



Available online at <http://www.ijcrs.com>

*International Journal of Current Research in Life Sciences*  
Vol. 07, No. 02, pp.934-939, February, 2018



ISSN: 2319-9490

## RESEARCH ARTICLE

### A SURVEY OF EXTANT TRADITIONAL INDIGENOUS SPORTS IN TAMILNADU

Murugan, G., and Dr. \*Vinod Kumar, G.

Dept. of Physical Education and Sports, Pondicherry University, Puducherry, India

Received 25<sup>th</sup> December, 2017; Accepted 10<sup>th</sup> January, 2018; Published Online 28<sup>th</sup> February, 2018

#### ABSTRACT

Traditional sports and games cultivate local and regional customs strengthen the sense of national belongings. Locally or regionally rooted traditional games encourage exchange between district and regions and preserve a sense of cultural identity by providing marks of roots and reference. In this paper the author overview the extant traditional sports and games spread in the Tamil Nadu rural and urban places. The author brings out the procedure of play (rules and regulation) with scoring methods, type of games, and purpose of play of traditional indigenous games. All most the data were collected from the rural and urban people of 32 districts in Tamil Nadu, India. The researcher was divided into five regions of Tamil Nadu and the data collected from people who are played and come across in their lifestyle of traditional games. The methods used for collecting data by through interview, photos and live play demo. Totally 62 extant traditional sports are evaluated from the Tamil Nadu state, India. And found that, traditional sports and games played in the different regions in Tamil Nadu. This study concluded that, the traditional sports almost playing in the all over Tamil Nadu, it carries moral value and cultural heritage and develops the integrity among the people.

**Key words:** Traditional Sports and Games (TSG), Extant, Cultural, Heritage and Integrity.

**Copyright © 2018, Murugan and Vinod Kumar.** This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

**Citation: Murugan, G., and Dr. Vinod Kumar, G. 2018.** "A survey of extant traditional indigenous sports in Tamilnadu" *International Journal of Current Research in Life Sciences*, 7, (02), 934-939.

#### INTRODUCTION

Traditional sports and games are a part of heritage and a symbol of the cultural diversity of our societies. They are also an efficient means that to convey values of commonness, diversity, inclusiveness and cultural awareness. Traditional sports and games will kind the backbone of a community, and Tamil Nadu is driven to protect and promote these sports to any community spirit, bring peoples along and install a way of pride in a society's cultural roots. Some sports have a strong connection to a specific village since they enable us to explain some facet of their culture. Traditional sports refer to special cultural forms that come back from the history of the human beings, created or to be created. They will mirror the common psychology of a nation and are seen in the everyday life. On this basis it's instructed that nowadays when the global integration course is fast, to reform and to hold forward the traditional sport as well as to enrich and develop the modern sports treasury of the world are the inexorable trend of the development of the traditional sport.

#### Extant Traditional Sports

Extant traditional sports are playing in the rural and urban areas for fun and recreation activities.

**\*Corresponding author: Vinod Kumar, G.,**  
Department of Physical Education and Sports, Pondicherry University, Puducherry, India.

In ancient Tamil Nadu, women in houses would play many indoor games in their leisure time. They played very interesting games like Pallankuzhi (பல்லாங்குழி), paramapatham (பரமபதம்), Thayakatai (தாயக்கட்டை), Thattankal (தட்டாங்கல்), Cittukattuvilaiyattu (சீட்டுகட்டு விளையாட்டு) etc. and these games are also played now in rural areas and villages in Tamil Nadu.

**Objectives of the Study:** The objective of the study is to analyses the contents and features of the extant traditional sports in Tamil Nadu and in terms of historical origin, present situation and developing prospect. Moreover, the author points out the interactive development of traditional sports and also find out the relationship or interpretation of traditional sports. The main aim of this research is to bring out the extant traditional sports played in this region. This study may help to know about the cultural heritage of this traditional sports and games and it's important in this society.








#### MATERIALS AND METHODS


The data and information on traditional sports and games were collected by through direct interview to the people in and around the rural area of various part of the Tamil Nadu, especially the author covered almost all parts of the regions in Tamil Nadu.

















