora. However, he has to cross both kais and he cannot leave the court in the process of crossing over, or catching the dhop in the zone between two kais. If a team loses ten ghais as hoia or bondha, then the last ghai will be named ghai katoni, and if a kota can be done to him, then it is known as piriutha, which signifies victory for the side. If at the end of the game, there are equal number of ghais, the game is pronounced a draw.



(ii) COWRIE KHEL



- All players sit in a circle. The group unanimously decides Player 1. The turn for other players moves in clockwise direction. In a turn, players have to throw all four *cowrie* shells on the floor and are scored based on the throw of all four cowries shells. . If all of cowries fall upside down on the floor with their mouth closed, the player gets eight points. If all 4 cowrie shells fall with their mouth open then all player try to grab them quickly from the ground and scores 4 points for each shell collected.
- If two cowrie shells fall upside down then the player has to strike the open mouthed cowrie shells with closed mouthed cowrie shell with their finger. The player scores one point each for hitting his target. The turn comes to an end, if the player fails to hit the targeted shell or if three shells fall either opened mouth or closed mouth.

- The next player continues with their turn. The player who scores maximum is the winner of the game.

This game helps the children in improving their hand eye coordination and developing alertness. It teaches them to compete in a healthy environment. Above all, the game provides a scope for social interaction with people of varied age group.

Indigenous Sports of Rajasthan



Rajasthan is one of the historical states of India, holding different cultural diversities and different ways to get our bodies fit and fine by engaging one in sports mentally and physically. With an enormous enthusiastic sporting spirit, Rajasthan has a tradition of sporting culture. Horse Riding, Kite Flying, Gilli Danda, Camel Riding, Shooting, Archery were some of the sports and activities in Rajasthan which have always been the way of spending leisure time showing the royal status symbol of Rajasthani Rulers.

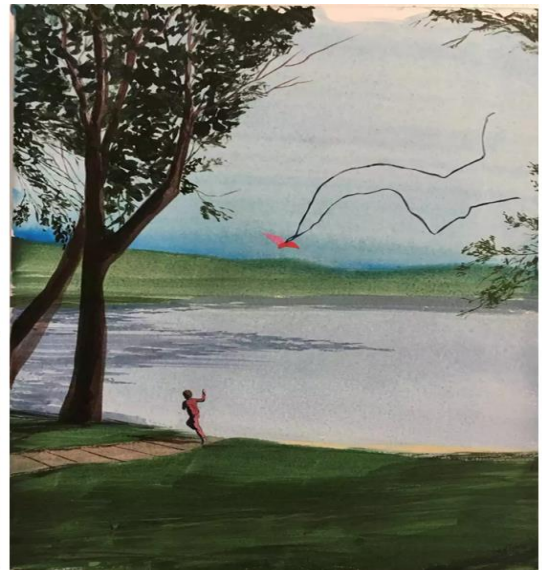
(i) Gilli Danda

- Gilli Danda is an ancient sport of India, possibly with origins over 2500 years ago. People believed it to be the origin of Western games such as cricket, baseball, and softball. The game rules tell that it is played with two sticks: a large one called a danda used to hit a smaller one, the Gilli. As an amateur youth sport, Gilli-danda has many regional variations. In some versions, the number of points a striker scores depends on how far the Gilli falls from the striking point. The distance is measured in terms of the length of the danda, or in some cases by the length of the Gilli. Scoring also depends on how many times Gilli was hit in the air in the first strike. If it travels a certain distance with two mid-air strikes, the total points are doubled.

(ii) Desert Safari

- Desert Safari in Rajasthan is one of the must-do things in Rajasthan. Rajasthan is known for its end and golden deserts. You can view the dunes, Camels, and local people who live in these sandy stretches. Camel, known as the ship of the desert and the mark of monarchs in the royal land of Rajasthan where the Maharajas use to travel on it. Viewing the golden

state of Rajasthan on Camels is said to be an exclusive desert safari where you view the desert and also leads to a sport of camel riding.



Now sports like cricket, polo, athletics replace some of the traditional games of Rajasthan. The state also produces many sportspeople for the country. Wrestler Guru Hanuman, shooting champion His Highness Maharaja Karni Singh Rajyavardhan Singh Rathore, Padma Sri awardee squash champion Bhuvneshwari Kumari are some of few names of the long list of sportspeople of Rajasthan.