## Five regions of divided districts of Tamil Nadu are as follows



















North districts	South districts	East districts	West districts	Centre districts
1. Dharmapuri	1. Dindigul	1. Thiruvavur	1. Coimbatore	1. Namakkal
2. Tiruvannamalai	2. Madurai	2. Nagapattinam	2. Erode	2. Perambalur
3. Vellore	3. Theni	3. Cuddalore	3. Nilgiris	3. Ariyalur
4. Krishnagiri	4. Sivagangai	4. Villupuram	4. Tiruppur	4. Tiruchirappalli
	5. Viruthunagar	5. Kanchipuram	5. Salem	5. Karur
	6. Ramanathapuram	6. Chennai		6. Thanjavur
	7. Thoothukkudi	7. Thiruvallur		7. Pudukkottai
	8. Thirunelveli			
	9. Kanniyakumari			

## 56 Extent traditional games were played in the all district of Tamil Nadu are as follows

S. No	GAME NAMES	PHOTOS
1.	Kottippul or Kittippullu or Pillittantu Vilaiyattu (கோட்டிப்புள் அல்லது கிட்டிப்புள்ளு அல்லது பில்லித்தாண்டு விளையாட்டு)	
2.	Sadugudu or Kabaddi Vilaiyattu (சடுகுடு அல்லது கபடி விளையாட்டு)	
3.	Pamparam Vilaiyattu (பம்பரம் விளையாட்டு)	
4.	Kolikuntu Vilaiyattu (கோலிகுண்டு விளையாட்டு)	
5.	Kannamucchu Vilaiyattu (கண்ணாமூச்சு விளையாட்டு)	
6.	Kicchu, Kicchu Thampalam Vilaiyattu (கிச்சு, கிச்சு தாம்பழம் விளையாட்டு)	
7.	Kulai Kulaiyay Munthirikkay or Thiri Thiripantam Vilaiyattu (குலை குலையாய் முந்திரிக்காய் அல்லது திரி திரிபந்தம் விளையாட்டு)	

8.	Eripanthu Vilaiyattu (எறிபந்து விளையாட்டு)	
9.	Sakku Ottam (சாக்குஒட்டம்)	
10.	Pachakuthirai or Manikaviyam Vilaiyattu (பச்சகுதிரை அல்லது மணிகாவியம் விளையாட்டு)	
11.	Odi Pititthal (ஒடிபிடித்தல்)	
12.	Olinthu Pititthal or Tappa Vilaiyattu (ஒளிந்துபிடித்தல் அல்லது டப்பா விளையாட்டு)	
13.	Kanpotthi Vilaiyattu (கண்பொத்தி விளையாட்டு)	
14.	Kankatti Thuratthum Vilaiyattu (கண்கட்டி துறத்தும் விளையாட்டு)	
15.	Ucinool kortthal or ucinoolkortthu ottam (ஊசிநூல் கோர்த்தல் அல்லது ஊசிநூல்கோர்த்து ஒட்டம்)	

16.	<b>Thattankal Vilaiyattu</b> (தட்டாங்கல் விளையாட்டு)		26.	<b>Thannirilathika neram muzhgiirutthal</b> (தண்ணீரில் அதிகநேரம் மூழ்கி இருத்தல்)	
17.	<b>Nonti Vilaiyattu</b> (நொண்டி விளையாட்டு)		27.	<b>Thanniril Sittu Sappa Vilaiyattu</b> (தண்ணீரில் சீத்துசப்ப விளையாட்டு)	
18.	<b>Silambam Vilaiyattu</b> (சிலம்பம் விளையாட்டு)		28.	<b>Uriyatitthal or Kankatti Paanai Utaitthal</b> (உரியடித்தல் அல்லது கண்கட்டிபானை உடைத்தல்)	
19.	<b>AduPuli Attam</b> (ஆடுபுலி ஆட்டம்)		29.	<b>Thavalai Ottam</b> (தவளை ஒட்டம்)	
20.	<b>Ottam</b> (ஒட்டம்)		30.	<b>Isainaarkali vilaiyattu</b> (இசைநாற் காலி விளையாட்டு)	
21.	<b>Thayakkattai Vilaiyattu</b> (தாயக்கட்டை விளையாட்டு)		31.	<b>Pattil Thannir Nirapputhal</b> (பாட்டில் தண்ணீர் நிரப்புதல்)	
22.	<b>Kilitthattu or Thattukaraiyan Vilaiyattu</b> (கிளித்தட்டு அல்லது தட்டுகரையான் விளையாட்டு)		32.	<b>Viraivu cycle pootti</b> (விரைவுசைக்கிள் போட்டி)	
23.	<b>Pallankuzhi vilaiyattu</b> (பல்லாங்குழி விளையாட்டு)		33.	<b>Sulocycle Pootti</b> (சுலோசைக்கிள் போட்டி)	
24.	<b>Paramapatham or Pampum - Eaniyum Vilaiyattu</b> (பரம்பதம் அல்லது பாம்பும் - ஏணியும் விளையாட்டு)		34.	<b>Seettu Kattu Vilaiyattu</b> (சீட்டுகட்டு விளையாட்டு)	
25.	<b>Kayiru Ilutthal or Vatam Ilutthal Vilaiyattu</b> (கயிறு இழுத்தல் அல்லது வடம் இழுத்தல் விளையாட்டு)				

35.	Spoonla elumichampalam vaitthu otuthal (ஸ்பூன்ல எலும்மிச்சம் பழம் வைத்து ஒடுதல்)		44.	Kusthi Vilaiyattu (குஸ்தி விளையாட்டு)	
36.	Jallikkattu (ஜல்லிக்கட்டு)		45.	EluKal Vaitthu Vilaiyatuthal (ஏழுகல்வைத்து விளையாடுதல்)	
37.	Lucky karnar vilaiyattu (லக்கி கார்னர் விளையாட்டு)		46.	Number Solli Vilaiyatuthal (நம்பர் சொல்லி விளையாடுதல்)	
38.	Kho - Kho Vilaiyattu (கோ - கோ விளையாட்டு)		47.	Malkhambu (மால்கம்பு)	
39.	Kummiyatitthal (கும்மியடித்தல்)		48.	Kotimaram eruthal (கொடிமரம் ஏறுதல்)	
40.	Kolap pootti (கோலப் போட்டி)		49.	Kai Santai (கைசண்டை)	
41.	Balloon odaitthal (பலூன் ஒடைத்தல்)		50.	Val Santai (வாள்சண்டை)	
42.	Mattu Vandi Pootti (மாட்டுவண்டி போட்டி)		51.	Skipik Vilaiyattu (ஸ்கிபிக் விளையாட்டு)	
43.	Malyuttham or Mallu Vilaiyattu (மல்யுத்தம் அல்லது மல்லு விளையாட்டு)		52.	Ken Cricket Vilaiyattu (கேன்கிரிக்கெட் விளையாட்டு)	

53.	Book cricket Vilaiyattu (புக்கிரிக்கெட் விளையாட்டு)	
54.	Kalla – Manna Vilaiyattu (கல்லா – மண்ணா விளையாட்டு)	
55.	Thanniril neechal pootti (தண்ணீரில் நீச்சல்போட்டி)	
56.	Nonti Atitthu Ottam (நொண்டி அடித்து ஒட்டம்)	

The author divided the 32 districts from Tamil Nadu into five regions that is North region, South region, East region, West region, and Center region. These regions are divided on the basis of geographical map structure in Tamil Nadu. The list of 32 district (divided regions) in Tamil Nadu are given in the below table.

#### Procedure of collection of data

The investigator went to all 32 districts and covered at least 10 rural and urban places in a district for collecting the data. The main procedure of the data through using interview method and taken photos and videos. The complete playing procedure from start to finish of the game, rules and regulations with scoring method of traditional games are collected. The all information was recorded.

#### List of Extant Traditional Sports in Tamil Nadu

Totally 62 extant traditional sports are played in Tamil Nadu. The particularly south districts 4 games and west districts 2 games other 56 games playing the extant traditional sports in through Tamil Nadu. The list of extant traditional sports in Tamil Nadu are as follows

#### 56 Extent traditional games were played in the all district of Tamil Nadu are as follows

#### Extant Traditional Sports and Personal development

Improving self-awareness, Improving self-knowledge, improving skills or learning new ones, Developing strengths or talents, Improving wealth, Enhancing manner or the standard of life, Improving health, fulfilling aspirations, Initiating a life enterprise or personal autonomy, Defining and executing personal development plans. The personality is that the typical pattern of thinking, feeling, and behaviors that create someone distinctive. Personal development covers activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance

quality of life and contribute to the belief of dreams and aspirations. Not restricted to assist, the idea involves formal and informal activities for developing others in roles like teacher, guide, counselor, manager, life coach or mentor.