Online Session Details

Date: 30/01/2022

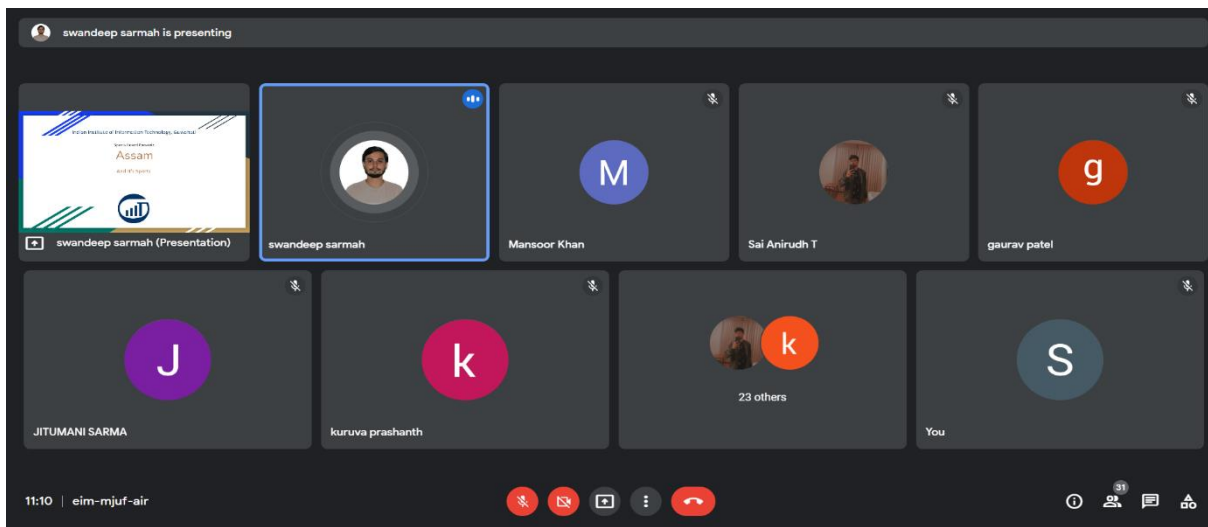
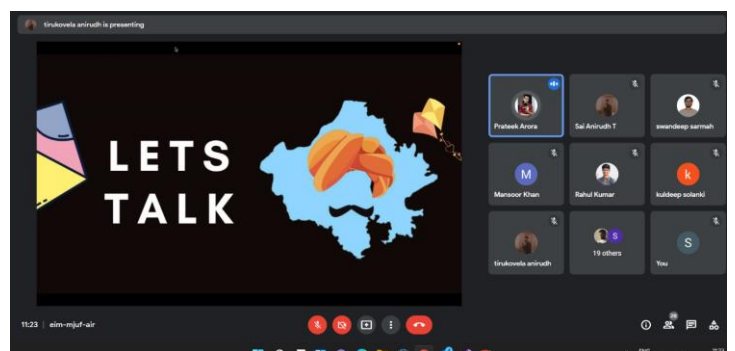
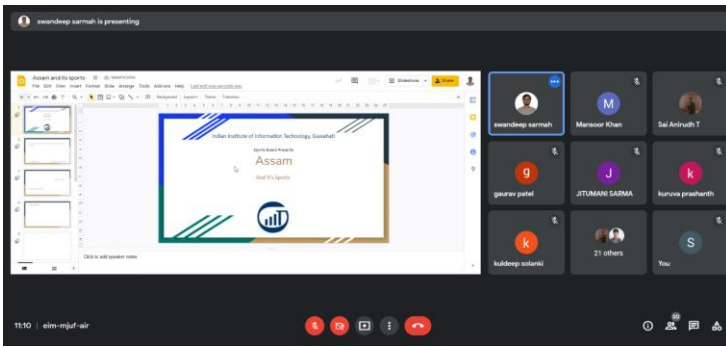
Time: 11:08 am onwards

Platform: Google Meets

Resource Person: Mr Swandeeep Sarmah (M.Tech 1st Year, ECE) on Assam state sports
Mr Prateek (B.Tech, 2nd Year, CSE) on Rajasthan state sports.

Convener: Sports Board IIIT Guwahati

Event Snapshots



Mohd Mansoor Khan
Nodal Officer, Fit India Movement at IIITG
Associate Sports Coordinator, IIITG

To
The Associate Dean Student Affairs
IIIT Guwahati

Date: 31/01/2022

Subject: “Action Taken” Report for “Indigenous Sports Talk” for the states of Assam and Rajasthan under the aegis of “EBSB and Fit India Movement” at IIIT Guwahati

Dear Ma’am,

As per the above mentioned subject, kindly find the attached report with this cover letter. All the required details have been mentioned in the report extensively.

Regards

Mohd Mansoor Khan
Nodal Officer, Fit India Movement at IIITG
Associate Sports Coordinator, IIITG