#### Extant Traditional Sports and Cultural Development

Sport and sporting behavior have advanced links to the lifestyles of people and to personal dispositions concerning participation and consumption of sports. Traditional Indian culture is outlined by a comparatively strict social hierarchy. He also mentions that from an early age, children are reminded of their roles and places in society. Traditional Sports and Games as a vehicle for the world's unity, integration, cultural diversity, peace and physical activity. Tamil culture is that the culture of the Tamil people. Tamil culture is rooted within the arts and ways in which of lifetime of Tamils in India, Sri Lanka, Malaysia, and Singapore and across the world. Tamil culture is expressed in language, literature, music, dance, folk arts, martial arts, painting, sculpture, design, sports, media, comedy, cuisine, costumes, celebrations, philosophy, religions, traditions, rituals, organizations, science, and technology.

#### Conclusion

- 56 traditional games were found as extant traditional sports and games in 32 districts of Tamil Nadu.
- After the analysis of the data it was found that, all most the people agree that traditional games, recreation and leisure sports have a rich culture and heritage value to preserve; they are important for passing on ancestral knowledge to the new generation; they sharpened observational and mathematical skills; and they develop logical thinking.
- The result from the people stated that, these traditional games give more fun and joy than other competitive games; they are suitable for all ages, so they increase the interaction between generations; they are most suitable for girls to enhance their overall personality.
- All people support that, traditional games, improve creativity of youngsters; they improve conflict management, team building and understanding group dynamics; and they are more useful than modern games in developing children's skills.
- The people agree that, this traditional game produce integrity among the people, all the children and adult play in a street joined with all religious and all caste people together, it may result that, it proof the integrity and unit among the people.
- The traditional games develop the social culture and heritage among the people.
- The traditional games plying in the different categories, such as some games plying in the seasonal, some are in the religious function, some are in the celebrations, some are in the all years.
- The traditional games and sports with its varieties of plying throughout the Tamil Nadu develop physical, mental, social conditions and spiritual faith of mankind.
- Traditional games and sports may be of different kinds but these are for personal, peace, community, human resource, learning and understanding, uniting force development. Overall these traditional games are for fun, wellness, fitness and social integrity.

## Recommendation

- All most all Tamil Nadu rural and urban people support that more efforts should be taken to promote and preserve traditional game.
- Print media and electronic media should give exclusive more coverage to traditional games.
- Competitions focusing traditional games should be organized to prevent and popularize traditional games.
- The modern generation should take efforts and pain to transfer the traditional games to its new generation.
- I strongly recommend that, the young and aged people should be teach and organize the traditional games to this new generation.
- Govt. of Tamil Nadu and Govt. of India should encourage setting-up organization or provide assistance to maintain and promote traditional games.

## REFERENCES

Daakdar A.Pichai, Thamilar Panpaattil Vilaiyaattukal, Ulaka Thilaraaychi Niruvanar Veliyeedu, 1983.

<http://www.thehindu.com/todays-paper/tp-national/tp-tamilnadu/bringing-back-to-life-the-vanishing-games-of-tamil-nadu/article4008195.ece>  
[https://en.wikipedia.org/wiki/Culture\\_of\\_India](https://en.wikipedia.org/wiki/Culture_of_India)  
[https://en.wikipedia.org/wiki/Personal\\_development](https://en.wikipedia.org/wiki/Personal_development)  
<https://www.quora.com/What-are-some-of-the-indigenous-pre-colonial-sports-of-India>  
 International Journal of Health, Physical Education and Computer Science in Sports, Vol.15, No.1, July-Sep.2014.  
 Iraa. Paalassuppiramanyam, ThamilarNaattuVilaiyaattukal, Ulaka Thamilaraaychi Niruvana Veliyeedu, 1980.  
 Molinayiru Na. Tevaneyappavanar Tamilnattuvilaiyattukal, 2000.  
 Njaa. Thevaneya Paavaanar, Tamilnaattu Vilaiyaattukkal, Saiva Sithaantha Nurpathippu Kalakam Veliyeedu, 1954.  
 Proceeding of Traditional Sports and Modern Sports for the Development of Global Human Resource in the 24<sup>th</sup> Pan Asian International Conference, Visva-Bharati, Santiniketan, W.B, and India Feb.2014.

\*\*\*\*\*